



# DWARAKA DOSS GOVERDHAN DOSS VAISHNAV COLLEGE

(Autonomous)

College with Potential for Excellence, Linguistic Minority Institution

Affiliated to University of Madras

Arumbakkam, Chennai – 600 106

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



Department of Business Administration

## INVITATION

DWARAKA DOSS GOVERDHAN DOSS VAISHNAV COLLEGE  
ARUMBAKKAM, CHENNAI - 600106.  
(Autonomous)  
RE-ACCREDITED WITH 'A++' BY NAAC  
DEPARTMENT OF BUSINESS ADMINISTRATION (BBA)

PROUDLY PRESENTS

**மகிழ்ச்சி**  
Stress Management  
among Students

19TH OCTOBER, 2022  
4:30PM TO 6:30PM

VENUE: MINI AUDITORIUM

**GUEST LECTURE**  
**MS. JAYANTHY**  
CLUB GALAXY  
CORPORATE AWARD WINNER,  
PHILANTHROPIST

**MS. M. KAVITHA** ASST. PROF. BBA FACULTY COORDINATOR  
**DR. K. RAO PRASHANTH JYOTY** ASST. PROF. BBA FACULTY COORDINATOR  
**DR. N. SARULATHA** HEAD- I/C BBA DEPARTMENT OF BBA  
**DR. S. SANTHOSH BABOO** PRINCIPAL D.D.S.V.C.  
**SHRI. ASHOK KUMAR MUNDHRA** SECRETARY D.D.S.V.C.



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|                              |   |   |
|------------------------------|---|---|
| Name of the event            | : | “ <b>மகிழ்ச்சி</b> ”<br><b>Stress Management among Students</b>   |
| Date & Time                  | : | 19.10.2022 – 4.30 P.M to 6.30 P.M   |
| Venue                        | : | SRIVALLABHACHARYAAUDITORIUM   |
| Mode                         | : | Offline   |
| Organizers                   | : | Department of Business Administration   |
| Faculty coordinator          | : | Dr. K.RaoPrashanthJyothy, Assistant Professor BBA<br>Ms. M.Kavitha, Assistant Professor BBA                           |
| Resource Person              | : | Ms.Jayanthi.ClubGalaxy,Corporate Award Winner,<br>Philanthropist, Contact Number : 9884909061<br>jayanthial@gmail.com |
| No. of Staff Participants    | : | 7   |
| No. of student participants: | : | 113   |
| Youtube Link                 | : | <a href="https://youtu.be/IvVLhsovHZo">https://youtu.be/IvVLhsovHZo</a>   |





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## DEPARTMENT OF BUSINESS ADMINISTRATION

17.10.22

### CIRCULAR

Stress Management among Students, Life Skills Training Program is organized by the Department. Ms. Jayanthi, Club Galaxy, Corporate Award Winner & Philanthropist will deliver the session on skills development for Stress Management among Students.

Also, activities such as Rangoli & Debate is organized for the students. Interested students to participate in activities register with faculty co-ordinator(s) before 18.10.22 3 pm.

| Class | Signature | Class | Signature |
|-------|-----------|-------|-----------|
| I A   |           | II C  |           |
| I B   |           | II D  |           |
| I C   |           | III A |           |
| I D   |           | III B |           |
| II A  |           | III C |           |
| II B  |           |       |           |

Faculty Co-ordinator

Ms. M. Kavitha  
Asst Professor, BBA

Dr. K. Rao Prashanth Jyoty  
Asst. Professor, BBA

Dr. N. Sarulatha  
Head i/c, BBA



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## **Department of Business Administration (BBA)**

### **Report**

“Magizhichi” An event to celebrate diwali- A wonderful festival of lights was organised by Department of BBA on 19<sup>th</sup> October 2022 between 4.30 p.m to 6.30 p.m. The Guest speaker for the event was Ms. Jayathi, Club Galaxy Award Winner and Philanthropist. She spoke about how important happiness in one’s life by narrating short stories. Her speech on Happiness and Stress Management created a positive impact among the students.

The overall theme of the event was to promote Green Diwali and to instill values of Tradition and culture among the students. The Students were asked to come in traditional attire which added more elegance to the event.

As a part of the celebration Rangoli and Debate competition was conducted. There was a special classical dance performance given by our students and Topic of the Debate was “ Tradition Diwali vs Green Diwali” was mediated by Dr. K.RaoPrashanthJyothy, Assistant Professor BBA. The winners were appreciated with memento and Certificates.

### **Outcome of the Event**

Diwali symbolizes the triumph of light over darkness and of good over evil and knowledge over ignorance. The students will show that they are aware of their own levels of stress and have a positive outlook on life.



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## List of Participant

Name of the Event :Rangoli

| Team   | ROLL NUMBER | NAME                    | CLASS      |
|--------|-------------|-------------------------|------------|
| Team 1 | 22E2217     | N.JANANI                | I BBA – B  |
|        | 22E2201     | M.REEMA                 |            |
|        | 22E2205     | RUPIKA                  |            |
| TEAM 2 | 22E2241     | K.MEENA                 | I BBA-B    |
|        | 22E2202     | S.SHALINI               |            |
|        | 22E2230     | ATHULYA<br>GOPIKRISHNAN |            |
| TEAM 3 | 22E2362     | R.THEJESHWINI           | I BBA –C   |
|        | 22E2359     | V.RESHME                |            |
| TEAM 4 | 21E2169     | S.SHARMILA              | II BBA – A |
|        | 21E2157     | J.NIVETHA               |            |
|        | 21E2154     | S.YUVASHREE             |            |
| TEAM 5 | 21E2152     | S.VIJAYALAKSHMI         | II BBA A   |
|        | 21E2156     | S.JANANI                |            |
| TEAM 6 | 22E2444     | MAYANK<br>SOLANKI       | I BBA D    |
|        | 22E2458     | YASH RANKA              |            |
|        | 22E2478     | NAMAN<br>AGARWAL        |            |



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Name of the Event : Debate

Topic : “ Traditional Diwali Vs Green Diwali

| S.NO | ROLL NUMBER | NAME                | CLASS    |
|------|-------------|---------------------|----------|
| 1    | 22E2129     | SENTHIL<br>SUBBAIAH | I BBA A  |
| 2    | 22E2252     | PUNITH KUMAR        | I BBA B  |
| 3    | 22E2228     | AMIT PRAMOD         | I BBA B  |
| 4    | 22E2357     | VARUN               | I BBA C  |
| 5    | 22E2326     | PRADHEESH<br>MOHAN  | I BBA C  |
| 6    | 22E2323     | AJAY                | I BBA C  |
| 7    | 21E2104     | SRIYAN HARIJEE      | II BBA A |
| 8    | 21E2115     | DAYANESH            | II BBA A |
| 9    | 21E2330     | PARAM SHIV          | II BBA C |
| 10   | 21E2348     | RITHISH KUMAR       | II BBA C |





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### Winners List

#### Rangoli

- I Place -
- 1.Jananni.M
  2. Reema.M
  3. Rupika.L
- II Place-
- 1.MayankSolanki
  2. YashRanaka
  3. Naman Kumar
- III Place
- 1.Sharmila.S
  2. Nivetha.J
  3. Yavashree.S

#### Debate

- I Place - Param Shiv and Shriyan
- II Place -Rithish Kumar
- III Place -Saikumar and Dayanesh



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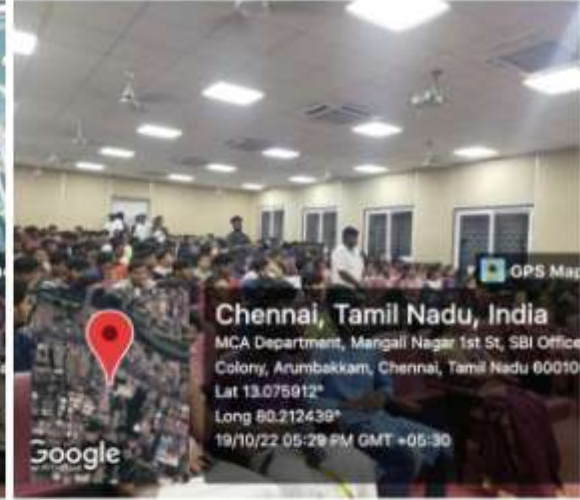
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## Geo Tag Photos





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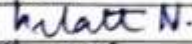








## Staff Attendance

 **DWARAKA DOSS GOVERDHAN DOSS VAISHNAV COLLEGE**  
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College with Potential for Excellence, Linguistic Minority Institution  
Affiliated to University of Madras, Arumbakkam, Chennai – 600 106  
*Department of Business Administration (BBA)* 

Name of the Event: Magizhchi  
Date: 19.10.2022

**Staff Attendance**

| S.No | Name of the Staff         | Signature   |
|------|---------------------------|---|
| 1.   | Dr. N.Sarulatha           |  |
| 2.   | Dr.K.Rao Prashanth Jyothi |  |
| 3.   | Mr. S.Balamurali          |  |
| 4.   | Mr.S.Sankar               |  |
| 5.   | Ms.M.Kavitha              |  |
| 6.   | Mr.K.Pakkrisamy           |  |
| 7.   | Ms.J.Vidhya               |  |



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## Students Attendance

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DEPARTMENT OF BUSINESS ADMINISTRATION

Name of the Event: Magizhchi- Stress Management among Students

Date: 19.10.2022

ATTENDANCE

| S.NO | ROLL NUMBER | NAME              | Sign           |
|------|-------------|-------------------|----------------|
| 1    | 20E2115     | Anshu Pandey      | Anshu          |
| 2    | 20E2109     | Kanishk Sharma    | Kanishk        |
| 3    | 20E2116     | HARSHU CHODHA     | Harshu         |
| 4    | 20E2182     | KONAK LADHA       | Konak          |
| 5    | 20E2188     | SANTAY RAGHAVAN.R | Santay         |
| 6    | 20E2127     | Shubham Singh     | Shubham        |
| 7    | 20E2169     | M.NARESH          | Naresh.m.      |
| 8    | 20E2183     | M.Srinam          | M.Srinam       |
| 9    | 20E2120     | Piyush S. Jain    | Piyush         |
| 10   | 20E2143     | Mohit Kothari     | MKothari       |
| 11   | 20E2114     | Pranav Baid       | Pranav         |
| 12   | 20E2125     | SHASHANK.DAVE     | Shashank       |
| 13   | 20E2137     | Pitshel. G. Jain  | Pitshel        |
| 14   | 20E2175     | B.Kushna boud     | B.Kushna       |
| 15   | 20E2133     | Harsh Sanghvi     | Harsh          |
| 16   | 20E2124     | Varun patel       | Varun          |
| 17   | 20E2155     | Kirjan Shukla     | Kirjan Shukla  |
| 18   | 20E2150     | Aji R.P           | Aji R.P        |
| 19   | 20E2168     | ROHAN KUMAR.S     | Rohan          |
| 20   | 20E2160     | Bahul Kothari     | Bahul Kothari  |
| 21   | 20E2135     | Shree Sriram.A    | Shree Sriram.A |
| 22   | 20E2130     | S.yam.            | S.yam.         |
| 23   | 20E2131     | Prathap           | Prathap        |
| 24   | 20E2142     | Devendran         | Devendran      |





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### DEPARTMENT OF BUSINESS ADMINISTRATION

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Date: 19.10.2022

#### ATTENDANCE

| S.NO | ROLL NUMBER | NAME              | Sign             |
|------|-------------|-------------------|------------------|
| 25   | 20E2108     | Chayan .B. Jain   | Chayan           |
| 26   | 20E2117     | Hanav .N          | Hanav            |
| 27   | 20E2179     | K PERARASAN       | K. P. P.         |
| 28   | 20E2184     | DHANUSH S         | Dhanush          |
| 29   | 20E2178     | R. Sathya Mani    | R. Sathya Mani   |
| 30   | 20E2172     | R. Pravin Kumar   | R. Pravin Kumar  |
| 31   | 20E2136     | Sai Soimanth . C  | Sai              |
| 32   | 20E2180     | Puuyarova . P     | Puuyarova        |
| 33   | 20E2154     | Doughlas Mast     | D.M              |
| 34   | 20E2101     | Alithya Saha      | Alithya          |
| 35   | 20E2138     | Saralash          | Saralash         |
| 36   | 20E2154     | L. Sandhya        | L. Sandhya       |
| 37   | 20E2134     | H. Divya Harshini | H. Divya         |
| 38   | 20E2165     | J.V.Sandhya       | J.V.Sandhya      |
| 39   | 20E2126     | R. Radhika        | R. Radhika       |
| 40   | 20E2189     | R. Loganayagi     | R. Loganayagi    |
| 41   | 20E2148     | P. Haritha        | P. Haritha       |
| 42   | 20E2167     | J. Priyadarshini  | J. Priyadarshini |
| 43   | 20E2166     | S. Sathya Rama    | S. Sathya Rama   |
| 44   | 20E2152     | Sai Sudha         | Sai Sudha        |
| 45   | 20E2123     | Christi Aganwal   | Christi Aganwal  |
| 46   | 20E2140     | S. Vandhanak      | S. Vandhanak     |
| 47   | 20E2163     | R. Ponvel Midhun  | R. Ponvel Midhun |
| 48   | 20E2164     | Karan .V          | Karan .V         |



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**DEPARTMENT OF BUSINESS ADMINISTRATION**

Name of the Event: Magizhchi- Stress Management among Students  
Date: 19.10.2022

**ATTENDANCE**

| S.NO | ROLL NUMBER | NAME            | Sign            |
|------|-------------|-----------------|-----------------|
| 49   | 20E2003     | Shagun Paid. R  | Shagun          |
| 50   | 20E2041     | Vanshit Ruffant | Vanshit         |
| 51   | 20E2057     | Lakhi Bhatti    | Lakhi           |
| 52   | 20E2052     | Soni Kushagra   | Soni Kushagra   |
| 53   | 20E2007     | TARKE AD        | TARKE AD        |
| 54   | 20E2017     | Shantree. c.a   | Shantree        |
| 55   | 20E2081     | G. Sree Harsha  | G. Sree Harsha  |
| 56   | 20E2066     | Dhanish Sarna   | Dhanish         |
| 57   | 20E2026     | MARISH KUMAR    | MARISH          |
| 58   | 20E2005     | Akhil V         | Akhil           |
| 59   | 20E2036     | MEGHAN K JAIN   | Meghan K Jain   |
| 60   | 20E2058     | YASH. V.        | YASH            |
| 61   | 20E2027     | AMAN DWARNAL    | AMAN            |
| 62   | 20E2048     | Siddharth       | Siddharth       |
| 63   | 20E2032     | Dhawal Lakhani  | Dhawal          |
| 64   | 20E2022     | A ADARSH        | A ADARSH        |
| 65   | 20E2021     | Yash Japu       | Yash Japu       |
| 66   | 20E2023     | Yash Davey      | Yash Davey      |
| 67   | 20E2024     | PRATHAM CHOPRA  | PRATHAM         |
| 68   | 20E2042     | PRANAY          | PRANAY          |
| 69   | 20E2044     | KHUSHAL HENDEL  | Khushal         |
| 70   | 20E2084     | S. Anandh       | S. Anandh       |
| 71   | 20E2063     | T. LAKSHMIPATHY | T. LAKSHMIPATHY |
| 72   | 20E2068     | T. P. Ravi      | T. P. Ravi      |



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## DEPARTMENT OF BUSINESS ADMINISTRATION

Name of the Event: Magizhebi- Stress Management among Students

Date: 19.10.2022

### ATTENDANCE

| S.NO | ROLL NUMBER | NAME              | Sign         |
|------|-------------|-------------------|--------------|
| 73   | 20E1986     | HARSHIT D KOTHARI | Harshit      |
| 74   | 20E1972     | Amitesh S         | Amitesh S    |
| 75   | 20E1920     | VISHESH PANDEY    | Vishesh      |
| 76   | 20E1933     | SANJAY RAJ        | Sanjay       |
| 77   | 20E1925     | Dev Jetha         | Dev          |
| 78   | 20E1946     | VISHU             | Vishu        |
| 79   | 20E1916     | SANJAY K. SHARMA  | Sanjay       |
| 80   | 20E1931     | Pradeep Kumar J   | Pradeep      |
| 81   | 20E1904     | R. Pradeep Kumar  | R. Pradeep   |
| 82   | 20E1978     | Vikas R           | Vikas        |
| 83   | 20E1901     | LAKSHYA           | Lakshya      |
| 84   | 20E1924     | CHIRAG SORJAN     | Chirag       |
| 85   | 20E1902     | KUNAL BOHRA       | Kunal        |
| 86   | 20E1903     | DARSHAN           | Darshan      |
| 87   | 20E1907     | Tannu M           | Tannu        |
| 88   | 20E1907     | SAYAM J           | Sayam        |
| 89   | 20E1915     | NIRAJ             | Niraj        |
| 90   | 20E1908     | CHIRAG BAID       | Chirag       |
| 91   | 20E1943     | K. Anshu          | Anshu        |
| 92   | 20E1913     | Shantanu M.       | Shantanu     |
| 93   | 20E1922     | S. MANAV KUMAR    | S. Manav     |
| 94   | 20E1980     | M. HARISH         | Harish       |
| 95   | 20E1981     | ANIL BISHNOI      | Anil Bishnoi |
| 96   | 20E1970     | Lakshya K         | Lakshya      |
| 97   | 20E1967     | Madhavi           | Madhavi      |








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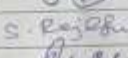








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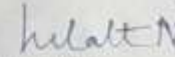
**Circular**

DATE: 03/01/23

The Department is organising Legal Laws in Daily Life on 04/01/23. The students will gain knowledge & will come to know more about Legal Laws.

DATE: 04/01/23  
TIME: 3:00PM-5:00PM  
VENUE: Mini Auditorium

| Class & Sec | Name of Faculty                 | Signature   |
|-------------|---------------------------------|---|
| 1 A         | Mr.R.Venkatesh                  |    |
| 1 B         | Ms.J.Vidhya                     |    |
| 1 C         | Mr.K. Pakkirisamy               |   |
| 1 D         | Ms. Rajeshwari                  |  |
| 2 A         | Esther Rani                     |  |
| 2 B         | Mr.S.Shankar                    |  |
| 2 C         | Dr.S.P.Deepeka                  |  |
| 2 D         | Ms.M.Mahalakshmi-Priyadharshini |  |
| 3 A         | Mr.Bala Murali                  |  |
| 3 B         | Mr.K.S.Felix Aaron              |  |
| 3 C         | Ms.M.Kavitha                    |  |

  
Dr.N.Sarulatha  
Head I/C



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1. Soft copy of the invitation


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DEPARTMENT OF BUSINESS ADMINISTRATION (BBA)

**PROUDLY PRESENTS**






# Legal Laws for Daily Life

Resource Person

 **MR. RAJ KAPIL**  
Assistant Professor  
Department of Criminology  
DDGD VAISHNAV COLLEGE

**VENUE : MINI AUDITORIUM**

**DATE: 4th January 2023**      **TIME: 3:00 PM**

|   |   |   |  |   |
|---|---|---|--|---|
|  |  |  |  |  |
| MS.M. MAHALAKSHMI<br>ASST. PROF., BBA<br>FACULTY COORDINATOR                        | DR.K. RAO PRASHANTH JYOTY<br>ASST. PROF., BBA<br>FACULTY COORDINATOR                | DR. N. SARULATHA<br>HEAD / I/C<br>DDGDYC  | DR. S. SANTHOSH BABOO<br>PRINCIPAL<br>DDGDYC   | SHRI. ASHOK KUMAR MUNDHRA<br>SECRETARY<br>DDGDYC                                      |



## DWARAKA DOSS GOVERDHAN DOSS VAISHNAV COLLEGE

(Autonomous)

College with Potential for Excellence, Linguistic Minority Institution  
Affiliated to University of Madras  
Arumbakkam, Chennai – 600 106

2. Name of the event : Legal Law for Daily Life
3. Date : 04.01.23
4. Venue : Mini Auditorium
5. Mode : Offline
6. Organizers : BASF
7. Faculty coordinator :Dr K. Rao PrashanthJyoty&Ms M. Mahalakshmi
8. Resource Person : Mr Raj Kapil – Asst Prof
9. No. of Staff Participants: 2
10. No. of student participants: 171
11. Detailed Report of the Programme:

Laws and legalities (not sure if it's the right name)

It was an event conducted to have a candid but extremely important and productive conversation between the students and professor Raj Kapil sir. The event was taken in a very interactive manner where every student got to voice out their questions and therefore got apt answers from the resource person itself, about various laws and the power of being a citizen itself

12. Outcome of the programme/event:

The students came to know more about legal law which is used in our day-to-day life and the session was very informative and interactive.

13. Photos(Geo tagged) / YouTube link





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Department of Business Administration

LEGAL LAWS FOR DAILY LIFE

Date: 15.12.2022

| S.No | Roll No | Student Participants  | Class & Sec | Signature      |
|------|---------|-----------------------|-------------|----------------|
| 19   | 20E2127 | Shekham Kumar Singh   | BBA III 'C' | Shekha         |
| 20   | 20E2169 | NAVEEN                | III 'C'     | Dave E. M.     |
| 21   | 20E1931 | Bhadrachandran - S    | III A       | Bhadrachandran |
| 22   | 20E1916 | Jayashree Shah        | III A       | Jayashree      |
| 23   | 20E1904 | Rajalal               | III A       | Rajalal        |
| 24   | 20E2143 | Mohit Kothari         | III 'C'     | Mohit          |
| 25   | 20E2118 | Harshul               | III 'C'     | Harshul        |
| 26   | 20E2116 | Pranav Baid           | III 'C'     | Pranav         |
| 27   | 20E2120 | Piyush S. Jain        | III 'C'     | Piyush         |
| 28   | 20E1978 | Vikas R               | III A       | Vikas          |
| 29   | 20E1986 | Harshit D. Kothari    | III A       | Harshit        |
| 30   | 20E2059 | Sahil V. Sahasrabudhe | III B       | Sahil          |
| 31   | 20E2113 | Ankur Jain            | III C       | Ankur          |
| 32   | 20E2187 | Ravi Lokesh           | III C       | Ravi           |
| 33   | 20E2103 | Kanishk Raju          | III C       | Kanishk        |
| 34   | 20E2137 | Rishabh Jain          | III C       | Rishabh        |
| 35   | 20E2066 | Divansh SURANA        | III B       | Divansh        |
| 36   | 20E2058 | YASH. V.              | III B       | Yash           |
| 37   | 20E2021 | YASH. V. Japee        | III B       | Yash           |
| 38   | 20E2125 | SHASHANK DAVE         | III C       | Shashank       |
| 39   | 20E2023 | Yash Davey            | III B       | Yash           |
| 40   | 20E2024 | Pratham               | III B       | Pratham        |
| 41   | 20E1907 | SAYAN L               | III - A     | Sayan          |
| 42   | 20E1989 | KAVIIN R.N            | III - A     | Kaviin         |
| 43   | 20E1953 | M. Chirag             | III - A     | Chirag         |
| 44   | 20E1906 | Jainesh               | III - A     | Jainesh        |









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*Department of Business Administration*

LEGAL LAWS FOR DAILY LIFE

Date: 15.12.2020

| S.No | Roll No | Student Participants | Class & Sec | Signature |
|------|---------|----------------------|-------------|-----------|
| 55   | 20E1905 | MANAV S AILJASANI    | BBA A       |           |
| 56   | 20E1954 | S.D. SAILESH         | BBA A'      |           |
| 57   | 20E1969 | P.GUNAL              | BBA A"      |           |
| 58   | 20E2043 | MEHUL MEHTA          | BBA B       |           |
| 59   | 20E2051 | Khush Jain           | BBA B'      |           |
| 60   | 20E2049 | Ansh Jain            | BBA-B'      |           |
| 61   | 20E2029 | Aman Agarwal         | BBA-B'      |           |
| 62   | 20E2014 | Ashyan Mehta         | BBA-B'      |           |
| 63   | 20E2032 | Dhaval Lakhani       | BBA-B'      |           |
| 64   | 20E2050 | Harsit Golecha       | BBA-B       |           |
| 65   | 20E2045 | Dev                  | BBA-B       |           |
| 66   | 20E1956 | NISHANTH . K         | BBA A       |           |
| 67   | 20E1966 | UDAY KIRAN           | BBA-A       |           |
| 68   | 20E1944 | MEHUL -A             | BBA-A       |           |
| 67   | 20E1943 | K-Ajay               | BBA-A       |           |
| 70   | 20E1920 | VISHESH RANAWAT      | BBA-A       |           |
| 71   | 20E1913 | ARIHANT KOTHARI      | BBA-A       |           |
| 72   | 20E1922 | MAANAV KUMAR         | BBA-A       |           |
| 73   | 20E1913 | Arihant . M .        | BBA-A       |           |
| 74   | 20E2185 | Tanishq kotari . A   | BBA - C     |           |
| 75   | 20E2160 | Sahil kothari .      | BBA - C     |           |
| 76   | 20E2117 | Manav . N            | BBA C       |           |
| 77   | 20E2108 | Chayan Jain          | BBA C       |           |
| 78   | 20E2122 | Manish Jain          | BBA C       |           |
| 79   | 20E2151 | Vansh Jain           | BBA C       |           |
| 80   | 20E2133 | Harsh Sanghvi        | BBA - C     |           |
| 81   | 20E2175 | Krishna              | BBA - C     |           |
| 82   | 20E2126 | Kunal Jain           | BBA - C     |           |
| 83   | 20E1924 | Chinag Surjan        | BBA - A     |           |
| 84   | 20E1903 | Darpan Ledia         | BBA - A     |           |
| 85   | 20E1906 | Hitesh Challani      | BBA - A     |           |
| 86   | 20E1908 | Chinag Baird         | BBA - A     |           |
| 87   | 20E1979 | Sunil                | BBA - A     |           |
| 88   | 20E1947 | Tanmay               | BBA - A     |           |



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*Department of Business Administration*

LEGAL LAWS FOR DAILY LIFE

Date: 15.12.2022

| S.No | Roll No            | Student Participants | Class & Sec | Signature |
|------|--------------------|----------------------|-------------|-----------|
| 89   | 20E2022            | Adarsh - A           | III - B     | A         |
| 90   | 20E2002            | Srivaths sharma      | III - B     | SR        |
| 91   | 20E2029            | Kavin M              | III - B     | Kavin     |
| 92   | 20E2077            | A. VISHA PRASIN      | III - B     | A. VISHA  |
| 93   | 20E2035            | R. Renuka            | III - B     | R. Renuka |
| 94   | 20E2063            | T. Lakshmi pathy     | III - B     | T. L.     |
| 95   | 20E2032            | C. Nareesh Kumar     | III - B     | C. N.     |
| 96   | 20E2053            | Kiran                | III - B     | Kiran     |
| 97   | 20E2082            | Bharath              | III - B     | Bharath   |
| 98   | <del>20E2088</del> |                      |             |           |
| 99   | 20E2088            | Rohan . M            | III - B     | Rohan     |
| 100  | 20E2075            | Velrao .             | III - B     | Vel       |
| 101  | 20E2039            | Sathya prabath       | III - B     | Sathya    |
| 102  | 20E2162            | Dhanachechuan        | III - C     | Dhanu     |
| 103  | 20E2069            | Lohul                | III - B     | Lohul     |
| 104  | 20E2084            | Dhanu                | III - C     | Dhanu     |
| 105  | 20E2119            | PERARASAN            | III - C     | Perarasan |





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Department of Business Administration

LEGAL LAWS FOR DAILY LIFE

Date: 15.12.2022

| S.No | Roll No | Student Participants | Class & Sec | Signature   |
|------|---------|----------------------|-------------|-------------|
| 106  | 20E2182 | A. Muhammed Faiz     | 3'BBA-C     | [Signature] |
| 107  | 20E2158 | H.A. Salamathiraj    | 3'BBAC      | [Signature] |
| 108  | 20E2163 | R. Ponnel Midhun     | 3'BBAC      | [Signature] |
| 109  | 20E2135 | Shreekrishnan A      | 3'BBAC      | [Signature] |
| 110  | 20E2164 | Kayan                | 3'BBAC      | [Signature] |
| 111  | 20E2092 | Lakshmanan           | 3'BBAB      | [Signature] |
| 112  | 20E2093 | M. Senthil Balan     | 3'BBAB      | [Signature] |
| 113  | 20E2084 | Arjun S              | 3'BBAB      | [Signature] |
| 114  | 20E2069 | Sanjay G             | 3'BBAB      | [Signature] |
| 115  | 20E2150 | Ajitha P             | 3'BBAC      | [Signature] |
| 116  | 20E2136 | Sai Sriramanth C     | 3'BBAC      | [Signature] |
| 117  | 20E2150 | Sarabash             | 3'BBAC      | [Signature] |
| 118  | 20E2172 | Pravin Kumar R       | 3'BBAC      | [Signature] |
| 119  | 20E2159 | Doughlas Martin      | BBA-3C      | [Signature] |
| 120  | 20E2180 | Ranjit               | BBA-3C      | [Signature] |
| 121  | 20E2181 | YADU KRISHNA         | BBA-C       | [Signature] |
| 122  | 20E1929 | Pritydarshini V      | BBA-A       | [Signature] |
| 123  | 20E1955 | Ananya               | BBA-A       | [Signature] |
| 124  | 20E1942 | Rohanashwari         | BBA-A       | [Signature] |
| 125  | 20E1976 | Sandhya              | BBA-A-3     | [Signature] |
| 126  | 20E2070 | Akshaya K            | BBA-B       | [Signature] |
| 127  | 20E2030 | Svettha M            | BBA-B       | [Signature] |
| 128  | 20E2129 | R. Loganayagi        | BBA-C       | [Signature] |
| 129  | 20E2167 | P. Prithvishree      | BBA-C       | [Signature] |
| 130  | 20E2198 | P. Haritha           | BBA-C       | [Signature] |
| 131  | 20E2176 | R. Radhika           | BBA-C       | [Signature] |







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*Department of Business Administration*

LEGAL LAWS FOR DAILY LIFE

Date: 15.12.2022

| S.No | Roll No | Student Participants | Class & Sec | Signature   |
|------|---------|----------------------|-------------|-------------|
| 138  | 20E2017 | Shakeep. C. A        | III - B     | [Signature] |
| 139  | 20E2081 | G. SREE HARSHA       | III - B     | [Signature] |
| 140  | 20E2025 | Ankit Patel          | III - B     | [Signature] |
| 141  | 20E2007 | TANUHA               | III - B     | [Signature] |
| 142  | 20E2057 | Galit Bhati          | III - B     | [Signature] |
| 143  | 20E2056 | Hitesh Kumar         | III - B     | [Signature] |
| 144  | 20E1958 | JAYAN MENON          | III - A     | [Signature] |
| 145  | 20E1970 | LITESH               | III - A     | [Signature] |
| 146  | 20E2186 | R. Deepak            | III - C     | [Signature] |
| 147  | 20E2080 | Ravi Kiranwal        | III - B     | [Signature] |
| 148  | 20E2068 | S. Jaya SURYA        | III - B     | [Signature] |
| 149  | 20E2005 | K. Raghul            | III - B     | [Signature] |
| 150  | 20E2042 | Krushal Handya       | III - B     | [Signature] |
| 151  | 20E1959 | Shrey Nagpal         | III - A     | [Signature] |
| 152  | 20E1955 | Sri Valsan.          | III - A     | [Signature] |
| 153  | 20E1973 | Vivek                | III - A     | [Signature] |
| 154  | 20E1950 | Sri Sahithi Reddy    | III - A     | [Signature] |
| 155  | 20E2171 | A Vinay Kumar        | III - C     | [Signature] |
| 156  | 20E2105 | K. Mohan Shrivijay   | III - C     | [Signature] |



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*Department of Business Administration*

LEGAL LAWS FOR DAILY LIFE

Date: 15.12.2022

| S.No | Roll No | Student Participants | Class & Sec | Signature         |
|------|---------|----------------------|-------------|-------------------|
| 157  | 20E1919 | S Aditya Sreenivas   | III BBA - A | S Aditya          |
| 158  | 201977  | Sarjany R            | III BBA - A | Sarjany R         |
| 159  | 20E1980 | SHIVAM SUNDAR L      | III BBA 'A' | SHIVAM            |
| 160  | 20E1952 | Bala Sankar E        | III BBA 'A' | Bala Sankar E     |
| 161  | 20E1982 | Apparajith. B o K    | III BBA 'A' | Apparajith. B o K |
| 162  | 20E1983 | A.R.J. PraxunRaj     | III BBA 'A' | A.R.J. PraxunRaj  |
| 163  | 20E2087 | R. BALA VIGNESH      | III BBA 'R' | R. BALA VIGNESH   |
| 164  | 20E2093 | S MOHAN              | III BBA 'R' | S MOHAN           |
| 165  | 20E2020 | GOKULAKRISHNAN P     | III BBA 'R' | GOKULAKRISHNAN P  |
| 166  | 20E2062 | Sathya G             | III BBA 'R' | Sathya G          |
| 167  | 20E2071 | Vaishnav. B          | III BBA 'R' | Vaishnav. B       |
| 168  | 20E2094 | S. Pransh            | III BBA 'B' | S. Pransh         |
| 169  | 20E2054 | Neeha M              | III BBA - A | Neeha M           |
| 170  | 20E2018 | LATSHMIKANTHS        | II BBA 'E'  | LATSHMIKANTHS     |
| 171  | 20E2018 | P. Tharun Kumar      | III BBA 'B' | P. Tharun Kumar   |



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DEPARTMENT OF ECONOMICS

[SHIFT-II]

Date: 20.01.2023

Department circular

Pleased be informed that 'Three days Life Skill Training on self-defense for girl students' has been Organized by Departments of Economics (Shift-II), On 01.02.2023 to 03.02.2023, from 02.30pm to 4.30pm at SRG auditorium.

*V. Meenakshi*

Dr. V. MEENAKSHI, M.A., M.Phil., Ph.D., SET  
Head /c Department of Economics Shift-II  
Dwaraka Doss Goverdhan Doss Vaishnav College,  
Arumbakkam, Chennai - 600 106.

*A. Suganthi*  
*N. Jayasree*  
*S. Vanathy*

Dated: 13<sup>th</sup> January, 2023

From

Dr. V. Meenakshi,  
Head in-charge,  
Department of Economics-Shift- II,  
Dwaraka Doss Goverdehan Doss Vaishnav College,  
Arumbakkam,  
Chennai – 105

To

The Secretary,  
Department of Economics-Shift- II,  
Dwaraka Doss Goverdehan Doss Vaishnav College,  
Arumbakkam,  
Chennai – 105

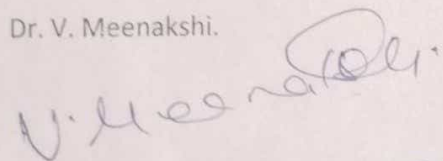
Through: The Principal, Dwaraka Doss Goverdhan Doss Vaishnav College

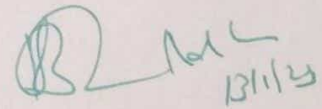
Respected Sir,

Greetings of the day. The Department of Economics, shift –II has proposed to conduct a three-day LIFE SKILL TRAINING ON SELF DEFENCE 1<sup>ST</sup>, 2<sup>ND</sup> AND 3<sup>RD</sup> OF FEBRUARY for the girl students. In this respect I kindly request your esteemed self to release Rs. 10,000 (under SA 7 g)

Thanks and Regards,

Dr. V. Meenakshi.

  
**Dr. V. MEENAKSHI, M.A., M.Phil., Ph.D., SET**  
Head I/c Department of Economics Shift-II  
Dwaraka Doss Goverdhan Doss Vaishnav College,  
Arumbakkam, Chennai - 600 106.

  
13/1/23





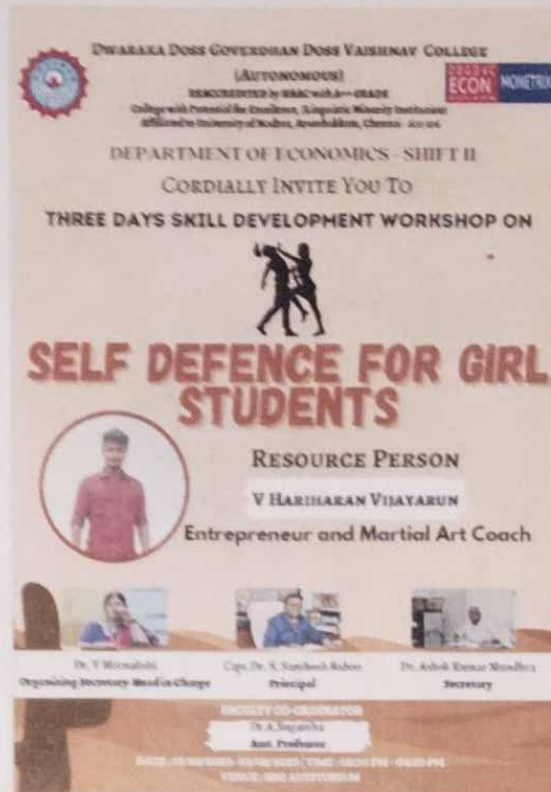
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## 1. Soft copy of the invitation:



2. Name of the Event: Three Days Skill Development workshop on Self Defense for girl students

3. Date: 01/02/2023 – 03/02/2023

4. Venue: SRG auditorium

5. Mode: Offline

6. Organizers: Department of Economics (Shift – II)

Organizing Secretary-Head in Charge: Dr. V Meenakshi

Faculty Coordinators: Dr. A. Sugantha

Resource Person: Mr. V Hariharan Vijayarun

7. Participants:

Staff Participants: 04

Student participants: 36

8. Support of the Program: A "Three Day Training Program on Self Defense for girl

students" was organized by the Department of Economics, Shift II from 01<sup>st</sup> February, 2023

to 03<sup>rd</sup> February, 2023. Dr. V Meenakshi introduced the resource person to the gathering.

The resource person Mr. V Hariharan Vijayarun, An Entrepreneur and Martial Art coach.

The session started with the orientation and discussion on safety precautions at road, home,

working place and other public places. The Resource Person taught many self-defense tricks

and techniques to develop self-confidence.

10. Outcome of the Program/ Event:

a) To educate the girl students about the different types of violence against them

b) To provide knowledge about the different tips of self-protection to keep in mind in different situations.

Dr. V. MEENAKSHI, M.A., M.Phil., Ph.D., SET  
Head in Charge, Department of Economics, Shift II  
Dwaraka Doss Goverdhan Doss Vaishnav College  
Arumbakkam, Chennai - 600 106



## DWARAKA DOSS GOVERDHAN DOSS VAISHNAV COLLEGE

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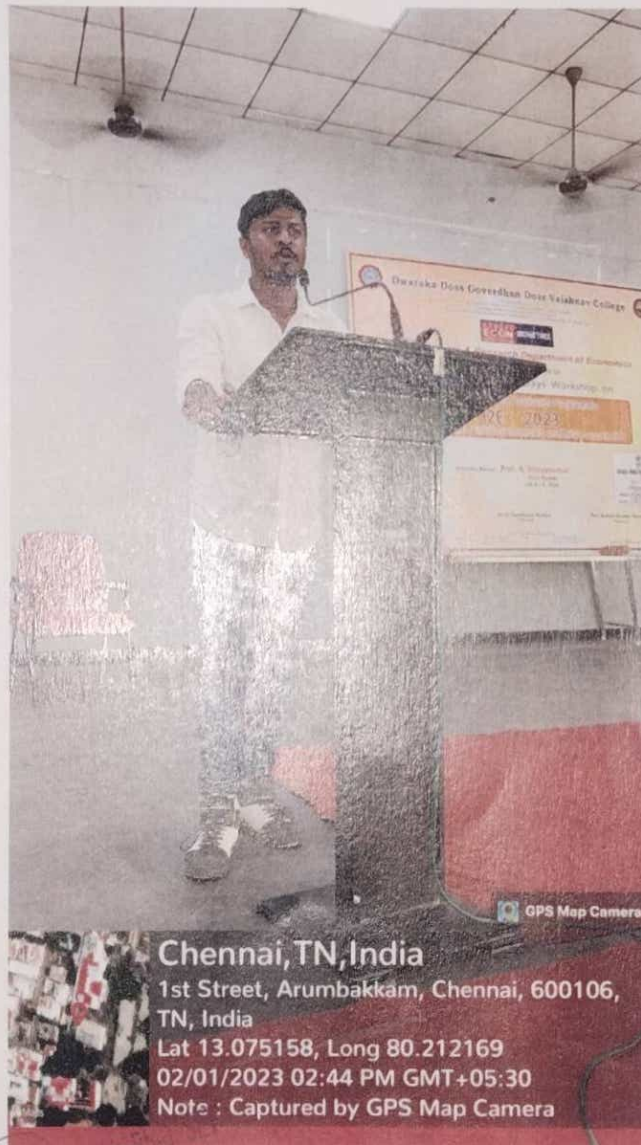
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### 11. Feedback from Students:

1. 93.5% of Students found the program useful. (1. Did you find the program useful?)
2. 87.3% of students found the program intellectually stimulating. (2. Did the program intellectually stimulate you?)
3. 90.7% of students found the speaker engaging and knowledgeable. (3. Was the speaker engaging and knowledgeable?)
4. 89.9% of students rated the program excellent. (4. On average how would you rate the Workshop?)
5. 95.6% of students would recommend this program to others. (5. Will you recommend this program to others?)

### 12. Photos (Geotagged):



*V. Dr. V. MEENAKSHI, M.Phil., Ph.D.  
Head i/c, Department Of Economics Shift - II  
Dwaraka Doss Goverdhan Doss Vaishnav College,  
Arumbakkam, Chennai - 600 106.*





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*V Meenakshi*  
Dr. V. MEENAKSHI, M.A., M.Phil., Ph.D., SET  
Head U/c, Department Of Economics Shri " " " " " "  
Dwarka Doss Goverdhan Doss Vaishnav  
Arumbakkam, Chennai - 600 106.



# DWARAKA DOSS GOVERDHAN DOSS VAISHNAV COLLEGE

(AUTONOMOUS)

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*A. Sugantha*

Faculty Coordinators

*V. Meenakshi*  
Dr. V. MEENAKSHI, M.A., M.Phil., Ph.D., SET  
Head i/c, Department Of Economics  
Dwaraka Doss Goverdhan Doss Vaishnav College,  
Arumbakkam, Chennai - 600 106.

Organizing Secretary - Head I/c







DWARAKA DOSS GOVERDHAN DOSS  
VAISHNAV COLLEGE (Autonomous), CHENNAI  
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College with Potential for Excellence, Linguistic Minority Institution

Affiliated to University of Madras

Arumbakkam, Chennai - 600 106

Department of Economics (Shift II)

Date: 01/02/2023 Event: Self defence for girl students.

| S.NO | ROLL NO. | NAME                  | PHONE NO.  | EMAIL ID                                      | SIGNATURE     |
|------|----------|-----------------------|------------|---|---------------|
| 1    | 22E0218  | Gayathri P            | 9150164771 | gayathripadmanaban<br>3324@gmail.com          | Gayathri P    |
| 2    | 22E0240  | Ambigai K             | 6369607348 | Kumarambigai @<br>21@gmail.com                | Ambigai K     |
| 3    | 22E0261  | Priyanka<br>preethi P | 8778921500 | Priyanka praveen<br>5@gmail.com               | Priyanka      |
| 4    | 22E0217  | Dhaswini A S          | 6374767062 | Asdhaswini<br>2004@gmail.com                  | A.S. Dhaswini |
| 5    | 22E0229  | Varshini V            | 8667487898 | varshinilakshmi<br>24@gmail.com               | Varshini      |
| 6    | 22E0283  | Haswini A             | 9176323663 | haswini hashini<br>@gmail.com                 | Haswini A     |
| 7    | 22E0283  | Sandhiya Jk           | 6382085785 | Jaya leetys<br>@gmail.com                     | Sandhiya Jk   |
| 8    | 22E0215  | Pooja Sree S          | 8072330486 | 22E0215<br>dgvaisnav<br>@gmail.com            | Pooja S       |
| 9    | 22E0248  | S. Preethi            | 9840156414 | preethisubramony-<br>an@gmail.com             | Preethi       |
| 10   | 22E0211  | Deepika Ravi          | 9176869465 | deepika<br>22E0211<br>dgvaisnav<br>@gmail.com | Deepika Ravi  |

V. Dr. V. MEENAKSHI, M.A., M.Phil., Ph.D.,  
Head of Department of Economics  
Dwaraka Doss Goverdhan Doss Vaishnav College,  
Arumbakkam, Chennai - 600 106.



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Arumbakkam, Chennai - 600 106

Department of Economics (Shift II)

Date: 01/02/2023 Event: three day skill development on self defense for girl students

| S.NO | ROLL NO. | NAME           | PHONE NO.  | EMAIL ID                     | SIGNATURE     |
|------|----------|----------------|------------|------------------------------|---------------|
| 11   | 22E0242  | S. Pradhiksha  | 6380659438 | sakuskar76@gmail.com         | S. Pradhiksha |
| 12   | 22E0247  | K. Dhanushree  | 9940233442 | dhanukamal004@gmail.com      | K. Dhanushree |
| 13   | 22E0254  | Geethanjali. A | 9840373136 | geethanjalia709@gmail.com    | Geethanjali   |
| 14   | 22E0273  | Nithya shree.k | 7299375713 | nithyan29066@gmail.com       | Nithya . K.L. |
| 15   | 22E0252  | S. Rajitha     | 9363521769 | sethuraajitha7@gmail.com     | S. Rajitha    |
| 16   | 22E0248  | S. Preethi     | 9840156414 | preethisubramanyam@gmail.com | Preethi       |
| 17   | 22E0211  | Deepikaravi    | 9176869465 | dravi9354@gmail.com          | Deepikaravi   |
|      |          |                |            |                              |               |
|      |          |                |            |                              |               |
|      |          |                |            |                              |               |
|      |          |                |            |                              |               |

V. DR. V. MEENAKSHI, M.A., M.Phil., Ph.D., SET  
Head of Department of Economics Shift - II  
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Arumbakkam, Chennai - 600 106

Department of Economics (Shift II)

Date: 03/02/2023

Event: three days skill development programme on self defense for girl student

| S.NO | ROLL NO. | NAME              | PHONE NO.   | EMAIL ID                       | SIGNATURE |
|------|----------|-------------------|-------------|--------------------------------|-----------|
| 1    | 20E0233  | Supriya .K        | 8072259440  | Supriya.K1802@gmail.com        |           |
| 2.   | 20E0248  | S.N. Divyasthi    | 9344301323  | divi7717@gmail.com             |           |
| 3.   | 20E0264  | G. Elakkialakshmi | 8939974652  | elakkialakshmi@gmail.com       |           |
| 4.   | 20E0202  | PAVITHRA .K       | 93440636-17 | Kpavithra250203@gmail.com      |           |
| 5.   | 20E0239  | LAVANYA .K        | 93726843-76 | Lavanya180302@gmail.com        |           |
| 6.   | 20E0253  | N. Jenipriya      | 7358382863  | Jenipriya2503@gmail.com        |           |
| 7    | 20E0258  | M. Dhanalakshmi   | 9150222966  | dhanadev2002@gmail.com         |           |
| 8    | 20E0249  | M. pavitra        | 9345261421  | pavitra.pavithra1210@gmail.com |           |
| 9    | 20E0253  | P. Deepa          | 9944912437  | deepashiny001@gmail.com        |           |
| 10   | 20E0208  | M. sheetal        | 8015555701  | sheetalm.2003@gmail.com        |           |

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### STATEMENT OF EXPENDITURE FOR THREE DAYS SKILL DEVELOPMENT

### WORKSHOP ON SELF DEFENCE FOR GIRL STUDENTS (SA7G)

EVENT CONDUCTED ON: 02/02/2023 – 03/02/2023

TOTAL AMOUNT RECEIVED: 10,000/-

| S.NO         | DATE       | PARTICULARS                    | PRICE         |
|--------------|------------|--------------------------------|---------------|
| 1            | 28/01/2023 | PRINTOUT                       | 80            |
| 2            | 31/01/2023 | BANNER                         | 500           |
| 3            | 31/01/2023 | REFRESHMENTS                   | 340           |
| 4            | 01/02/2023 | PRINTOUT                       | 720           |
| 5            | 01/02/2023 | REFRESHMENTS                   | 120           |
| 6            | 02/02/2023 | REFRESHMENTS                   | 120           |
| 7            | 02/02/2023 | HONARARIUM FOR RESOURCE PERSON | 8000          |
| 8            | 03/02/2023 | REFRESHMENTS                   | 120           |
| <b>TOTAL</b> |            |                                | <b>10,000</b> |

*V. Meenakshi*  
Dr. V. MEENAKSHI, M.A., M.Phil., Ph.D., SET  
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Arumbakkam, Chennai - 600 106.



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## LIBRARY

### 1. Soft copy of the invitation

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Arumbakkam, Chennai-600106, Tamil Nadu, India

**LIBRARY**  
Jointly with  
**SOCIETY FOR THE ADVANCEMENT OF LIBRARY AND INFORMATION SCIENCE [SALIS]**  
CHENNAI  
Organizes

**Student Development Programme (SDP)**  
on  
**"Health and Wellness"**

21.12.2022 | 10.30 am | Gyan Darshan

**Resource Person**  
  
**Dr. B. Sri Lakshmi**  
Librarian  
Sir Theagaraya College  
Chennai.

Target Participants : Department of Sociology  
Patron : Dr. Ashok Kumar Mundhra, Secretary  
Convener : Dr. S. Santhosh Baboo, Principal  
Organizing Secretary : Dr. M. Mani, Librarian  
Joint Organizing Secretary : Ms. D. Abirami, Assistant Librarian

**SALIS Committee**  
Founder President : Dr. A. Hariharan  
President : Dr. J. M. Venkatesh Chelam  
Senior Vice President : Mr. S. Manikandan  
General Secretary : Dr. Major. T. Magudanathan  
SALIS Chennai Chapter Advisor : Dr. P. Panneerselvam  
SALIS Chennai Chapter Secretary : Dr. A. Joseph Arubaru

**PROGRAMME SCHEDULE**

**Tamil Thai Vachthu followed by College Prayer**

Welcome Address : Selvan. D. Venkatesh  
Sociology, NDLI Club Member

Presidential Address : Dr. S. Santhosh Baboo  
Principal

Felicitation Address : Dr. Ashok Kumar Mundhra  
Secretary

Keynote Address : Dr. C. Chidambaramathan  
Assistant Professor & Head  
Department of Sociology

**Honouring the Dignitaries**

Resource Person Introduction : Selvan. K. Kanish Raj  
Sociology, NDLI Club Member

Session by : Dr. B. Sri Lakshmi  
Librarian  
Sir Theagaraya College, Chennai.

**Question and Answer / Activity Session**

**Feedback by Participants**

Vote of Thanks : Dr. M. Mani  
Librarian

**National Anthem**

Master of Ceremony : Selvan. Dev Vallaban  
Sociology, NDLI Club Member

<https://dgdvclibrary.blogspot.com> | **DGDVCL LIBRARY**

2. Name of the event : Student Development Programme on “Health and Wellness”
- 2.1 Jointly with : Society for the Advancement of Library and Information Science (SALIS)
3. Date : 21.12.2022
- 3.1 Time : 10.30 AM
4. Mode : Offline
5. Patron : Shri. Ashok Kumar Mundhra, Secretary
- 5.1 Convener : Dr. S. Santhosh Baboo, Principal
- 5.2 Organizing Secretary : Dr. M. Mani, Librarian
- 5.3 Joint Organizing Secretary : Ms. D. Abirami, Assistant Librarian





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5.4 Resource Person : Dr.B.Srilakshmi  
Librarian  
Sir Theagaraya College,Chennai.

6. Total No of Participants : 90

7. Detailed Report of the Programme:

Dwaraka Doss Goverdhan Doss Vaishnav College, Library jointly with Society for the Advancement of Library and Information Science (SALIS), Chennai Chapter, conducted Student Development Programme (SDP) on “Health and Wellness” on 21.12.2022 at 10.30 am in the School of Management block. The student development programme (SDP) was attended by 90 participants comprising of students from the department of sociology. Welcome Address was given by Selvan D Venukishore, NDLI Club Member and student of Department of Sociology. Presidential address delivered by Dr.S.Santosh Baboo, Principal, DDGD Vaishnav College. Dr.C.Chidambaranathan, Assistant Professor and Head, Department of Sociology delivered the keynote address. The Principal Dr.S.Santhosh Baboo honoured the Resource Person Dr.B.Srilakshmi, Librarian, Sir Theagaraya College, Chennai.The session commenced with the Health and Wellness. The students were given insights on the Physical, Mental and Social Health, and various dimensions of wellness were discussed to lead a healthy life. Students were given inputs on a successful life with a healthy lifestyle. Students were addressed regarding the benefits of yoga, pranayama and meditation. Students encouraged to read and lead.The students came up with creative solutions to the open-ended questions deliberated during the session. The student development programme concluded with a prize distribution, and a feedback session. The vote of thanks was rendered by Dr.M.Mani, Librarian, Dwaraka Doss Goverdhan Doss Vaishnav College.

8. Outcome of the Programme:

- Students will understand how physical activity will improve health
- Students will identify strategies to manage their emotions
- Helps to maintain interpersonal relationship
- Lead a Healthy and Sustainable lifestyle
- Recognize strategies that can be used to maintain a healthy lifestyle



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## 9. Photos:





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## 10. Participant Details :



DWARAKA DOSS GOVERDHAN DOSS VAISHNAV COLLEGE (AUTONOMOUS)

LIBRARY  
Organizes

Student Development Programme on "Health and Wellness"

21.12.2022

Participants List

| Sl.No. | Name of the Participant | Department     | Mobile No.   | Signature |
|--------|-------------------------|----------------|--------------|-----------|
| 1      | DEV vallaban A          | BA Sociology   | 9791126531   |           |
| 2      | Kanish Raj K            | BA Sociology   | 9080185052   |           |
| 2      | D. Venukishore          | B.A sociology  | 701071620    |           |
| 4      | Subhashini . S          | BA. SOCIOLOGY  | 7708302443   |           |
| 5      | Harri priya . B         | BA. SOCIOLOGY  | 9478102891   |           |
| 6      | Krunalaxi . M           | BA. Sociology  | 8090095117   |           |
| 7      | Harsha Vaidhini . S     | BA. SOCIOLOGY  | 6379899518   |           |
| 8      | JASMINE . I             | BA. SOCIOLOGY  | 7299554766   |           |
| 9      | J. ARUNA TAMILINI       | B.A. SOCIOLOGY | 7200214042   |           |
| 10     | G. Gandhya              | BA Sociology   | 9444152109   |           |
| 11     | Threshma . N            | B.A. Sociology | 949363361041 |           |
| 12     | G. Kiranikka dhee       | B.A. sociology | 9445725986   |           |
| 13     | M.V. Soumiya            | B.A. Sociology | 7010232767   |           |
| 14     | Priyanka . S            | BA. sociology  | 9884004769   |           |
| 15     | Sarjanna . T            | B.A sociology  | 9176511809   |           |
| 16     | MIRUDHULA SHRI          | B.A SOCIOLOGY  | 8148769652   |           |
| 17     | KAVYA . S               | B.A SOCIOLOGY  | 7010727573   |           |
| 18     | Ananthi . A             | B.A SOCIOLOGY  | 7200238185   |           |
| 19     | LIPITHA . V             | BA. Sociology  | 9884472929   |           |
| 20     | KRISHNA MINU MANEEM     | BA SOCIOLOGY   | 9486084744   |           |





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| SLNo. | Name of the Participant | Department     | Mobile No. | Signature              |
|-------|-------------------------|----------------|------------|------------------------|
| 21    | M. Nitha                | BA sociology   | 9363682830 | M. Nitha               |
| 22    | J. Roshni               | BA sociology   | 8072117014 | J. Roshni              |
| 23    | M. Sneha                | BA sociology   | 9841622761 | M. Sneha               |
| 24    | G. Hemalatha            | BA sociology   | 9342288067 | G. Hemalatha           |
| 25    | R. Jayasri              | BA Sociology   | 6379023267 | R. Jayasri             |
| 26    | R. Mathila              | B.A. Sociology | 9360015541 | R. Mathila             |
| 27    | Dhruvini Baguda         | B.A. Sociology | 8925279702 | Dhruvini Baguda        |
| 28    | S. Palyanka             | B.A. sociology | 9489350951 | S. Palyanka            |
| 29    | S. Kishore              | B.A. sociology | 9840262684 | S. Kishore             |
| 30    | M. Insan                | B.A. Sociology | 6383279203 | M. Insan               |
| 31    | K. S. Sachin            | B.A. Sociology | 8072888090 | K. S. Sachin           |
| 32    | S. SHARAN               | B.A. Sociology | 9361324351 | S. SHARAN              |
| 33    | M. vignesh              | B.A. Sociology | 9597414150 | M. vignesh             |
| 34    | M. Jaison babu.         | B.A. Sociology | 9080977402 | M. Jaison babu.        |
| 35    | V. AKILAN               | B.A. Sociology | 6369916602 | V. Akilan              |
| 36    | P. Krishnakanta         | B.A. Sociology | 7904383318 | P. Krishnakanta        |
| 37    | T. THIVYAPRAKASH        | B.A. SOCIOLOGY | 9629446869 | T. Thivyaprakash       |
| 38    | C. SIVA                 | B.A. Sociology | 6383978275 | C. SIVA                |
| 39    | Jonath. J               | BA. Sociology  | 9597061927 | Jonath. J              |
| 40    | Hanish kumar. M         | BA. Sociology  | 9025368832 | Hanish kumar. M        |
| 41    | Vyan Praveendhar .R.S.  | BA. Sociology  | 9047815978 | Vyan Praveendhar .R.S. |
| 42    | Boorani kumarans        | B.A sociology  | 9344062917 | Boorani kumarans       |
| 43    | A. Abishek              | B.A. Sociology | 7542868125 | A. Abishek             |
| 44    | K. Ram Prakash          | B.A. Sociology | 7871013342 | K. Ram Prakash         |
| 45    | Shrinish Kumar          | BA. Sociology  | 9150951749 | C.R. Shrinish Kumar    |



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| SLNo. | Name of the Participant | Department     | Mobile No. | Signature |
|-------|-------------------------|----------------|------------|-----------|
| 46    | S.Thirukumaran          | BA Sociology   | 6374122844 |           |
| 47    | bhavanidharan           | BA Sociology   | 6389315850 |           |
| 48    | M. Mithilan             | BA Sociology   | 9043483315 |           |
| 49    | T. VISNAL               | BA Sociology   | 9495904929 |           |
| 50    | Jahnan                  | BA Sociology   | 7550283636 |           |
| 51    | Dharshan.M              | BA-Sociology   | 6283951346 |           |
| 52    | JAYAKRISHNAN.S          | BA Sociology   | 6380839177 |           |
| 53    | KUNAL.C.B               | BA Sociology   | 8838593811 |           |
| 54    | PAVITRAN.M              | BA Sociology   | 8667538550 |           |
| 55    | SASI SUBIKSHAN.P        | BA Sociology   | 7397293738 |           |
| 56    | K. Karaga Venayagam     | BA Sociology   | 9974406911 |           |
| 57    | K. Lokesha Kannan       | BA Sociology   | 9080550543 |           |
| 58    | M. Harshesh             | B.A. Sociology | 9344246275 |           |
| 59    | S.K. Tharun             | B.A. Sociology | 6380096022 |           |
| 60    | M.Pranesh               | B.A. Sociology | 9150203243 |           |
| 61    | CA BHASKAR              | BA Sociology   | 9150986719 |           |
| 62    | PRIYADHARSHAN.S         | B.A. Sociology | 7010505817 |           |
| 63    | TAMILMANI.A             | B.A. Sociology | 8989076379 |           |
| 64    | C.R.ARAVINDAR           | B.A. Sociology | 6369718421 |           |
| 65    | Srinjay.M               | B.A. Sociology | 9150771446 |           |
| 66    | Mani Arishore.C         | B.A. Sociology | 9444420624 |           |
| 67    | Adarsh.J                | B.A. Sociology | 6380128217 |           |
| 68    | S. Pradeb               | B.A. Sociology | 7550267242 |           |
| 69    | Theremiyam J. S         | B.A. Sociology | 9841894920 |           |
| 70    | Charanika Howli.F       | B.A. Sociology | 6374388122 |           |



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| SLNo. | Name of the Participant | Department     | Mobile No.   | Signature             |
|-------|-------------------------|----------------|--------------|-----------------------|
| 71    | Dikshanth V.G           | B.A. Sociology | 6380098122   | V.G. Dikshanth        |
| 72    | J. SUBRAMANI            | BA - Sociology | 8608594794   | J. Subramani          |
| 73    | K.K. Kishore Vishal     | BA - Sociology | 7072270284   | K.K. Kishore Vishal   |
| 74    | S. Rangith Kumar        | BA Sociology   | 8616479766   | S. Rangith Kumar      |
| 75    | Dinash .P               | B.A. Sociology | 6369340321   | Dinash .P             |
| 76    | NAVEEN RAJ .S           | BA. Sociology  | 7358270764   | Naveen Raj .S         |
| 77    | Dr.J.JENITHA MARY       | Sociology      | 9662476956   | J. Jenitha Mary       |
| 78    | DR.C.CHANDRASEKHARAN    | Sociology      | 9686617601   | C. Chandrasekharan    |
| 79    | M. KOWSALYA             | Sociology      | 7958540668   | M. Kowsalya           |
| 80    | Dr. M. Mari             | Library        | 9361248931   | M. Mari               |
| 81    | S. Sakthivel            | Sociology      | 811095899770 | S. Sakthivel          |
| 82    | K. Koushika             | PHD - CS       | 9942373115   | K. Koushika           |
| 83    | M. Vigneshwaran         | Library        | 988627342    | M. Vigneshwaran       |
| 84    | D. RAJINI GANESH        | Library        | 8778302143   | D. Rajini Ganesh      |
| 85    | S. Ashageeran           | Sociology      | 7395910378   | S. Ashageeran         |
| 86    | PrED Arora              | Sociology      | 8691026221   | PrED Arora            |
| 87    | D. NOORU HASAN          | LIBRARY        | 9080195659   | D. Nooru Hasan        |
| 88    | D. Abhinao              | Library        | 970629692    | D. Abhinao            |
| 89    | J. Senthil              | Library        | 9677146074   | J. Senthil            |
| 90    | C. Premakumari          | Library        | 9941576378   | C. Premakumari        |
|       |                         |                |              | M. Mari<br>21/11/2022 |
|       |                         |                |              | <b>LIBRARIAN</b>      |

Blog Link: <https://ddgdvclibrary.blogspot.com/2022/12/student-development-programme-on-health.html>





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PG & Research Department of Microbiology

**Invitation:**



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**POST GRADUATE & RESEARCH DEPARTMENT OF MICROBIOLOGY**

*Organizes*  
**All About Wellness**

**'BASIC STRETCHES FOR DAILY LIFE'**

17/03/2023 | 11.30 a.m.  
Venue: Vidya Darshan

**Resource Person**  
**Mr. Sudesh Chander**  
Wellness and Fitness Advisor ,  
Pain Management Expert

**Organizing Team**

**Dr. B. Kirthiga**  
Assistant Professor  
Dept. of Microbiology

**Mr. T. Vasanth**  
Student Coordinator  
Dept. of Microbiology

**Dr.P. Vidya**  
Head of the Department

**Dr.S.Santhosh Baboo**  
Principal

**Dr.Ashok Kumar Mundhra**  
Secretary

<http://www.dgvaishnavcollege.edu.in>



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Arumbakkam, Chennai-600 106**

|                                    |  |
|------------------------------------|--|
| <b>Name of the event</b>           | : “Basic Stretches for Daily Life”   |
| <b>Date</b>                        | : 17.03.2023   |
| <b>Venue</b>                       | : Vidya Dharsan  |
| <b>Mode</b>                        | : Offline  |
| <b>Resource Person</b>             | : <b>Mr. Sudesh Chander</b><br><br>Wellness and Fitness Advisor,<br>Pain Management Expert |
| <b>Organizers</b>                  | : Dr.B.Kirthiga  |
| <b>Faculty Coordinator</b>         | : Dr.S.Jagadeeswari  |
| <b>Student Coordinator</b>         | Mr. T. Vasanth   |
| <b>No. of staff participants</b>   | : 06   |
| <b>No. of student participants</b> | : 56   |

**Detailed report of the program:**

The PG & Research Department of Microbiology organized an event on “Basic Stretches for Daily Life”. Mr. Sudesh Chander emphasised that Stretching is an important component of daily life, is can also can help prevent injuries. Basic stretches that can be incorporated into a daily life program: Neck stretch, Shoulder stretch, Hamstring stretch, Quadriceps stretch, Calf stretch etc., These basic stretches can be done daily to help maintain flexibility and range of motion, and can be especially beneficial for individuals who spend a lot of time sitting or performing repetitive tasks.

**Outcome of the program:** The students are benefitted by the program and this kind of activity will help them to manage stress



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**Photos:**







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**List of Participants**



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**List of Participants**

| S.NO | NAME                | DEPARTMENT   | SIGNATURE           |
|------|---------------------|--------------|---------------------|
| 1    | NANDITA S           | MICROBIOLOGY | Nandita S.          |
| 2    | VARSHA R B          | MICROBIOLOGY | Varsha R B.         |
| 3    | JEMIMAH T Y         | MICROBIOLOGY | Jemimah T Y         |
| 4    | SURABHI SATHISH     | MICROBIOLOGY | Surabhi S           |
| 5    | SAIRAM G            | MICROBIOLOGY | Sairam G.           |
| 6    | APARNA S            | MICROBIOLOGY | Aparna S            |
| 7    | NANDHINI M          | MICROBIOLOGY | Nandhini M.         |
| 8    | VEDA PRIYA S        | MICROBIOLOGY | Veda Priya S        |
| 9    | SHARUMATHI S        | MICROBIOLOGY | Sharumathi S        |
| 10   | KARTHICK BALAJI P V | MICROBIOLOGY | Karthick Balaji P V |
| 11   | SONIYA R C          | MICROBIOLOGY | Soniya R C          |
| 12   | CHARULATHA R        | MICROBIOLOGY | R. Charulatha       |
| 13   | PRAJWAL D           | MICROBIOLOGY | Prajwal D           |
| 14   | SATHIESH KUMAAR K S | MICROBIOLOGY | Sathiesh Kumaar K S |
| 15   | SANJAI K            | MICROBIOLOGY | Sanjai K            |
| 16   | ATCHAYA J           | MICROBIOLOGY | Atchaya J           |
| 17   | NIRANJAN DASS B S   | MICROBIOLOGY | Niranjana Dass B S  |
| 18   | DEEPIKA C S         | MICROBIOLOGY | Deepika C S         |
| 19   | VASANTH T           | MICROBIOLOGY | Vasanth T           |
| 20   | SATHYA M            | MICROBIOLOGY | Sathya M            |
| 21   | MONISHA             | MICROBIOLOGY | Monisha M           |
| 22   | PAVITHRA S          | MICROBIOLOGY | Pavithra S          |
| 23   | PRADIKSHA K         | MICROBIOLOGY | Pradiksha K         |
| 24   | JEEVITHA R          | MICROBIOLOGY | Jeevitha R          |



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|    |                             |              |                       |
|----|-----------------------------|--------------|-----------------------|
| 25 | NIVETHA S                   | MICROBIOLOGY | S. Divya              |
| 26 | SUSHMITHA R                 | MICROBIOLOGY | R. Sushmita           |
| 27 | PRIYADHARSHINI V            | MICROBIOLOGY | V. Priyadharsini      |
| 28 | LAKSHMI PRIYA S             | MICROBIOLOGY | L. Priya S            |
| 29 | ABAARANJITA A R             | MICROBIOLOGY | A. Aranjita           |
| 30 | SIVARANJANI C S             | MICROBIOLOGY | Sivaranjani           |
| 31 | LAKSHMI PRIYA S R           | MICROBIOLOGY | L. Priya S R          |
| 32 | SAKTHI K                    | MICROBIOLOGY | Sakthi K              |
| 33 | SWATHI K                    | MICROBIOLOGY | K. Swathi             |
| 34 | SHRUTHI V                   | MICROBIOLOGY | S. Shruthi            |
| 35 | VIKRAM RAJ R J              | MICROBIOLOGY | Vikram Raj            |
| 36 | NIVEDHA A                   | MICROBIOLOGY | Nivedha               |
| 37 | HARIKRISHNA M               | MICROBIOLOGY | H. Krishna M          |
| 38 | FARZANA MOHIDEEN<br>PITCHAI | MICROBIOLOGY | Farzana M.            |
| 39 | DIVYA SRI V                 | MICROBIOLOGY | Divya Sri V           |
| 40 | SHAYAARTHI M                | MICROBIOLOGY | S. Shayarthi M        |
| 41 | RUPALI RAVINDRA<br>PHADTARE | MICROBIOLOGY | R. Rupali             |
| 42 | SINEKAPPRIYA M              | MICROBIOLOGY | S. Sinekappriya M     |
| 43 | JOHANNAH NITISHA C J        | MICROBIOLOGY | Johannah C J          |
| 44 | PAYAL PRITI CHHANDA         | MICROBIOLOGY | P. Payal              |
| 45 | YAMINI S                    | MICROBIOLOGY | Y. Yamini S           |
| 46 | JANAKI R                    | MICROBIOLOGY | J. Janaki R           |
| 47 | MEENAKSHI SUNDARAM          | MICROBIOLOGY | M. Meenakshi Sundaram |
| 48 | SANJAY J                    | MICROBIOLOGY | S. Sanjay J           |
| 49 | HARSHINI S M                | MICROBIOLOGY | H. Harshini S M       |
| 50 | MOHIDEEN FASHAIR A          | MICROBIOLOGY | M. Mohideen Fashair   |
| 51 | SRINIDHI                    | MICROBIOLOGY | S. Srinidhi           |



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**Department of Microbiology**

**Research Scholar**

| S.No | Name  | Department   | Signature |
|------|---|--------------|-----------|
| 1    | Nisha J                                     | Microbiology |           |
| 2    | Sharmila U                                  | Microbiology |           |
| 3    | Anusha Shree S K                            | Microbiology |           |
| 4    | Vishwakarma Ravindrakumar<br>Krishnamoorthy | Microbiology |           |
| 5    | Pasha Haritha                               | Microbiology |           |





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**PG DEPARTMENT OF SOCIAL WORK**

**REPORT ON OUTBOUND TRAINING  
TRAINERS PROFILE**



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**PG DEPARTMENT OF SOCIAL WORK**

**Dr. B. Sulu Priya**  
**Head of the Department**

Date: 03.03.2023

**CIRCULAR**

The outbound training (OBT) for the I MSW students shall be conducted on 07.03.2023 (Tuesday) between 8.30 am and 5.00 pm at Pegasus HRD Centre, Villupuram.

All the students are instructed to attend the outbound training without fail.  
Attendance is mandatory.

*S. Sulu Priya*  
Head of the Department  
For



Circulation to I MSW Students  
Circulation to all Staff Members &  
Copy to Department Notice Board

**TRAINER-1**

**Name: D.M.VinothPh.D**

Mr. Vinoth is a Sr. Consultant with Pegasus Academy & Consulting, 12 years and continuing, being part of 600+ Structured Experiential Learning (SEL) Programs on Leadership and Team Dynamics. He is also an Associate Member of the Aastha Foundation, an institution working with individuals and communities for Human Learning and Growth



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through Process Work and Applied Behavioral Science principles and methodologies in a group setting. Certified Process Worker (Human Labs). He is an Anchor & Facilitator – A conversation Space, a non-judgmental and non-advisory safe space bringing strangers together to talk about one's own inner thoughts, the questions that come back often which may not have answers, the angst & hurts of daily living, one's initiatives & failures, exchanging notes on fears, occasions where one does not feel strong enough, expressing feelings, making new meaningful connections. Mr. Vinoth is a Certified Consultant on Belbin Team Role Accreditation. He has done extensive work on Emotional Intelligence (EI). Mr. Vinoth was awarded Ph.D. from Madras University – Combining Philosophy, Psychology, and Management with a Doctoral thesis on Business Ethics. • Interests are Mind Mapping, Transaction Analysis, and Employability Enhancement Programs for Students, Listening to Therapy, and Humanizing Leadership Development. The Concepts used in Experiential Learning programs –are the Eisenhower Matrix or Urgent/Important Matrix for Prioritizing, the Johari Window for Interpersonal and Self-discovery, the Golden Circle by Simon Sinek for knowing Why we do what we do, the TFA Triangle (Thought, Feeling, Action), 5 dysfunctions of a team by Patrick Lencioni, Tuckman's Stages of Team Dynamics and Work-life-balance. The Program customization and delivery model used are Experiential Learning (here and now), Process Work (there and, then), and post-program follow-up on Kirk Patrick's Model.

### **TRAINER-2**

**Name:**B. Divakar

Divakar joined Pegasus in 2015, prior to which he has been a Senior Manager, National Training Manager, and Marketing Manager WR for Philips India Ltd., In Philips, Divakar was Times Performance Award Winner and achieved the position of Lead Trainer in the country for retail selling skills. He is certified by an internationally recognized Management Consultant called Best Options Management group from the Philippines (BOM). He is an Asia Pacific region record holder by scoring 100% in the Best Options Management Consultant's Lead Trainer Assessment Program. He was also in sales during which he managed the highest business volume of Rs.750 million in Tamil Nadu, contributing to over 45% of the regional sales turnover. Mr. Divakar through his efforts enhanced the market share of the Incandescent Lamp Group from 33% to 47% and 34% to 45% in the Fluorescent Group, in three years' time in the State of Kerala. He increased the turnover from 120 million to 240 million in Kerala in three years, bringing Kerala State to 7<sup>th</sup> Position from 15<sup>th</sup> Position in absolute value terms, and made Kerala as NO.1 State in India for Compact Fluorescent Lamp (CFL) sales. He has also served HUL (Brooke Bond) where he served in various capacities and learned sales, collections, stock books, sales forecasting, indenting, banking, accounting, and delivery of goods.Later he became a trainer and has completed training of 175 strong sales team comprising of RSMs, ASM, and Sales Officers, and about 500 distributor sales persons in the capacity of National Training Manager. He planned and implemented the Sippai incentive program to motivate and enable the distributor salespersons to build the business.Divakar organized a Free Eye Camp for 200 Families in the village Sandavasi, in the Vellore district with the help of the Lions Club, offering them free check-ups through a computerized blood analyzer. He has been a consultant for Green Pearl Electronics for Involving Channel Appointment Creation of Product Package Design, Setting up Sales and Marketing processes – involving Product, Placement, Promotion, and People,



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and overseeing the operation from after Production to distribution. Divakar is now a Partner at Pegasus. He brings his experience to the facilitation of learning programs.

**NAME OF THE EVENT:** OUTBOUND TRAINING

**DATE:** 07.03.2023

**VENUE:** PEGASUS HRD CENTRE, VILLUPURAM

**MODE:** OFFLINE

**ORGANIZER:** PG DEPARTMENT OF SOCIAL WORK, DWARAKA DOSS  
GOVERDHAN DOSS VAISHNAV COLLEGE

**FACULTY COORDINATORS:** PROF.M. K. SINDHU AND PROF.G. ASHISH

**TRAINERS OF THE PEGASUS:** MR. VINOTH AND MR. DIWAKAR

**NUMBER OF STAFF PARTICIPANTS:** 2

**NUMBER OF STUDENT PARTICIPANTS:** 45

### DETAILED REPORT

Outbound Training is a training and facilitation methodology used to enhance the effectiveness and performance of employees/ Students through the use of Experiential Learning Activities and Games and Adult Learning Principles. So in order to provide practical training for the students, the PG Department of Social work has arranged a one-day outbound training for the students of 1st MSW at Pegasus, Villupuram on 07.03.2023 Tuesday. As planned, all 45 students and the faculty coordinators reached the college early morning on the day of outbound training, then the bus started at 4.45 am and reached Pegasus Training Centre around 7:30 am which the first 20 minutes were allocated for refreshments, and also the trainer Vinoth let the students spend 20 minutes at the beach which is located nearby the Pegasus Institute. The students were asked to assemble at the Discussion area at 9.00 am after having their breakfast. Around 9:00 am all the students assembled and Mr. Vinoth and Mr. Divakar (Trainers) gave caps to all the students and asked them to mention their names on their caps, then they provided some unique numbers to all the students for identification. The trainers initially introduced themselves and gave a brief introduction about Pegasus, and what kind of training they provide. After the ceremony, the trainers took the students to the field and explained the first outdoor activity.

### ACTIVITY-1

#### SPIDER WEB

The trainer formed the students into 5 teams for the activity randomly and the group as a whole was named "DG DEVILS" by the students themselves. Then the trainer assigned this task to the **DG devils**.

### RULES OF THIS ACTIVITY

The students should pass through the web from east to west direction

While passing through the web hole the student should not touch the rope or their body, and their dress should not touch the rope

Each student can pass only through one web whole, once it is passed by a student that web hole will be locked so that other students cannot use the same web hole

One student can use the bottom opening and another student can use the top opening, all others should use the other openings in between the web





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The task is given to the whole Dg devils so, once every person in each team has passed through the web only then this task will be accomplished.

The stopwatches were given to one person each in a team to note the time; the time limit to finish this task is 15 minutes

### **EVALUATION**

After completing the task the students had some refreshments and they assembled on the ground for evaluation. The trainers observed each of the students and provided their feedback. The task was not accomplished because only 2 teams were able to pass completely through the hole while the other teams couldn't as the task is considered accomplished only when DG DEVILS as a whole achieves it. The DG DEVILS was questioned about not thinking out of the box and listening to the briefing of the activity and its rules. As the rule, itself had a solution within it, if actively listened, all the groups would have achieved the task. The trainer also explained team coordination and the support of team members in order to accomplish this kind of strategic task. The students learned the importance of active listening through this activity.

### **ACTIVITY-2**

#### **PASSING THE MODULES**

This was a bit tricky task, and for this, the teams were shuffled and arranged randomly there were a total of 6 teams and they were given 3 modules in which each team should have a minimum of 2 modules to accomplish this activity and this was assigned to DG DEVILS. There were some hurdles in between, and 3 resources were given to each team to pass through those hurdles. All 6 teams were led by 6 leaders, and they were given instructions about the activity by Mr. Diwakar followed by which the leaders explained the activity to the team members. Mr. Diwakar conveyed the purpose of this task to the leaders of all the teams that if any student is working efficiently and achieved the goal, will be recruited by him into a Top Multinational Company for an annual salary of 18 lakhs

#### **RULES OF THIS ACTIVITY**

The modules were marked red and white and they should not touch the red marks

After two modules a resting place will be given in which the trainees can rest

All the team members should pass 2 modules only then the task will be accomplished

A total of 3 resources were given each time that is two wooden sticks and one rope, the trainees can use those resources but also the resources should not touch the ground

If anyone touched the ground they have to repeat the same module from the beginning

This task should be completed within 45 minutes.

### **EVALUATION**

After the task, the trainees assembled at the discussion area for evaluation. The trainers Vinoth and Divakar gave their feedback that the trainees were not efficiently utilizing the resources. All three resources were utilized in the same place which consumed lots of time in the same module, the trainers also mentioned that the trainees were hesitating to take risks as part of the activity. Then the trainers asked about the learnings of this activity and all the trainees expressed their learnings such as critical thinking, teamwork, coordination, efficient utilization of resources, and combining the right resources. Through this activity, the trainers



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related these skills with HR management and it helped the trainees to relate. Finally, Mr. Diwakar revealed the purpose of the task is to recruit the student if he/she works efficiently and achieves the goal but unfortunately the trainees missed this opportunity as they cannot achieve the assigned task efficiently. After the evaluation, all went to have their lunch around 1.30 pm. After lunch, the trainees were assembled around 2:20 pm and presented their learnings as a team in activity-2.

### ACTIVITY-3

#### VEHICLE TEST DRIVE

This is an interesting task where a hidden strategy is to be found in order to accomplish this task. The trainer allocated a total of 8 teams based on the ascending order of the trainees' birthdate and birth month. Mr. Vinoth asked the trainees to assume him as the client, where the client is giving a project to the employees that are to test drive the vehicle which is created by the client and the trainees need to provide feedback about the quality of the vehicle through the test drive. For this, each team should make 2 trips assuming one end is Pondicherry and the other end is Chennai, so the trainees should test drive the vehicle by traveling from Pondicherry to Chennai and then return to Pondicherry. A minimum of 15 trips were assigned to **DG DEVILS**.

#### RULES OF THIS ACTIVITY

The vehicle has been attached with ropes which the ropes shouldn't be untied

The leader should not touch the members

The members should not touch the leaders

The members should not touch the vehicle instead they can touch the rope

The members should drive the vehicle in which the leaders of each team should travel **IN** the vehicle

The leaders should not get down from the vehicle once the drive has been started

If the leader has touched the ground in between then the team should start the drive from the beginning

The vehicle should not be dragged if there are any drag marks on the ground they should restart their drive

Each team should complete at least 2 trips and a maximum as per their wish

A total of 15 trips have been expected by the client

The time limit for this task is 60 minutes

#### EVALUATION

The trainees, this time, accomplished the task successfully within the speculated time. Then they had some refreshments and assembled at the discussion area for evaluation. The trainers asked the trainees about the learning from this task. The trainees expressed that finding and applying strategy was necessary in order to drive the vehicle and constant team coordination was essential for this task. If one person fails to put in the effort, then the vehicle will not move. Hence, it was more experiential learning in which the trainees understood the team building and strategies to be implemented in order to achieve something. Overall the client was satisfied, as all the teams accomplished the task of going 2 drives, and also in total 17 trips were completed by **DG DEVILS**. Followed by this, the trainers continued the evaluation



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and learning of this whole day of outbound training. The trainees evaluated their individual learning in terms of skill development.

### **OUTCOMES OF THE OUTBOUND TRAINING**

The trainees could practically understand the skills that are essential to achieve one's goals and develop the skills that they were lacking. Mr. Vinoth and Mr. Divakar connected all the skills to the workplace environment and to HR management.

The students were able to identify their strengths and evaluate their skills in the practical field.

Adaptive learning was observed and the group bond was strengthened.

The importance of punctuality and time management was practically learned.

The importance of active listening, planning, and analyzing them before the execution was understood by the students through the practical training

The outcome of outbound training among students was that the students started the training as competitors and ended up as collaborators and learned to work efficiently and effectively towards a common group goal

The trainees understood that any task assigned has a purpose and must be aware of the outcome.

The trainees learned the following skills:

**Active Listening**

**Teamwork**

**Critical thinking**

**Decision making**

**Coordination**

**Problem-solving**

**Observation**

**Leadership**

**Communication**

**Creative thinking**

**Time management**

Overall, the trainees gained learning related to HR Management through armed forces training practices as all the tasks were engaging and more interesting. Hence, they gained more practical experience instead of the usual classroom setup. Hope it will be applied in our workplace environment and life.

After the evaluation, the Vote of thanks had been proposed by Aravindan on behalf of the department. The trainees thanked the trainers Mr. Vinoth and Mr. Divakar for the potential training and learning throughout the day. After having refreshments, the bus departed at 5:30 pm from the Pegasus Institute and reached the college around 9:30 pm. With the continuous support of the trainees, their involvement, and the support of faculty coordinators and the Pg department of social work, the Outbound Training has been completed successfully.





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**Spider Web Activity**



**Passing the Modules activity**





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**PG DEPARTMENT OF SOCIAL WORK**  
**OUT BOUND TRAINING**

DATE: 07.03.2023

TIME: 8.30 am – 5.00 pm

VENUE: PEGASUS HRD CENTRE, VILLUPURAM

**STUDENT PARTICIPANTS LIST**

| S.NO | NAME OF THE STUDENT       | ROLL NO | CLASS | SIGNATURE      |
|------|---------------------------|---------|-------|----------------|
| 1.   | AVANTHIGA R               | 22D1951 | 1 MSW | P. Chandu      |
| 2.   | PRITHIPRAJ T              | 22D1952 | 1 MSW | P. Chandu      |
| 3.   | RITHIKA P                 | 22D1953 | 1 MSW | P. Chandu      |
| 4.   | JAYASHREE G               | 22D1954 | 1 MSW | P. Chandu      |
| 5.   | VINEETH T                 | 22D1955 | 1 MSW | P. Chandu      |
| 6.   | PRA SANTH D               | 22D1956 | 1 MSW | P. Chandu      |
| 7.   | DINESH KUMAR M            | 22D1957 | 1 MSW | P. Chandu      |
| 8.   | DESHMA NANCY F            | 22D1958 | 1 MSW | P. Chandu      |
| 9.   | ALWIN ROSARIO SAGAYARATHI | 22D1959 | 1 MSW | P. Chandu      |
| 10.  | SHALINI S                 | 22D1960 | 1 MSW | Shalini S      |
| 11.  | SUDHAKAR V                | 22D1961 | 1 MSW | v. Sudhakar    |
| 12.  | MARIA REETHUMR            | 22D1962 | 1 MSW | Maria Reethumr |
| 13.  | KRITHIKA B                | 22D1963 | 1 MSW | B. Krithika    |
| 14.  | SANDEEP P                 | 22D1964 | 1 MSW | P. Sandeep     |
| 15.  | KALAIYANI V               | 22D1965 | 1 MSW | V. Kalaiyani   |
| 16.  | NALINI U                  | 22D1966 | 1 MSW | U. Nalini      |
| 17.  | NAVIN J                   | 22D1967 | 1 MSW | J. Navin       |
| 18.  | LAVANYA D                 | 22D1968 | 1 MSW | D. Lavanya     |



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|    |                  |         |       |                  |
|----|------------------|---------|-------|------------------|
| 19 | NAVEEN THOMAS G  | 22D1969 | 1 MSW | D.J. 1972        |
| 20 | MANJU M          | 22D1970 | 1 MSW | Manju            |
| 21 | SAMYUGDHAA S     | 22D1971 | 1 MSW | S. Samyugdha     |
| 22 | THALAIMOZHIVANTI | 22D1972 | 1 MSW | D. Thalaimo      |
| 23 | VASHWANTH.M      | 22D1973 | 1 MSW | V. Vashvanth     |
| 24 | KAUSHIK S        | 22D1974 | 1 MSW | Kaushik S        |
| 25 | VENKATESH P      | 22D1975 | 1 MSW | P. Venkatesh     |
| 26 | VALLI NACHIAPPAN | 22D1976 | 1 MSW | Valli            |
| 27 | SOWMIYA S        | 22D1977 | 1 MSW | Sowmya S         |
| 28 | SNEHA B          | 22D1978 | 1 MSW | S. Sneha         |
| 29 | DEVADHARSHINI J  | 22D1979 | 1 MSW | J. Devadharshini |
| 30 | PREERNA R        | 22D1980 | 1 MSW | R. Preerina      |
| 31 | SUNIEL PS        | 22D1981 | 1 MSW | S. Suniel        |
| 32 | TEJAA SRI MA     | 22D1982 | 1 MSW | M. Tejaa         |
| 33 | MOHAN SUNDAR M   | 22D1984 | 1 MSW | M. Mohan         |
| 34 | ASHWIN KUMAR K   | 22D1985 | 1 MSW | K. Ashwin        |
| 35 | DOHINI. K        | 22D1986 | 1 MSW | K. Dohini        |
| 36 | VIJAYADHITHAN V  | 22D1987 | 1 MSW | V. Vijayadithan  |
| 37 | MAHESHWARI J     | 22D1988 | 1 MSW | J. Maheshwari    |
| 38 | SAI BALAJI P     | 22D1989 | 1 MSW | P. Sai Balaji    |
| 39 | ARAVINDAN R      | 22D1990 | 1 MSW | R. Aravindan     |
| 40 | ARUT SELVAN V    | 22D1991 | 1 MSW | V. Arut Selvan   |
| 41 | MOHAN G          | 22D1992 | 1 MSW | G. Mohan         |
| 42 | JERALD P         | 22D1993 | 1 MSW | P. Jerald        |

|    |              |         |       |               |
|----|--------------|---------|-------|---------------|
| 43 | VALARMATHY S | 22D1994 | 1-MSW | S. Valarmathy |
| 44 | GAYATHRI R   | 22D1995 | 1 MSW | R. Gayathri   |
| 45 | SNA PRIYA RP | 22D1996 | 1 MSW | P. Sna Priya  |

**FACULTY PARTICIPANTS LIST**

| SNO | NAME OF THE FACULTY | DEPARTMENT  | SIGNATURE   |
|-----|---------------------|-------------|-------------|
| 1   | ASHLEKH G           | Social Work | Ashlekh G   |
| 2   | SINBUH M.K          | Social Work | M.K. Sinbuh |





**DWARAKA DOSS GOVERDHAN DOSS VAISHNAV COLLEGE**  
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Arumbakkam, Chennai – 600106

**DEPARTMENT OF PSYCHOLOGY**



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**DEPARTMENT OF PSYCHOLOGY**

*Cordially invites you to the*

**4 DAYS LIFE SKILLS TRAINING PROGRAM**



Resource Person

**Mr. S. Padmanaban MSW, MA HRM, LLB**  
Certified State Level Master Trainer  
Advocate & Founder of Sarvam Trust

**Date** 📅: 3rd, 4th, 5th & 6th  
of January '2023

**Time** 🕒: 10:00 am

**Venue** 📍: Psychology lab,  
Goverdhan block



Ms. R. Aswini  
Head, Department of Psychology



Capt. Dr. S. Santhosh Babu  
Principal



Shri. Ashok Kumar Mundra  
Secretary

**TOPIC:** Life Skills Training

**DATE:** 03.01.2023-06.01.2023

**TIME:** 10:00 AM

**RESOURCE PERSON:** Mr. S. Padmanaban MSW, MA HRM, LLB, Certified State Level Master

Trainer, Advocate and Founder of Sarvam Trust

**MODE OF DELIVERY:** Offline, Psychology Lab, Dwaraka Doss Goverdhan Doss Vaishnav College

**ORGANIZER:** Department of Psychology, Dwaraka Doss Goverdhan Doss Vaishnav College (Shift II),

**FACULTY COORDINATOR-** Ms. Aswini R

**NO. OF PARTICIPANTS:** 152

## **REPORT**

A four days long life skills training program was organized by the department of psychology, Dwaraka Doss Goverdhan Doss Vaishnav College. The resource person of the program was Mr. S. Padmanaban MSW, MA HRM, LLB, Certified State Level Master Trainer, Advocate and Founder of Sarvam Trust. The first years of the Department of Psychology attended the program on the first two days ( 3rd and 4th of January ) , the second years on the third day ( 5th of January ) and the third years on the final day ( 6th of January ).

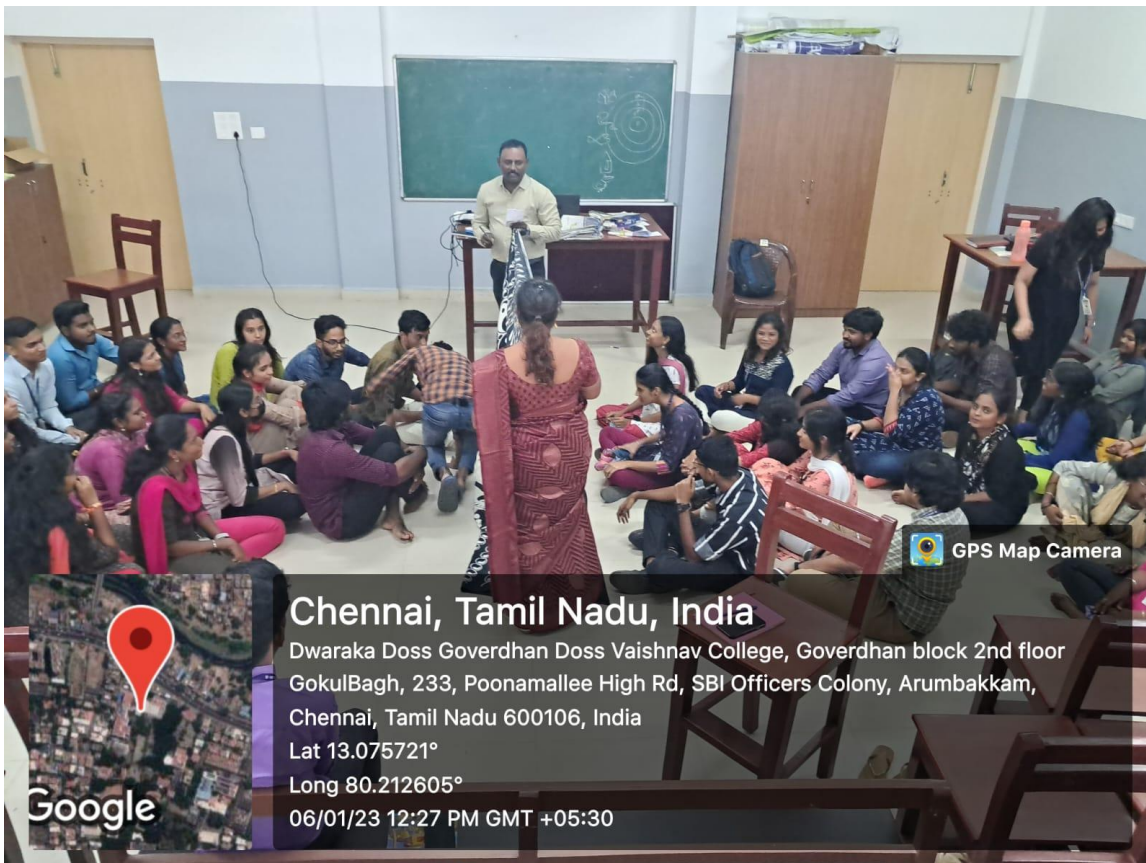
The resource person focused on topics such as the importance of unconditional acceptance, team building, high and low self esteem, realizing one's potential and working towards it, listening skills, planning skills, and goal setting. The students were grouped into 8 in a team. They had many activities that were conducted over the period of time. They were given newspapers and he read out the news and they had to locate the exact page that the news was printed on. Next, the students were asked to fill a form in 2 minutes. At the end of 2 mins, the students realized that if they had read the instructions clearly, they just had to fill in their names and do nothing else. This emphasized on the importance of paying attention to details. They were also given a balloon task where the opponent had to burst the other's balloons that were tied to their legs. Then the students were separated into 2 groups and were asked to be seated facing each other. They were all secretly allotted numbers and a blanket was held between them so that both the teams couldn't see each other. When a number was called, the person allotted to the number from both the teams were asked to come and sit in front of the group silently and when the blanket went down, the one who called out the name of the opposite member first won. A number of objects and images were shown on a screen and the students were asked to spin a story connecting all the objects. Three cardboards were placed at equal intervals and the students were asked to aim and throw a box in any of the three cardboards. The closest one was 5 points, the second was 10 and the last was 15. Many teams used

different strategies to win the game. The students were given a chart with scribbles and they had to draw whatever they felt like from those scribbles. They were asked to present their chart in front of the class.

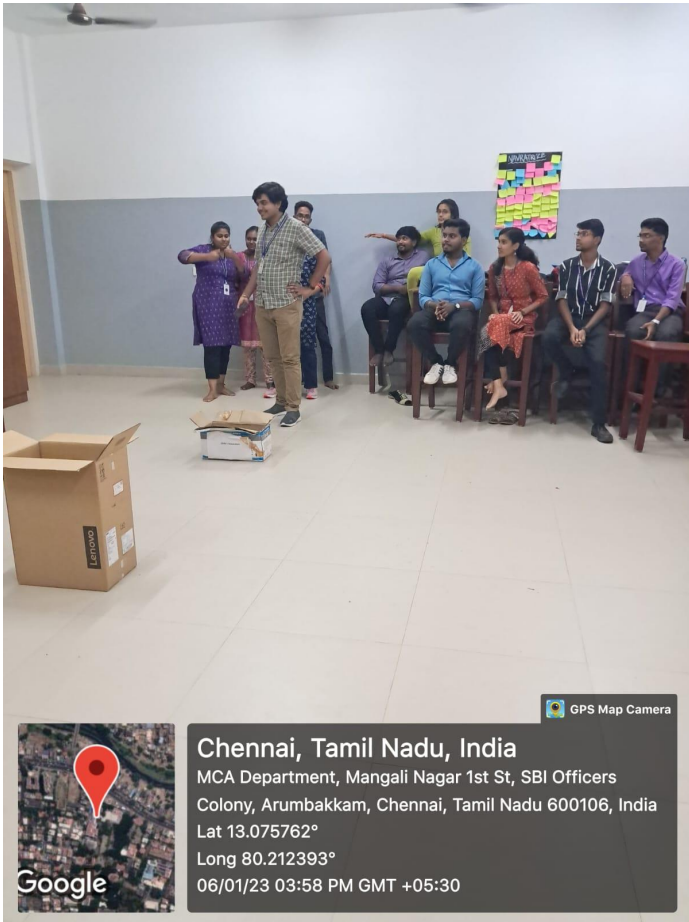
On the whole, the students gave extremely positive feedback to the program. All the students felt that the program was very interactive and engaging. They were able to connect with the concepts as they were explained practically.

## OUTCOMES OF THE PROGRAM

- Provided the students a clear understanding about the importance of unconditional acceptance.
- Provided the students an interest to think more outside the box.
- Enhanced the knowledge about self esteem.
- Enhanced the knowledge on concepts such as listening skills, planning skills and goal setting.
- Provided information about the importance of team building and team work.



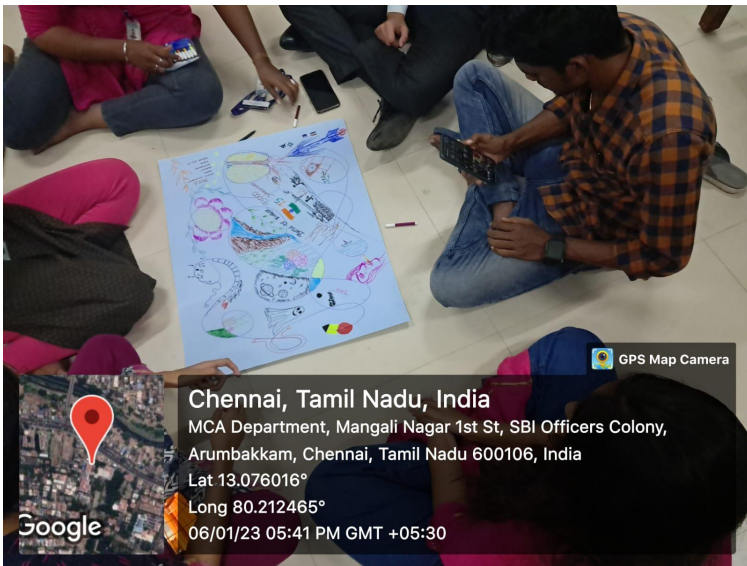




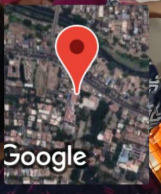
GPS Map Camera



**Chennai, Tamil Nadu, India**  
MCA Department, Mangali Nagar 1st St, SBI Officers  
Colony, Arumbakkam, Chennai, Tamil Nadu 600106, India  
Lat 13.075762°  
Long 80.212393°  
06/01/23 03:58 PM GMT +05:30



GPS Map Camera



**Chennai, Tamil Nadu, India**  
MCA Department, Mangali Nagar 1st St, SBI Officers Colony,  
Arumbakkam, Chennai, Tamil Nadu 600106, India  
Lat 13.076016°  
Long 80.212465°  
06/01/23 05:41 PM GMT +05:30



GPS Map Camera



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MCA Department, Mangali Nagar 1st St, SBI Officers Colony,  
Arumbakkam, Chennai, Tamil Nadu 600106, India  
Lat 13.075826°  
Long 80.212423°  
06/01/23 03:09 PM GMT +05:30



GPS Map Camera



**Chennai, Tamil Nadu, India**  
459, Tiruveedhi Amman Koil St, Nehru Nagar, Arumbakkam,  
Chennai, Tamil Nadu 600106, India  
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Long 80.212095°  
06/01/23 05:39 PM GMT +05:30



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**DEPARTMENT OF PSYCHOLOGY**

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**Department of Psychology**  
Cordially invites you to

**MENTAL HEALTH DAY PROGRAMME**  
SEMINAR ON SUICIDE PREVENTION  
AND STRESS MANAGEMENT

**Our Special Guests,**  
Dr. J Lavanya - P.O , GCC  
Dr. B Kanthimathi MO/ TB CELL GKMCH  
Dr. Praveen SMO/ DTC  
Dr. Lakshmi K ( District psychiatrist, District  
Mental Health Programme Chennai District )

**DATE : OCTOBER 10 2022 TIME : 10.00AM**  
Venue: VIDYA DHARSHAN AUDITORIUM

**Ms. R. Aswini**  
Head, Department of Psychology

**CAPT.DR.S.SANTHOSH BABOO**  
Principal

**SHRI. ASHOK KUMAR MUNDHRA**  
Secretary

**TOPIC:** SEMINAR ON SUICIDE PREVENTION AND STRESS MANAGEMENT

**DATE:** 10.10.2022 [MONDAY]

**TIME:** 10:00AM

**SPEAKERS:** Dr. Kanthimathi ( KMCH TB CELL ) and Dr. Karthikeyan ( Psychiatrist, District Mental Health Programme, Chennai District )

**MODE OF DELIVERY:** Offline, Vidya Darshan Auditorium, Dwaraka Doss Goverdhan Doss Vaishnav College

**ORGANIZER:** Department of Psychology, Dwaraka Doss Goverdhan Doss Vaishnav College (Shift II)

**FACULTY COORDINATOR:** Ms.Divya.M

**NO. OF PARTICIPANTS:** 144



## **REPORT:**

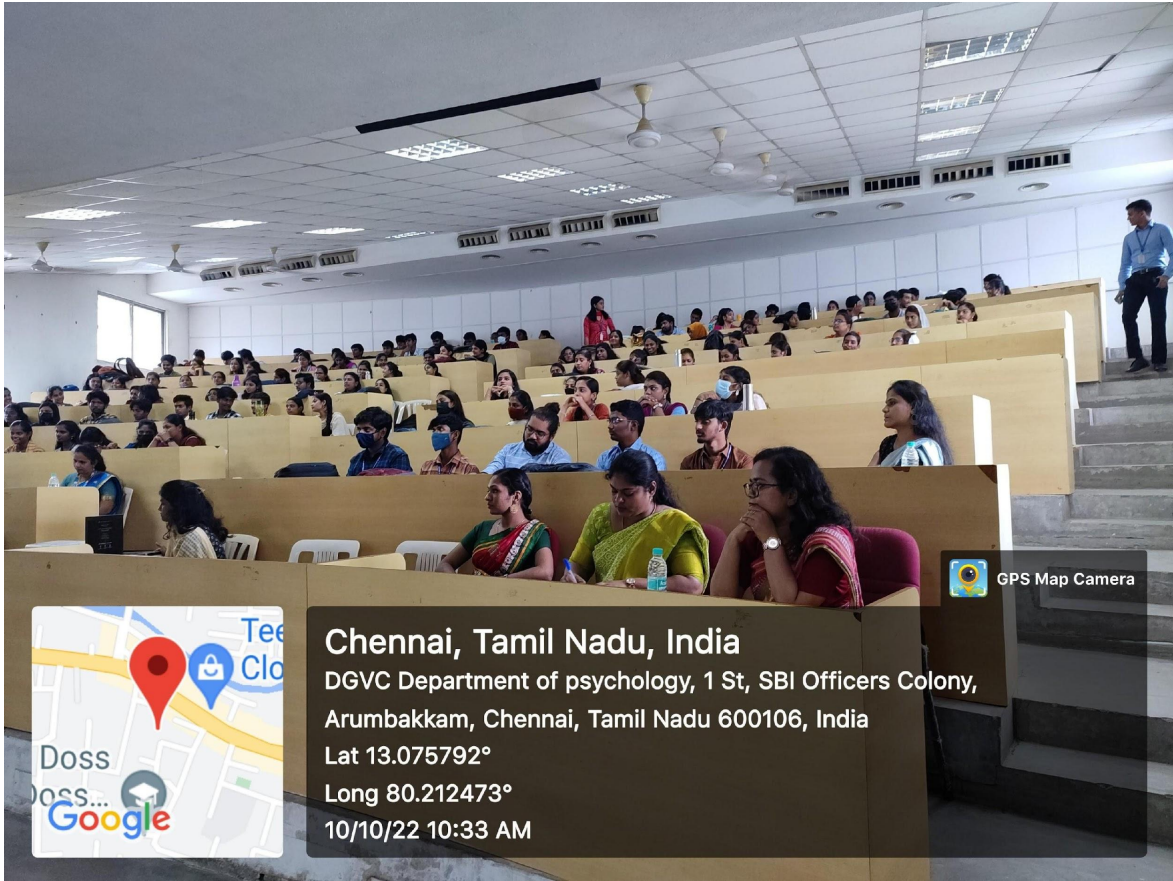
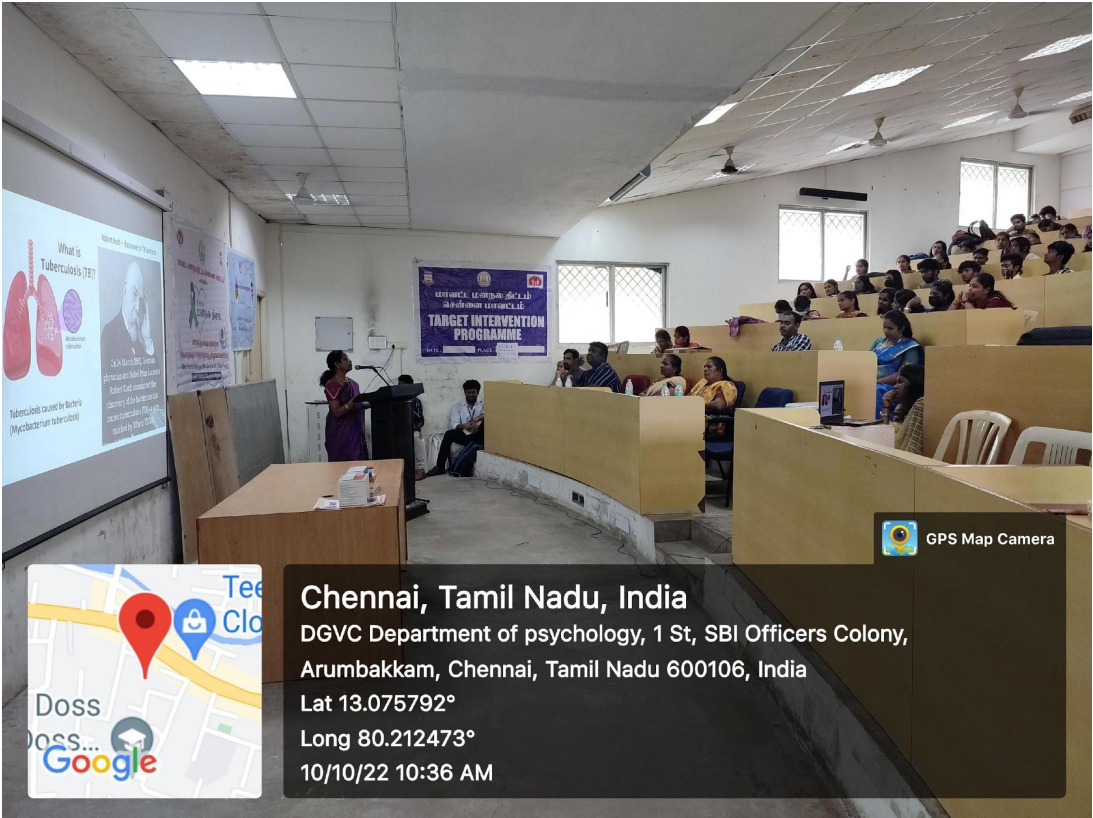
A seminar on suicide prevention and stress management was organized by the department of psychology on account of Mental Health Day 2022 on 10<sup>th</sup> October 2022 at 10:00 am in the Vidya darshan auditorium. The day's speakers were Dr. Kanthimathi ( KMCH TB CELL ) and Dr. Karthikeyan ( Psychiatrist, District Mental Health Programme, Chennai District ). The seminar began with an introduction by the Emcee, Keerthana GR followed by the Tamizh Thai Vazhthu. The welcome address was given by Assistant Professor Ms.Jyotsna.

The first speaker was Dr.Kanthimathi. She presented a slideshow and explained about Tuberculosis, its symptoms, causes, and treatment. The session was very interactive and informative. The second speaker was Dr. Karthikeyan ( Psychiatrist, District Mental Health Programme, Chennai District ). He educated the students about the importance of suicide, its causes, its symptoms and its prevention. There was also an interactive activity organized at the end that was symbolically representative of how we tend to hold on to stress. The session was very useful and enlightening to the students. The seminar was concluded with a vote of thanks by Assistant Professor Ms.Divya.M.

The session was organized to bring out the importance of mental health and well-being among students. It was a very informative and interactive session on the whole.

## **OUTCOME OF THE PROGRAM:**

- To provide the students with an awareness of the importance of mental health.
- To enable the students to learn about the symptoms of depression and how to identify it.
- To familiarize students with the psychological impact that physical illnesses can have on the body.
- To enhance the knowledge of the students on how to seek help when they are having suicidal thoughts.
- To provide the students with an awareness of the importance of suicide prevention and stress management.





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**DEPARTMENT OF PSYCHOLOGY**

**LIST OF PARTICIPANTS – MENTAL HEALTH DAY HELD ON 10.10.2022**

| S.No                     | ROLL NO | NAME                    | SIGNATURE         |
|--------------------------|---------|-------------------------|-------------------|
| <b>I B.Sc Psychology</b> |         |                         |                   |
| 1                        | 22E3501 | SRIVIDHYA S             | Srividhya S       |
| 2                        | 22E3502 | HARINI M                | a                 |
| 3                        | 22E3503 | DEEPA R                 | R. Deepa          |
| 4                        | 22E3504 | VARSHA D                | A. Varsha         |
| 5                        | 22E3505 | KAVIYASREE S            | S. Kaviyasree     |
| 6                        | 22E3506 | SONIA J                 | a                 |
| 7                        | 22E3507 | ALAN AMUDHAVAN K        | A. Alan           |
| 8                        | 22E3508 | NANTHITHA. K. G         | N. Nanthitha      |
| 9                        | 22E3509 | SAIPRIYA S              | Sai Priya S       |
| 10                       | 22E3510 | VISHALI N               | Vishali N         |
| 11                       | 22E3511 | SUDHARSHAN E A          | S. Sudharshan     |
| 12                       | 22E3512 | SRIKANTH.M              | S. Srikanth       |
| 13                       | 22E3513 | G S MENAKA              | Menaka G S        |
| 14                       | 22E3514 | RANGAVITTAL S           | R. Rangavittal    |
| 15                       | 22E3515 | DEVAPRIYA J             | Devapriya J       |
| 16                       | 22E3516 | AZHAGU<br>SOWNDARYA M N | Azhagu            |
| 17                       | 22E3517 | PREETHIGA G             | Preethiga G       |
| 18                       | 22E3518 | PREETHI S               | Preethi S         |
| 19                       | 22E3519 | SOWMIYA.H               | Sowmiya H         |
| 20                       | 22E3520 | AISHWARYA B             | Aishwarya B       |
| 21                       | 22E3521 | HIMASHAVLV              | Himashavl V       |
| 22                       | 22E3522 | KAVYAPRIYA C            | Kavyapriya C      |
| 23                       | 22E3523 | SANJEEV KUMAR AE        | S. Sanjeev        |
| 24                       | 22E3524 | SHIVANI PRADEEPAN       | Shivani Pradeepan |
| 25                       | 22E3525 | GOKULNATH R             | Gokulnath R       |
| 26                       | 22E3526 | CHANDRA MOULI M         | Chandra Mouli M   |
| 27                       | 22E3527 | BHARATHI R              | R. Bharathi       |



|                           |         |                         |                    |
|---------------------------|---------|-------------------------|--------------------|
| 28                        | 22E3528 | SOFHIYA<br>KALAIVANAN   | Kalaivanan         |
| 29                        | 22E3529 | SUBHASH M               | Subhash            |
| 30                        | 22E3530 | SAKTHI KAMALESH R       | Sakthi             |
| 31                        | 22E3531 | SANJANA S               | Sanjana            |
| 32                        | 22E3532 | AKILA M K               | Akila              |
| 33                        | 22E3533 | SETHULAKSHMI S          | Sethulakshmi       |
| 34                        | 22E3534 | MEGHAN K                | Meghan             |
| 35                        | 22E3536 | M AISHWARYA             | Aishwarya          |
| 36                        | 22E3537 | TARUN S                 | Tarun              |
| 37                        | 22E3538 | KEERTHANA S             | Keerthana          |
| 38                        | 22E3539 | MADHU PRIYA K           | Madhu              |
| 39                        | 22E3540 | TUSHAAR J KOCAR         | Tushaar            |
| 40                        | 22E3541 | MALINI                  | Malini             |
| 41                        | 22E3542 | SUBITHRA                | Subithra           |
| 42                        | 22E3543 | NAKSHATHRAA             | Nakshathraa        |
| 43                        | 22E3544 | SANJAY<br>KARTHIKEYAN S | Sanjay             |
| 44                        | 22E3545 | SHABANA                 | Shabana            |
| 45                        | 22E3546 | MONICA                  | Monica             |
| 46                        | 22E3547 | SANJANA<br>VENKATESAN   | Sanjana Venkatesan |
| 47                        | 22E3548 | PRATHIKSHAA M           | M Prathiksha       |
| 48                        | 22E3549 | PRASHANTHI              | T Prashanthi       |
| <b>II B.Sc Psychology</b> |         |                         |                    |
| 49                        | 21E3501 | SUSHMITHA V             | v-sushma           |
| 50                        | 21E3502 | RAMYA P                 | Ramyap             |
| 51                        | 21E3503 | GOWTHAM<br>MADHAVAN M S | Gowtham            |
| 52                        | 21E3504 | LALITHA DEVI P          | Lalitha            |
| 53                        | 21E3505 | MARIA JACKLIN U         | Maria Jacklin U    |
| 54                        | 21E3506 | DIVYA Y                 | Divya Y            |
| 55                        | 21E3507 | BALAJI S                | Balaji S           |
| 56                        | 21E3508 | DARSHINI M              | a                  |
| 57                        | 21E3509 | BHUVANESWARI E          | Bhuvanad.E         |
| 58                        | 21E3510 | PRASANNAKUMAR K         | Prasanna K         |
| 59                        | 21E3511 | KARISHMA I              | a                  |

|    |         |                   |                           |
|----|---------|-------------------|---------------------------|
| 60 | 21E3512 | GOSHIK ESWAR N    | <i>Wz</i>                 |
| 61 | 21E3513 | VASUNITA          | <i>N. Vasunita</i>        |
| 62 | 21E3514 | GOMATHI D         | <i>D. Gomathi</i>         |
| 63 | 21E3515 | SRILEKHA R        | <i>R. Srilekha</i>        |
| 64 | 21E3516 | NIVETHA C         | <i>C. Nivetha</i>         |
| 65 | 21E3517 | KARTHIKEYAN T M   | <i>T. Karthikeyan</i>     |
| 66 | 21E3518 | GABRIEL A         | <i>A. Gabriel</i>         |
| 67 | 21E3519 | SAALINI S         | <i>S. Saalini</i>         |
| 68 | 21E3520 | KARTHIKA G        | <i>a</i>                  |
| 69 | 21E3521 | PREMA S           | <i>S. Prema</i>           |
| 70 | 21E3522 | KAVIYA R          | <i>R. Kaviya</i>          |
| 71 | 21E3523 | SURYAMOORTHY S    | <i>S. Suryamoorthy</i>    |
| 72 | 21E3524 | VIGNESHWAR        | <i>V. Vigneshwar</i>      |
| 73 | 21E3525 | JENIFER ASHIBA A  | <i>A. Jenifer Ashiba</i>  |
| 74 | 21E3526 | AKSHAYA K         | <i>K. Akshaya</i>         |
| 75 | 21E3527 | LOKESH KANNA S    | <i>S. Lokesh Kanna</i>    |
| 76 | 21E3528 | PRIYADHARSHINI J  | <i>J. Priyadharshini</i>  |
| 77 | 21E3529 | TAJ NASIFA A      | <i>A. Taj Nasifa</i>      |
| 78 | 21E3530 | MEENAKSHI P V     | <i>V. Meenakshi</i>       |
| 79 | 21E3531 | BHARATHY MAHESH   | <i>M. Bharathy Mahesh</i> |
| 80 | 21E3532 | ARUNAMALYA C      | <i>C. Arunamalya</i>      |
| 81 | 21E3533 | NAVEENKUMAR S     | <i>S. Naveenkumar</i>     |
| 82 | 21E3534 | ASWATHY J         | <i>J. Aswathy</i>         |
| 83 | 21E3535 | RESHMAA S         | <i>S. Reshma</i>          |
| 84 | 21E3536 | SHWETHA V B       | <i>B. Shwetha</i>         |
| 85 | 21E3537 | PRAGATHI S G      | <i>G. Pragathi</i>        |
| 86 | 21E3538 | MITHRA G          | <i>G. Mithra</i>          |
| 87 | 21E3539 | NIVETHA P R       | <i>R. Nivetha P.R</i>     |
| 88 | 21E3540 | S FATHIMA FAHJA   | <i>F. S. Fahja</i>        |
| 89 | 21E3542 | SHIV HARESH CHUGH | <i>Shiv Hareesh Chugh</i> |
| 90 | 21E3543 | S SIDDARTH        | <i>S. Siddarth</i>        |

|                            |         |                    |          |
|----------------------------|---------|--------------------|----------|
| 91                         | 21E3544 | HARESH KRISHNA V M | V. M.    |
| 92                         | 21E3545 | NIVETHA E J        | N. E. J. |
| 93                         | 21E3546 | SHAISTHA Y         | a        |
| 94                         | 21E3547 | SORNALATHA M       | M. S.    |
| 95                         | 21E3548 | J HEMANTH KUMAR    | J. H. K. |
| 96                         | 21E3549 | KRITHIK VELAN R    | K. V. R. |
| 97                         | 21E3550 | UTHRA S            | U. S.    |
| 98                         | 21E3551 | SUBAN RAJ A        | S. R. A. |
| 99                         | 21E3552 | JOEL FELIX D       | J. F. D. |
| 100                        | 21E3553 | KAMYA RAJ B        | K. R. B. |
| 101                        | 21E3554 | VAISHAK R          | V. R.    |
| 102                        | 21E3555 | MOHAMMED           | M.       |
| 103                        | 21E3556 | BHAVYA J           | B. J.    |
| 104                        | 21E3557 | SINDUJA V          | V. S.    |
| <b>III B.Sc Psychology</b> |         |                    |          |
| 105                        | 20E3233 | ADAMS I            | A. I.    |
| 106                        | 20E3248 | CHANDRU D          | C. D.    |
| 107                        | 20E3224 | GADADHAR B         | G. B.    |
| 108                        | 20E3215 | KARTHIGEYAN R      | K. R.    |
| 109                        | 20E3235 | REVANTH S          | R. S.    |
| 110                        | 20E3246 | ROHITH V           | R. V.    |
| 111                        | 20E3243 | SARAVANA KUMAR G   | S. K. G. |
| 112                        | 20E3244 | THARUN KUMAR B     | T. K. B. |
| 113                        | 20E3232 | UMAR FAROOK K      | U. F. K. |
| 114                        | 20E3223 | ABINAYASRI N       | A. N.    |
| 115                        | 20E3241 | DIVYASHREE S       | D. S.    |
| 116                        | 20E3236 | HAJIRA MUSKAN M    | H. M.    |
| 117                        | 20E3250 | HARSHINI M         | H. M.    |



|     |         |                          |                      |
|-----|---------|--------------------------|----------------------|
| 118 | 20E3221 | JANANISHA RAJ T R        | <i>J.R.</i>          |
| 119 | 20E3249 | JAYASRI J S              | <i>J.S.</i>          |
| 120 | 20E3207 | KAAVIYA V                | <i>Vkaavya</i>       |
| 121 | 20E3253 | KERNOB LOIS S P          | <i>Kernob Lois</i>   |
| 122 | 20E3227 | LAVANYA H                | <i>Lavanya</i>       |
| 123 | 20E3222 | MAHALAKSHMI G L          | <i>a</i>             |
| 124 | 20E3201 | MITRA S                  | <i>Mitra S</i>       |
| 125 | 20E3225 | MOTIKA B                 | <i>Motika B</i>      |
| 126 | 20E3231 | MRIDULA V                | <i>Mridula V</i>     |
| 127 | 20E3219 | NANDHINI P               | <i>Nandini</i>       |
| 128 | 20E3214 | NIKHITHA T               | <i>Nikhitha T</i>    |
| 129 | 20E3240 | PRIYA GAYATHRI<br>DEVI A | <i>a</i>             |
| 130 | 20E3242 | PRİYADARSHINI P          | <i>Priyadarshini</i> |
| 131 | 20E3239 | RAJARAJESHWARI A         |                      |
| 132 | 20E3218 | SAHANA S                 | <i>Sahana</i>        |
| 133 | 20E3255 | SOWMYA N                 | <i>N Sowmya</i>      |
| 134 | 20E3237 | SRISHAKTHI V             | <i>Srisha</i>        |
| 135 | 20E3229 | SWETHA P                 | <i>a</i>             |
| 136 | 20E3230 | THULASI S                | <i>S. Thulasi</i>    |
| 137 | 20E3254 | WAHA MEENU BHAI M        | <i>a</i>             |
| 138 | 20E3238 | YUVASHREE R              | <i>Shree</i>         |
| 139 | 20E3213 | ASHWIN JOSEPH J          | <i>JP</i>            |
| 140 | 20E3220 | NAVNI<br>CHAKRABARTI     | <i>Navni</i>         |

|                        |                  |                            |               |
|------------------------|------------------|----------------------------|---------------|
| 141                    | 20E3203          | GEERVANI M                 | M Geervani    |
| 142                    | 20E3251          | JYOTSNA U                  | Jyotsna U     |
| 143                    | 20E3212          | KEERTHANA G R              | Keerthana G.R |
| 144                    | 20E3247          | NIVETHA S                  | Nivetha S     |
| 145                    | 20E3205          | PRIYADARSINI S             | S. Priya      |
| 146                    | 20E3234          | RADHA M                    | M. Radha      |
| 147                    | 20E3216          | VAITHISWARI P              | Vaithi P      |
| 148                    | 20E3252          | ADITHYA NARAYANAN          | AD            |
| 149                    | 20E3256          | RAYA SURYA                 | R.S.          |
| 150                    | 20E3245          | VIGNESH N                  | V. N.         |
| 151                    | 20E3226          | LAVANYA A V                | Lavanya A.V   |
| 152                    | 20E3204          | SOUMYA S                   | Soumya S      |
| <b>FACULTY MEMBERS</b> |                  |                            |               |
| 153                    | MS. ASWINI. R    | HEAD & ASSISTANT PROFESSOR | a             |
| 154                    | MS. JYOTSNA      | ASSISTANT PROFESSOR        | Jyotsna       |
| 155                    | MS. DIVYA. M     | ASSISTANT PROFESSOR        | M. Divya      |
| 156                    | MS. VEENA PRATAP | ASSISTANT PROFESSOR        | V.P.          |
| 157                    | MS. SHIVAPRIYA   | GUEST LECTURER             | A. S.P.       |



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Arumbakkam, Chennai – 600106.

Post Graduate & Research Department of Economics

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**Post Graduate and Research Department of Economics**  
**Cordially invites you to**

**DDGDVC**  
**ECON** **MONETRIX**  
ASSOCIATION

*Ashanga Vinyasa*  
*Yogasana Workshop*

**V. DHIYANAPRIYA**

RYT ( 500) Yoga Alliance  
US Certified Teacher.  
Ashtanga Vinyasa Yoga  
Instructor at Ramesh  
Shetty's Mysore Ashtanga  
Yoga Shala.

**DR. T. S. PREMA**  
Associate Professor &  
Head & Organising Secretary

**DR. S. SANTHOSH BABOO**  
Principal

**SHRI. ASHOK KUMAR MUNDHRA**  
Secretary

**MANDIRA DUTTA**  
Assistant Professor &  
Joint Organising Secretary

**DR. P. SRIRAJ**  
Assistant Professor &  
Joint Organising Secretary

Dates : 28, 29 & 30th September 2022  
Venue : SRG Auditorium  
Timing : 9.30am - 11.30am





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2. Name of the workshop: AshtangaVinyasaYogasana Workshop
3. Date: 28.09.2022 - 30.09.2022
4. Venue: SRG Auditorium, DDGDVC
5. Mode: Offline
6. Organizers: Post Graduate & Research Department of Economics
7. Faculty Coordinators: Asst.Prof.Mandira Dutta &Dr.P.Sriraj
8. Resource Persons: Ms.V. Dhiyanpriya , RYT (500) Yoga alliance US certified teacher, Ashtanga Vinyasa Yoga Instructor at Ramesh Shetty's Yoga Shala.
9. No. of Staff Participants: 10
10. No. of Student Participants: 238

### 11. Detailed Report of the Programme:

AshtangaVinyasaYogasana Workshop was organized by the Post Graduate & Research Department of Economics to indulge the students into the most mindful practice of yoga, and to cultivate a sense of consciousness in them.

The students were requested to assemble in the SRG Auditorium at 9:15 AM, The Ceremony began at 9:30 with Tamil Thai Vaazhthu followed by the College prayer. This was followed by lighting of the lamp to set the tone for the ceremony. After the Lamp Lighting Ceremony, a welcome address was provided by S.Preethi, Placement Secretary of Monetrix association formally welcoming the gathering.

Dr.T.SPrema then went forward to say a few words about the importance of Yoga and how it enhances the mindfulness of an individual. This was followed by honouring our chief guest Ms.V. Dhiyanpriya, as a token of our gratitude.

Then the Principal of institution Capt. Dr. S. Santosh Babu, delivered the presidential address.

On the first day of the workshop, the students were instructed to begin the session with Surya Namaskar and gradually moved on to breathing exercises. The following day, the students were instructed into more advanced forms of Yoga Asanas. On the third and final day of the workshop with the active participation of the students and well instructed nature of the session, the workshop was concluded with the formal vote of thanks delivered by Branish.A, President of Monetrix Association.

### Outcome of the Programme:

The sole purpose of the AshtangaVinyasaYogasana Workshop was to cultivate a sense of self-awareness and consciousness in the students and to understand the importance of yoga in our daily life.



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With the co-operation and dedicated efforts of the faculty, student coordinators and the student's active participation, the workshop was a success.

12. Photos (Geo tagged):





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13. List of Participants



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Ashtanga Vinyasa Yogasana Workshop  
Date: 28th, 29th & 30th September 2022

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| S.No. | Name of the Student | Year  | Email ID                          | Signature<br>28.09.2022 | Signature<br>29.08.2022 | Signature<br>30.08.2022 |
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| S.No. | Name of the Student | Year    | Email ID                      | Signature<br>28.09.2022 | Signature<br>29.09.2022 | Signature<br>30.09.2022 |
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| S.No. | Name of the Student | Year   | Email ID                      | Signature<br>28.09.2022 | Signature<br>29.08.2022 | Signature<br>30.08.2022 |
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| S.No. | Name of the Student | Year    | Email ID                      | Signature<br>28.09.2022 | Signature<br>29.08.2022 | Signature<br>30.08.2022 |
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Chennai – 105.

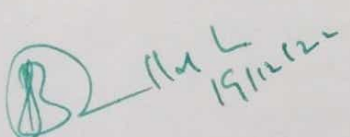
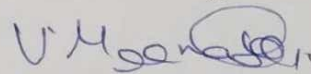
Respected Sir,

(Subject – Request to release funds for the conduct workshop – reg)

Greetings of the day. The Department of Economics – Shift-II proposes to conduct a workshop on “BALANCING PHYSICAL AND MENTAL HEALTH FOR WELL BEING” on 23<sup>rd</sup> December, 2022 in the auditorium in Krishna block, first floor. I kindly request you to grant Rs. 5,000 in this regard under SA3, C.

Thanks in advance.

Yours faithfully,



**Dr. V. MEENAKSHI**, M.A., M.Phil., Ph.D., SET  
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1. Soft copy of the invitation:

The image shows two side-by-side posters. The left poster is a yellow invitation for a workshop titled "Mental Well Being - An Insight". It features the college logo, accreditation details, and lists the resource person, Shri Thiruvenkata Chari Mugunthan, along with his qualifications. It also lists the organizing secretary, faculty coordinators, and the date and venue. The right poster is a yellow agenda for the same event, listing the schedule of activities: Welcome Address, Presidential Address, Secretary's Address, Introduction of Chief Guest, Chief Guest Address, Vote of Thanks, National Anthem, and Student Co-ordinators.

2. Name of the Event: Workshop on "Mental Well Being – An Insight"
3. Date: 23/12/2022
4. Venue: Seminar Hall, Krishna Block
5. Mode: Offline
6. Organizers: Department of Economics (Shift – II)  
Organizing Secretary/ Head I/C: Dr. V Meenakshi  
Faculty Coordinators: Dr. A Sugantha  
Resource Person: Shri Thiruvenkata Chari Mugunthan  
Qualification: B.Sc, B. Tech, M.sc
7. Participants:  
No. of Staff Participants: 04  
No. of student participants: 103
8. Detailed Report of the Program: A Workshop on "Mental Well Being – An Insight" was organized by the Department of Economics, Shift II on 23<sup>rd</sup> December, 2022. Dr. V Meenakshi introduced the resource person to the gathering. The resource person Shri Thiruvenkata Chari Mugunthan, guided the students about mental well-being, he discussed about the adverse effects of mental health and social well-being. He taught the students how to determine stress related problems and handle it.
9. Outcome of the Program/ Event:
  - a) To acknowledge the causes of stress within schools.

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### 10. Feedback from Students:

1. 88.5% of Students found the workshop useful. (1. Did you find the workshop useful?)
2. 89.4% of students found the workshop intellectually stimulating. (2. Did the workshop intellectually stimulate you?)
3. 87.7% of students found the speaker engaging and knowledgeable. (3. Was the speaker engaging and knowledgeable?)
4. 74.2% of students rated the workshop excellent. (4. On average how would you rate the seminar?)
5. 83.9% of students would recommend this workshop to others. (5. Will you recommend this workshop to others?)

### 11. Photos(Geotagged):



*V. Meenakshi*

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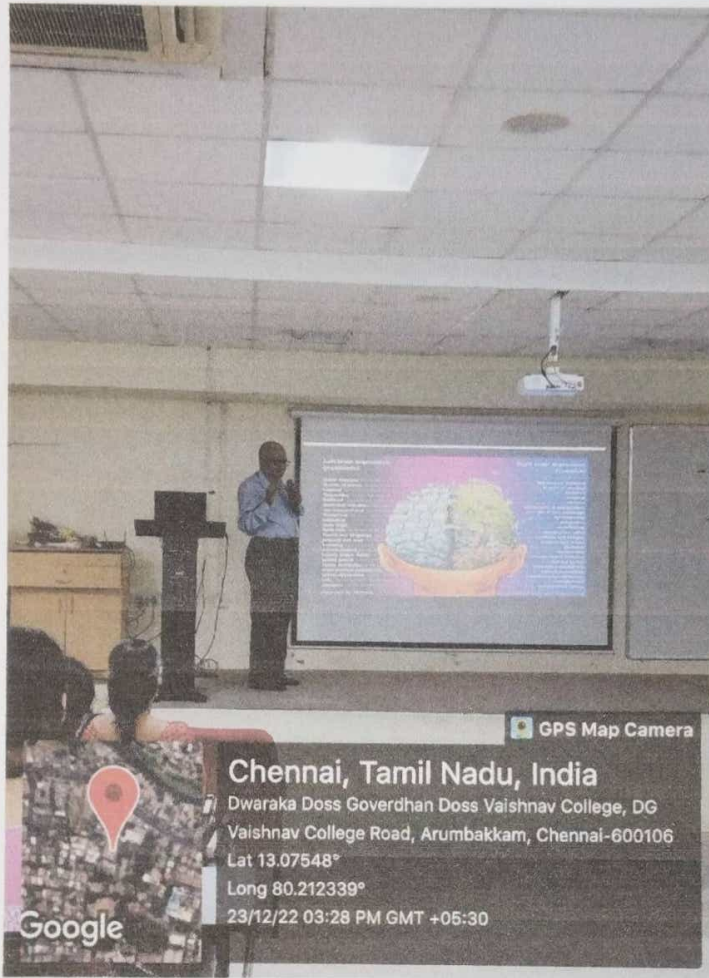


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GPS Map Camera

Chennai, Tamil Nadu, India

Dwaraka Doss Goverdhan Doss Vaishnav College, DG  
Vaishnav College Road, Arumbakkam, Chennai-600106  
Lat 13.07548°  
Long 80.212339°  
23/12/22 03:28 PM GMT +05:30

Google



GPS Map Camera

Chennai, Tamil Nadu, India

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Long 80.212339°  
23/12/22 04:55 PM GMT +05:30

Google

*V. Meenakshi*  
Dr. V. MEENAKSHI  
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*A. Sugantha*  
Organizing Secretaries

*V. Meenakshi*  
Dr. V. MEENAKSHI  
Head In Charge  
Dwaraka Doss Goverdhan Doss Vaishnav College,  
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**Department of Economics (Shift II)**

Date: 23.12.2023 Event: Mental well Being

| S.NO | ROLL NO. | NAME           | PHONE NO.  | EMAIL ID                         | SIGNATURE |
|------|----------|----------------|------------|----------------------------------|-----------|
| 1.   | 22E0208  | Khushal .R.    | 8667387830 | bajandkushal44@gmail.com         |           |
| 2.   | 22E053   | Anuttam.       | 7305205688 | chennai.anuttamacharya@gmail.com |           |
| 3.   | 22E045   | Dileepan .S    | 8998497972 | 22E0208@vaishnavcollege.edu.in   |           |
| 4.   | 22E069   | Mathew         | 9363115381 | —                                |           |
| 5.   | 22E064   | Ashwin .S      | 9840260046 | —                                |           |
| 6.   | 22E022   | Ashwin .H      | 9339441534 | —                                |           |
| 7.   | 22E027   | Ajith .N       | 9840296869 | —                                |           |
| 8.   | 22E049   | Sangam vedhan. | 8778661354 | 22E049@dvvaishnavcollege.edu.in  |           |
| 9.   | 22E066   | Alishak .S     | 7661555401 | 22E066@dvvaishnavcollege.edu.in  |           |
| 10.  | 22E009   | Seeram .P      | 6593115550 | shilam2005@gmail.com             |           |

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| S.NO | ROLL NO. | NAME                  | PHONE NO.        | EMAIL ID                                   | SIGNATURE |
|------|----------|-----------------------|------------------|--|-----------|
| 11   | 22E0218  | Gayathri.P            | 9150164771       | gayathripadmanab<br>an332k4 @<br>gmail.com | Gayathri  |
| 12   | 22E0240  | Ambigai.K             | 6369607348       | kumarambigai2k<br>@gmail.com               | Ambigai.K |
| 13   | 22E0261  | Priyanka<br>preethi.P | 8779921500       | Priyankapreethi<br>@gmail.com              | Priya     |
| 14   | 22E0229  | V.VARSHINI            | 8667487890       | varshinatshmi<br>@gmail.com                | Varshini  |
| 15   | 22E0215  | Pooja bree - S        | 80993304<br>- 56 | Poojabree<br>@gmail.com                    | Pooja     |
| 16   | 22E0263  | Sandhya.G.K           | 6382068785       | Jayaleethis<br>1432 @ gmail<br>.com        | Sandhya   |
| 17   | 22E0275  | Harsh.K               | -                | -  | Harsh     |
| 18   | 22E0276  | Harsh<br>Jain         | -                | -  | Harsh     |
| 19   | 22E0228  | Shashank              | -                | -  | Shashank  |
| 20   | 22E0226  | RIYA TRIPATHI-A       | 7200055321       | -  | Riya-A    |

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| S.NO | ROLL NO. | NAME                                     | PHONE NO.  | EMAIL ID                    | SIGNATURE        |
|------|----------|--|------------|-----------------------------|------------------|
| 21   | 22E0242  | S. Pradhiksha                            | 6380659438 | sakuskar76@gmail.com        | S. Pradhiksha    |
| 22   | 22E0247  | K. Dhanshree                             | -          | -                           | K. Dhanshree     |
| 23   | 22E0273  | Nithyashree                              | -          | -                           | Nithyashree K.L. |
| 24   | 22E0246  | T. DIVYA                                 | 9360179806 | divya8102@gmail.com         | Divya            |
| 25   | 22E025   | Vishal. L                                | 7200212714 | vishal1036@gmail.com        | Vishal           |
| 26   | 22E012   | Naveen.                                  | -          | -                           | Naveen           |
| 27   | 22E05    | Crakul.                                  | 9345769828 | crakulmurugan1320@gmail.com | Crakul           |
| 28   | 22E007   | Dinesh.                                  | 7358287462 | dineshmac826@gmail.com      | Dinesh           |
| 29   | 22E054   | <del>Greetha. A</del><br>Greethanjali. A | 9840373636 | Greethanjali709@gmail.com   | Greethanjali     |
| 30   | 22E052   | Ranjitha. S                              | 9363521769 | sethuvijayithu7@gmail.com   | Ranjitha         |

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| S.NO | ROLL NO. | NAME        | PHONE NO.       | EMAIL ID                               | SIGNATURE |
|------|----------|-------------|-----------------|--|-----------|
| 1    | 21E0239  | S. Sethakum | 976719273       | 21E0239@<br>dgvaisnavcollege<br>edu.in |           |
| 2    | 21E0245  | S. Provenna | 63719<br>54112  | 21E0245@<br>dgvaisnavcollege<br>edu.in |           |
| 3    | 21E0274  | KREVIW      | 71132<br>45780  | 21E0274@<br>dgvaisnavcollege<br>edu.in |           |
| 4    | 21E0201  | Pooja.P     | 638101<br>53628 | 21E0201@<br>dgvaisnavcollege<br>edu.in |           |
| 5    | 21E0230  | M. Tharun   | 6281575434      | 21E0230@<br>dgvaisnavcollege<br>edu.in |           |
| 6    | 21E0252  | Swetha      | 9884275005      | 21E0252@<br>dgvaisnavcollege<br>edu.in |           |
| 7    | 21E0260  | Ganesh      | 979107746       | 21E0260@<br>dgvaisnavcollege<br>edu.in |           |
| 8    | 21E0259  | Yashwant    | 6287385251      | 21E0259@<br>dgvaisnavcollege<br>edu.in |           |
| 9    | 21E0214  | Yuvan       | 638910775       | 21E0214@<br>dgvaisnavcollege<br>edu.in |           |
| 10   | 21E0225  | Hemant      | 979107743       | 21E0225@<br>dgvaisnavcollege<br>edu.in |           |

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Department of Economics (Shift II)

Date: 23.12.2022 Event: Mental-Well Being

| S.NO | ROLL NO. | NAME             | PHONE NO.  | EMAIL ID                               | SIGNATURE      |
|------|----------|------------------|------------|--|----------------|
| 11   | 21E0249  | Praveen          | 6381053245 | 21E0249@<br>dvaishnavcollege<br>edu.in |                |
| 12   | 21E0276  | L.M. Jhan        | 9600054815 | 21E0276@<br>dvaishnavcollege<br>edu.in |                |
| 13   | 21E0220  | Gowtham .M       | 9825135638 | 21E0220@<br>dvaishnavcollege<br>edu.in |                |
| 14   | 21E0244  | Sarthi           | 6382052541 | 21E0244@<br>dvaishnavcollege<br>edu.in |                |
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| 16   | 21E0226  | R. Eshwar        | 6277235418 | 21E0226@<br>dvaishnavcollege<br>edu.in |                |
| 17   | 21E0237  | S. Ajay<br>Kumar | 9884275405 | 21E0237@<br>dvaishnavcollege<br>edu.in |                |
| 18   | 21E0216  | N. Gauthan       | 6381011531 | 21E0216@<br>dvaishnavcollege<br>edu.in |                |
| 19   | 21E0238  | Muralidharan     | 9952325153 | 21E0238@<br>dvaishnavcollege<br>edu.in |                |
| 20   | 21E0242  | Sanjith . S      | 9600078481 | 21E0242@<br>dvaishnavcollege<br>edu.in |                |

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Date: 23.12.2022 Event: Mental Well Being

| S.NO | ROLL NO.             | NAME                   | PHONE NO.  | EMAIL ID                               | SIGNATURE |
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| 21.  | 21E0201              | Syed Imran             | 6287154228 | 21E0201@<br>dgvaisnavcollege<br>edu.in | Syed      |
| 22.  | 21E0271              | Abhinaya<br>Sree       | 9287542315 | 21E0271@<br>dgvaisnavcollege<br>edu.in | Abhinaya  |
| 23.  | 21E0266              | Meethu<br>Lakshmi      | 9885345315 | 21E0266@<br>dgvaisnavcollege<br>edu.in | Meethu    |
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| 25.  | 21E0202              | Akash                  | 9798177499 | 21E0202@<br>dgvaisnavcollege<br>edu.in | Akash     |
| 26.  | 21E0272              | Laksh                  | 9791079966 | 21E0272@<br>dgvaisnavcollege<br>edu.in | Laksh     |
| 27.  | 21E0250              | Keerthana              | 9941595058 | 21E0250@<br>dgvaisnavcollege<br>edu.in | Keerthana |
| 28.  | 21E0258              | Mosona<br>Farheen      | 9982575315 | 21E0258@<br>dgvaisnavcollege<br>edu.in | Mosona    |
| 29.  | 21E0204              | Venketa<br>Kishorekuma | 638754152  | 21E0204@<br>dgvaisnavcollege<br>edu.in | Venketa   |
| 30.  | 21E0265              | Sridam                 | 6381531541 | 21E0265@<br>dgvaisnavcollege<br>edu.in | Sridam    |

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|------|----------|-------------------|------------|----------------------------|-----------|
| 1    | 20E0280  | V. Jagannathan    | 9381144733 | michalejagan1@gmail.com    |           |
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| 3    | 20E0260  | DANY RUFUS.S      | 9003048718 | danyrufus5@gmail.com       |           |
| 4    | 20E0241  | P.mohan           | 8825789006 | Redymohan93@gmail.com      |           |
| 5    | 20E0264  | G.Elakkiyalakshmi | 8939974652 | clakkiyalakshmi@gmail.com  |           |
| 6    | 20E0217  | M.N. RajKamal     | 6582816601 | yusamraj42@gmail.com       |           |
| 7    | 20E0275  | SCHANDRU          | 994506077  | chondranshiki299@gmail.com |           |
| 8    | 20E0224  | G.Dinesh          | 6382718850 | Dinesh185@gmail.com        |           |
| 9    | 20E0250  | E.Prashanth       | 9344987442 | Pranarth28@gmail.com       |           |
| 10   | 20E0277  | J.DIVEYESH        | 9861067404 | divediveysh@gmail.com      |           |

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| 12   | 20E0203  | KARTHIK RAS        | 9500181040 | 20e0203@dgvaishnavcollege.edu.in |           |
| 13   | 20E0276  | VAISHALI.S         | 7397405603 | 20E0276@dgvaishnavcollege.edu.in |           |
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| 18   | 20E0210  | Bharadvaj.S        | 9940230414 | 20e0210@dgvaishnavcollege.edu.in |           |
| 19   | 20E0253  | N.Jenipreya        | 7358382863 | 20e0253@dgvaishnavcollege.edu.in |           |
| 20   | 20E0252  | Aadithya Abishek.U | 9344504106 | 20e0252@dgvaishnavcollege.edu.in |           |

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| S.NO | ROLL NO.             | NAME                       | PHONE NO.      | EMAIL ID                        | SIGNATURE   |
|------|----------------------|----------------------------|----------------|---------------------------------|-------------|
| 21   | 20E0265              | N. Jagadish                | 8072163221     | akashjagadish24@gmail.com       | N. Jagadish |
| 22   | 20E0251              | D. Jones                   | 9087417211     | Jonesdavi0701@gmail.com         | D. Jones    |
| 23   | 20E0256              | E. HARISH<br>HARSHAVARDHAN | 9789046489     | 20E0256dgvaisnavcollege.edu.in  | E. Harish   |
| 24   | 20E0281              | GUNA<br>SEELAN             | 6379205<br>846 | 20E0281@dgvaisnavcollege.edu.in | Guna Seelan |
| 25   | 20E0285 <sup>3</sup> | LINKESH<br>KRISHNA         | 8610554<br>539 | 20E0285@dgvaisnavcollege.edu.in | Linkesh     |
| 26   | 20E0267              | Rakesh<br>Kumar            | 99626610<br>88 | 20E0267@dgvaisnavcollege.edu.in | Rakesh      |
| 27   | 20E0255              | Bharath .B                 | 7358232<br>902 | 20E0255@dgvaisnavcollege.edu.in | B. Bharath  |
| 28   | 20E0254              | Ramakrishna                | 87545<br>64635 | 20E0254@dgvaisnavcollege.edu.in | Ramakrishna |
| 29.  | 20E0240              | Kottai<br>Chellian         | 73959121<br>29 | 20E0240@dgvaisnavcollege.edu.in | Kottai      |
| 30.  | 20E0247              | Sathish<br>Kumar           | 7358737<br>063 | 20E0247@dgvaisnavcollege.edu.in | Sathish K.  |

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| S.NO | ROLL NO. | NAME               | PHONE NO.      | EMAIL ID                                    | SIGNATURE |
|------|----------|--------------------|----------------|---|-----------|
| 31   | 20E0273  | GINKU              | 9889906377     | 20E0273@<br>dgvaiishnav.<br>college.edu.in  |           |
| 32   | 20E0277  | Rishu              | 8190945521     | 20E0277@<br>dgvaiishnav.<br>college.edu.in  |           |
| 33   | 20E0209  | Rocwitsudja        | 8248862507     | 20E0209@<br>dgvaiishnav.<br>college.edu.in  |           |
| 34   | 20E0274  | SANJAY G           | 73580836<br>78 | 20E0274@<br>dgvaiishnav<br>college.edu.in   |           |
| 35   | 20E0266  | Vignesh P          | 7358751<br>733 | 20E0266@<br>dgvaiishnav<br>college.edu.in   |           |
| 36   | 20E0232  | Shivram. M<br>Dave | 93618825<br>83 | 20E0232@<br>dgvaiishnav<br>college.edu.in   |           |
| 37   | 20E0233  | Supraja R          | 8072259940     | 20E0233@<br>dgvaiishnav<br>college.edu.in   |           |
| 38   | 20E0266  | Vetrivel. S        | 7989040917     | 20E0266@<br>dgvaiishnav.<br>college.edu.in  |           |
| 39   | 20E0204  | MALINI. G          | 9361838288     | 20E0204@<br>dgvaiishnav. college<br>.edu.in |           |
| 40   | 20E0239  | Lavanya K          | 9372684376     | 20E0239@<br>dgvaiishnav. college<br>.edu.in |           |

Dr. V. MEENAKSHI, M.A., M.Phil., Ph.D., SET  
Head of Department of Economics Shift - II  
Dwaraka Doss Goverdhan Doss Vaishnav College,  
Arumbakkam, Chennai - 600 106.









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**DEPARTMENT OF ACCOUNTING AND FINANCE**

Date- 17<sup>th</sup> October-2022

**CIRCULAR**

All the students and faculty are hereby informed that the LUCAFAMA of our department is organising "A Talk on Stress Management" on 21<sup>th</sup> October 2022. So, the students are requested to kindly participate and get benefited.

*Carthe Menon*  
Head of the Department

**Head**  
Department of Accounting and Finance  
Dwaraka Doss Goverdhan Doss  
Vaishnav College (Shift II)  
Arumbakkam, Chennai-600 106.



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1. SOFT COPY OF THE INVITATION:

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COLLEGE WITH POTENTIAL FOR EXCELLENCE  
ARUMBAKKAM, CHENNAI - 600106



**THE DEPARTMENT OF ACCOUNTING AND FINANCE**  
**ORGANIZES**  
**A SPECIAL TALK ON STRESS MANAGEMENT**

**Guest Speaker:**

**MS.KAVITHA KUMAR**  
Soft skill trainer

 **21.10.2022**       **11.00 AM**       **MINI AUDITORIUM**

**DR.S.SANTHOSH BABOO**  
**PRINCIPAL**

**DR.KAVITHA MENON**  
**HEAD OF THE DEPARTMENT**

**DR.M.KOTTEESWARI**  
**FACULTY COORDINATOR**

**SHRI.ASHOK KUMAR MUNDHRA**  
**SECRETARY**



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2. **NAME OF THE EVENT:** Stress Management Program
3. **DATE:** 21.10.2022
4. **VENUE:** Mini Auditorium, Krishna Block
5. **MODE:** Offline
6. **ORGANIZERS;** Department of Accounting & Finance Lucafama
7. **FACULTY COORDINATORS:** Dr.M Kotteeswari  
EmailID:[m.kotteeswari@dgvaishnavcollege.edu.in](mailto:m.kotteeswari@dgvaishnavcollege.edu.in)  
Phone No. +91 97910 97301
8. **RESOURCE PERSON** MS Kavita Kumar Phone No. : +91 9566262741  
Email: [catakamk@yahoo.com](mailto:catakamk@yahoo.com)
9. **NO. OF STAFF PARTICIPANTS:** 2
10. **NO OF STUDENTS PARTICIPANTS:** 167

### 11. DETAILED REPORT OF THE PROGRAM:

The Students' Forum of the Department of Accounting and Finance hosted a talk on Stress Management and Invited Ms. Kavitha Kumar for the Session.

Ms Kavitha Kumar is an influential coach and passionate towards helping students and staff of leading organizations towards attaining their personal and professional goals. She enlightened the students on various technical aspects such as emotional intelligence and how to deal with it effectively, various forms of negative and positive stress, the act of visualization and how positively it can affect the performance of an individual within any organization, any enterprise, or any sporting activity. She helped students realize the importance of decision making and how to overcome stress related problems and deal with them effectively.

12. **OUTCOME OF THE EVENT:** The students thoroughly enjoyed the session and have gained technical insights dealing with stress management and will look forward for implementing it to their day to day activities.

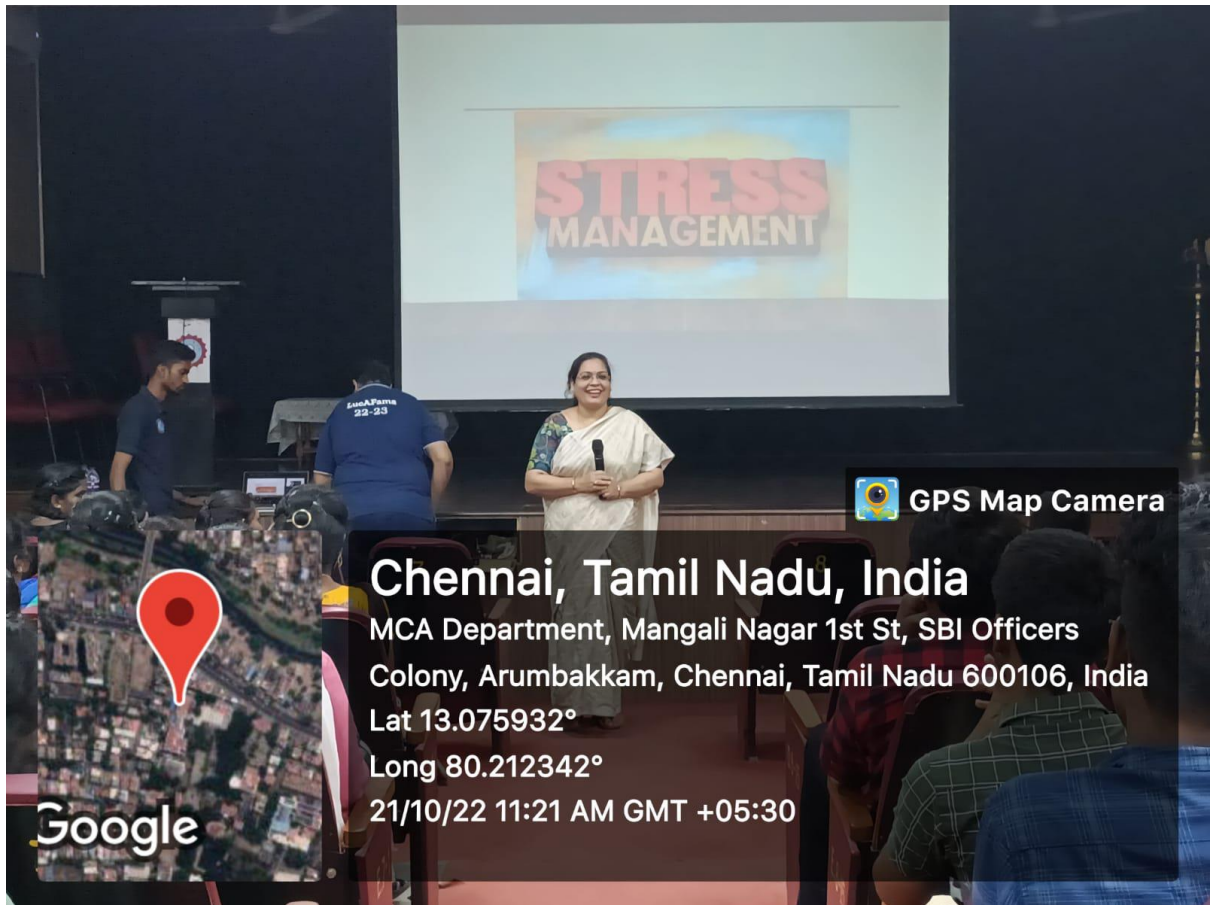
### 13. PHOTOS(GEOTAGGED):





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**DEPARTMENT OF ACCOUNTING & FINANCE**

Topic: STRESS MANAGEMENT

TIME: 11:00am

DATE: 21/10/2022

Attendance and Feedback

| Sl. No. | Roll No. | Name of the student | Feedback /Suggestions | Signature   |
|---------|----------|---------------------|-----------------------|-------------|
| 1       | 22E2011  | HARSHATH            | Good                  | [Signature] |
| 2       | 22E2009  | V. Santhosh         | Nice Anderson         | [Signature] |
| 3       | 22E2001  | Sanjay. M.          | Good                  | [Signature] |
| 4       | 22E1810  | S. JEEVAN RAJ       | Good                  | [Signature] |
| 5       | 22E1868  | G. RAAGHUL          | Good                  | [Signature] |
| 6       | 22E1879  | V. KANTISHK         | GOOD                  | [Signature] |
| 7       | 22E1867  | A. LOGESH           | GOOD                  | [Signature] |
| 8       | 22E1817  | ANWAR               | GOOD                  | [Signature] |
| 9       | 22E1773  | Vidya Sagar         | Good                  | [Signature] |
| 10      | 22E1764  | Vikram              | Good                  | [Signature] |
| 11      | 22E1770  | Meel Kadh           | Good                  | [Signature] |
| 12      | 22E1724  | Niranjana. K        | Useful                | [Signature] |
| 13      | 22E1735  | Andruselvan. B      | Good                  | [Signature] |
| 14      | 22E1834  | Ujwal Jain          | Great inputs          | [Signature] |
| 15      | 22E1815  | Sharwan. U          | Useful                | [Signature] |
| 16      | 22E1832  | Nirayanan. V.L      | Good & useful         | [Signature] |
|         |          |                     |                       |             |
|         |          |                     |                       |             |

**Head**  
Department of Accounting and Finance  
Dwaraka Doss Goverdhan Doss  
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[Signature]





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**DEPARTMENT OF ACCOUNTING & FINANCE**

Topic: **STRESS MANAGEMENT**

| Sl. No | Roll No | Name of the student | Feedback /Suggestion                    | Signature     |
|--------|---------|---------------------|---|---------------|
| 17     | 22E1718 | S. Sathya           | usefull                                 | S. Sathya     |
| 18     | 22E1713 | Susmitha.V          | was usefull                             | V. Susmitha   |
| 19     | 22E1753 | Vasshini.V          | Very usefull                            | V. Vasshini   |
| 20     | 22E1724 | Yageshwari.S        | Useful                                  | Yageshwari    |
| 21     | 22E1705 | Ramya.S             | Intresting, good                        | Ramya.S       |
| 22     | 22E1957 | T.S Haushitha       | very usefull, good                      | T.S Haushitha |
| 23     | 22E1940 | M. Yamini           | very helpfull                           | M. Yamini     |
| 24     | 22E1721 | Swetha.M            | Intresting                              | Swetha.M      |
| 25     | 22E1712 | Gopika.A            | Informative Session                     | A. Gopika     |
| 26     | 22E1747 | Swetha.S            | Helpful Session                         | S. Swetha     |
| 27     | 22E1746 | Theepika.k          | Much needed session                     | Theepika.k    |
| 28     | 22E1771 | M.G. ABINAYA        | Interactive SESSION.                    | M.G. Abinaya  |
| 29     | 22E1936 | Manisha.T           | Intresting lesson                       | M.T           |
| 30     | 22E1920 | Pooja.M             | I get some idea to deal with stress and | Pooja.M       |
| 31     | 22E2030 | Sareemathi.G        | Intresting usefull session.             | G. Sareemathi |
| 32     | 22E2081 | Monika.R            | Informative.                            | R. Monika     |
| 33     | 22E2016 | Yaswini.A           | Intresting                              | Yaswini       |
| 34     | 22E2031 | Aishwariya.         | Good                                    | Aishwariya    |
| 35     | 22E2006 | Hema priya          | useful.                                 | Hema Priya    |
| 36     | 22E1702 | Kavipriya.J         | useful.                                 | Kavipriya.J   |
| 37     | 22E1974 | Khushi Advani       | very good                               | Khushi Advani |

**Head**  
Department of Accounting and Finance  
Dwaraka Doss Goverdhan Doss  
Vaishnav College (Shift II)  
Arumbakkam, Chennai-600 106.

TIME: 11.00am

DATE: 21/10/2022



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**DEPARTMENT OF ACCOUNTING & FINANCE**

Topic: STRESS MANAGEMENT

| Sl. No | Roll No | Name of the student | Feedback /Suggestion | Signature          |
|--------|---------|---------------------|----------------------|--------------------|
| 38     | 22E1813 | SUHAIL              | very helpfull.       | <i>[Signature]</i> |
| 39     | 22E1811 | VISHAL              | AMAZING SESSION      | <i>[Signature]</i> |
| 40     | 22E2047 | M. Shree Ashwin     | Good.                | <i>[Signature]</i> |
| 41     | 22E2023 | SIVA GANESH         | helpful              | <i>[Signature]</i> |
| 42     | 22E2066 | DHANUSH P           | USEful               | <i>[Signature]</i> |
| 43     | 22E2045 | Monish P            | Good                 | <i>[Signature]</i> |
| 44     | 22E1707 | Tharun P            | Good                 | <i>[Signature]</i> |
| 45     | 22E1778 | Rakul Doss. N       | Good                 | <i>[Signature]</i> |
| 46     | 22E1737 | Sanjith. R          | Good                 | <i>[Signature]</i> |
| 47     | 22E1739 | G. Abanajithan      | Motivational         | <i>[Signature]</i> |
| 48     | 22E1762 | R. Arjun            | sereniated           | <i>[Signature]</i> |
| 49     | 22E1727 | K. HARI SH          | Interactive          | <i>[Signature]</i> |
| 50     | 22E1774 | G.V. Ganapathy      | Not bad              | <i>[Signature]</i> |
| 51     | 22E2032 | R. Lalith Adithya   | Good                 | <i>[Signature]</i> |
| 52     | 22E2073 | R. Dinesh Kumar     | Nice                 | <i>[Signature]</i> |
| 53     | 22E1742 | Tanvi R.            | Good                 | <i>[Signature]</i> |
| 54     | 22E1722 | Shreemid            | Good                 | <i>[Signature]</i> |
| 55     | 22E1728 | Supriya. S          | Good                 | <i>[Signature]</i> |
| 56     | 22E1911 | Balasaravathi. R    | Useful               | <i>[Signature]</i> |
| 57     | 22E1908 | Hema. S             | Good                 | <i>[Signature]</i> |
| 58     | 22E1962 | Saranya. k          | Good                 | <i>[Signature]</i> |
| 59     | 22E1910 | Swetha. J           | Helpful              | <i>[Signature]</i> |

Head

Department of Accounting and Finance  
Dwaraka Doss Goverdhan Doss  
Vaishnav College (Shift II)  
Arumbakkam, Chennai - 600 106  
TIME: 11:00am

DATE: 21/10/2022





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DEPARTMENT OF ACCOUNTING & FINANCE  
Topic: STRESS MANAGEMENT

| Sl. No | Roll No | Name of the student | Feedback / Suggestion      | Signature       |
|--------|---------|---------------------|----------------------------|-----------------|
|        |         |                     | stress buster              | Vinith          |
| 60     | 22E2008 | S. Vinith           | NEXT LVL                   | Reha            |
| 61     | 22E2015 | Rakesh Rajporohit   | Stress buster              | RK              |
| 62     | 22E2040 | Karan Dugar         | Stress buster              | Rishabh         |
| 63     | 22E1843 | Hazishkumar R       | Good & useful              | Rishabh         |
| 64     | 22E1880 | M Dhanush           | useful                     | smuh            |
| 65     | 22E1859 | T. srinsh kannan    | Useful                     | S.P. Srinivasan |
| 66     | 22E1826 | S. Praveen Kannan   | Now                        | R. Kishore      |
| 67     | 22E1962 | R. Kishore Kumar    | Mind changer / informative | R. Kishore      |
| 68     | 22E2003 | Varun S             | Informative                | Rishabh         |
| 69     | 22E2007 | Mohammed Rifath     | VERY USEFUL                | Rung Chalan B   |
| 70     | 22E2036 | SURIYA BALA B       | INFORMATIVE                | Rishabh         |
| 71     | 22E2078 | PRATHISH P          | USEFUL                     | P. M. Akash     |
| 72     | 22E2071 | P. M. AKASH         | Good                       | Saravaj         |
| 73     | 22E2042 | Sarvag L. Kannan    | Informative but boring     | To L. Chh       |
| 74     | 22E2041 | JAI VISHVANATHI     | Good                       | Rishabh         |
| 75     | 22E2083 | Shreshth            | Good                       | Shreshth        |
| 76     | 22E2074 | Chiryaag            | Good                       | Rishabh         |
| 77     | 22E2012 | Dass X              | Good                       | Rishabh         |
| 78     | 22E2013 | K. V. Sunil Kumar   | very good                  | Rishabh         |
| 79     | 22E2072 | Kishore Kumar RV    | useful                     | Rishabh         |
| 80     | 22E2026 | Ankit Kumar D       | very useful                | Rishabh         |
| 81     | 22E1725 | SHAM V              | GOOD and NICE              | Rishabh         |

Head

Department of Accounting and Finance  
Dwaraka Doss Goverdhan Doss  
Vaishnav College (Shift II)  
Arumbakkam, Chennai-600 106

Rishabh

DATE: 21/10/2022

TIME: 11.00am





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DEPARTMENT OF ACCOUNTING & FINANCE  
Topic: STRESS MANAGEMENT

| Sl. No | Roll No | Name of the student | Feedback / Suggestion                | Signature         |
|--------|---------|---------------------|--------------------------------------|-------------------|
| 82     | 22E1821 | Jamyuktha.R.        | Knowledgeable.                       | Jamyuktha.R.      |
| 83     | 22E1851 | Swathi.M            | Motivating                           | Swathi.M          |
| 84     | 22E1731 | Pooja.H             | Had a nice session.                  | Pooja.H           |
| 85     | 22E1704 | Shasmitha.D         | Good Session                         | Shasmitha.D       |
| 86     | 22E2052 | Akshaya.R           | Motivating & very useful for life    | Akshaya.R         |
| 87     | 22E2022 | G.M.DEVA Dhaswini   | Good session                         | G.M.DEVA Dhaswini |
| 88     | 22E2056 | Deepa.D             | Good session                         | Deepa.D           |
| 89     | 22E2008 | Varshini.M          | Good session                         | Varshini.M        |
| 90     | 22E2048 | Sathwika.C.V        | Good Session                         | Sathwika          |
| 91     | 22E2043 | E.Elakiya           | Motivating & good session            | E.Elakiya         |
| 92     | 22E202A | ASWITHA.R           | Felt comfortable & self motivated    | ASWITHA.R         |
| 93     | 22E1816 | Ranya.M             | It's very useful & motivation for us | Ranya.M           |
| 94     | 22E2062 | M.HARINI            | Motivating                           | M.HARINI          |
| 95     | 22E2018 | P.Raksheta          | Amazing                              | P.Raksheta        |
| 96     | 22E2061 | S.Ashwini           | Motivating                           | S.Ashwini         |
| 97     | 22E2060 | P.Sangamithra       | Good session                         | P.Sangamithra     |
| 98     | 22E2019 | R.Gurudharshini     | Good Session                         | R.Gurudharshini   |
| 99     | 22E2077 | S.Hemavarshini      | Good                                 | S.Hemavarshini    |
| 100    | 22E2001 | Sournala kshani     | Interesting.                         | Sournala kshani   |

Head  
Department of Accounting and Finance  
Dwaraka Doss Government Vaishnav College (Shift I)  
Arumbakkam, Chennai-600 106.

DATE: 21/10/2022  
TIME: 11.00am



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**DEPARTMENT OF ACCOUNTING & FINANCE**

Topic: STRESS MANAGEMENT

| Sl. No | Roll No | Name of the student | Feedback /Suggestion | Signature       |
|--------|---------|---------------------|----------------------|-----------------|
| 101    | 22E1781 | G. Harsha Vardhini  | Nice                 | G. Harsha       |
| 102    | 22E1717 | S. Sudhee           | Good                 | Sudhee          |
| 103    | 22E1701 | Teena .P            | Informative          | Teena           |
| 104    | 22E1777 | Joshitha B          | Helpful              | Joshitha        |
| 105    | 22E1833 | Kaviya .R           | Good                 | R.Kaviya        |
| 106    | 22E1872 | Shree Srinidhi .S   | Nice                 | S. Srinidhi     |
| 107    | 22E1841 | Pavithra .S.T.      | Informative          | Pavithra        |
| 108    | 22E1860 | Anitha Srinivas .S  | Informative          | Anitha          |
| 109    | 22E1827 | Swarnap .B          | Helpful              | Swarnap         |
| 110    | 22E1803 | Lingeswaran .S      | Helpful              | Lingeswaran     |
| 111    | 22E1870 | Rohit Sharma .R     | Helpful              | Rohit Sharma    |
| 112    | 22E1829 | R. Jeethine Sharma  | Helpful              | R. Jeethine     |
| 113    | 22E2079 | Gokul .D            | Good                 | Gokul           |
| 114    | 22E2038 | SANJAYKUMAR .R.     | useful               | R. Sanjay Kumar |
| 115    | 22E2042 | Sanjay Kumar .L     | Good                 | Sanjay Kumar    |
| 116    | 22E2027 | Harsh .H. Dave      | helpful, outstanding | Harsh Dave      |
| 117    | 22E2082 | PUNITH KRISHNAM .S  | Informative          | Punith          |
| 118    | 22E2075 | J Goudri Sankar     | Helpful              | J. Goudri       |
| 119    | 22E2031 | M. Balaji           | Good                 | M. Balaji       |
| 120    | 22E2065 | Yashwanth           | Nice                 | Yashwanth       |
| 121    | 22E2063 | L. Narayan          | Helpful Seminar      | L. Narayan      |
| 122    | 22E2046 | V.K. Sriyee Krishna | Nice                 | V.K. Sriyee     |
| 123    | 22E1838 | SAMBHAV .M          | GOOD                 | Sambhav         |
| 124    | 22E1752 | K.NR. MAY           | NICE & useful        | K.NR. MAY       |

DATE: 21/10/2022

Head  
Department of Accounting and Finance  
Dwaraka Doss Goverdhan Doss Vaishnav College (Shift II)  
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TIME: 11.00am

K. N. R. May





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**DEPARTMENT OF ACCOUNTING & FINANCE**  
**Topic: STRESS MANAGEMENT**

| Sl. No | Roll No | Name of the student  | Feedback /Suggestion       | Signature          |
|--------|---------|----------------------|----------------------------|--------------------|
| 125    | 22E1944 | GETHU ROOSHAN GIR    | USEFULL                    | <i>[Signature]</i> |
| 126    | 22E1907 | M. Saravanan Kumar   | NICE                       | <i>[Signature]</i> |
| 127    | 22E1951 | Amar Suresh          | Good                       | <i>[Signature]</i> |
| 128    | 22E1931 | Harshit Mehla        | Knowledgeable, Informative | <i>[Signature]</i> |
| 129    | 22E1952 | Mehul Munoth         | Informative.               | <i>[Signature]</i> |
| 130    | 22E1932 | Sachin               | Good                       | SACHIN.R           |
| 131    | 22E1929 | Gopal                | More Usefull, GOOD         | <i>[Signature]</i> |
| 132    | 22E1904 | KRISHNA KUMAR        | Knowledgeable              | <i>[Signature]</i> |
| 133    | 22E1931 | RANJITH              | USEFULL                    | <i>[Signature]</i> |
| 134    | 22E1930 | Goutham D            | GOOD, USEFULL              | <i>[Signature]</i> |
| 135    | 22E1968 | Sahithi Ramalingam A | Good                       | <i>[Signature]</i> |
| 136    | 22E1839 | ADITYA M.S           | Good                       | <i>[Signature]</i> |
| 137    | 22E1750 | Athish M             | Nice                       | <i>[Signature]</i> |
| 138    | 22E2050 | R. Kaishnamurthy     | Amazing session            | <i>[Signature]</i> |
| 139    | 22E1960 | G. Thirumalai        | Good                       | <i>[Signature]</i> |
| 140    | 22E1855 | S. PRAVEEN KUMAR     | Another useful session     | <i>[Signature]</i> |
| 141    | 22E1857 | P. Sanjay.           | filled with fun            | <i>[Signature]</i> |
| 142    | 22E2039 | J. JEVANTH           | USEFULL                    | <i>[Signature]</i> |
| 143    | 22E2053 | KALAM.V.T            | Good, Informative          | <i>[Signature]</i> |
| 144    | 22E2002 | ARUN.S               | Excellent very good        | <i>[Signature]</i> |
| 145    | 22E2028 | K. R. SANJAY         | Good & Informative         | <i>[Signature]</i> |
| 146    | 22E2035 | Aditya Ranganathan   | Useful & informative       | <i>[Signature]</i> |
| 147    | 22E2080 | Dhanuvaran Thi       | usefull                    | <i>[Signature]</i> |

Head  
Department of Accounting and Finance  
Dwaraka Doss Goverdhan Doss  
Vaishnav College (Shri IITIME: 11.00am  
Arumbakkam, Chennai-600 106:-

DATE: 21/10/2022





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145 22E20281

DEPARTMENT OF ACCOUNTING & FINANCE

Topic: STRESS MANAGEMENT

| Sl. No | Roll No | Name of the student | Feedback /Suggestion | Signature   |
|--------|---------|---------------------|----------------------|-------------|
| 148    | 22E1765 | S. VISHWAK          | nic issues           | Vishw...    |
| 149    | 22E1736 | Ram Prasad          | It was great         | Ram Prasad  |
| 150    | 22E1741 | Srinan . V          | Good                 | T.H.        |
| 151    | 22E1711 | Yukeshwaran . T     | Could be better      | Gowdram     |
| 152    | 22E1766 | G. Goodham          | Excellent            | Rubesh      |
| 153    | 22E1720 | S. Rubesh           | Not Bad              | P. K...     |
| 154    | 22E1761 | P. Ramachandru      | Good                 | K...        |
| 155    | 22E1710 | K. Lingesh          | Seems to be Better   | Narish      |
| 156    | 22E1763 | Narish              | Good                 | K. Nishu    |
| 157    | 22E1948 | K. Nishu            | good                 | A. Shreshan |
| 158    | 22E1748 | A. Shreshan         | felt little bored    | V...        |
| 159    | 22E1848 | VAIBHAV JAIN        | Sleepy but good      |             |

K. Nishu  
Head.  
Department of Accounting and Finance  
Dwaraka Doss Goverdhan Doss  
Vaishnav College  
Arumbakkam, Chennai - 600 106

DATE: 21/10/2022







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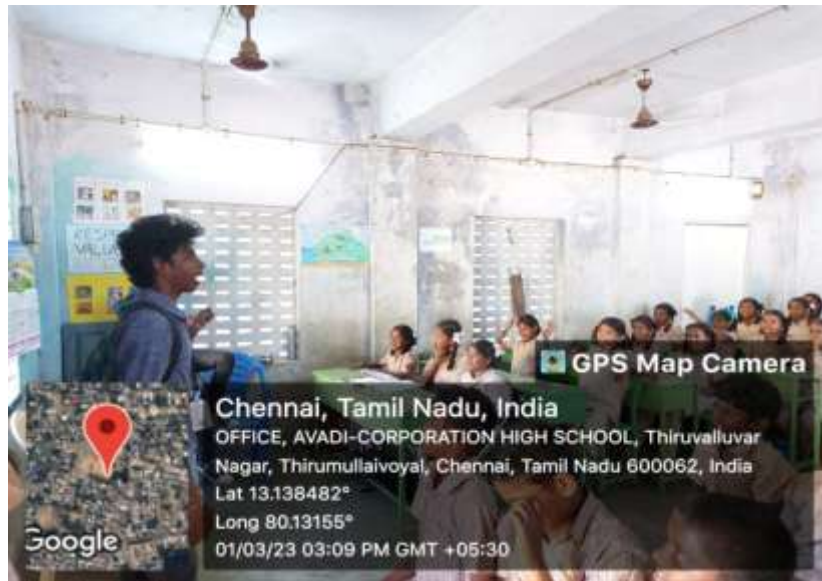
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College with Potential for Excellence, Linguistic Minority Institution  
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**CITIZEN CONSUMER CLUB (2023-2024)**

**“OUTREACH PROGRAMME”**

**Awareness on the adverse effect of Junk Foods 01.03.2023**







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## REPORT

The Citizen Consumer Club of Dwaraka Doss Goverdhan Doss Vaishnav College organized an awareness event named “OUTREACH PROGRAMME” on 1st March 2023 (Wednesday) at Avadi - Government High school, Thirumullaivoyal. The function was headed by Prof. S. Seshadrinathan (Vice President) with five programme coordinators, Dr. K. B. Manikandan, Mrs. Sasirekha, Prof. N. Vikram, Prof. Sathish Kumar and Dr. A. G. Vijayanarayanan. The Club coordinators given the importance of Consumer Awareness, consumer rights and duties, expiry of the product and how to compel the consumer. The Club distributed the stationery kits to 200 students. The mimicry students did an act on consumerism. The faculties and the headmaster of the school were happy with the response of the students and appreciated.



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**PG & RESEARCH DEPARTMENT OF COMMERCE SHIFT- I**  
**Report on Awareness on Prevention of Sexual Harassment 27.2.2023**

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Arumbakkam, Chennai - 600 106

**PG & RESEARCH DEPARTMENT OF COMMERCE [SHIFT-I]**  
Awareness on  
**"Prevention of Sexual Harassment"**

**RAISE YOUR VOICE AGAINST SEXUAL HARASSMENT**

**WHETHER WERE A 'COMMENT' ON A PERSON WOULD BE CONSIDERED AS A SEXUAL HARASSMENT**




**Resource Person**      **Student co ordinators**  
 Mr ALWIN FREDRICK Y BE(CSE),LLM(Hons),  
Assistant Professor Saveetha School of Law.      DEVA DHARSHINI M MA LLB  
 PRANAV AADITHYAN RA LLB

**27/2/2023**  
**11.30-1:30**

**Main Block**

**Faculty Coordinator**      **Dr. R. Sundari**      **Dr. B. Vijaya Kumar**  
**Prof. R. Saahadrisathan**      **Capt. Dr. S. Santhosh Baboo**      **Dr. Ashok Kumar Muralim**  
**Head of the Department**      **Principal**      **Secretary**

**TOPIC :** Awareness on Prevention of Sexual Harassment  
**Date:** 27.2.2023.  
**TIME :** 11.30 am to 1.30 p.m.  
**ORGANIZER :** PG & RESEARCH DEPARTMENT OF COMMERCE SHIFT – I  
**VENUE :** Main Block, Class Rooms  
**ORGANISING SECRETARY**      **Dr.B.Vijaya Kumar & Dr.R.Sundari**  
**NO. OF STUDENT PARTICIPANTS:** 700 Appx

**Name of the Resource Person:** Mr. ALWIN FREDRICK. Y BE(CSE),LLM (Hons),  
Assistant Professor, Saveetha School of Law



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**PG & RESEARCH DEPARTMENT OF COMMERCE SHIFT- I**

**Report on Awareness on Prevention of Sexual Harassment 27.2.2023**

**REPORT**

The Post Graduate and Research Department of Commerce organized an awareness session on "Prevention of Sexual Harassment" in collaboration with the Savitha School of Law, Chennai. This awareness camp enabled all the Undergraduate Students of the Department to interact and clarify the legal aspects of "POSH". A Team of 12 Final year Students headed by a Faculty Coordinator handled the session. The Head of the Department Prof.Seshadrinathan, Felicitated the Faculty coordinator and welcomed the team of student resource persons. A letter of Appreciation in recognition of sharing of knowledge is awarded to all the student resource persons from Savitha College of Law.

**OBJECTIVES OF THE AWARENESS SESSION:**

The session oriented the students on, Sexual harassment is a form of discrimination that involves any unwanted or unwelcome sexual behavior, comments, or gestures. It can occur in a variety of settings, including the workplace, schools, universities, public spaces, and online.

- To orient the students on "What Amounts to Sexual Harassment?"- Visual, Physical and Verbal
- To Give an overview on "POSH Act 2013"
- To Give Clarity on circumstances or Offences that might not have any proof of harassment.
- A Word of Caution on Verbal and Non- Verbal Acts that amounts to Sexual Abuse and Public Opinion and Acceptance of sexually harassed victims.

The awareness camp highlighted that a Mere Comment on a person would be considered sexual harassment, Some Do's and Don'ts for boys and girls to ensure that sexual harassment is never funny and it should not be happening. The session also highlighted the Laws to protect sexual harassment.

**LAWS INVOLVED IN SEXUAL HARASSMENT**

- Constitutional law ; fundamental rights-Art 14, 19(1)(g), 21
- IPC ; voyeurism, stalking, insults the modesty of women, sex torture
- Media law; obscene act & songs are punishable
- Cinematography Act ; Sensorship
- POSH
- Indecent Representation of Women

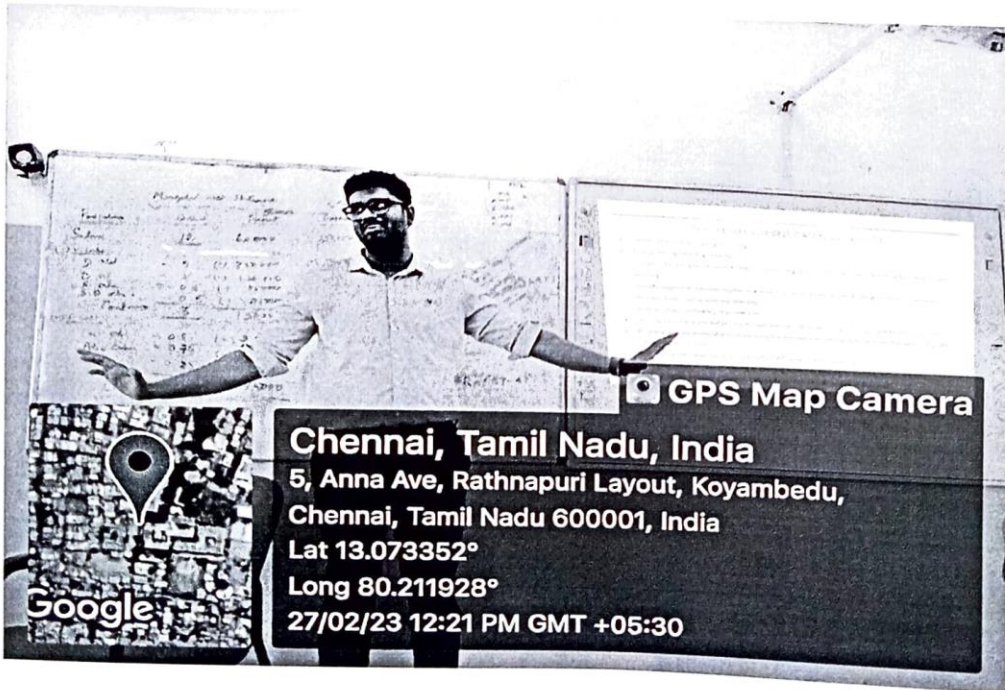




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**PG & RESEARCH DEPARTMENT OF COMMERCE SHIFT- I  
Report on Awareness on Prevention of Sexual Harassment 27.2.2023**



*J. Kumar*

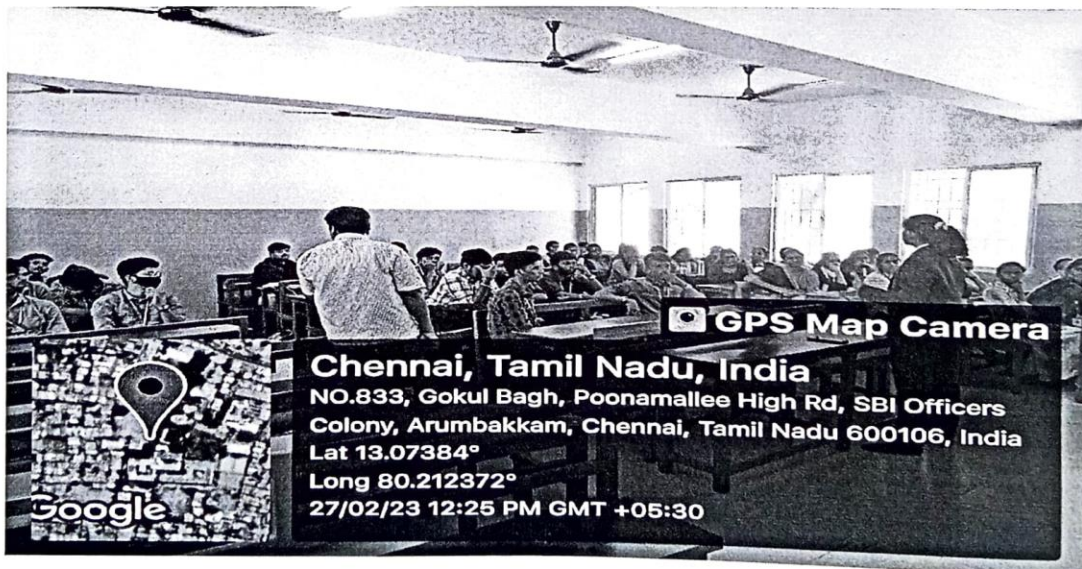
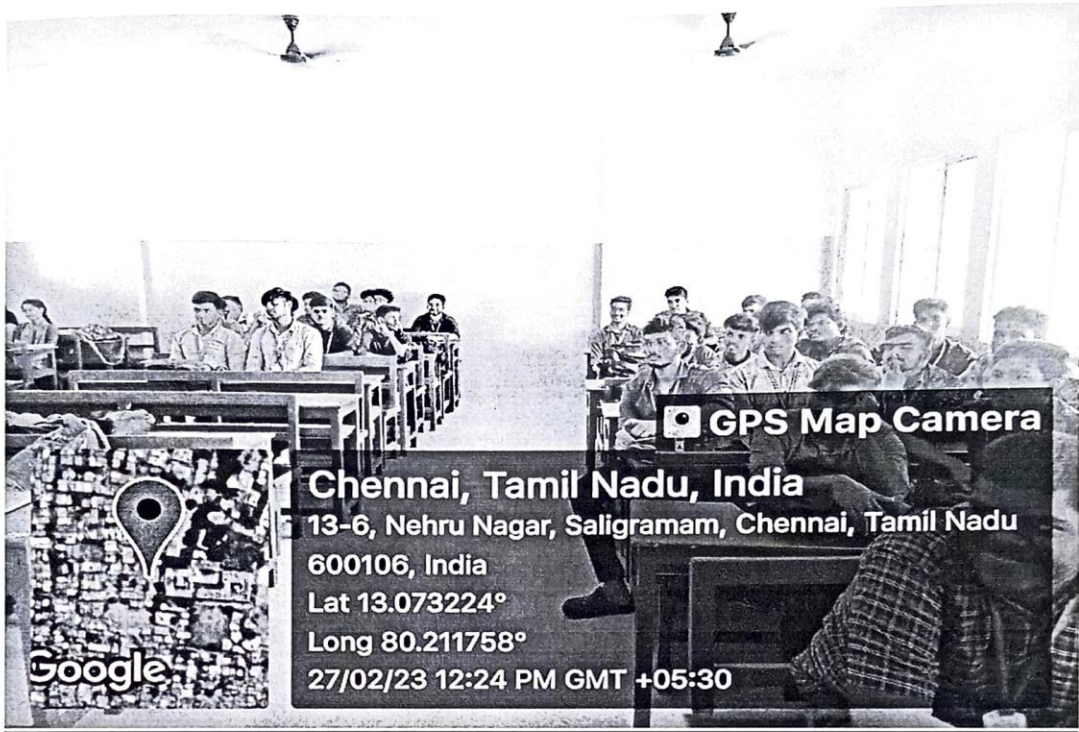




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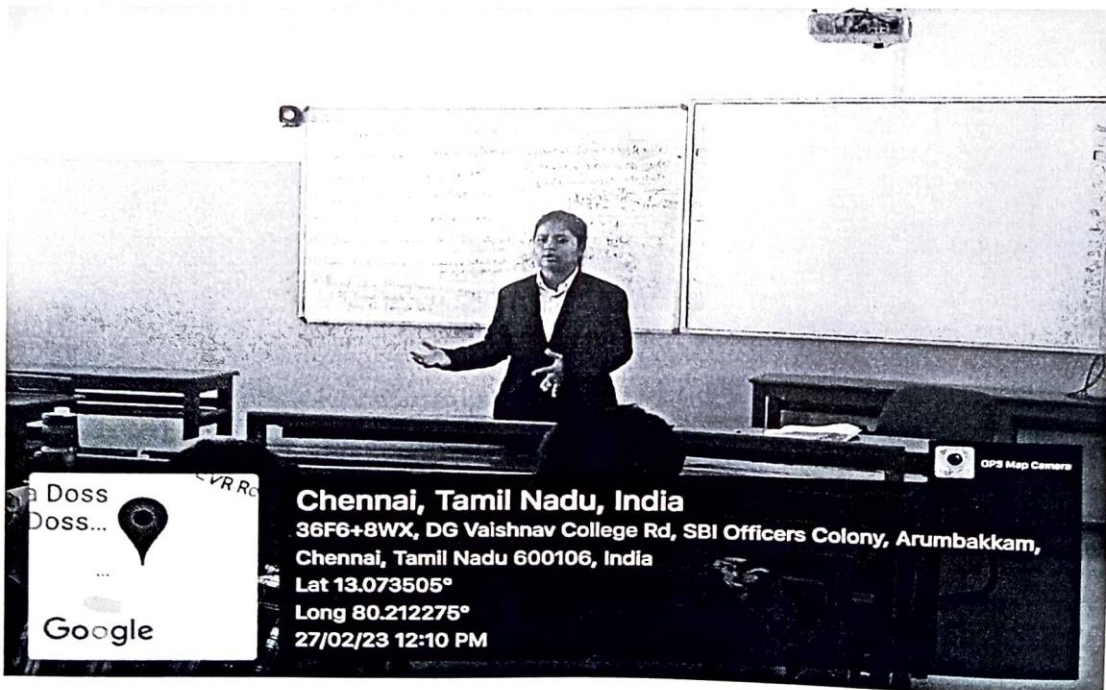
*S. Jeyaraj*



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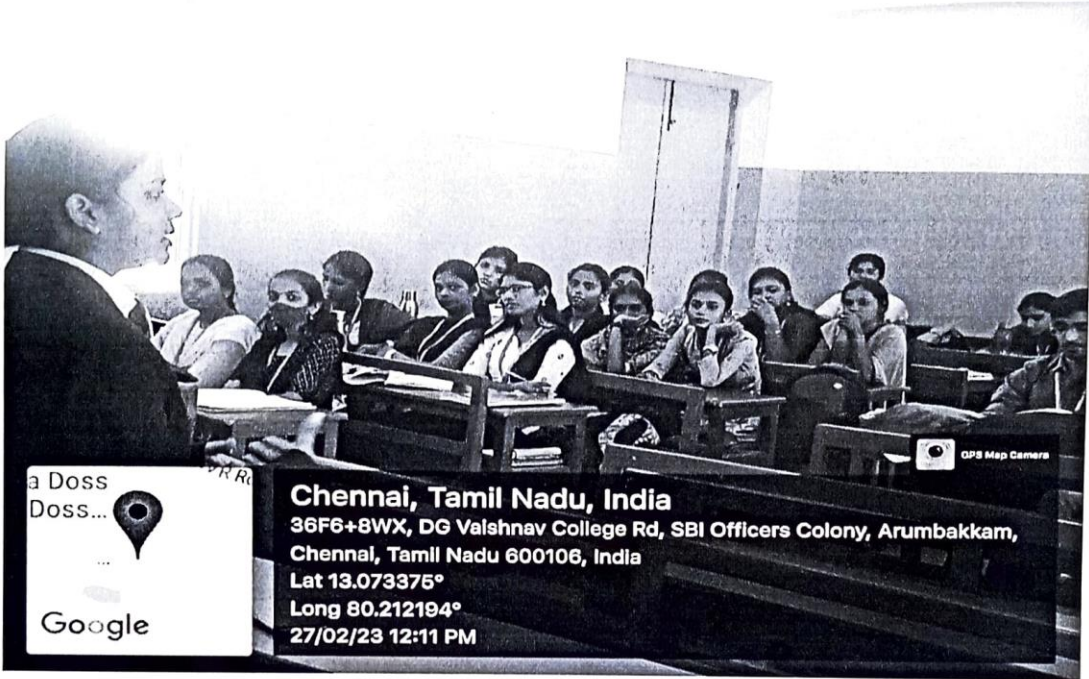
*J. Jeyaraj*



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**PG & RESEARCH DEPARTMENT OF COMMERCE SHIFT-I  
Report on Awareness on Prevention of Sexual Harassment 27.2.2023**



a Doss  
Doss...  
...  
Google

**Chennai, Tamil Nadu, India**  
36F6+8WX, DG Vaishnav College Rd, SBI Officers Colony, Arumbakkam,  
Chennai, Tamil Nadu 600106, India  
Lat 13.073375°  
Long 80.212194°  
27/02/23 12:11 PM



Google

**Chennai, Tamil Nadu, India**  
36F6+8WX, DG Vaishnav College Rd, SBI Officers Colony,  
Arumbakkam, Chennai, Tamil Nadu 600106, India  
Lat 13.073304°  
Long 80.212538°  
27/02/23 12:27 PM GMT +05:30

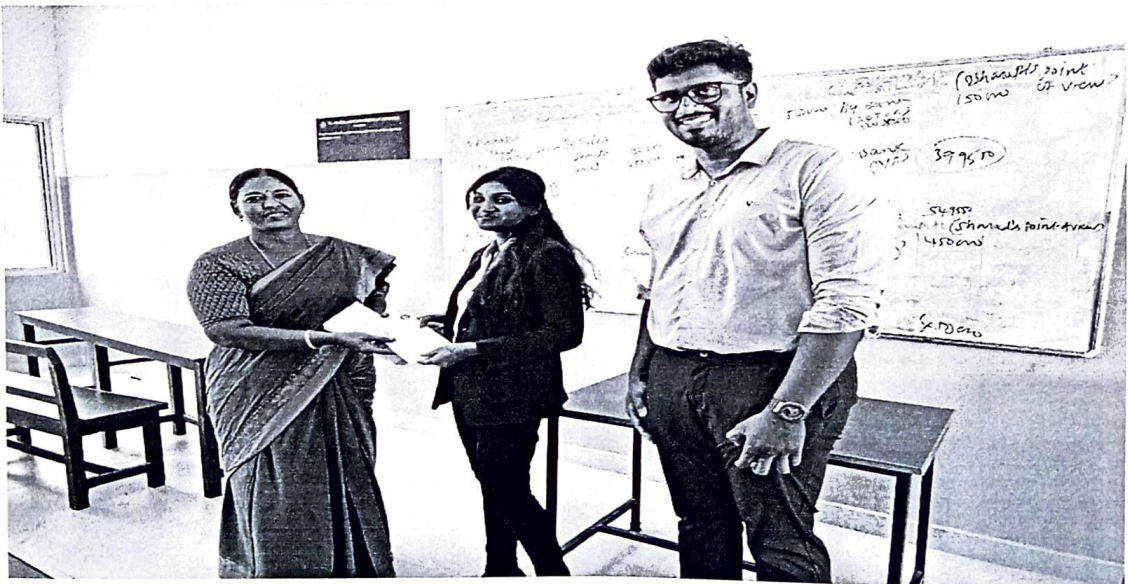
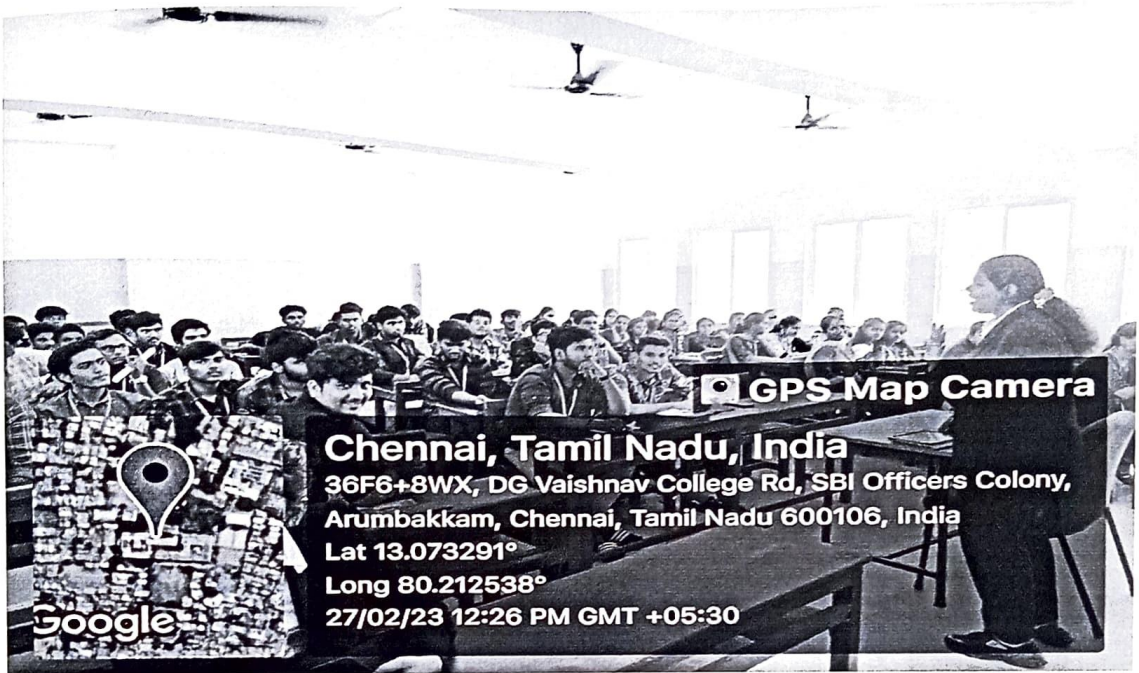
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**PG & RESEARCH DEPARTMENT OF COMMERCE SHIFT-I**  
**Report on Awareness on Prevention of Sexual Harassment 27.2.2023**



*J. K. K.*

LIST OF STUDENTS ATTENDED PRESENTATION OF SEXUAL HARASSMENT

I-B Wm- 'A' sec

PREVENTION OF SEXUAL HARASSMENT

TIME: 11:30 to 12:30  
 VENUE: I-BOM 'A'  
 ROLL NO: 59

| DWARAKA DOSS GOVERDHAN DOSS VAISHNAV COLLEGE |                       |
|--|-----------------------|
| 22D2301                                      | NIDEESH V S           |
| 22D2302                                      | A VIKAS               |
| 22D2303                                      | THARUN V              |
| 22D2304                                      | S MAHAVEER            |
| 22D2305                                      | MUKESH R              |
| 22D2306                                      | ABHISHEK KUMAR B      |
| 22D2307                                      | SARATH KUMAR J        |
| 22D2308                                      | KRISHNA KUMAR C       |
| 22D2309                                      | KISHORE K             |
| 22D2310                                      | NIRANJAN U            |
| 22D2312                                      | HARIHARAN.S           |
| 22D2313                                      | DHARUN A              |
| 22D2314                                      | GANESH K              |
| 22D2315                                      | THANISHA PRIYANKA N V |
| 22D2316                                      | VENNILA D             |
| 22D2317                                      | SOWMIYA.S             |
| 22D2318                                      | M. SIVA PRIYA         |
| 22D2319                                      | KRISHNAA              |
| 22D2320                                      | GIRIDHARAN R          |
| 22D2321                                      | SHUBHAM PANDEY        |
| 22D2322                                      | KEERTHANA S           |
| 22D2323                                      | BHAVITHRA S           |
| 22D2324                                      | BHAVANI R             |
| 22D2325                                      | GOPIKA L              |
| 22D2326                                      | A. IRAJESWARI         |
| 22D2327                                      | PRASANTH S            |
| 22D2328                                      | SARITHA B             |
| 22D2329                                      | SHALINI A             |
| 22D2330                                      | MADHUMITHA R          |
| 22D2331                                      | PRAVEEN KUMAR G       |
| 22D2332                                      | S NAVEEN              |
| 22D2333                                      | HARDHIK DOSHI         |
| 22D2334                                      | ABHISEK BAFNA         |
| 22D2335                                      | JEEVITHA G            |
| 22D2336                                      | ADITHYAN.R            |
| 22D2337                                      | MATHESHWARAN L        |
| 22D2338                                      | DILLI BABU R          |
| 22D2339                                      | RISHITHA GANDHI P     |
| 22D2340                                      | MUSHIRA BEGAM J       |
| 22D2341                                      | GOKUL NATH K          |
| 22D2342                                      | VARSHA M              |
| 22D2343                                      | VASANTH KISHORE A     |

*(Handwritten signatures and initials in the right column of the table)*

*(Handwritten signature at the bottom right)*



|         |                       |  |                |
|---------|-----------------------|--|----------------|
| 22D2344 | GURUPRASAD N S        |  | N.S. Gowda     |
| 22D2345 | KOKILA .D             |  | Kokila .D      |
| 22D2346 | SOWMIYA E             |  | Sowmiya        |
| 22D2347 | NEELUFUR BEGAM S      |  | Neelufur Begam |
| 22D2348 | PARTHASARATHY K       |  | Parth          |
| 22D2349 | AYUSH SONI            |  | Ayush .        |
| 22D2350 | SUNITHA B             |  | B. Sunitha     |
| 22D2351 | ABISHEK S D           |  | Abhishek       |
| 22D2352 | NIVEDIDHA. P          |  | Nivedidha      |
| 22D2353 | BHARATH MAHESHWARI    |  | Bharath        |
| 22D2354 | ARAVINDHAN            |  | Aravindhan .S  |
| 22D2355 | AKSHYA B              |  | Akshya         |
| 22D2356 | PAVITHRA B            |  | Pavithra       |
| 22D2357 | PAVITHRA K            |  | Pavithra       |
| 22D2358 | MAHESHWARAN.S         |  | Mahesh         |
| 22D2359 | PRAVEEN A             |  | Praveen        |
| 22D2360 | GHANDAN A             |  | Ghandan        |
| 22D2361 | PREMKUMAR R           |  | Prem .R        |
| 22D2362 | HARI KRISHNAN R       |  | R. Hari        |
| 22D2363 | THULASIRAMAN U        |  | U. R. Thulasi  |
| 22D2364 | P HARSHITH KUMAR JAIN |  | P. Harshith    |
| 22D2365 | K PRADEEP             |  | K. Pradeep     |
| 22D2366 | PRASANA N             |  | Prasana        |
| 22D2367 | SUBHA SHREE V         |  | V. Subhash     |
| 22D2368 | MONIKA SREE D         |  | Monika         |
| 22D2369 | PARTHEEPAN R          |  | R. Partheepan  |
| 22D2370 | VISALATCHI S          |  | S. Visalatchi  |
| 22D2371 | KARTHICKEYAN S        |  | S. Karthikeyan |
| 22D2372 | DEEPAK KUMAR T        |  | T. Deepak      |
| 22D2373 | SANJAY SIVAM P        |  | P. Sanjay      |
| 22D2374 | KOUSHIK NARAYANAN. S  |  | S. Koushik     |
| 22D2375 | MOHITA L              |  | L. Mohita      |
| 22D2376 | PAWAN KUMAR D V       |  | D.V. Pawan     |
| 22D2377 | SHARAN I              |  | I. Sharan      |
| 22D2378 | B.ARTHI               |  | B. Arthi       |
| 22D2379 | DEEPAK KRISHNA R      |  | R. Deepak      |
| 22D2380 | NAVIN MOORTHY T       |  | T. Navin       |
| 22D2381 | VIKRAM.S              |  | S. Vikram      |
| 22D2382 | SRI AKASH S           |  | S. Akash       |

S. Akash

I - B.com - 'B' sec

TIME : 11:30 to 1:30  
 VENUE : I-B.com-R  
 R. NO : (30)

| VARAKA DOSS GOVERDHAN DOSS VAISHNAV COLLEGE |                       |                         |
|---|-----------------------|-------------------------|
| 22D2401                                     | NEERAJ. P             |                         |
| 22D2402                                     | SURENDHAR B           | <del>S. Surendhar</del> |
| 22D2403                                     | MOHAN KUMAR E         | <del>M. Mohan</del>     |
| 22D2404                                     | JAGADEESH B           | Jagadeesh               |
| 22D2405                                     | MAGESH B              | <del>M. Magesh</del>    |
| 22D2406                                     | LOKESH G              | Lokesh G                |
| 22D2407                                     | BALAJI K              | <del>B. Balaji</del>    |
| 22D2408                                     | J.SUJITH KUMAR        | J. Sujith               |
| 22D2409                                     | MOHANRAJ U            | Mohanraj U              |
| 22D2410                                     | AKASH B               | Akash B                 |
| 22D2411                                     | SRIRAM D              | D. Sriram               |
| 22D2412                                     | KISHORE R             | <del>K. Kishore</del>   |
| 22D2413                                     | VARSHINI G            | B. Varshini             |
| 22D2414                                     | B THARANI             | B. Tharani              |
| 22D2415                                     | NASREEN M             | <del>N. Nasreen</del>   |
| 22D2416                                     | LAVANYA S G           | S. Lavanya              |
| 22D2417                                     | GAYATHRI DEVI T K     | <del>G. Gayathri</del>  |
| 22D2418                                     | ANANTHA KRISHNAN N    | <del>A. Anantha</del>   |
| 22D2419                                     | NARESHKUMAR M         | N. Naresh M             |
| 22D2420                                     | DEVKUMAR VYAS         | Dev Kumar               |
| 22D2421                                     | RAJESH C              |                         |
| 22D2422                                     | SUJITHA S U           | S.U. Sujitha            |
| 22D2423                                     | KIRTHIKA M            | K.P. Kirthika M         |
| 22D2424                                     | SANDHYA S G           | S.G. Sandhya            |
| 22D2425                                     | ISSAKI INDUJA T       | T. Induja               |
| 22D2426                                     | YAMINI P              | Yamini                  |
| 22D2427                                     | HARI HARAN M D        | <del>H. Hari</del>      |
| 22D2428                                     | ARIHANT KUMAR SALECHA |                         |
| 22D2429                                     | NAGULESH A            | <del>N. Nagulesh</del>  |
| 22D2430                                     | DHANASRI.V            | V. Dhana                |
| 22D2431                                     | HARINI S              | <del>H. Harini</del>    |
| 22D2432                                     | KESHAV JHA A          | Keshav                  |
| 22D2433                                     | POOJA P               | P. Pooja                |
| 22D2434                                     | RAKESH ROSHAN R B     | <del>R. Rakesh</del>    |
| 22D2435                                     | YUVASRI.G             | Yuvashri                |
| 22D2437                                     | THULASI O             | Thulasi                 |
| 22D2439                                     | SHARMILA S            | SHARMILA                |
| 22D2440                                     | NANDHINI S            | Nandhini                |
| 22D2441                                     | SHARMI P              | <del>S. Sharmi</del>    |
| 22D2442                                     | RUBIKA N              | Rubika N                |
| 22D2443                                     | HEMALATHA D           | D. Hemalatha            |
| 22D2444                                     | ABISHEK G M           | Abishek                 |
| 22D2445                                     | DHARANI R             | R. Dhara                |

*S. Senthil*



|         |                        |                         |  |
|---------|------------------------|-------------------------|--|
| 22D2446 | PAVITHRA A             | A. Pavithra             |  |
| 22D2447 | RAKESH VARMA V         | V. Rakesh Varma         |  |
| 22D2448 | ANU S P                | Anu S P                 |  |
| 22D2449 | SARAN RUP A M          | Saran rup A M           |  |
| 22D2450 | P SOWMIYA              | P. Sowmiya              |  |
| 22D2451 | RIYAS AHAMED S         | S. Riyas Ahamed         |  |
| 22D2452 | GANPATH N              | Ganpath N               |  |
| 22D2453 | KIRUTHIKA N            | N. Kiruthika            |  |
| 22D2454 | NILESHWAR N            | N. Nileshwar            |  |
| 22D2455 | SARAVANA KUMAR P       | P. Saravana Kumar       |  |
| 22D2456 | LOGESH M               | M. Logesh               |  |
| 22D2457 | SAMUEL VETTRI SELVAN Y | Y. Samuel Vettri Selvan |  |
| 22D2458 | DHARSHINI D T          | D. T. Dharshini         |  |
| 22D2459 | RAMACHANDRAN . A       | A. Ramachandran         |  |
| 22D2460 | KAVIYA M               | M. Kaviya               |  |
| 22D2461 | PREM SUTHAR            | Prem Suthar             |  |
| 22D2462 | PRATICHA SINGH         | Praticha S.             |  |
| 22D2463 | ASHISH BAN             | Ashish Ban              |  |
| 22D2464 | PRANAV MALPANI         | Pranav                  |  |
| 22D2465 | RISHAB GOUR O          | Rishabh Gour            |  |
| 22D2466 | YUVASRI.S              | S. Yuvasri              |  |
| 22D2467 | JENIFER JAYASEELI M    | M. J. Jayaseeli         |  |
| 22D2468 | JAIGANESH S            | Jai G. S                |  |
| 22D2469 | LOGESHWARAN J          | Logeshwaran J           |  |
| 22D2470 | YOGESH V               | Yogesh V                |  |
| 22D2471 | R HARISH RAGHAVENDRA   | R. Harish Raghavendra   |  |
| 22D2472 | LEENA VISHALI V        | Leena Vishali V         |  |
| 22D2473 | MEGANATHAN M           | M. Meganathan           |  |
| 22D2474 | RITHICK RESH S         | Rithick Resh S          |  |
| 22D2475 | HITESH SAIRAM D J      | Hitesh Sairam D J       |  |
| 22D2476 | KARTHIK S              | Karthik S               |  |
| 22D2477 | SARIKA B               | B. Sarika               |  |
| 22D2478 | SUNIL B                | Sunil B.                |  |
| 22D2479 | YASH.K.JAIN            | Yash K. Jain            |  |
| 22D2480 | ROHITH S               | Rohith S                |  |
| 22D2481 | VIGNESH V              | Vignesh V               |  |
| 22D2482 | SANDHIYA.D             | D. Sandhya              |  |
| 22D2483 | N.CHAITANYA            | N. Chaitanya            |  |

S. S. S.



I B. Com - 'C' Sec

TIME: 11:00 AM  
VENUE: P.R. Library  
DEPARTMENT  
D-NO: (1)

OF STUDENTS REGISTERED FOR THE PURPOSE OF SEMESTER EXAMINATION

| ARAKA DOSS GOVERDHAN DOSS VAISHNAV COLLEGE |                  |                  |
|--|------------------|------------------|
| 22D2502                                    | KALAIYARASU S K  | K. R.            |
| 22D2503                                    | DHANUSH KODI.P   | P. Kodipati      |
| 22D2504                                    | DHANUSH A        | A. Dhansu        |
| 22D2505                                    | VIGNESH S        | S. Vignesh       |
| 22D2506                                    | NARENDAR S N     | N. Narendar      |
| 22D2507                                    | JAWAHAR A        | A. Jawahar       |
| 22D2508                                    | MUTHUKUMAR N     | N. Muthu         |
| 22D2509                                    | PARVIN KUMAR M   | M. Parvin        |
| 22D2510                                    | SHARAN D         | D. Sharan        |
| 22D2511                                    | SURESH KUMAR S   | S. Suresh        |
| 22D2512                                    | GUHAN V          | V. Guhan         |
| 22D2513                                    | KIRUTHIKA.V      | V. Kiruthika     |
| 22D2514                                    | SWETHA K         | K. Swetha        |
| 22D2515                                    | ELANGO.S         | S. Elango        |
| 22D2516                                    | APARNA LAKSHMI N | N. Aparna        |
| 22D2517                                    | MEHRUNNISSA S    | S. Mehrunnissa   |
| 22D2518                                    | SIVESH J         | J. Sivesh        |
| 22D2519                                    | MEET S           | S. Meet          |
| 22D2520                                    | NAVNEITH RINWA P | P. Navneith      |
| 22D2521                                    | ROHINI R         | R. Rohini        |
| 22D2522                                    | ADITHYAN C       | C. Adithyan      |
| 22D2523                                    | SWARNARUPA S     | S. Swarnarupa    |
| 22D2524                                    | SACHIN P         | P. Sachin        |
| 22D2525                                    | MONISH C M       | M. Monish        |
| 22D2526                                    | NANDHA S         | S. Nandha        |
| 22D2527                                    | JOSHNI N         | N. Joshni        |
| 22D2528                                    | B.SANJAY KANNAN  | N. Sanjay        |
| 22D2529                                    | NIRMAL KUMAR M   | M. Nirmal        |
| 22D2530                                    | RISHI R          | R. Rishi         |
| 22D2531                                    | SUNITHA B        | B. Sunitha       |
| 22D2532                                    | MOHIT R          | R. Mohit         |
| 22D2533                                    | CHIRAG PANSARI   | P. Chirag        |
| 22D2534                                    | RAAGUL NK        | K. Raagul        |
| 22D2535                                    | SATHISH RAJAN.D  | D. Sathish       |
| 22D2536                                    | ELAKIYA M        | M. Elakiya       |
| 22D2537                                    | AKSHAYA R        | R. Akshaya       |
| 22D2539                                    | KAVIYA P         | P. Kaviya        |
| 22D2540                                    | HARI PRASAD P    | P. Hari          |
| 22D2541                                    | DILLIRANI D      | D. Dillirani     |
| 22D2542                                    | BHUVANESHWAR J   | J. Bhuvaneshwar  |
| 22D2543                                    | BALACHANDAR.V    | V. Balachandar   |
| 22D2544                                    | PAVITHRA.N       | N. Pavithra      |
| 22D2546                                    | NAGAHARSHITHA S  | S. Nagaharshitha |

*[Handwritten signature]*

|         |                    |                    |           |
|---------|--------------------|--------------------|-----------|
| 22D2547 | SUBRAMANI R        | R. Subramani       |           |
| 22D2548 | KARAN A MEHTA      | Karan A Mehta      |           |
| 22D2549 | KIRAN CHOUDHARY M  | Kiran M            |           |
| 22D2550 | ROHIT S JAIN       | Rohit S Jain       |           |
| 22D2552 | GOURAV RAJPUROHIT  | Gourav Rajpurohit  |           |
| 22D2553 | JITESH KUMAR       | Jitesh Kumar       |           |
| 22D2554 | M HITESH           | M Hitesh           |           |
| 22D2555 | HARINI S           | Harini S           | S. Harini |
| 22D2556 | V KARTHIK          | V Kartik           |           |
| 22D2557 | NITHYA SHREE S     | Nithya Shree S     |           |
| 22D2558 | DIVYA DHARRSHINI S | Divya Dharrshini S |           |
| 22D2559 | SANMADHAN R        | Sanmadhan R        |           |
| 22D2560 | CHITTALOORI VARSHA | Chittaloori Varsha |           |
| 22D2561 | SUSI SELVA B       | Susi Selva B       |           |
| 22D2562 | JANANI J           | Janani J           |           |
| 22D2563 | DIVYADARSHINI R    | Divyadarshini R    |           |
| 22D2564 | DEEPESHWAR S       | Deepeshwar S       |           |
| 22D2565 | RAKESH N           | Rakesh N           |           |
| 22D2566 | ABINAYA V          | Abinaya V          |           |
| 22D2567 | SANJAY D           | Sanjay D           |           |
| 22D2568 | G YUVARANI         | G Yuvarani         |           |
| 22D2569 | MAHALAKSHMI        | Mahalakshmi        |           |
| 22D2570 | K RAM KUMAR        | K Ram Kumar        |           |
| 22D2571 | VISHNU. G          | Vishnu G           |           |
| 22D2572 | SUNIL N            | Sunil N            |           |
| 22D2573 | PERIYANAYAGI S     | Periyamayagi S     |           |
| 22D2574 | YUKESH K           | Yukesh K           |           |
| 22D2575 | ABINAYA            | Abinaya            |           |
| 22D2576 | THULASI M          | Thulasi M          |           |
| 22D2577 | R DARSHAN SINGHI   | R Darshan Singhi   |           |
| 22D2578 | SAJIV V N          | Sajiv V N          |           |
| 22D2579 | SANJAI.R           | Sanjai R           |           |
| 22D2580 | GOPIKRISHNA B      | Gopikrishna B      |           |
| 22D2581 | SUSHIL K           | Sushil K           |           |
| 22D2582 | ARYA NITHIN V      | Arya Nithin V      |           |
| 22D2583 | LAKSHAY A          | Lakshay A          |           |
| 22D2584 | JANARDHANAN M      | Janardhanan M      |           |
| 22D2585 | AKASH S            | Akash S            |           |

*D. Ganu*



II - B Com - A' Sec.

PREVENTION OF SEXUAL HARASSMENT

TIME: 11:30 to 1:30

VENUE: II B Com A'

R.No (32)

| KAKA DOSS GOVERDHAN DOSS VAISHNAV COLLEGE |                      |                  |  |
|---|----------------------|------------------|--|
| 21D2601                                   | PRATHYUSHA K         |                  |  |
| 21D2602                                   | ASWATHI GS           | Aswathi G.S.     |  |
| 21D2603                                   | DEEPIKA G            |                  |  |
| 21D2604                                   | RAVI CHANDRAN K      | Ravi Chandran    |  |
| 21D2605                                   | YASHIKA GN           | Yashika G.N.     |  |
| 21D2606                                   | KEERTHANA B          | Keerthana B.     |  |
| 21D2607                                   | SANTHOSH R           |                  |  |
| 21D2608                                   | KESAVAN P            |                  |  |
| 21D2609                                   | SANTHYA S            | S. Santya        |  |
| 21D2610                                   | POOJASHREE D         |                  |  |
| 21D2611                                   | DEVADHARSHINI M      | M. Devadharshini |  |
| 21D2612                                   | NITHISH KUMAR S      |                  |  |
| 21D2613                                   | SOWMIYA M K          | M.K. Sowmya      |  |
| 21D2614                                   | DHANALAKSHMI V       |                  |  |
| 21D2615                                   | PHAWANKUMAR M L      | M.L. Phawan      |  |
| 21D2616                                   | DARSHAN A DESAI      | Darshan A.       |  |
| 21D2617                                   | SHANSKRITI TRIPATHI  |                  |  |
| 21D2618                                   | KIRAN RAJ D          | D. Kiran         |  |
| 21D2619                                   | PRASHANTH SHARMA     | Prashanth S.     |  |
| 21D2620                                   | JAINARAYAN N         | Jainarayan N.    |  |
| 21D2621                                   | SHRIPAL SINGH M      | M. Shripal Singh |  |
| 21D2622                                   | DHRUV ARYA           | Dhruv Arya       |  |
| 21D2623                                   | S KUNDAN             |                  |  |
| 21D2624                                   | ANURAG PRAJAPAT B    |                  |  |
| 21D2625                                   | KARAN BISSA          | Karan B.         |  |
| 21D2626                                   | DHRUMIL S AJMERA     | D.S. Ajmera      |  |
| 21D2627                                   | DARSH S DAVE         |                  |  |
| 21D2628                                   | AMREEN JAHAN R       | Amreen Jahan R.  |  |
| 21D2629                                   | KAMALRAJ             |                  |  |
| 21D2630                                   | JASIM AHAMED S       | Jasim A.         |  |
| 21D2631                                   | HARISH S             |                  |  |
| 21D2632                                   | M SRIHARAN           | M. Sriharan      |  |
| 21D2633                                   | NIDHESHPA S          |                  |  |
| 21D2634                                   | HARIHARAN M          |                  |  |
| 21D2635                                   | NARESH KUMAR S       |                  |  |
| 21D2636                                   | NAGASAI MALLISWARI D |                  |  |
| 21D2637                                   | ROHAN A              | A. Rohan         |  |
| 21D2638                                   | SOWRAB S             |                  |  |
| 21D2639                                   | SRINIDHI S           | S. Srinidhi      |  |
| 21D2640                                   | RASHMIKANT LALWANI K | Rashmi Kant L.   |  |
| 21D2641                                   | PRINCE BOHRA         | Prince B.        |  |
| 21D2642                                   | KRISH V              | Krish V.         |  |
| 21D2643                                   | BALAMURUGAN R        |                  |  |

*(Handwritten signature/initials)*



|         |                         |                   |
|---------|-------------------------|-------------------|
| 21D2644 | J KIRUTHIKA             | J. Kiruthika      |
| 21D2645 | D DHIRAJ                |                   |
| 21D2646 | KARAN BALAJI K S K      |                   |
| 21D2647 | KALKI B                 |                   |
| 21D2648 | JAGANNATH S K           | B. Jy             |
| 21D2649 | MEDHA J                 |                   |
| 21D2650 | RAHUL SHARMA            | J. Medha          |
| 21D2651 | K NIVETHA               | Rahul             |
| 21D2652 | GOMATHISREE T           |                   |
| 21D2653 | VARSHINI M M            | T. Gomathisree    |
| 21D2654 | VIGNESVAR AP            | M.M. Varshini     |
| 21D2655 | AKASH S                 | Vign              |
| 21D2656 | PRIYADHARSHINI R        | <del>A.R.</del>   |
| 21D2657 | HARI HARAN G            | R. Priyadharsini  |
| 21D2658 | YOSHINI J               |                   |
| 21D2659 | VIJAY SINGH             | Yoshini           |
| 21D2660 | K PREETHIKA             | Vijay             |
| 21D2661 | SANJAY KUMAR C S        | K. Preethika      |
| 21D2662 | VEDHAA K                | C.S. Sanjay Kumar |
| 21D2663 | VIMAL KUMAR G           | Vedha             |
| 21D2664 | PRANAV KUMAR SARASWAT M |                   |
| 21D2665 | DHINAKARAN M            | M. Pranav         |
| 21D2666 | SIDDHARTH KOTHARI       | Dhinakaran        |
| 21D2667 | SATHYA N                |                   |
| 21D2668 | R SANTHOSH              | Sathya N          |
| 21D2669 | DHARSHAN T              | R. Santhosh       |
| 21D2670 | RITHIK AG               | Dharshan T        |
| 21D2671 | AARTHI                  | Rithik A.G.       |
| 21D2672 | ABIRAMI                 | Aarthi            |
| 21D2673 | MITHUN RAJ              | Abirami           |
| 21D2674 | SANTHOSH U              | Mithun Raj        |
| 21D2675 | MONISHA                 |                   |
| 21D2676 | MOHAMMED ASHRAF         | N. Monisha        |
| 21D2677 | AARISH                  | Mohammed Ashraf   |
| 21D2678 | VASIKARAN               |                   |
| 21D2679 | DEEPIKAS                | S. Vasikaran      |
| 21D2680 | RAGHAV                  | Deepika           |
| 21D2681 | VASANTH KUMAR           | R. Raghav         |
| 21D2682 | NITHYA PRAKESH          | Vasanth Kumar     |

|         |             |             |
|---------|-------------|-------------|
| 21D2683 | YUVARAJ     | Yuvraj      |
| 21D2684 | GOWTHAM . J | Gowtham . J |

S. Praveen

OF STUDENTS ATTENDED AWARENESS ON PREVENTION OF SEXUAL HARASSMENT

|         |                    |
|---------|--------------------|
| 21D2701 | SANKET KUMAR S     |
| 21D2702 | V VISHNU VARDAN    |
| 21D2703 | SARAVANAN R        |
| 21D2704 | VASAN KUMAR M      |
| 21D2705 | MOUNIKA P          |
| 21D2706 | R CHIRAG           |
| 21D2707 | AKASH R            |
| 21D2708 | MAHESWARI S        |
| 21D2709 | SWETHA S           |
| 21D2710 | KOKILA R           |
| 21D2711 | SANDHIYA S         |
| 21D2713 | KAVIYA B           |
| 21D2714 | PRAVEEN G D        |
| 21D2716 | PRANAV DOLIA U     |
| 21D2717 | AMIT N             |
| 21D2718 | DHINAL KUMAR K     |
| 21D2719 | RONAK D            |
| 21D2720 | NITHIN GUPTA R     |
| 21D2721 | NAND KISHORE P     |
| 21D2722 | MEHUL KUMAR CHULET |
| 21D2723 | B KINISH PANDYA    |
| 21D2724 | YASH MALPANI       |
| 21D2725 | AKASH S            |
| 21D2726 | AJAY V             |
| 21D2727 | TEJASV MAHESHWARI  |
| 21D2728 | DHRUV P SHAH       |
| 21D2729 | SREENIDHI, K       |
| 21D2730 | SURAJ JAIN M       |
| 21D2731 | GOKULAKRISHNAN M   |
| 21D2732 | BALAJI S           |
| 21D2733 | ARAVIND S          |
| 21D2734 | SOMASUNDARAM C     |
| 21D2735 | HARIPRASATH M      |
| 21D2736 | JIVITHA K S        |
| 21D2737 | MANOJ B            |
| 21D2738 | AADITYA V          |
| 21D2739 | YOGESHWARAN V      |
| 21D2740 | AARTHI R           |
| 21D2741 | KAVYA V            |
| 21D2742 | DEVANSH KHIMSURA   |
| 21D2743 | DHANUSH SHARMA V   |
| 21D2744 | PRIYADHARSHINI S   |
| 21D2745 | RUBESH R           |
| 21D2746 | KRISHNA KUMAR A    |

Sanket K. S.  
 Vishnu  
 Saravanan  
 M. Thirupathi  
 Mounika P.  
 Chirag  
 Akash R.  
 Maheswari S.  
 Swetha S.  
 Kokila R.  
 Sandhya S.  
 B. Kaviya  
 Praveen G D  
 Pranav Dolia U  
 Amit N  
 Dhinal K.  
 Ronak D  
 Nithin  
 Nand Kishore P  
 Mehul K. Chulet  
 B. Kinish P.  
 Yash Malpani  
 Akash S.  
 Ajay V  
 Tejas  
 Dhruv P. Shah  
 K. Sreenidhi  
 M. Suraj Jain  
 Gokul Krishnan M.  
 Balaji S.  
 Aravind S.  
 Somasundaram C.  
 Hariprasath M.  
 Jivitha K S.  
 Manoj B.  
 Aaditya V.  
 Yogeshwaran V.  
 Arathi R.  
 Kavya V.  
 Devansh Khimsura  
 Dhhanush Sharma V.  
 Priyadharshini S.  
 Rubesh R.  
 Krishna Kumar A.

I. K. K.



|         |                     |
|---------|---------------------|
| 21D2747 | HARISH R            |
| 21D2748 | DIVYASREE D S       |
| 21D2749 | SURENDHAAR P        |
| 21D2750 | VISHAL L N C        |
| 21D2751 | ARUNTHATHI A        |
| 21D2752 | SHREYA S            |
| 21D2753 | SARANYA DEVI R      |
| 21D2754 | MUKESH K B          |
| 21D2755 | VISHAL RAMAMURTHI V |
| 21D2756 | PRAMOD KUMAR M      |
| 21D2757 | K SANJAY            |
| 21D2758 | THIRISHA G          |
| 21D2759 | SHARANKUMAR S       |
| 21D2760 | MADHU METHA S       |
| 21D2761 | SANJAY K            |
| 21D2762 | SANJAY A            |
| 21D2763 | PAKSHAL BHANDARI V  |
| 21D2764 | ABINASH R           |
| 21D2765 | ABHISHEK M          |
| 21D2766 | PORKALAI PANDI A    |
| 21D2767 | SARAVANA KUMAR A P  |
| 21D2768 | A HARSHITH          |
| 21D2769 | HEMAVARSHINI V      |
| 21D2770 | SRIRAM M            |
| 21D2771 | ANARTHIKA A         |
| 21D2772 | SRIRAM.R            |
| 21D2773 | ABINAYA V           |
| 21D2774 | PRAVEEN G           |
| 21D2775 | SHARAN IG           |
| 21D2776 | SYED FASEEHUDDIN B  |
| 21D2777 | KEERTHANA-R         |
| 21D2778 | KARTHIKEYAN P       |
| 21D2779 | SANJAY KUMAR V      |
| 21D2780 | CHARAN L            |
| 21D2781 | KUMARAVEL S         |
| 21D2782 | DASS PRAKASH J      |
| 21D2783 | ARIHANT KUMAR.N     |
| 21D2784 | SARATHI M. N        |

P. Divya  
 P. Divya  
 S. Shreya  
 S. Shreya  
 Saranya Devi R  
 K. B. Mukesh  
 Vishal  
 K. Sanjay  
 G. Thirisha  
 S. Madhu  
 A. Sanjay  
 M. Abhishek  
 A. Parkalai  
 A. Harshith  
 V. Hemav  
 A. Anarthika  
 A. Binaya  
 Praveen G  
 Syed  
 R. Keerthana  
 4/4  
 S. Charan  
 S. Sarathi





|         |                        |
|---------|------------------------|
| 21D2801 | ASWITHA S              |
| 21D2802 | SNEHA V                |
| 21D2803 | BALACHANDRA BOOPATHY K |
| 21D2804 | M LEKHASHRI            |
| 21D2805 | SHANMUGAPRIYA R        |
| 21D2806 | MYTHRAYEE G            |
| 21D2807 | KAMESH R               |
| 21D2808 | MADHUMITHA S           |
| 21D2809 | MOHAN RAJ S            |
| 21D2810 | ABINAYA R              |
| 21D2811 | JIVITHESH KALYAN K     |
| 21D2812 | ANIL M RAO             |
| 21D2813 | SURESH L               |
| 21D2814 | SAKTHI SHALINI N       |
| 21D2816 | G POORNA CHANDRIKKA    |
| 21D2817 | JIGYASHA KANOOGA       |
| 21D2818 | VISHAKHA A DAVEY       |
| 21D2819 | ARIHANT KUMAR NAHAR D  |
| 21D2820 | ARIHANT BETALA         |
| 21D2821 | NIKUNJ RATHI           |
| 21D2822 | PRACHI RAJESH DESAI    |
| 21D2823 | MOHIT KUMAR MARDIA     |
| 21D2824 | RAHUL A                |
| 21D2825 | RAHUL AGARWAL V        |
| 21D2826 | SUMANT PANDEY O        |
| 21D2827 | TAMIL SELVAN K         |
| 21D2828 | FAYAZ RAHMAN M         |
| 21D2829 | VASANTH PERIYASAMY C N |
| 21D2830 | SUBHASHINI E           |
| 21D2831 | MADESH G               |
| 21D2833 | KISHORE B              |
| 21D2834 | INESH ROHIT M          |
| 21D2835 | S ANNAMALAI            |
| 21D2836 | K PARSHAV              |
| 21D2837 | SURYA A S              |
| 21D2838 | RAGHAVI S              |
| 21D2839 | M SHWETHA              |
| 21D2840 | HARITHAA S             |
| 21D2842 | K SAYYAM               |
| 21D2843 | NIVETHA K              |
| 21D2845 | GUNA SEKAR M           |
| 21D2846 | M THAMARAI KANNAN      |
| 21D2847 | KRISHNAN P N E         |
| 21D2848 | JAI BALAJI R           |

~~V. Sub~~  
K. Bala Boopathy  
M. Lekhashri

~~G. Mythrayee~~  
R. Kamesh

~~S. Madhumitha~~  
S. Mohan Raj  
R. Abinaya

Jivithesh Kalyan K

~~Anil M Rao~~  
L. Suresh  
Sakthi Shalini N  
G. Poorna Chandrikka  
Jigyasha Kanoga

Vishakha A. Davey

~~Nikunj Rathi~~  
Prachi Rajesh Desai

Mohit  
Rahul

~~Rahul Agarwal V~~  
Sumant Pandey O

Tamil Selvan K  
Fayaz Rahman M

Vasanth Periyasamy C N  
E. Subhashini

~~Madesh G~~  
Kishore B

Inesh Rohit M  
S. Annamalai

~~K. Parshav~~  
Surya A S

~~Raghavi S~~  
M. Shwetha

~~Harithaa S~~  
K. Sayyam

~~Nivetha K~~  
Guna Sekar M

~~M. Thamarai Kannan~~  
Krishnan P N E

~~Jai Balaji R~~

*Jyothi*

|         |                    |
|---------|--------------------|
| 21D2849 | KHUSHI SINGH M     |
| 21D2850 | GOWTHAM S          |
| 21D2851 | BHARATH P          |
| 21D2852 | KAUSHIK M          |
| 21D2853 | DINESH M           |
| 21D2854 | KOLAHALAN R        |
| 21D2855 | K NANTHINI         |
| 21D2856 | SAIRAM S           |
| 21D2857 | BALAJI RAO S       |
| 21D2858 | RAJ KUMAR N        |
| 21D2859 | HEMALATHAA K       |
| 21D2860 | MOHANA PRIYA A     |
| 21D2861 | JAYASURIYA S       |
| 21D2862 | ABILASH V          |
| 21D2863 | JEGADESH KUMAR K   |
| 21D2864 | SANTHOSH KUMAR R   |
| 21D2865 | SUBISH KUMAR R     |
| 21D2866 | VARSHINI A         |
| 21D2867 | R GANESH SANJAY    |
| 21D2868 | RISHAB A           |
| 21D2869 | HARINI P           |
| 21D2870 | ARCHANA N          |
| 21D2871 | MALATHI R          |
| 21D2872 | VAMSHI KRISHNAN S  |
| 21D2873 | DEVI SHREE R       |
| 21D2874 | BALAJI GL          |
| 21D2875 | SURYA R            |
| 21D2876 | VIKNEESH T S       |
| 21D2877 | DHANALAKSHMI T     |
| 21D2878 | G.VIGNESHWARAN     |
| 21D2879 | JAGAVEERAPANDIAN.C |
| 21D2880 | EZRA CHRISGAIL M   |
| 21D2881 | S. AMAN RANKA      |
| 21D2882 |                    |
| 21D2883 | AVINASH            |
| 21D2884 | LAVANYA SHREE.V. K |

*Khushi*  
*Gowtham S*  
*Bharath P*

*Dinesh M*  
*R. Kolahalan*

*Sairam S*  
*Balaji Rao S*  
*Raj Kumar N*  
*K. Hemalatha*  
*Mohana Priya*

*Jayasuriya S*  
*Abilash V*  
*Jegadesh Kumar K*  
*R. Santosh Kumar*

*Subish Kumar R*  
*Varshini A*  
*R. Ganesh Sanjay*

*Harini P*  
*Archana N*  
*Malathi R*

*Vamshi Krishnan S*  
*Devi Shree R*  
*Balaji GL*

*Surya R*  
*Vikneesh T S*  
*Dhanalakshmi T*  
*G. Vigneshwaran*

*Jagaveerapandian.C*  
*M. Ezra Chrisgail*

*S. Aman Ranka*  
*Avinash*  
*Lavanya Shree V. K*

*f. kumar*



**PG & RESEARCH DEPARTMENT OF COMMERCE (SHIFT-I)**  
**LIST OF STUDENTS PARTICIPATED IN AWARENESS SESSION ON PREVENTION**  
**OF SEXUAL HARASSMENT**  
**III B.COM - A (ROOM NO:AS 36)**

| ROLL NUMBER | NAME OF THE STUDENT   | SIGNATURE         |
|-------------|-----------------------|-------------------|
| 20D2001     | YASH.L                | —                 |
| 20D2002     | POORTHI.S             | Poorthi.S         |
| 20D2003     | JAINAM SURANA.A       | Jainam            |
| 20D2004     | KUSHI VIRENDRA SHAH   | —                 |
| 20D2005     | BHAVESH SOODA.G       | —                 |
| 20D2006     | DEVES AGARWAL         | Deves Agarwal     |
| 20D2007     | ARUN KARTHICK.P       | P. Arun Karthick  |
| 20D2008     | ROHITH.L              | R. Rohith         |
| 20D2009     | MONIKA.J              | J. Monika         |
| 20D2010     | CEAYON PRASADH.K      | —                 |
| 20D2011     | SENMATHI.R            | Senmathi.R        |
| 20D2012     | PRASANTH.J.K          | J. Prasad         |
| 20D2013     | AKSHAYA.E.P           | E.P. Akshaya      |
| 20D2014     | ANKUR.D               | —                 |
| 20D2015     | VARADHARAJ.B          | B. Varadharaj     |
| 20D2016     | LOKESH.R              | R. Lokesh         |
| 20D2017     | NIRAJ KUMAR SHARMA.R  | R. Niraj Kumar    |
| 20D2018     | VIVEK BOHRA.M         | —                 |
| 20D2019     | KULDEEP SINGH.R       | R. Kuldeep Singh  |
| 20D2020     | RAJASINGH.P           | P. Rajasinh       |
| 20D2021     | SAKTHIKUMAR           | S. Sakthi         |
| 20D2022     | RAJA SHANKAR.C.V      | V. Raja Shankar   |
| 20D2023     | KOUSHIK.R             | —                 |
| 20D2024     | NISHANTH.S            | S. Nishanth       |
| 20D2025     | DHARSHANA.M.D         | D. Dharshana      |
| 20D2026     | BHARATHI.V            | V. Bharathi       |
| 20D2027     | DINESH KUMAR.S        | S. Dinesh         |
| 20D2028     | RESHMA.J              | J. Reshma         |
| 20D2029     | SATHISH KUMAR.M       | M. Sathish Kumar  |
| 20D2030     | PRASATH.C             | C. Prasath        |
| 20D2031     | DHIVYA LAKSHMI.S.J    | J. Divya Lakshmi  |
| 20D2032     | MAHIMA MALANI.M       | M. Mahima         |
| 20D2033     | DINESH.G              | G. Dinesh         |
| 20D2034     | SRINATH RAJU.R        | R. Srinath        |
| 20D2035     | SUDARSAN.L            | L. Sudarsan       |
| 20D2036     | LIKHITHA.N            | N. Likhitha       |
| 20D2037     | NAMAN CHAJJER.R       | R. Naman          |
| 20D2038     | NEHA SAHOO.U          | U. Neha           |
| 20D2039     | SANTHOSH VIMAL RAAJ.V | V. Santhosh Vimal |
| 20D2040     | MOHIT T PAREKH        | T. Mohit Parekh   |

*J. K. Mohan*



|         |                  |                   |
|---------|------------------|-------------------|
| 20D2041 | SURYA.G.M        | Surya G.M.        |
| 20D2042 | SAI PRIYA.V      | Saipriya V.       |
| 20D2043 | VAIKUNTHAM.G     | Vaikuntham G.     |
| 20D2044 | MONICA.G.M       | M. Monica         |
| 20D2045 | DIVYA BHARATHI.P | Divya Bharathi P. |
| 20D2046 | PAVITHRA.K       | P. Pavithra       |
| 20D2047 | KULDEEP M GEHLOT | K. Kuldeep        |
| 20D2048 | LOKESH.V         | L. Lokesh         |
| 20D2049 | DHANUSH.T.S      | Dhanush T.S.      |
| 20D2050 | PRADEESH KUMAR.P | P. Pradeesh       |
| 20D2051 | PRATHAM S JAIN   | Pratham S Jain    |
| 20D2052 | SUNDARESAN.K     | Sundaresan K.     |
| 20D2053 | GIRESH KUMAR.S   | G. Giresh         |
| 20D2054 | BHUVANESH.R      | Bhuvanesh R.      |
| 20D2055 | ACHAYA.S         | Achaya S.         |
| 20D2056 | LAKSHMIPRIYA.G   | Lakshmi Priya G.  |
| 20D2057 | CHARULATHA.R.    | Charulatha R.     |
| 20D2058 | VENGATESH.S      | Vengatesh S.      |
| 20D2059 | NIVETHA.S        | Nivetha S.        |
| 20D2060 | HARITHA.S        | Haritha S.        |
| 20D2061 | MOULIDHARAN.R    | Moulidharan R.    |
| 20D2062 | KISHORE KUMAR.J  | Kishore Kumar J.  |
| 20D2063 | LAKSHMANAN.K     | Lakshmanan K.     |
| 20D2064 | PRASANTH.S       | Prasanth S.       |
| 20D2065 | AFREEN NASREEN.M | Afreen Nasreen M. |
| 20D2066 | SHAMITHA.Y       | Shamitha Y.       |
| 20D2067 | HARI PREETHA.S   | Hari Preetha S.   |
| 20D2068 | DEVI DARSHINI.G  | Devi Darshini G.  |
| 20D2069 | SAMEER BASHA     | Sameer Basha      |
| 20D2070 | THARUN.V         | Tharun V.         |
| 20D2071 | HARSH SONI.K     | Harsh Soni K.     |
| 20D2072 | ADARSH.P         | Adarsh P.         |
| 20D2073 | KARTHICK.D       | Karthick D.       |
| 20D2074 | DHARSHINI.G      | Dharshini G.      |
| 20D2075 | SAM NAVEEN.J     | Sam Naveen J.     |
| 20D2076 | KEERTHANA.S.V    | Keerthana S.V.    |
| 20D2077 | ADHITHYAN.A      | Adhithyan A.      |
| 20D2078 | VINOTH KUMAR.G   | Vinoth Kumar G.   |
| 20D2079 | GOKUL SUMAN.K    | Gokul Suman K.    |
| 20D2080 | THARUN.J         | Tharun J.         |
| 20D2081 | VISHAL.R.S       | Vishal R.S.       |
| 20D2082 | DHANANJEYAN      | Dhananjaneyan     |

*Dhananjaneyan*

PG & RESEARCH DEPARTMENT COMMERCE

LIST OF STUDENTS ATTENDED AWARENESS SESSION ON PREVENTION OF  
CLASS: III B.COM b- ROOM NO. 37

| ROLL NO. | NAME OF THE STUDENT | signature                  |
|----------|---------------------|----------------------------|
| 20D2101  | PRATHIK JAJODIA     | <u>Prathik</u>             |
| 20D2102  | DEV R CHANDAK       | <u>Dev</u>                 |
| 20D2103  | VISHAL KHANDELWAL   | <u>Vishal</u>              |
| 20D2104  | SAHIL B PARIKH      |                            |
| 20D2105  | GAURAV MUNOTH       |                            |
| 20D2106  | HARSHWARDHAN RATHI  |                            |
| 20D2107  | S. MANISH RATHORE   |                            |
| 20D2108  | DEEPAK. N           |                            |
| 20D2109  | S.SANGEETHA         | <u>S. Sangeetha</u>        |
| 20D2110  | K.PRIYADHARSHINI    | <u>K. Priyadharsini</u>    |
| 20D2111  | BHARATH.D           | <u>Bharath</u>             |
| 20D2112  | ABDUL RAHMAN.S      |                            |
| 20D2113  | V.B.SNEKA           | <u>V. B. Sneka</u>         |
| 20D2114  | KARAN.M             | <u>Karan</u>               |
| 20D2115  | ARJUN SINGH .G      |                            |
| 20D2116  | AMBESH SHUKLA.R     | <u>Ambesh</u>              |
| 20D2117  | PIYUSH M KHATRI     |                            |
| 20D2118  | LALITH SHARMA.D     |                            |
| 20D2119  | RAKESH KUMAR.G      |                            |
| 20D2120  | CHANDRAMOULEE.V     | <u>V. Chand</u>            |
| 20D2121  | YUKESH RAGHUL.R     |                            |
| 20D2122  | S.DURGA             | <u>S. Durga</u>            |
| 20D2123  | DINESH KUMAR .M     | <u>D. S. Dinesh Kumar</u>  |
| 20D2124  | SUDHARSAN.M         |                            |
| 20D2125  | A.RAKSHANA          | <u>A. Rakshana</u>         |
| 20D2126  | JEEVASHREE.N        | <u>Jeevashree</u>          |
| 20D2127  | BHUVANESWARI.S      | <u>B. S. Bhuvaneshwari</u> |
| 20D2128  | KAVIYA SHREE.A      | <u>A. Kavya Shree</u>      |
| 20D2129  | NAVEEN KUMAR.V      | <u>Naveen V.</u>           |
| 20D2130  | PAWAN KUMAR .M      | <u>Pawan</u>               |
| 20D2131  | AADITHIYA.S         |                            |
| 20D2132  | KARTHICAH.V         | <u>Karthicah V</u>         |
| 20D2133  | KESHAV.P            | <u>P. Keshav</u>           |
| 20D2134  | GANESH.K            |                            |
| 20D2135  | P.HEMATH RAJ        | <u>P. Hemath Raj</u>       |
| 20D2136  | KRISHNA KHANDELWAL  | <u>Krishna</u>             |
| 20D2137  | S.S.HARISH          | <u>Harish</u>              |
| 20D2138  | PRAKASH .J          |                            |
| 20D2139  | RAGHUL.B            | <u>R. P. Raghul</u>        |
| 20D2140  | JEEVAN KUMAR.V      |                            |
| 20D2141  | GITISH.H            |                            |
| 20D2142  | DARSHAN NAHAR       |                            |
| 20D2143  | N.YASHWANTH         | <u>Yashwanth</u>           |

*[Handwritten signature]*



|         |                        |               |
|---------|------------------------|---------------|
| 20D2144 | THARANI.K              |               |
| 20D2145 | GOPI.C                 | K.T. J        |
| 20D2146 | ASHWIN KUMAR.S         | c. Jpr        |
| 20D2147 | SIDHARTH CHORDIA.D     | Sidharth      |
| 20D2148 | PRAVEENA.K             | Praveena.k.   |
| 20D2149 | DARSHAN.C              | Darshan       |
| 20D2150 | SUDHARSHAN.S           |               |
| 20D2151 | MADHANGI.D             |               |
| 20D2152 | VISHAL SONI.N          | Madhangil.    |
| 20D2153 | HEMA LATHA.N.R.        | Vishal.N.Soni |
| 20D2154 | HITESH.A               | Hema          |
| 20D2155 | JEYASH KRISHNA.S       | Ashish        |
| 20D2156 | RADHA.J.K.             | Jyoti         |
| 20D2157 | RAZIK MOHIDEEN.M.D     | Razik J.K.    |
| 20D2158 | YOGESHWARI.T           |               |
| 20D2159 | PARTHASARATHY.A        | Yogeshwari.T  |
| 20D2160 | PRATHISHKUMAR.K        | Prathish      |
| 20D2161 | GAGAN KUMAR.V          | P. Sathya     |
| 20D2162 | KARAN.M.SHAH           |               |
| 20D2163 | GUNAAL.K.S.            | K.S.          |
| 20D2164 | KEERTHANA.B            | K.S. Gunnaal  |
| 20D2165 | ANITHA.A               |               |
| 20D2166 | JAI NIVETHA.R          | Anitha        |
| 20D2167 | SANTHIYA               | Jai Nivetha.P |
| 20D2168 | ROOBAN KUMAR.G         | S. Sathya     |
| 20D2169 | RAGUL.N                |               |
| 20D2170 | CHINRAJ.A              |               |
| 20D2171 | C.SARAN VENKATESHWARAN | C.Saran       |
| 20D2172 |                        |               |
| 20D2173 | HARSH R JAIN           |               |
| 20D2174 | MAIYAN PANSARI         |               |
| 20D2175 | PRASANTH.R             |               |
| 20D2176 | HEMA VARSHINI.J        | Hema          |
| 20D2177 | SNEHALAKSHMI.S         | Snehalakshmi  |
| 20D2178 | VIJAYASARATHY.R        | Vijay         |
| 20D2179 | AARTHI.V               | V. Arthi      |
| 20D2180 | R.MEENAKSHI            | R.Meenakshi   |
| 20D2181 | SABARISH.L             | Sabarish      |
| 20D2182 | DEVI.V                 | V. Devi       |
| 20D2183 | VIMAL KUMAR.V          | V.V.          |

S. Sathya



11) - B.Com C - AS 38  
 Students Participated in Awareness Session on Prevention  
 of Sexual Harassment Date: 27.02.2023

| Number  | Name                  |                  |
|---------|-----------------------|------------------|
| 20D2201 | KHUSHAL AGARWAL V     | Khushal          |
| 20D2202 | HEMANTH KUMAR AGARWAL | Hemant           |
| 20D2203 | YASH JOSHI            | Yash Joshi       |
| 20D2204 | KESHAV SARAWAGI       | Keshav           |
| 20D2205 | KESHAV BIHANI         | Kb.              |
| 20D2206 | PRANAV H BHATT        |                  |
| 20D2207 | BHAVADHARINI Y        | Bhav             |
| 20D2208 | NANDHINI R            | R. Nandu         |
| 20D2209 | MONIKA V              | V. Monika        |
| 20D2210 | ARUN KUMAR N          | Arun             |
| 20D2211 | MOHAMED AEJAS U       | Mohamed          |
| 20D2212 | MOSINA AFRIN H        | H. Mosina        |
| 20D2213 | JOSHITHA R            | Joshitha         |
| 20D2214 | MUKESH KUMAR          |                  |
| 20D2215 | SAGAR SHARMA P        | Sj               |
| 20D2216 | KULDEEP D OZA         | Kuldeep          |
| 20D2217 | YETENDAR              | Yetendar         |
| 20D2218 | ANUJ D                | Anuj             |
| 20D2219 | POOJA S               | S. Pooja         |
| 20D2220 | AKASH K               | Akash            |
| 20D2221 | LEELAVATHI N          | N. Leelavathi    |
| 20D2222 | SWATHILAKSHMI.V       | V. Swathilakshmi |
| 20D2223 | LAKSHMIDEVI B         | B. Lakshmi       |
| 20D2224 | SRILAKSHMI A          |                  |
| 20D2225 | KAVYA R               | Kavya            |
| 20D2227 | VISHAL                |                  |
| 20D2228 | PRAGATHESH M          | M. Pragathesh    |
| 20D2229 | MUGIL ARASAN. N       | N. Mugil         |
| 20D2230 | MANIKKAVALLI. V       |                  |
| 20D2231 | LITHIN P              | Lithin           |
| 20D2232 | JAYAKRISHNAN S        |                  |
| 20D2233 | DHINESH R             | R. Dhinesh       |
| 20D2234 | AMIRTHA VARSHINI S    | S. Amirtha       |
| 20D2235 | LALITHA.V             | Lalitha          |
| 20D2236 | POOJA G               | Pooja            |
| 20D2237 | P.PRASANTH            | P. Prasanth      |
| 20D2238 | SHYAM P S             |                  |
| 20D2239 | SANJAY KUMAR B        | B. Sanjay        |
| 20D2240 | NIKHIL BAFNA          |                  |
| 20D2241 | R.P.KRISHDEV          | R. P. Krishdev   |
| 20D2242 | HARI PRASATH J        | J. Hari          |
| 20D2243 | GAYATHRI S            | S. Gayathri      |
| 20D2244 | NEVETHA K P           | P. Nevetha       |
| 20D2245 | CHETAN PRAKASH .O     | O. Chetan        |
| 20D2246 | DHANARAM A S          | S. Dharam        |
| 20D2247 | DINESH M              | M. Dinesh        |
| 20D2247 | R. S. THARANI         | R. S. Tharani    |
| 20D2248 | NAVEEN M              | M. Naveen        |
| 20D2249 | APARNA.V              | V. Aparna        |
| 20D2250 |                       |                  |

J. K. K.







**DWARAKA DOSS GOVERDHAN DOSS VAISHNAV COLLEGE**  
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College with Potential for Excellence, Linguistic Minority Institution  
Affiliated to University of Madras, Arumbakkam, Chennai – 600 106

**PG DEPARTMENT OF BIOTECHNOLOGY**

**Intensate – Life skill training program**

**March 17 & 18, 2023**

**Invitation:**

**DWARAKA DOSS GOVERDHAN DOSS VAISHNAV COLLEGE**  
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Affiliated to University to Madras, Arumbakkam, Chennai-600106

**PG Department of Biotechnology**

**Organizes**  
**Intensate**  
*Life Skill Training Programme*  
**On**  
**17.03.2023 & 18.03.2023**

  
Mr. S Padmanaban  
Founder-SARVAM Trust,  
State Level Master Trainer-State Institute of Rural  
Development  
Advocate-Madras High Court

Organizing Secretaries  
Dr.M.RM.Sivasankaran & Ms.S.Uma  
Faculty members  
PG Department of Biotechnology

Time : 10.00 AM  
Venue : Psychology lab II-Floor, Goverdhan Block

Dr. M.D. BalaKumaran Head  
Dr. S. Santhosh Baboo Principal  
Shri.Ashok Kumar Mundhra Secretary

<https://www.dgvaishnavcollege.edu.in/>

|  |  |
|--|--|
| <b>Name of the Event</b>               | : Intensate – Life skill training program                              |
| <b>Date</b>                            | : 17.03.2023 & 18.03.2023  |
| <b>Platform</b>                        | : Offline  |
| <b>Venue</b>                           | : Psychology Lab, Goverdhan Block, DDGDVC                              |
| <b>Organizers</b>                      | : Dr.MRM.Sivasankaran & Ms.S.Uma                                       |
| <b>Resource Person</b>                 | : Mr.S.Padmanaban, Founder Sarvam Trust<br>Mobile number : 99404 93339 |
| <b>Faculty coordinators</b>            | : Dr. M. RM. Sivasankaran, Ms. S. Uma                                  |
| <b>No. of the Student participants</b> | : Internal (129)   |
| <b>No. of staff participants</b>       | : Internal (2)   |





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### **Detailed report of the program:**

The PG Department of Biotechnology, Dwarka Doss Goverdhan Doss Vaishnav College, Arumbakkam, Chennai – 106, organized two days Life skill training program - “Intensate” for the students of Biotechnology to achieve proficiency in various aspects of life skills.

On the first day (17.03.2023), life skill training program started with the inaugural session. The Speaker of the day was introduced to the participants and the session was taken over by the speaker, S. Padmanaban, Founder-SARVAM Trust, State Level Master Trainer-State Institute of Rural Development and Legal Consultant-ILLAYUGAM trust, MattramTrust & Samam Trust. The speaker motivated the students with various aspects of Life skill training that consisted of modules such as Leadership, Communication, Listening and Goal setting.

On the second day (18.03.2023) the speaker emphasized the importance of Decision making, Public speaking, planning and Team building. Further he inspired the students by sharing his own life experiences and how to tackle the various situations that arise in stages of life. The speaker made the students to overcome the fear and speak in the open platform boldly. The students enjoyed the games and problem solving activities given by the speaker. The speaker expressed his hope that the students who attended the training would put into practice what they had learned, as well as share their learning to other friends. Students were asked to share their experience in regards to the program and they gave a overwhelming feedback of the program.

### **Outcome of the program:**

1. Provided an excellent opportunity for the students to gain knowledge on life skill modules.
2. Session gave insights on personal abilities, talents and interest needed for a better human living.
3. Participants were benefitted since it gave a platform to deliberately discuss the values of life in an enjoyable and exciting manner.



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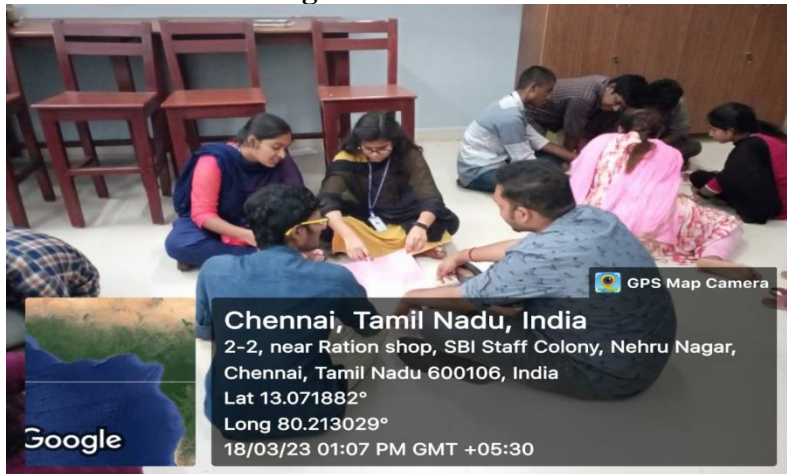
**Photos:**



**Mr.S.Padmanaban , Founder, Sarvam Trust**



**Life skill training session – 17.03.2023**



**Life skill training session – 18.03.2023**



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**List of participants:**

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Affiliated to University of Madras  
Arumbakkam, Chennai – 600 106.  
PG Department of Biotechnology  
*Intensate – Life skill training program*  
Attendance – I. B.Sc Biotechnology  
17.03.2023 (AN: 02.00 am to 05.00 pm)

| S.No | Roll no | Names                | Sign                  |
|------|---------|----------------------|-----------------------|
| 1.   | 22E2801 | Sanjay Swamy V       | V. Sanjay             |
| 2.   | 22E2802 | Darveen Raj M        | Darveen Raj M         |
| 3.   | 22E2803 | Abinaya D            | Abinaya D             |
| 4.   | 22E2804 | Pranav Kiruthik M    | Pranav Kiruthik M     |
| 5.   | 22E2805 | Shalini J            | Shalini J             |
| 6.   | 22E2806 | Swetha D             | Swetha D              |
| 7.   | 22E2807 | Shruthi B            | Absent                |
| 8.   | 22E2808 | Kharan P             | Kharan P              |
| 9.   | 22E2809 | Keerthana K          | Keerthana K           |
| 10.  | 22E2810 | J D Shobana          | J D Shobana           |
| 11.  | 22E2811 | Jaikumar R           | Jaikumar R            |
| 12.  | 22E2812 | Subanu Priya A       | Subanu Priya A        |
| 13.  | 22E2813 | Monisha J            | Monisha J             |
| 14.  | 22E2814 | Sanjay Babu M        | Sanjay Babu M         |
| 15.  | 22E2815 | Keerthika B          | Keerthika B           |
| 16.  | 22E2816 | G. Padmapriya        | G. Padmapriya         |
| 17.  | 22E2818 | Shrijha S            | Shrijha S             |
| 18.  | 22E2819 | Sentamil Selvi M     | M. Sentamil Selvi     |
| 19.  | 22E2820 | Vishnu Priya A       | Vishnu Priya A        |
| 20.  | 22E2821 | Rohith Shekhawat     | Rohith Shekhawat      |
| 21.  | 22E2822 | Charru Sre S         | Charru Sre S          |
| 22.  | 22E2823 | Saranya A            | Saranya A             |
| 23.  | 22E2824 | Suresh M             | Suresh M              |
| 24.  | 22E2825 | Nishanthini V        | V. Nishanthini        |
| 25.  | 22E2826 | Jenifer J            | J. Jenifer            |
| 26.  | 22E2827 | Benny Hinn Joelson D | Benny Hinn Joelson D  |
| 27.  | 22E2828 | Preethi A.G.         | Preethi A.G.          |
| 28.  | 22E2829 | Yamini A             | Yamini A              |
| 29.  | 22E2830 | Safa Nasreen         | Safa Nasreen          |
| 30.  | 22E2831 | Ashvika P            | Ashvika P             |
| 31.  | 22E2832 | R M Alli Thirumagal  | R. M. Alli Thirumagal |
| 32.  | 22E2833 | Monishraj            | Monishraj             |





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|     |         |                     |                            |
|-----|---------|---------------------|----------------------------|
| 33. | 22E2834 | Prithiga M          | <i>Prithiga M</i>          |
| 34. | 22E2835 | Yogithaa R          | <i>Yogithaa R</i>          |
| 35. | 22E2835 | Aadhavan J.S        | <i>Aadhavan J.S</i>        |
| 36. | 22E2837 | Chiddeshwaraa .J.S. | <i>Chiddeshwaraa .J.S.</i> |

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Arumbakkam, Chennai – 600 106.  
PG Department of Biotechnology  
*Integrate – life skill training program*  
Attendance – II B.Sc Biotechnology  
18.03.2023 (AN: 02.00 am to 05.00 pm)


| S.No | Roll no | Names                  | Sign                     |
|------|---------|------------------------|--------------------------|
| 1.   | 21E2802 | Sree Vidhya Bharathi B | <i>Absent</i>            |
| 2.   | 21E2803 | Angel K S              | <i>Absent</i>            |
| 3.   | 21E2804 | Pooja S P              | <i>Absent</i>            |
| 4.   | 21E2806 | Aarthi P               | <i>P. Aarthi P</i>       |
| 5.   | 21E2808 | Janani S               | <i>Absent</i>            |
| 6.   | 21E2809 | Thilagavathy R         | <i>Absent</i>            |
| 7.   | 21E2810 | Charmi M               | <i>Charmi M</i>          |
| 8.   | 21E2811 | Joshitha C             | <i>Absent</i>            |
| 9.   | 21E2812 | Santhiya M             | <i>Santhiya M</i>        |
| 10.  | 21E2813 | Sarankumar M           | <i>Sarankumar M</i>      |
| 11.  | 21E2815 | Deepika V              | <i>Absent</i>            |
| 12.  | 21E2816 | Dhanasekar M           | <i>Absent</i>            |
| 13.  | 21E2817 | Bala Barathi V         | <i>Bala Barathi V</i>    |
| 14.  | 21E2818 | Swetha S               | <i>Absent</i>            |
| 15.  | 21E2819 | Hariharan J            | <i>Absent</i>            |
| 16.  | 21E2820 | Sangeetha B            | <i>Sangeetha B</i>       |
| 17.  | 21E2821 | Keerthana R            | <i>Absent</i>            |
| 18.  | 21E2822 | Rajkamal P             | <i>Absent</i>            |
| 19.  | 21E2823 | Vetrivel S             | <i>Vetrivel S</i>        |
| 20.  | 21E2824 | Nanthini A             | <i>Nanthini A</i>        |
| 21.  | 21E2825 | Manjula R              | <i>Manjula R</i>         |
| 22.  | 21E2826 | Masooda Fathima S      | <i>Masooda Fathima S</i> |
| 23.  | 21E2827 | Abitha B               | <i>Abitha B</i>          |
| 24.  | 21E2828 | Vishruthi S S          | <i>Absent</i>            |
| 25.  | 21E2829 | Haripriya P            | <i>Haripriya P</i>       |
| 26.  | 21E2830 | Priyanka E             | <i>Priyanka E</i>        |
| 27.  | 21E2831 | Meenakshi N            | <i>Absent</i>            |
| 28.  | 21E2832 | Kamaleeswari M         | <i>Kamaleeswari M</i>    |
| 29.  | 21E2833 | Hari Haran B           | <i>Absent</i>            |
| 30.  | 21E2834 | Vignesh G              | <i>Vignesh G</i>         |



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|     |         |               |                  |
|-----|---------|---------------|------------------|
| 31. | 21E2835 | Santhosh M    | H. Santhosh      |
| 32. | 21E2836 | Ashwin R      | P. Ashwin        |
| 33. | 21E2837 | Hemkumar D    | Absent           |
| 34. | 21E2838 | Nithya Sree A | A. Nithya Sree A |
| 35. | 21E2839 | Priya R       | Absent           |

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Arumbakkam, Chennai – 600 106.  
PG Department of Biotechnology  
**Intensate – Life skill training program**  
**Attendance – III B.Sc Biotechnology**  
17.03.2023 (FN: 10.00 am to 01.00 pm)

| S.No | Roll no | Names               | Sign               |
|------|---------|---------------------|--------------------|
| 1.   | 20E2501 | Suriya K S          | Suriya K S         |
| 2.   | 20E2502 | Paarkavi            | Paarkavi S         |
| 3.   | 20E2503 | Khushi Jha          | Khushi Jha         |
| 4.   | 20E2504 | Thendral D A A      | Absent             |
| 5.   | 20E2505 | Aishwarya S         | Aishwarya S        |
| 6.   | 20E2506 | Kavya M             | M. Kavya           |
| 7.   | 20E2509 | Harsha M            | Harsha M           |
| 8.   | 20E2510 | Mohan M             | Absent             |
| 9.   | 20E2511 | Yuvashree C         | C. Yuvashree       |
| 10.  | 20E2513 | Mohanasri J M       | Mohanasri J M      |
| 11.  | 20E2514 | Thamizharasan K     | Absent             |
| 12.  | 20E2516 | Rajalakshmi B       | Rajalakshmi B      |
| 13.  | 20E2518 | Jishnu K            | Jishnu K           |
| 14.  | 20E2519 | Kishorebalaji S     | Kishorebalaji S    |
| 15.  | 20E2520 | Sidharth K          | Sidharth K         |
| 16.  | 20E2521 | Sree Lakshmi Bala K | Absent             |
| 17.  | 20E2522 | Logesh V            | Logesh V           |
| 18.  | 20E2523 | Namrutha D S        | Namrutha D S       |
| 19.  | 20E2524 | Santhanakumar P     | Santhanakumar P    |
| 20.  | 20E2525 | Sivaranjini V       | Absent             |
| 21.  | 20E2526 | Keerthana K         | Keerthana K        |
| 22.  | 20E2527 | Roopika S           | Roopika S          |
| 23.  | 20E2528 | Sridevi R           | Sridevi R          |
| 24.  | 20E2529 | Venupriya K         | Venupriya K        |
| 25.  | 20E2530 | Poovendhan G        | Poovendhan G       |
| 26.  | 20E2531 | Abhinash Kumar V K  | Abhinash Kumar V K |
| 27.  | 20E2532 | Jayasuriya B        | Jayasuriya B       |
| 28.  | 20E2533 | Kumar R S A         | Kumar R S A        |
| 29.  | 20E2534 | Akila .A            | Akila .A           |
| 30.  | 20E2535 | Sindu .A            | Sindu .A           |
| 31.  | 20E2536 | Shreenisha          | Shreenisha         |
| 32.  | 20E2537 | Naveen Kanth .M     | Naveen Kanth .M    |



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PG Department of Biotechnology  
*Intensate – Life skill training program*

Attendance – I M.Sc Biotechnology

18.03.2023 (FN: 10.00 am to 01.00 pm)

| S.No | Roll no | Names                   | Sign   |
|------|---------|-------------------------|--------|
| 1.   | 22E4801 | Divya R                 |        |
| 2.   | 22E4802 | Keerthana S             |        |
| 3.   | 22E4803 | Sarath P                |        |
| 4.   | 22E4804 | Uma A                   |        |
| 5.   | 22E4805 | Pavithra R              |        |
| 6.   | 22E4806 | Monica Seles K AB       | Absent |
| 7.   | 22E4807 | Anandhakumar B          |        |
| 8.   | 22E4808 | Sowmya Radha S          |        |
| 9.   | 22E4809 | Santhosh Kumar A        |        |
| 10.  | 22E4810 | Rakul Kartikeyen. J.R   |        |
| 11.  | 22E4811 | Niteesh V               |        |
| 12.  | 22E4812 | Rushikasri D AB         | Absent |
| 13.  | 22E4813 | Dinesh V                |        |
| 14.  | 22E4815 | B.Prabhu                |        |
| 15.  | 22E4816 | Shree Raghavan R        |        |
| 16.  | 22E4818 | B.Sree Arthi            |        |
| 17.  | 22E4819 | Swetha J                |        |
| 18.  | 22E4820 | Divakar V               |        |
| 19.  | 22E4821 | Ananth.C                |        |
| 20.  | 22E4822 | Suryanarayanan D        |        |
| 21.  | 22E4823 | Thirumurugan .M         |        |
| 22.  | 22E4824 | Ramya Gk                |        |
| 23.  | 22E4825 | Gowri Devi V            |        |
| 24.  | 22E4826 | Gopikrishnan I nb       | Absent |
| 25.  | 22E4827 | Lakshmi Priya S         |        |
| 26.  | 22E4828 | Suvetha. N AB           | Absent |
| 27.  | 22E4829 | Nandakishore T.V.       |        |
| 28.  | 22E4830 | Mohamed Aboobacker K AB | Absent |





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PG Department of Biotechnology  
*Jntensate – Life skill training program*

Attendance – II M.Sc Biotechnology

17.03.2023 (FN: 10.00 am to 01.00 pm)

| S.No | Roll no | Names                               | Sign           |
|------|---------|-------------------------------------|----------------|
| 1.   | 21E4801 | Varsha. S                           | Varsha         |
| 2.   | 21E4802 | Jayashri Y                          | Jayashri       |
| 3.   | 21E4803 | Divyalakshmi.R                      | R.Divya        |
| 4.   | 21E4804 | Swathi N                            | N.Swathi       |
| 5.   | 21E4805 | Nithyasri M.S.                      | Nithya Sri M.S |
| 6.   | 21E4806 | Ramakrishnan Jayasankar             | Ramakrishnan   |
| 7.   | 21E4807 | Poornima V                          | Poornima       |
| 8.   | 21E4808 | Kaviya C                            | Kaviya         |
| 9.   | 21E4809 | Keerthana K                         | Keerthana      |
| 10.  | 21E4810 | Aravindh S K                        | S.K. Aravindh  |
| 11.  | 21E4811 | Gurumoorthy M                       | M. Gurumoorthy |
| 12.  | 21E4812 | Subashree. E                        | Subashree E    |
| 13.  | 21E4813 | Teja. M                             | Teja M         |
| 14.  | 21E4814 | Shalini R                           | Shalini R      |
| 15.  | 21E4815 | Arun G S G                          | Arun G S G     |
| 16.  | 21E4816 | Ruban Chakrvarthy R G               | Ruban R G      |
| 17.  | 21E4817 | Pradeeshwar.S                       | Pradeeshwar S  |
| 18.  | 21E4819 | Haritha S                           | Haritha S      |
| 19.  | 21E4820 | Gokul Raj.D                         | Gokul Raj D    |
| 20.  | 21E4821 | Ramya K                             | Ramya K        |
| 21.  | 21E4822 | Jeevanand A                         | Jeevanand A    |
| 22.  | 21E4823 | Anushiya B                          | Anushiya B     |
| 23.  |         | Tholar Selliamman Spandana Sarasija | Absent         |
|      | 21E4824 | Prasanna Karthik                    |                |
| 24.  | 21E4825 | Harini A                            | Harini A       |



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**Linguistic Minority Institution, Affiliated to University of Madras  
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Arumbakkam, Chennai-600 106**

PG & Research Department of Microbiology

**Invitation:**

**DWARAKA DOSS GOVERDHAN DOSS  
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**POST GRADUATE & RESEARCH DEPARTMENT OF  
MICROBIOLOGY**  
Celebrating  
**International Year of Millets-2023**

**Title: Magical Millets for Health**

**Date: 21<sup>st</sup> October, 2022**  
**Venue: Microbiology Laboratory @ 10.30 AM**

**Organizing team**  
Dr.S.Jagadeeswari & Dr. B.Krithiga  
Faculty members,  
PG & Research Department of Microbiology

[dgvcmicrobiology@gmail.com](mailto:dgvcmicrobiology@gmail.com)

Dr.P. Vidya  
Head of the Department

Dr.S.Santhosh Baboo  
Principal

Dr. Ashok Kumar Mundhra  
Secretary

<http://www.dgvaishnavcollege.edu.in>



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|                                    |                                   |
|------------------------------------|-----------------------------------|
| <b>Name of the event</b>           | : Magical Millets for health      |
| <b>Date</b>                        | : 21.10.2022                      |
| <b>Venue</b>                       | : Microbiology Lab                |
| <b>Mode</b>                        | : Offline                         |
| <b>Organizers</b>                  | : Dr. S.Jagadeeswari & B.Krithiga |
| <b>Faculty Coordinator</b>         | : Dr. S.Jagadeeswari & B.Krithiga |
| <b>No. of staff participants</b>   | : 7                               |
| <b>No. of student participants</b> | : 51                              |

**Detailed report of the program:**

The PG & Research Department of Microbiology organized an event on “Magical Millets for health”. India has proposed to observe an International Year of Millets in 2023 was approved by the Food and Agriculture Organisation (FAO) in 2018 and the United Nations General Assembly has declared. This statement was adopted by a United Nations Resolution for which India took the lead and was supported by over 70 nations. Dr.P.Vidya mentioned the objective towards Awareness of the contribution of millet to Food Security and nutrition. This was happened to improve sustainable production and quality of millets. She clearly explained the nutritionally superior concept that Millets are less expensive and it contains high protein, fibre, vitamins and minerals when compared to wheat and rice. She evidently mentioned that millets are also rich in calcium and magnesium. For example, Ragi is known to have the highest calcium content among all the food grains. It can provide nutritional security and act as a shield against nutritional deficiency, especially among children and women. The iron content in millets can fight against anaemia especially in women of reproductive age and infants.

**Outcome of the program:** This program focused on the importance of producing millets which can grow in poor quality soil and create a good plan B for food security. The importance of millets in terms of human health will likely increase demand for such foods in the near future.

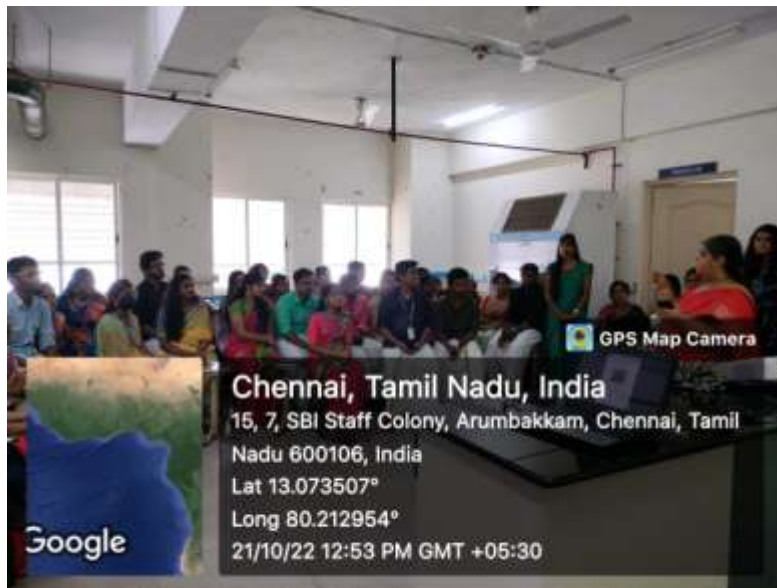




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**Photos:**





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**List of Participants**



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**List of Participants**

| S.NO | NAME                | DEPARTMENT   | SIGNATURE           |
|------|---------------------|--------------|---------------------|
| 1    | NANDITA S           | MICROBIOLOGY | Nanditha            |
| 2    | VARSHA R B          | MICROBIOLOGY | Varsha R B          |
| 3    | JEMIMAH T Y         | MICROBIOLOGY | Jemimah T Y         |
| 4    | SURABHI SATHISH     | MICROBIOLOGY | Surabhi S           |
| 5    | SAIRAM G            | MICROBIOLOGY | Sairam G            |
| 6    | APARNA S            | MICROBIOLOGY | Aparna S            |
| 7    | NANDHINI M          | MICROBIOLOGY | Nandhini M          |
| 8    | VEDA PRIYA S        | MICROBIOLOGY | Veda Priya S        |
| 9    | SHARUMATHI S        | MICROBIOLOGY | Sharumathi S        |
| 10   | KARTHICK BALAJI P V | MICROBIOLOGY | Karthick Balaji P V |
| 11   | SONIYA R C          | MICROBIOLOGY | Soniya R C          |
| 12   | CHARULATHA R        | MICROBIOLOGY | R. Charulatha       |
| 13   | PRAJWAL D           | MICROBIOLOGY | Prajwal D           |
| 14   | SATHIESH KUMAAR K S | MICROBIOLOGY | Sathiesh Kumaar K S |
| 15   | SANJAI K            | MICROBIOLOGY | Sanjai K            |
| 16   | ATCHAYA J           | MICROBIOLOGY | Atchaya J           |
| 17   | NIRANJAN DASS B S   | MICROBIOLOGY | Niranjana Dass B S  |
| 18   | DEEPIKA C S         | MICROBIOLOGY | Deepika C S         |
| 19   | VASANTH T           | MICROBIOLOGY | Vasanth T           |
| 20   | SATHYA M            | MICROBIOLOGY | Sathya M            |
| 21   | MONISHA             | MICROBIOLOGY | Monisha M           |
| 22   | PAVITHRA S          | MICROBIOLOGY | Pavithra S          |
| 23   | PRADIKSHA K         | MICROBIOLOGY | Pradiksha K         |
| 24   | JEEVITHA R          | MICROBIOLOGY | Jeevitha R          |



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|    |                             |              |                    |
|----|-----------------------------|--------------|--------------------|
| 25 | NIVETHA S                   | MICROBIOLOGY | S. Divya           |
| 26 | SUSHMITHA R                 | MICROBIOLOGY | R. Smithe          |
| 27 | PRIYADHARSHINI V            | MICROBIOLOGY | V. Prabhakar...    |
| 28 | LAKSHMI PRIYA S             | MICROBIOLOGY | P. Lakshmi Priya   |
| 29 | ABAARANJITA A R             | MICROBIOLOGY | A. Arjita          |
| 30 | SIVARANJANI C S             | MICROBIOLOGY | Sivaranjani        |
| 31 | LAKSHMI PRIYA S R           | MICROBIOLOGY | Lakshmi Priya S.R. |
| 32 | SAKTHI K                    | MICROBIOLOGY | Sakthi K           |
| 33 | SWATHI K                    | MICROBIOLOGY | K. Swathi          |
| 34 | SHRUTHI V                   | MICROBIOLOGY | Shruthi V          |
| 35 | VIKRAM RAJ R J              | MICROBIOLOGY | Vikram Raj         |
| 36 | NIVEDHA A                   | MICROBIOLOGY | Nivedha            |
| 37 | HARIKRISHNA M               | MICROBIOLOGY | H. Krishna M       |
| 38 | FARZANA MOHIDEEN<br>PITCHAI | MICROBIOLOGY | Farzana M.         |
| 39 | DIVYA SRI V                 | MICROBIOLOGY | Divya Sri V        |
| 40 | SHAYAARTHI M                | MICROBIOLOGY | Shayaarthi M       |
| 41 | RUPALI RAVINDRA<br>PHADTARE | MICROBIOLOGY | R. Phadtare        |
| 42 | SINEKAPPRIYA M              | MICROBIOLOGY | S. Priya M         |
| 43 | JOHANNAH NITISHA C J        | MICROBIOLOGY | Johannah C.J.      |
| 44 | PAYAL PRITI CHHANDA         | MICROBIOLOGY | P. Chhanda         |
| 45 | YAMINI S                    | MICROBIOLOGY | Y. S               |
| 46 | JANAKI R                    | MICROBIOLOGY | J. R               |
| 47 | MEENAKSHI SUNDARAM          | MICROBIOLOGY | M. Sundaram        |
| 48 | SANJAY J                    | MICROBIOLOGY | S. J               |
| 49 | HARSHINI S M                | MICROBIOLOGY | H. S M             |
| 50 | MOHIDEEN FASHAIR A          | MICROBIOLOGY | M. Fashair A       |
| 51 | SRINIDHI                    | MICROBIOLOGY | S. Srinidhi        |





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## PG DEPARTMENT OF SOCIAL WORK

Report

Soft copy of the Invitation:

**DWARAKA DOSS GOVERDHAN DOSS VAISHNAV COLLEGE**  
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Chennai - 600106

**PG DEPARTMENT OF SOCIAL WORK**  
"Deeksharambh - Student Induction Program -  
PRARAMBH 2022"

**MENTAL HEALTH OF YOUTH  
&  
STRESSORS IN HIGHER  
EDUCATION**

**Resource Person**



**Ms. Anika Salomi**  
Clinical Psychologist  
SCARF, Chennai.

**Sept 13, 2022**  
11:00 AM

**I MSW**  
II Floor, Main Building.

**Dr. B. Sulu Priya**    **Capt. Dr. S. Santhosh Baboo**    **Shri. Ashok Kumar Mundhra**  
HOD - Social Work    Principal    Secretary

**Faculty Coordinator**  
Dr. S. Madhusudan

**Student Coordinators**  
Rithika P  
Jayashree G



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**Affiliated to University of Madras**

**Arumbakkam, Chennai – 600 106**

Name of the event: Mental Health of Youth & Stressors in Higher Education

Date: 13.09.2022

Time: 11:00 AM

Venue: I MSW, II Floor, Main Building

Mode: Offline

Organizers: Department of Social Work, DDGDVC, Chennai

Faculty Coordinator: Dr. S. Madhusudanan

Resource Person: Anika Salomi, Clinical Psychologist, SCARF, Chennai

No of Staff Participants: 1

No of the Student Participants: 37

Detailed report of the program:

The seminar session on Mental Health of Youth & Stressors in Higher Education was commenced at 11:00 AM after the arrival of the Resource person followed by the welcome address to welcome the students, faculty and the guest by first year MSW introduced our resource person Ms. Anika Salomi, Clinical Psychologist SCARF, Chennai. The speaker addressed the students increasing mental health problems among adulthood have been reported more during lockdown. Academic stress has also been to negatively impact mental health in students. She also given advised to students how to handle the pressure. She said that people will overcome their stress in different way. Some people hear music, and rest of people talk to their friends . This session was really helpful for the student to handle the stress and how to overcome the academic stress.

Outcome of the Program: The students came across the various stressors and how to overcome the stressor to succeed in life.



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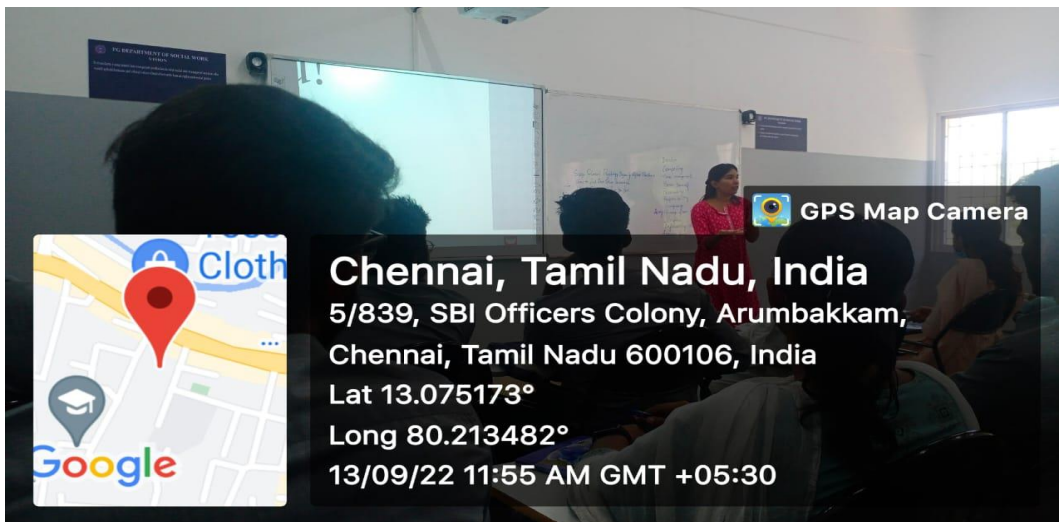
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## PG DEPARTMENT OF SOCIAL WORK

“Deeksharamb – Student Induction Program – Prarambh – 2022”

Session 2: Mental Health of Youth & Stressors in Higher Education

Date: 13/09/2022

Time: 11:00 AM

Venue: 1MSW, Main Building, DDGDVC

| Sl. No | Name of the Student          | Name of the Department | Email id                               | Signature |
|--------|------------------------------|------------------------|--|-----------|
| 1      | ALWIN ROSARIO<br>SAGAYARAJ J | MSW                    | alwinrosario2007@gmail.com             |           |
| 2      | ASVINI V                     | MSW                    | asvini.gayakot@gmail.com               |           |
| 3      | AVANTHIGA R                  | MSW                    | avanthiga1507@gmail.com                |           |
| 4      | DEVADHARSHINI J              | MSW                    | deva24der@gmail.com                    |           |
| 5      | DINESH KUMAR M               | MSW                    | dinkud56@gmail.com                     |           |
| 6      | JAYASHREE G                  | MSW                    | jayashreegobal44@gmail.com             |           |
| 7      | K. ASWIN KUMAR<br>H          | MSW                    | ashwin.kumar@psychology@u-madras.ac.in |           |
| 8      | KALAIVANI V                  | MSW                    | shaktivelavan123@gmail.com             |           |
| 9      | KAUSHIK S                    | MSW                    | kaushikvankates@gmail.com              |           |
| 10     | KRITHIKA B                   | MSW                    | krithika.672002@gmail.com              |           |
| 11     | LAVANYA D                    | MSW                    | lavanya.fedhanasekar@gmail.com         |           |
| 12     | M.MOHAN SUNDAR               | MSW                    | mohansundar10721072@gmail.com          |           |
| 13     | MANJU                        | MSW                    | manjumanikandan24@gmail.com            |           |
| 14     | MARIA REETHU M R             | MSW                    | maria.reethu@gmail.com                 |           |
| 15     | NALINI U                     | MSW                    | nalini.umashankar0310@gmail.com        |           |
| 16     | NAVEEN THOMAS G              | MSW                    | naveenthomas1986@gmail.com             |           |



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|--|------------------|-----|--------------------------------|------------------|
| 17   | NAVIN J          | MSW | Surya.navin.162001@gmail.com   | J. Navin         |
| 18   | PRASANTH.D       | MSW | prasanthd.k@gmail.com          | D. Prasad        |
| 19   | PRERNA . R       | MSW | premaprernmalasha@gmail.com    | R. Prernesh      |
| 20   | PRITHIPRAJ T     | MSW | prithiprithiprithip@gmail.com  | P. Prithipraj    |
| 21   | RESHMA NANCY F   | MSW | nancyfrancis3110@gmail.com     | P. Nancy         |
| 22   | RITHIKA P        | MSW | rithikapurniyya@gmail.com      | R. Rithika       |
| 23   | ROHINI.K         | MSW | rohini.kamran.90@gmail.com     | R. Rohini        |
| 24   | SAMYUGDHAA S     | MSW | samyughaan@gmail.com           | S. Samyugha      |
| 25   | SANDEEP P        | MSW | Sandeep.poojammann16@gmail.com | P. Sandeep       |
| 26   | SHALINI S        | MSW | shalinisasi.kumar44@gmail.com  | S. Shalini       |
| 27   | SNEHA B          | MSW | snehancha.15@gmail.com         | S. Sneha         |
| 28   | SOWMIYA S        | MSW | sowmiyasaryu@gmail.com         | S. Sowmya        |
| 29   | SUNIEL P.S       | MSW | sunielnickp4@gmail.com         | S. Suniel        |
| 30   | TEJAASRI M A     | MSW | teja.03812@gmail.com           | T. Tejasri       |
| 31   | THALAIMOZHIAN T  | MSW | Thalaimozhigan@gmail.com       | T. Thalaimoziyan |
| 32   | V SUDHAKAR       | MSW | sudhakav11@gmail.com           | V. Sudhakar      |
| 33   | VALLI NACHIAPPAN | MSW | 190171218042@vsnl.com          | V. Valli         |
| 34   | VENKATESH P      | MSW | venkatesh.the.venk@gmail.com   | P. Venkatesh     |
| 35   | VIJAYADHITYAN V  | MSW | vijayadhi.thandave@gmail.com   | V. Vijayadithyan |
| 36   | VINEETH T        | MSW | vineetha.warman16@gmail.com    | T. Vineeth       |
| 37   | YASHWANTH M      | MSW | yashwanth.2001.yash@gmail.com  | M. Yashwanth     |
| 38   |                  |     |                                |                  |
| 39   |                  |     |                                |                  |

| Sl No | Name of the Faculty | Name of the Department | Email id                              | Signature       |
|-------|---------------------|------------------------|---------------------------------------|-----------------|
| 1     | Dr. S. madhusudanan | MSW                    | madhusudananse@vaishnavcollege.edu.in | S. Madhusudanan |
| 2     |                     |                        |                                       |                 |
| 3     |                     |                        |                                       |                 |







**WARAKA DOSS GOVERDHAN DOSS VAISHNAV COLLEGE (AUTONOMOUS)**  
**Linguistic Minority Institution, Affiliated to University of Madras**  
**College with Potential for Excellence, Re-accredited with 'A++' Grade by NAAC**  
**Arumbakkam, Chennai-600 106**

**Guest of Honour:** Trust members

**No of student participants:** 55

**No of Faculty participants:**5

**DETAILS OF THE PROGRAMME:**

The NSS cell of Dwaraka Doss Goverdhan Doss Vaishnav College organised an DATTA KRIYA YOGA SESSION in collaboration with Sri Ganapathi Sachchidananda Trust and Adi Guru Datta Anjaneya Trust for the NSS Volunteers, conducted for two hours. The session began with welcome of all by NSS Volunteer of Unit 2 followed by the informative speech about yoga and the resource persons and the Inaugural address given by Principal Capt Dr.S. Santhosh Baboo. The resource Persons taught different Asanas to the NSS Volunteers. The main motive of the session was to make volunteers know about the importance of the yoga leading a healthy and peaceful life style and teach them few asanas and meditation techniques to fit strong mentally and physically. The program comes to end by a Vote of thanks given by NSS volunteer.

**OUTCOME OF THE PROGRAMME/EVENT:**

The students were taught useful Yoga Asanas.

- Meditation practices were encouraged and induced in the minds of NSS Volunteers.
- The positive impact of doing yoga was emphasized and the Participants understood the significance of it.



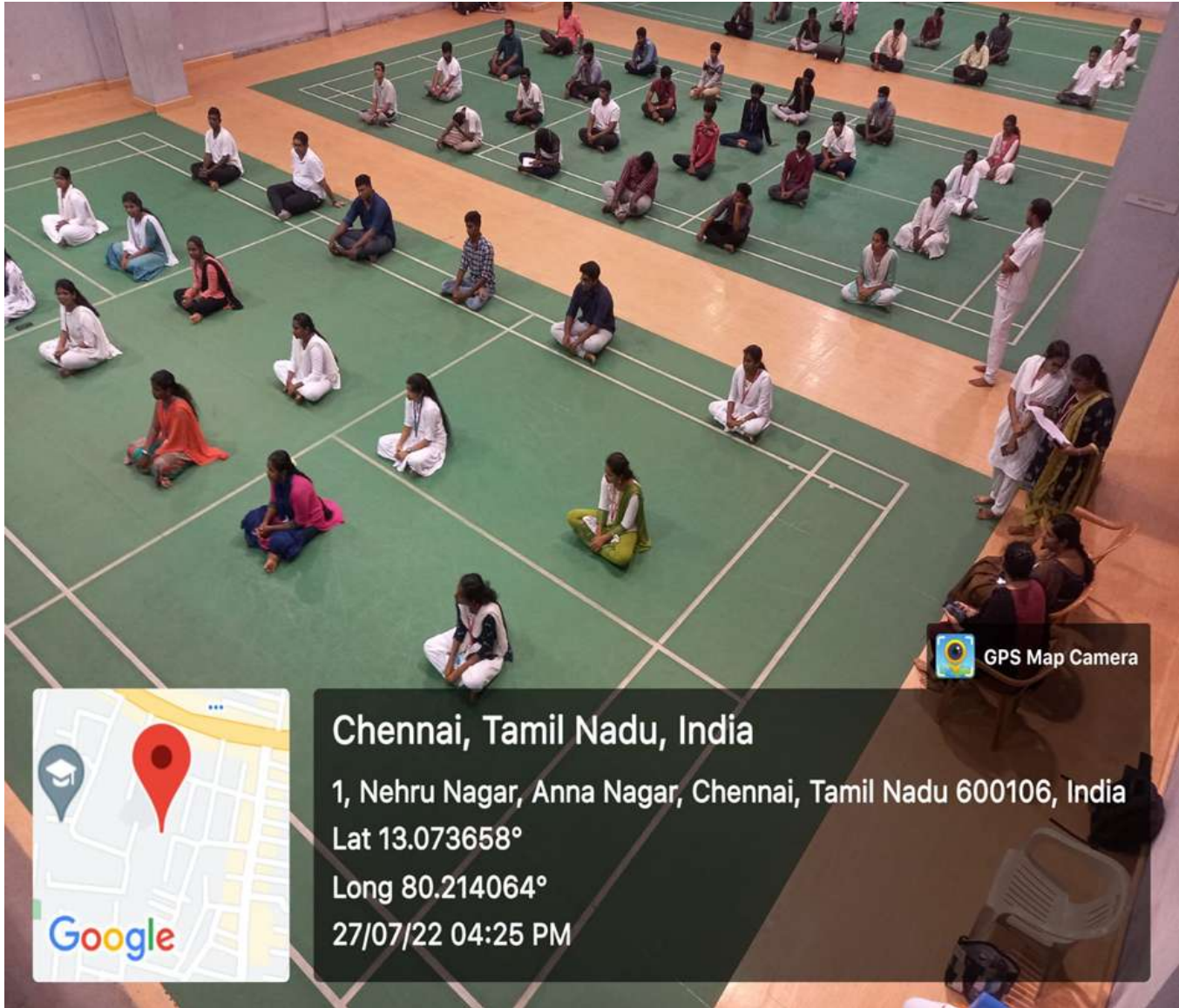


**WARAKA DOSS GOVERDHAN DOSS VAISHNAV COLLEGE (AUTONOMOUS)**

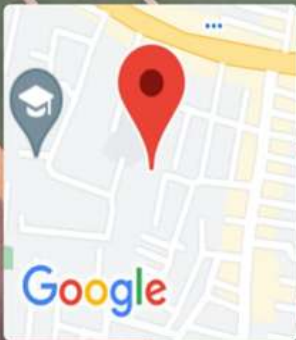
**Linguistic Minority Institution, Affiliated to University of Madras**

**College with Potential for Excellence, Re-accredited with 'A++' Grade by NAAC**

**Arumbakkam, Chennai-600 106**



GPS Map Camera



**Chennai, Tamil Nadu, India**

**1, Nehru Nagar, Anna Nagar, Chennai, Tamil Nadu 600106, India**

**Lat 13.073658°**

**Long 80.214064°**

**27/07/22 04:25 PM**





**WARAKA DOSS GOVERDHAN DOSS VAISHNAV COLLEGE (AUTONOMOUS)**  
**Linguistic Minority Institution, Affiliated to University of Madras**  
**College with Potential for Excellence, Re-accredited with 'A++' Grade by NAAC**  
**Arumbakkam, Chennai-600 106**



**DWARAKA DOSS GOVERDHAN DOSS VAISHNAV COLLEGE, CH-106**  
**NATIONAL SERVICE SCHEME**

**DATTA KRIYA YOGA SESSION- 27-07-2022, 4 PM @ SPORTS COMPLEX**

| S.No | Name                  | Designation/Roll No   | Department             | Signature   |
|------|-----------------------|-----------------------|------------------------|-------------|
| 1    | Dr. Shive.            | Yoga Teacher          | DKYIC-ARUMBAKKAM       | [Signature] |
| 2    | DR. SATISH KUMAR V    | NSS PO                | ASF                    | [Signature] |
| 3    | Srichitta B.          | Yoga Teacher          | DKYIC - mysore         | [Signature] |
| 4    | Chakradhar. R.        | Yoga Teacher          | DKYIC - Mysore         | [Signature] |
| 5    | Poornanand            | Trustee               | SGS Chennai Ashram     | [Signature] |
| 6    | Venlalakeshmi         | Trustee               | " "                    | [Signature] |
| 7    | Dr. E. Vasanthakumari | Physical Director     | Physical Education     | [Signature] |
| 8    | Dr. A. RAMESH         | NSS (P.O.)            | Tamil                  | [Signature] |
| 9    | Sakshi Shalini        | 21D2814 NSS volunteer | B.com General Shift    | [Signature] |
| 10   | Thanalakshmi          | 21D2877 NSS volunteer | B.com General Shift    | [Signature] |
| 11   | Madhumitha-S          | 21D2808 NSS volunteer | B.com General Shift-I  | [Signature] |
| 12   | Malathi-R             | 21D2871 NSS Volunteer | B.com General Shift-I  | [Signature] |
| 13   | Mythriyaar-G          | 21D2806 NSS Volunteer | B.com General Shift-I  | [Signature] |
| 14   | Goparajachandran      | 21D2816 NSS volunteer | B.com General Shift-I  | [Signature] |
| 15   | Bhanuvasa priya-R     | 21D2805 NSS Volunteer | B.com General Shift-I  | [Signature] |
| 16   | Sangeetha N.M         | 20E0871 NSS Volunteer | B.com General Shift-II | [Signature] |
| 17   | M. Anjali shree       | 21E1855 NSS volunteer | B.com (ASF) Shift-II   | [Signature] |
| 18   | D. Ragavi             | 21E1804 NSS volunteer | B.com (ASF) Shift-II   | [Signature] |





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**Arumbakkam, Chennai-600 106**



**DWARAKA DOSS GOVERDHAN DOSS VAISHNAV COLLEGE, CH-106**

**NATIONAL SERVICE SCHEME**

**DATTA KRIYA YOGA SESSION- 27-07-2022, 4 PM @ SPORTS COMPLEX**

| S.No | Name         | Designation/Roll No     | Department                                  | Signature    |
|------|--------------|-------------------------|---|--------------|
| 21   | Manjula R    | 21E2885 NSS volunteer   | B.Sc - Biotechnology III <sup>rd</sup> year | P. Manjula   |
| 22   | HARISH M     | 21E1877 NSS             | B.Com (A&F) shift I                         | M.Harish     |
| 23   | Viplav M.A   | 21E1937 NSS             | B.com (A&F) shift I                         | Viplav       |
| 24   | Roshan Kumar | 20E2168 NSS             | BBA C Shift I                               | Roshan Kumar |
| 25   | TARUN R      | 20E0553 NSS             | B.com (Gen) II A'                           | Tarun R      |
| 26   | Gunal P      | 20E1969 NSS             | BBA - 3A                                    | Gunal        |
| 27   | Mehak        | 21D0315 NSS volunteer   | B.com (CS)                                  | Mehak        |
| 28   | RINDHVAJ     | 21E1511 NSS volunteer   | B.Com (CS) - II <sup>nd</sup> year          | Rindhvaaj    |
| 29   | S.PINKAL     | 20D2255 - NSS volunteer | B.com General III - C                       | S.Pinkal     |



**DWARAKA DOSS GOVERDHAN DOSS VAISHNAV COLLEGE, CH-106**

**NATIONAL SERVICE SCHEME**

**DATTA KRIYA YOGA SESSION- 27-07-2022, 4 PM @ SPORTS COMPLEX**

| S.No | Name                 | Designation/Roll No | Department                                     | Signature       |
|------|----------------------|---------------------|--|-----------------|
| 31   | P. GUNAL             | 20E1969             | BBA - 3A                                       | P. GUNAL        |
| 32   | T. Dinash Kumar      | 20E1949             | BBA - 3A                                       | T. Dinash       |
| 33   | Santhosh S           | 20E1963             | BBA - 3A                                       | Santhosh        |
| 34   | M. Harish            | 21E2030             | B.com (A&F) - 2D                               | M. Harish       |
| 35   | V.K. Girish          | 21E1719             | B.com (A&F) 2A                                 | V.K. Girish     |
| 36   | Bhaskar R            | 20E1441             | B.com - C-2D                                   | Bhaskar         |
| 37   | Murugesu M           | 20E1403             | B.com - C.S (D)                                | Murugesu        |
| 38   | SANJAY B             | 21E1863             | B.COM (A&F) 2 <sup>nd</sup> year               | Sanjay B        |
| 39   | HEMANTH B.           | 21E1931             | B.COM (A&F) 2 <sup>nd</sup> year               | Hemant B.       |
| 40   | DURVAI ANANTH K      | 20E1406             | B.com (CS)                                     | Durvai Ananth   |
| 41   | S. Kumaravel Arjunan | 20E1256             | B.com (CS)                                     | S. Kumaravel    |
| 42   | Vakulapak            | 20E1286             | B.com (CS)                                     | Vakulapak       |
| 43   | P. AGATHESWARAN      | 21E2011             | B.com (A&F) II-D                               | P. Agatheswaran |
| 44   | S.D. SAILESH         | 20E1954             | BBA (A) III year                               | S.D. Sailesh    |
| 45   | M. Kuttarasan        | 20E1333             | B.com CS III Year                              | M. Kuttarasan   |
| 46   | D. Dinesh            | 20E1756             | B.com A&F III Year                             | D. Dinesh       |
| 47   | S. Arjunan           | 21E1802             | B.com (A&F) 2 <sup>nd</sup> year               | S. Arjunan      |
| 48   | Vijayaraj Kumar N    | 20E1868             | B.com (A&F) 3 <sup>rd</sup> year               | Vijayaraj Kumar |
| 49   | Tharun Kumar E       | 20D2276             | B.com (General) 2 <sup>nd</sup> year C Section | Tharun Kumar    |



**DWARAKA DOSS GOVERDHAN DOSS VAISHNAV COLLEGE, CH-106**

**NATIONAL SERVICE SCHEME**

**DATTA KRIYA YOGA SESSION- 27-07-2022, 4 PM @ SPORTS COMPLEX**

| S.No | Name              | Designation/Roll No | Department                        | Signature     |
|------|-------------------|---------------------|-----------------------------------|---------------|
| 50   | Chandra Sekar B   | 20E1388             | B.com - CS "3 <sup>rd</sup> - sec | Chandra Sekar |
| 51   | Shethasai D       | 20D2272             | B.com general 3 <sup>rd</sup>     | Shethasai     |
| 52   | Kamal D           | 20E1338             | B.com CS 3 <sup>rd</sup> - sec    | Kamal         |
| 53   | Velmaman N.R.     | 20E1823             | B.com A&F - Sec 'C'               | Velmaman      |
| 54   | T. Janya          | 21E1853             | B.com A&F - Sec 'B'               | T. Janya      |
| 55   | T. Vishakh        | 20E1255             | B.com CS "3 <sup>rd</sup> - sec   | T. Vishakh    |
| 56   | Srinivasan B      | 20E1479             | B.com CS "3 <sup>rd</sup> - sec   | Srinivasan    |
| 57   | Mahesh R          | 20E1221             | B.com CS "3 <sup>rd</sup> - sec   | Mahesh        |
| 58   | Srinivasan B      | 20E1479             | B.com CS "3 <sup>rd</sup> - sec   | Srinivasan    |
| 59   | K.S. Jagann       | 20E1156             | B.com CS                          | K.S. Jagann   |
| 60   | Vishal G          | 20E1252             | B.com CS                          | Vishal        |
| 61   | Harisharan        | 20E1207             | B.com CS                          | Harisharan    |
| 62   | VAN SH S          | 21E1861             | B.com CS                          | Van Sh S      |
| 63   | Devi Kalpana Devi | NSS PO              | B.com - A&F - B'                  | Devi Kalpana  |



# DWARAKA DOSS GOVERDHAN DOSS VAISHNAV COLLEGE

(Autonomous)

College with Potential for Excellence, Linguistic Minority Institution

Affiliated to University of Madras

Arumbakkam, Chennai – 600 106

P.G Department of English

Report on International Peace Day Celebration

## 1. Soft copy of the Invitation:

**Dwaraka Doss Goverdhan Doss Vaishnav College**  
(Autonomous)  
Reaccredited by NAAC with A++  
Linguistic Minority Institution, College with Potential for Excellence  
Affiliated to University of Madras  
Arumbakkam, Chennai-600106

**P.G. Department of English  
&  
Litjamboree Association**

**Celebrate**  
*International Peace Day*  
**Literature: The Prolocutor of Peace  
&  
Well Being**

**Resource Person**  
**Dr.P.Senthil Kumaran**  
**Assistant Professor of English-Shift II, DDGDVC**

**DATE: 21-09-2022** **BHASHA SANGAM** **TIME: 11am**

**Mr.J.Praveen Prabhu** **Dr.S.Santhosh Baboo** **Shri. Ashok Kumar Mundira**  
**Head i c** **Principal** **Secretary**  
**Organizing Secretary** **Convener** **Patron**

**Joint Organising Secretary**  
**Ms.Lakshmy Ravindranathan**

**Organizing Committee Members**  
**S.Fasila Jasmine** **S.Preethi**  
**H.B.A** **H.B.A**

1. **Date & time:** 21st September, 2022 at 11:00 am
2. **Venue:** English Department (BhashaSangam Building)
3. **Mode:** Offline
4. **Faculty coordinator:** Ms. LakshmyRavindranathan
5. **No. of student participants:** 81
6. **Detailed report on the event:**



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College with Potential for Excellence, Linguistic Minority Institution

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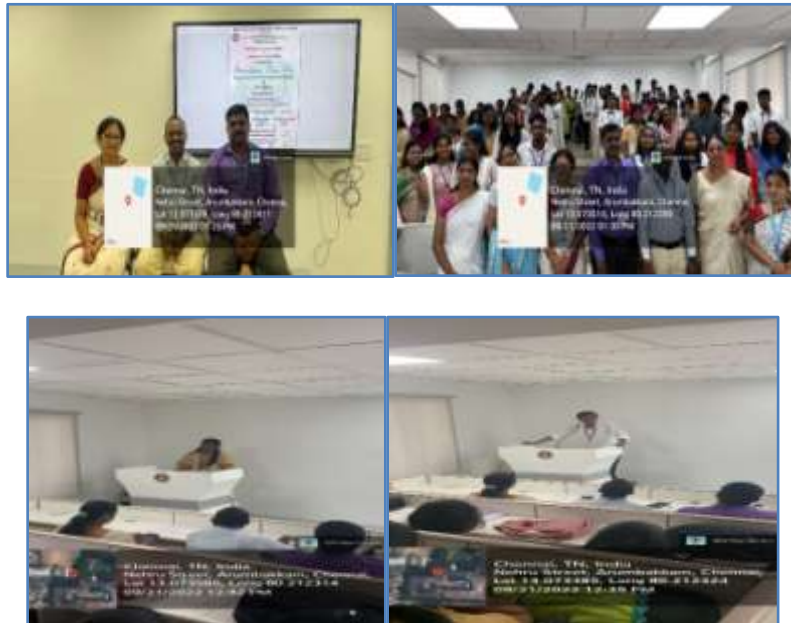
Arumbakkam, Chennai – 600 106

The P.G Department of English celebrated International Peace Day for II BA, III BA, and II MA students on 21st September, 2022. The resource person was Dr. P. SenthilKumaran, Assistant Professor, Foundation English, Shift II, DDGDVC. Dr. Kumaran's talk which was titled "Literature: The Prolocutor of Peace and Well Being" touched on the importance of fixing practical, futuristic, and socially responsible goals. He emphasized on the importance of generating awareness of peace in the current age and elaborated on "Eliminating Racism and Building Peace"; the motto of the International Day of Peace, 2022. Students from the aforementioned batches delivered speeches, performed songs, and recited their own poetry. The vote of thanks was delivered by Ms. LakshmyRavindranathan.

## 7. Outcome of the event:

The resource person's talk was thoroughly motivational in nature and engaged students' interest through the inclusion of relevant videos and anecdotes. Student performances were well received by faculty and student audiences and were especially commended by the resource person.

## 8. Geotagged Pictures of the event:



## 9. Participants List:







## DWARAKA DOSS GOVERDHAN DOSS VAISHNAV COLLEGE

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College with Potential for Excellence, Linguistic Minority Institution

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Arumbakkam, Chennai – 600 106

1. Name of the event: Skill Development Training on Roof Gardening-  
Tamilnadu Agricultural University (TNAU ) Information and Training Centre, Guindy
2. Date: 21/07/2022
3. Venue: Tamilnadu Agricultural University (TNAU) Information and Training Centre, Guindy
4. Mode : Offline
5. Organizers: Department of Physics, Dwaraka Doss Goverdhan Doss Vaishnav College
6. Faculty coordinator: Dr.V.Sangeetha
7. Resource Person : Dr.Ashok ,Associate Professor, TamilNadu Agricultural Univesity
8. No. of Staff Participants: 4
9. No. of student participants: 23

### 10. Detailed Report of the Programme

The Department of Physics(Aided) organized Life Skill training on **Roof gardening** for their students and staff. 23 students, three teachers and one lab assistant of Physics Department participated in this training at TNAU Information and Training Centre, Guindy on 21 July, 2022.

Dr.A.D.Ashok, Associate Professor(Horticulture) TamilNadu Agricultural Univesity trained the participants. In this training he emphasized the importance of gardening. Gardens have become the integral part of our family, i.e. the garden not only serves as a place of recreation and also we will be benefited by the supply of toxic free fresh vegetables. Due to migration of people, most of the agricultural lands are converted into residential areas, resulting in decreased production of fruits and vegetables. This can be circumvented by kitchen gardening and roof gardening. He elaborated the art of growing fruit plants, vegetable and spices at the roof top of our building as well in kitchen area. The participants learnt about the economical and environmental importance of roof gardening. During the hands-on training session the students gained the practical knowledge of site selection and roof care maintenance and also the usage of gardening tools and selection of containers, grow bags, media of gardening and media preparation. Trainers showed a demo on sowing planting , mulching, vermicomposting. For the weed and pest control use of organic methods – Neem oil spray, Garlic, chilli Ginger extract making decoction of Siriyanangai were thought. They sowed the seeds to ensure the trainers



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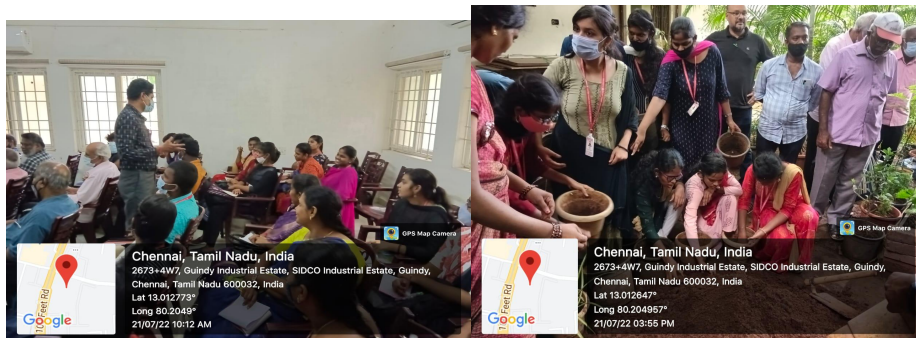
Arumbakkam, Chennai – 600 106

become entrepreneur, by giving contact information of sources of agro inputs, and various government schemes like IOB urban Horticulture Yojana.

### 12. Outcome of the programme:

The student learnt about the economical and environmental importance of roof gardening. During the hands on training session the students gained the practical knowledge of site selection and roof care maintenance and also the usage of gardening tools and selection of containers, grow bags, media of gardening and media preparation. The programme kindled the entrepreneur skills among the students.

### 13. Geotagged photos



### 14. Students name and signature:





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Arumbakkam

SKILL DEVELOPMENT TRAINING ON ROOF GARDENING-

TAMILNADU AGRICULTURAL UNIVERSITY (TNAU)

DATE: 21.07.2022

STUDENTS LIST

| S.NO | ROLL NUMBER | NAME                    | SIGNATURE                |
|------|-------------|-------------------------|--------------------------|
| 1    | 21D1304     | Vijai Athithya. M       | M. Vijai Athithya        |
| 2    | 21D1306     | Kishore Kumar. M        | H. Kishore Kumar         |
| 3    | 21D1308     | Abisha P V              | Prabish P V              |
| 4    | 21D1312     | Dhanushaa V             | Dhanushaa V              |
| 5    | 21D1314     | Ganesh B                | B. Ganesh                |
| 6    | 21D1315     | Muneesh Kumar V         | V. Muneesh Kumar         |
| 7    | 21D1317     | Harini D                | D. Harini                |
| 8    | 21D1322     | Swetha R                | R. Swetha                |
| 9    | 21D1323     | Nandhini V              | V. Nandhini              |
| 10   | 21D1324     | Rithika Anbu Bharathi V | V. Rithika Anbu Bharathi |
| 11   | 21D1325     | Shanmuga sundar K       | K. Shanmuga Sundar       |
| 12   | 21D1326     | Sorna kumar V           | V. Sorna Kumar           |
| 13   | 21D1328     | Kavitha L               | L. Kavitha               |
| 14   | 21D1330     | Pranava                 | A. Pranava               |
| 15   | 21D1332     | Udhaya sri C            | C. Udhaya Sri            |
| 16   | 21D1334     | Vineeth V               | V. Vineeth               |
| 17   | 21D1335     | Sujitha K               | K. Sujitha               |
| 18   | 21D1336     | Harshaa V               | V. Harshaa               |
| 19   | 21D1338     | Meenakshi G             | G. Meenakshi             |
| 20   | 21D1342     | Gowtham R               | R. Gowtham               |
| 21   | 21D1345     | Sangeetha C             | C. Sangeetha             |
| 22   | 21D1346     | Priyanga M              | M. Priyanga              |
| 23   | 21D1347     | Giftlin Sheril C E      | C. E. Giftlin Sheril     |

Dr. D. UTHRA  
Associate Professor & Head  
Department of Physics  
Dwaraka Doss Goverdhan Doss Vaishnav College  
Chennai- 600 106.



# DWARAKA DOSS GOVERDHAN DOSS VAISHNAV COLLEGE

(Autonomous)

College with Potential for Excellence, Linguistic Minority Institution

Affiliated to University of Madras

Arumbakkam, Chennai – 600 106


1. Soft copy of the invitation

**Dwaraka Doss Goverdhan Doss Vaishnav College (Shift-II)**  
(Autonomous)  
Re accredited by NAAC with A++ Grade  
COLLEGE WITH POTENTIAL FOR EXCELLENCE  
Linguistic Minority Institution  
Affiliated to University of Madras

**Post Graduate Department of Physics**  
Cordially Invites You to the Students Welfare Activity

**Yoga For Youth Empowerment**

**Dr. A. Kala**  
M.Sc., M.Phil., Ph.D.  
MA(Yoga),  
Asst. Professor,  
Department of Physics,  
Nandanam Arts College.



**Dr. S. Jahira Parveen**  
M.Sc., MBA., M.Phil., Ph.D.  
Asst. Professor,  
SRM School of Management.

**SEPTEMBER**  
**FRI. | 23 | 2022**  
**2:00 to 4:00 pm**


**Sports Complex - 1st Floor**  
(shuttle Court )

**Organizing Secretaries**


**Dr. A. Chinnammal Janaki**  
Assistant Professor,  
PG Department of Physics,  
DDGDVC, Chennai.

**Dr. S. Muniyappan**  
Assistant Professor,  
PG Department of Physics,  
DDGDVC, Chennai.


**Dr. B. Sylaja**  
Head i/c & Convener  
PG Department of Physics



**Dr. S. Santhosh Baboo, M.Sc., Ph.D.**  
Principal



**Shri. Ashok Kumar Mundhra**  
Secretary



2. Name of the event: Students Welfare Activities (S11) “Yoga for Youth Empowerment”
3. Date: 23.09.2022
4. Venue: Sports Complex -1<sup>st</sup> Floor (Shuttle Court)
5. Mode: Offline
6. Organizers: Dr. B. Sylaja,  
Head i/c, PG Department of Physics,  
Dwaraka Doss Goverdhan Doss Vaishnav College, Chennai.
7. Faculty coordinators: Dr. A. Chinnammal Janaki,  
Assistant Professor, PG Department of Physics,



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Dwaraka Doss Goverdhan Doss Vaishnav College, Chennai.

Dr. S. Muniyappan,  
Assistant Professor, PG Department of Physics,  
Dwaraka Doss Goverdhan Doss Vaishnav College, Chennai.

8. Resource Persons: Dr. A. Kala,  
Assistant Professor,  
Department of Physics,  
Nandanam Arts College for Men, Chennai.

Dr. Jahira Parveen,  
Assistant Professor,  
College of Management,  
SRM Institute of Science and Technology, Kattankulathur,  
Chennai.

Mr. G. Achuthan,  
Professor in Sky Yoga,  
Chennai.

9. No. of Staff Participants: 12

10. No. of student participants: 72

11. Detailed Report of the Programme

As a part of the Students welfare activities (S11), “Yoga for youth Empowerment” programme has been organized by the PG Department of Physics, Dwaraka Doss Goverdhan Doss Vaishnav College on 23-09-2022. The objective of the programme is to explore the methods of Yoga and its benefits to the students. Dr. A. Kala, Assistant Professor, Department of Physics, Nandanam Arts College for Men, Dr. Jahira Parveen, Assistant Professor, College of Management, SRM Institute of Science and Technology and Mr. G. Achuthan, Professor in SKY Yoga, Chennai were the resource persons. Yoga is a light which once lightens never dim. Really the students are very fortunate to have such dynamic resources those who have enlightened their lives by exploring them into the world of Yoga. They taught the method of Yoga for nearly two and half hours which would be helpful to increase the concentration and memory power of the students. Students have participated enthusiastically, and they learnt a lot from them. The students have been inspired by the resources and they wanted to continue with the yoga practice to enrich their lives in all aspects.

12. Outcome of the programme/event:

Based on the feedback collected from the students, the following outcomes are recognized:

1. The program was interesting and highly useful.
2. Enlightened students about the importance of yoga in their daily lives.
3. Realize that yoga is the best practice.

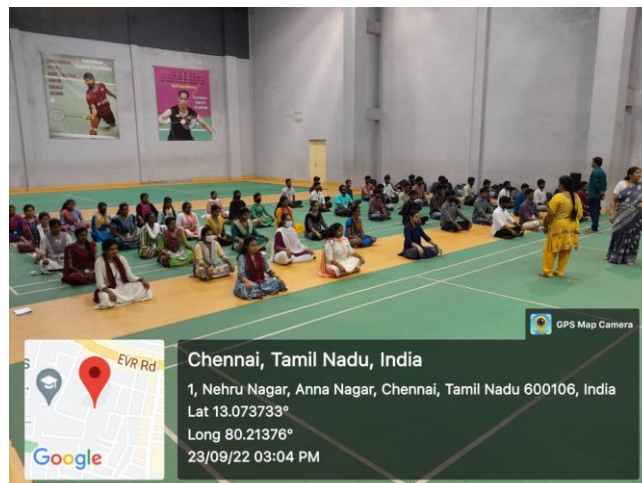
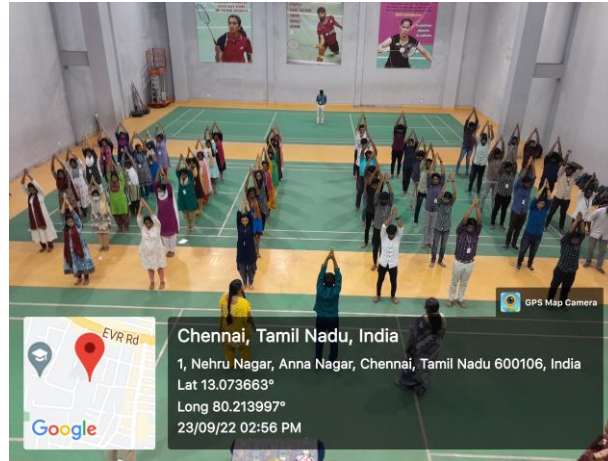




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## 13. Photos (Geo tagged)





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14. Student list with names and signature. (Feedback form as separate excel is enclosed).

*B. S. L.*

Head *i/c*  
P.G. Department of Physics  
Dwaraka Doss Govardhan Doss  
Vaishnav College (S.A. II)  
Arumbakkam, Chennai-600 106.





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## POST GRADUATE DEPARTMENT OF PHYSICS

### Yoga for Youth Empowerment

Date: 23.09.22

III BSc PCA

Time: 2 PM

| Sl. No. | Name of the Student | Name of the Department | Email id                  | Signature      |
|---------|---------------------|------------------------|---------------------------|----------------|
| 1.      | Naveen.T            | B.Sc-PCA               | 20E3122@dgvoishnav.edu.in | Naveen.T       |
| 2.      | Jai Kumar.R         | PG                     | 20E3113@dgvoishnav.edu.in | Jai Kumar.R    |
| 3.      | Ashok               | PG                     | 20E3124@dgvoishnav.edu.in | Ashok          |
| 4.      | Madhavan            | PG                     | 20E3105@dgvoishnav.edu.in | Madhavan       |
| 5.      | Vishvath            | B.Sc PCA               | 20E3111@dgvoishnav.edu.in | Vishvath       |
| 6.      | Sruuthi.B           | BSc PCA                | 20E3123                   | Sruuthi.B      |
| 7.      | M.Keerthi           | BSc.PCA                | 20E3103                   | M.Keerthi      |
| 8.      | K.Pavithran.        | Bsc.PCA                | 20E3101                   | K.Pavithran.   |
| 9.      | S.DHAKSHIT          | B.S.PCA                | 20E3117                   | S.DHAKSHIT     |
| 10.     | L.Thiruvathan       | Bsc.PCA                | 20E3126                   | L.Thiruvathan  |
| 11.     | D.Santhosh          | B.Sc.PCA               | 20E3114                   | D.Santhosh     |
| 12.     | Pondeepak           | B.S.PCA                | 20E3119                   | Pondeepak      |
| 13.     | K.Naveen Kumar      | B.Sc PCA               | 20E3125                   | K.Naveen Kumar |
| 14.     | Kishvraa            | B.Sc PCA               | 20E3102                   | Kishvraa       |
| 15.     | ARUN.               | BSc.PCA                | 20E3104.                  | ARUN.          |
| 16.     | AKASH.              | BSc.PCA                | 20E3121.                  | AKASH.         |
| 17.     | Saijany.            | BSC.PCA                | 20E3120.                  | Saijany.       |
|         |                     |                        |                           |                |
|         |                     |                        |                           |                |
|         |                     |                        |                           |                |





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## POST GRADUATE DEPARTMENT OF PHYSICS

### Yoga for Youth Empowerment

Date: 23.09.22

I MSc Physics

Time: 2 PM

| Sl. No. | Name of the Student | Name of the Department | Email id                         | Signature     |
|---------|---------------------|------------------------|----------------------------------|---------------|
| 1.      | POOJA . K           | P.G. Depart-<br>-ment  | Poojakesharp@gmail.com           | K. Pj         |
| 2.      | BRINDHA . P         | P.G. Departme-<br>-nt  | Brindhapachai02@gmail.com        | Brinda        |
| 3.      | A.S. RESHMA         | P.G. Department        | kutterushu@gmail.com             | Reshma        |
| 4.      | SG. AARTHI          | P.G. Department        | arthisg <sup>18</sup> @gmail.com | Arthi         |
| 5.      | SRI VIDYA BK        | PG DEPARTMENT          | srividyaBKas@gmail.com           | Sri           |
| 6.      | MALATHY . N         | P.G. DEPARTMENT        | anataraj206@gmail.com            | P. N          |
| 7.      | Rubadevi . N.T      | P.G. Department        | Rubadevi121@gmail.com            | Rubadevi N.T  |
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| 10.     | A.SHRI LALITHA      | PG DEPARTMENT          | shrulalitha@gmail.com            | Shri Lalitha  |
| 11.     | LEENA . V.S         | PG DEPARTMENT          | leenavgs2018@gmail.com           | Leena         |
| 12.     | GAYATHRI DHEVI GM   | PG DEPARTMENT          | gayathridhevi@gmail.com          | G. Dhevi      |
| 13.     | AKSHARA . Su        | PG DEPARTMENT          | akshara0804@gmail.com            | Akshara       |









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## POST GRADUATE DEPARTMENT OF PHYSICS

### Yoga for Youth Empowerment

Date: 23.09.22

II MSc Physics

Time: 2 PM

| Sl. No. | Name of the Student    | Name of the Department | Email id                             | Signature |
|---------|------------------------|------------------------|--------------------------------------|-----------|
| 1       | REVANTH.S              | MSc Phy II             | singuluri revanth<br>2201@gmail.com  |           |
| 2.      | DHANDOSH.K             | MSc physics II         | dhanoosh11@gmail.com                 |           |
| 3.      | AJITH KUMAR.R          | "                      | 21e4514@dgvaishnav<br>college.edu.in |           |
| 4.      | S.umarbukumar<br>arany | "                      | balajisith@gmail<br>.com             |           |
| 5.      | KSHITISH DANE          | "                      | kshitish dane@gmail<br>.com          |           |
| 6.      | G.MADHU                | "                      | madhubhan@gmail.com                  |           |
| 7.      | A.S. Harish            | "                      | 21e4506@dgvaishnav<br>college.edu.in |           |
| 8.      | JOSEPH .S.             | "                      | 21e4509@dgvaishnav<br>college.edu.in |           |
| 9.      | VIMALRAJ.R             | "                      | 21e4513@dgvaishnav<br>college.edu.in |           |
| 10      | Sokirthivasan          | "                      | 21e4527@dgvaishnav<br>college.edu.in |           |
| 11.     | NISHANTH.J.R           | "                      | 21e4515@dgvaishnav<br>college.edu.in |           |
| 12      | SUBHASHREES            | "                      | 21e4518@dgvaishnav<br>college.edu.in |           |
| 13      | SHALIMA AJIKUMAR       | "                      | 21e4512@dgvaishnav<br>college.edu.in |           |



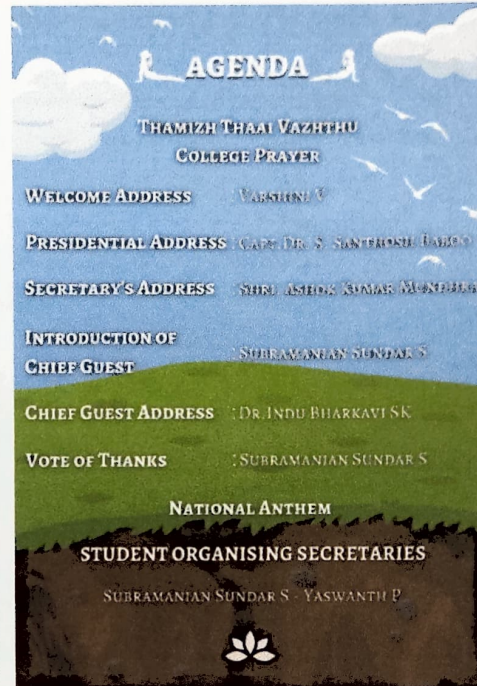
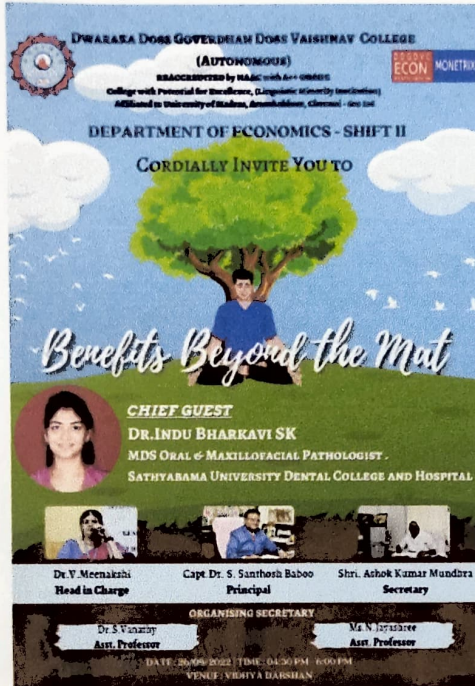






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1. Soft copy of the invitation:



2. Name of the Event: Workshop on “Benefits Beyond the Mat”
3. Date: 26/09/2022
4. Venue: Vidhya Dharshan, MBA Block
5. Mode: Offline
6. Organizers: Department of Economics (Shift – II)  
Organizing Head: Dr. V Meenakshi  
Organizing Secretary: Dr. S Vanathy
7. Resource Person: Dr. Indu Bharkavi S K  
Designation: MDS Oral & Maxillofacial Pathologist,  
Sathyabama University Dental College and Hospital
8. Participants:  
No. of Staff Participants: 04  
No. of student participants: 93
9. Detailed Report of the Program: A Workshop on “Benefits Beyond the Mat” was organized by the Department of Economics, Shift II on 26<sup>th</sup> September, 2022. Dr. V Meenakshi introduced the resource person to the gathering. The resource person Dr. Indu Bharkavi S K guided how practicing yoga helps in controlling an individual's mind, body and soul. It brings together physical and mental disciplines to achieve a peaceful body and mind; it helps manage stress and anxiety and keeps you relaxing. It also helps in increasing flexibility, muscle strength and body tone.



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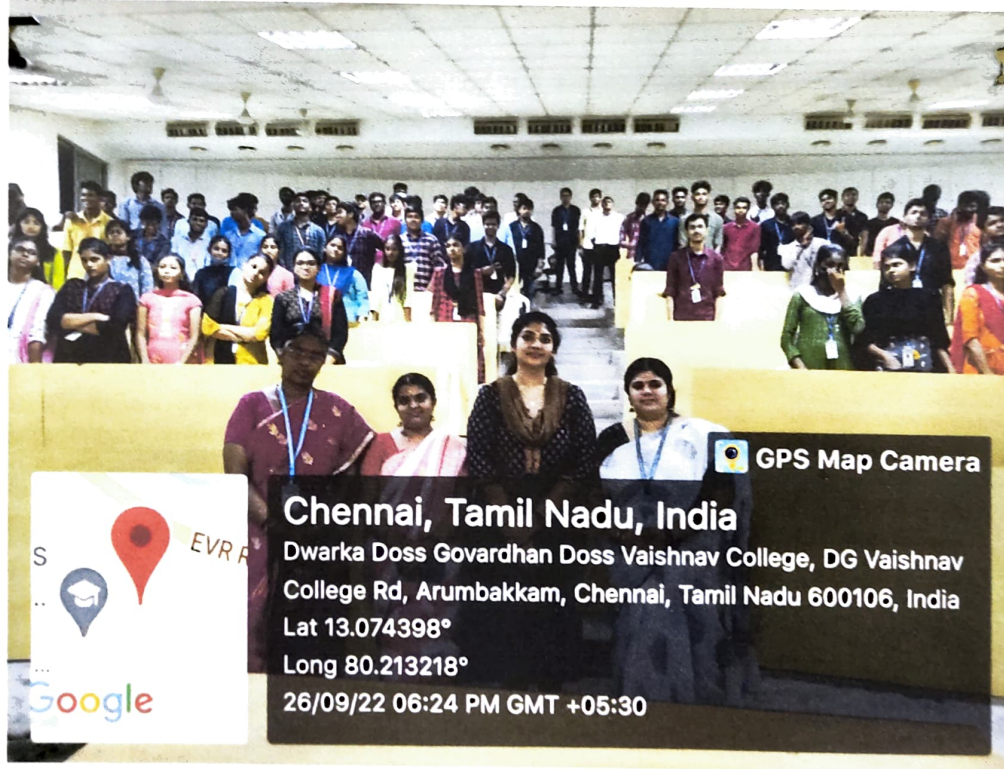
10. Outcome of the Program/ Event:

- a) Yoga methods and the health benefits of yoga is why people are discovering its several advantages for the healing, body, and mind.
- b) The value of yoga in our lives and the health benefits of yoga are abundant, and if you have not yet, go ahead and give it a try.
- c) By simply being aware of mind's tendency, we can save ourselves from getting stressed or worked up. Yoga and pranayama help create that awareness and bring the mind back to the present moment, where it can stay happy and focused.

11. Feedback from Students:

1. 91.7% of Students found the workshop useful.
2. 95.3% of students found the workshop intellectually stimulating.
3. 90.7% of students found the speaker engaging and knowledgeable.
4. 88.2% of students rated the workshop excellent.
5. 90.6% of students would recommend this workshop to others.

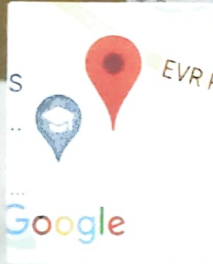
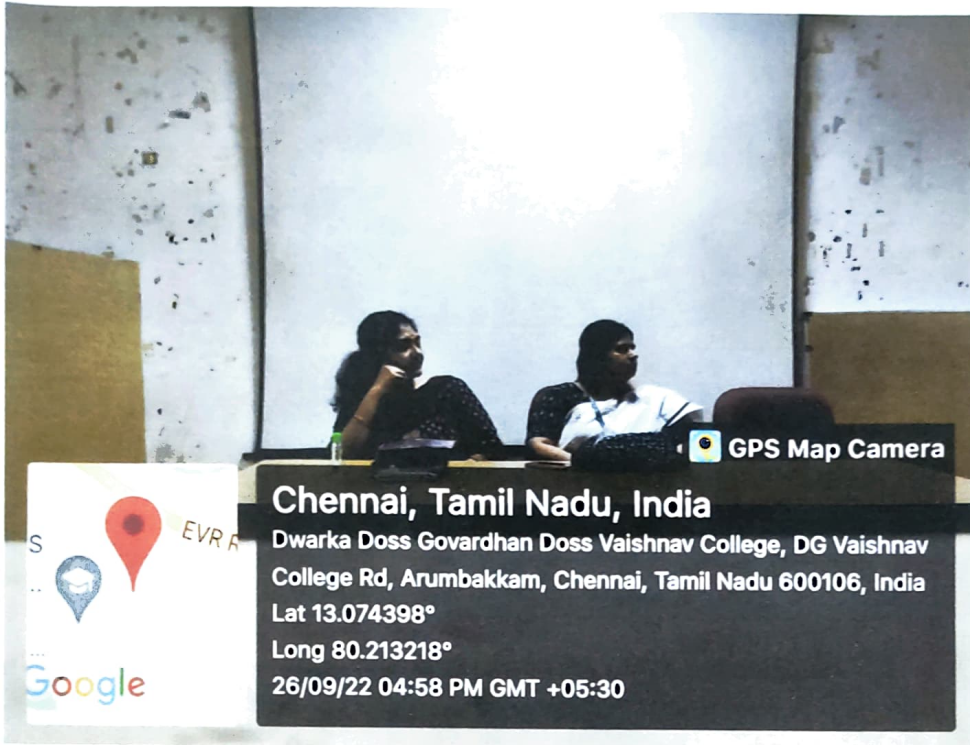
12. Photos (Geotagged):





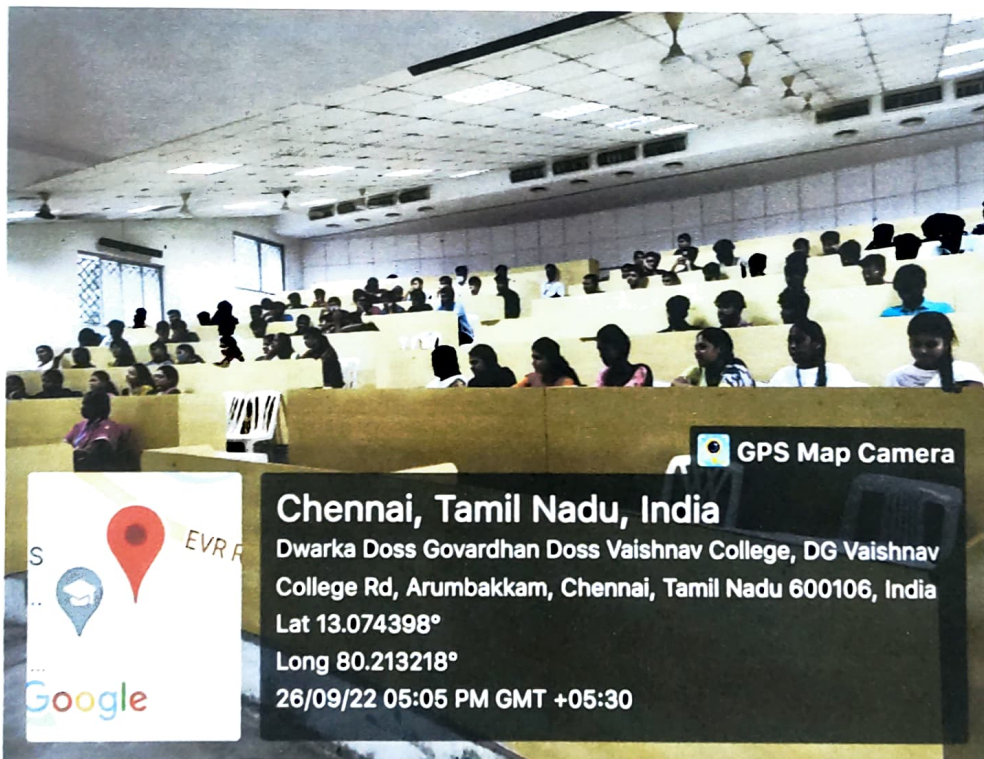


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**Chennai, Tamil Nadu, India**

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College Rd, Arumbakkam, Chennai, Tamil Nadu 600106, India  
Lat 13.074398°  
Long 80.213218°  
26/09/22 04:58 PM GMT +05:30



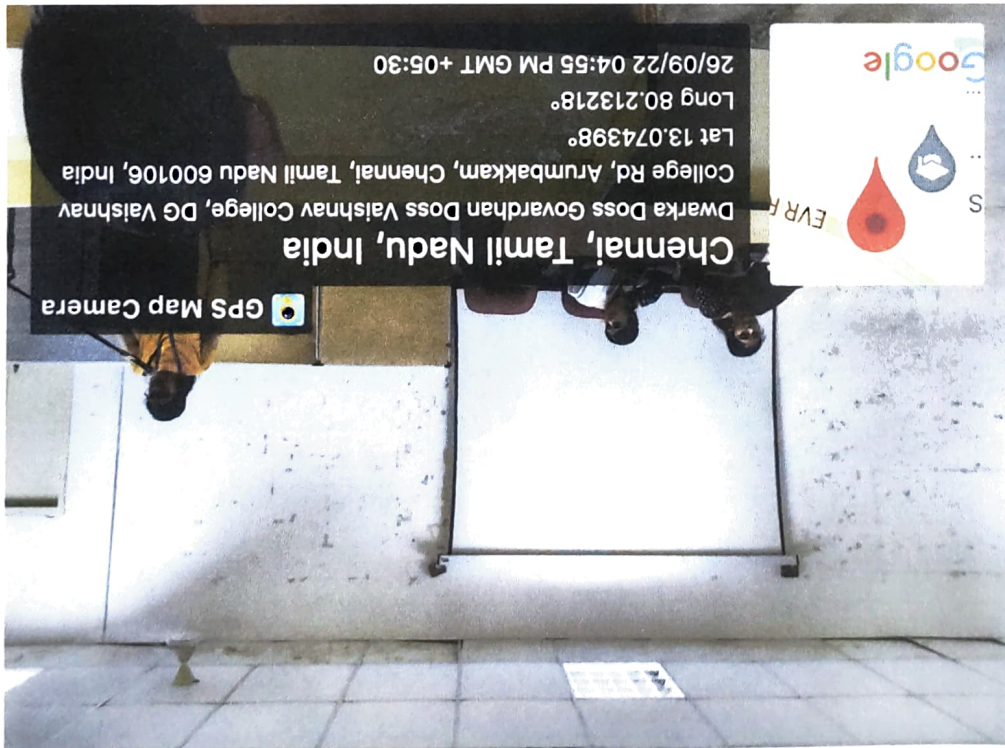
**Chennai, Tamil Nadu, India**

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Lat 13.074398°  
Long 80.213218°  
26/09/22 05:05 PM GMT +05:30

Head Incharge

Organizing Secretaries

**Dr. V. MEENAKSHI, M.A., M.Phil., Ph.D., SET**  
Head of Department of Economics Shift - II  
Dwaraka Doss Goverdhan Doss Vaishnav College,  
Arumbakkam, Chennai - 600 106.



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Department of Economics (Shift II)

Date: 26/09/22 Event: Yoga - Mats & vef

| S.NO | ROLL NO. | NAME            | PHONE NO.   | EMAIL ID             | SIGNATURE   |
|------|----------|-----------------|-------------|----------------------|-------------|
| 1.   |          | Dr. V. Veena    | 9841110411  | v.veena@vvc.edu.in   | V. Veena    |
| 2.   |          | Dr. A. Sugantha | 866 7376381 | Sugantham@vvc.edu.in | A. Sugantha |
| 3.   |          | N. Jayaraj      | 8939482502  | njayaraj@vvc.edu.in  | N. Jayaraj  |
| 4.   |          | Dr. S. Vamsathy | 9176447182  | vamsathy@vvc.edu.in  | S. Vamsathy |
|      |          |                 |             |                      |             |
|      |          |                 |             |                      |             |
|      |          |                 |             |                      |             |
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|      |          |                 |             |                      |             |

Dr. V. Veena  
Dr. V. MEENAKSHI, M.A., M.Phil., Ph.D., SET  
Head in Department of Economics Shift-II  
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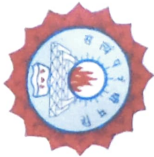
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Department of Economics (Shift II)

Date: 26/9/22 Event: Benefits beyond the mat

| S.NO | ROLL NO. | NAME                 | PHONE NO.  | EMAIL ID                       | SIGNATURE    |
|------|----------|----------------------|------------|--------------------------------|--------------|
| 1    | 22ED0246 | T.OVIYA              | 9360179806 | oviyasio2@gmail.com            |              |
| 2    | 22E0226  | DIYA TRIPATHI A      | 7300055321 | tripathidya54@gmail.com        | Diya A       |
| 3    | 22E0283  | A.HASUINI            | 9176323663 | hashubhashvini@gmail.com       | A.Hasuinii   |
| 4    | 22ED0261 | P.Padigantha preethi | 8178921500 | Prigantha.premaboyan@gmail.com | P.Padigantha |
| 5    | 22E0240  | Ambigai.K            | 6369607348 | kuman.ambigai@gmail.com        | Ambigai.K    |
| 6    | 22E0217  | A.S.Shaswini         | 6374761062 | ashshaswini2004@gmail.com      | A.S.Shaswini |
| 7    | 22E0229  | V.VANISHANI          | 8667487890 | Vanishanivalestini25@gmail.com |              |
| 8    | 22E0252  | S. RAUJITHA          | 9363521769 | sethuranujitha7@gmail.com      | S.Raujitha   |
| 9    | 22E0254  | geethanjali          | 981033136  | geethanjalia70@gmail.com       | Geeth        |
| 10   | 22E0211  | Jeeprishwani         | 9176869465 | dravini354@gmail.com           | Jeeprishwani |

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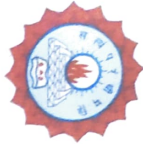
Department of Economics (Shift II)

Date: 26/9/22 Event: *Be jobs beyond the net*

| S.NO | ROLL NO. | NAME                | PHONE NO.  | EMAIL ID                        | SIGNATURE        |
|------|----------|---------------------|------------|---------------------------------|------------------|
| 11.  | 22E0248  | S. Preethi          | 9840156414 | preethi.subramaniam@gmail.com   | <i>Preethi..</i> |
| 12.  | 22E0247  | K. Dharmasree       | 9940233442 | dharmakamalad004@gmail.com      | K. Dharmasree    |
| 13.  | 22E0242  | S. Prathibha        | 6380659438 | sksuleksh@b@gmail.com           | S. Prathibha     |
| 14.  | 22E0263  | J.K. Saradha        | 6382088785 | Jaya.leethys@gmail.com          | Saradha          |
| 15.  | 22E0215  | S. Pragna Sree      | 807880466  | pragnapoo@protonmail.com        | Pragna           |
| 16.  | 22E0253  | K.R. Anuram Acharya | 7305205682 | chenmai.anuramacharya@gmail.com | Anuram Acharya   |
| 17.  | 22E0225  | Vishal L V          | 720022214  | vishal2002sai@gmail.com         | Vishal           |
| 18.  | 22E0208  | R. Khushal          | 8667387830 | rajakushal194@gmail.com         | R. Khushal       |
| 19.  | 22E0265  | M. Sobul            | 9845769288 | soobulmusaqan1320@gmail.com     | M. Sobul         |
| 20.  | 22E0259  | S.D. Subashini      | 7358287405 | ssishanib21@gmail.com           | S.D. Subashini   |

*V. Venkatesh*

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Department of Economics (Shift II)

Date: 26/9/22 Event: *Beaefacts Beyond the mat*

| S.NO | ROLL NO. | NAME            | PHONE NO.  | EMAIL ID                       | SIGNATURE              |
|------|----------|-----------------|------------|--------------------------------|------------------------|
| 91.  | 22E0235  | A. Neelvan      | 9800384200 | Neelvan011@gmail.com           | <i>A. Neelvan</i>      |
| 92   | 02E0258  | S. SORENI DEAN  | 7540073138 | S. Soreni dean<br>@gmail.com   | <i>S. Soreni dean</i>  |
| 23.  | 22B0236  | R. JAI AKASH    | 9305593590 | jaiakash322@gmail.com          | <i>R. Jai Akash</i>    |
| 24.  | 22E0256  | R. RUBESH       | 8523939579 | RUBESHRAJA<br>2004 @ gmail.com | <i>R. Rubesh</i>       |
| 25.  | 02E0266  | R. ABISEK       | 814458812  | abisek<br>8091698@gmail.com    | <i>R. Abisek</i>       |
| 96   | 92E0245  | S. Dileepan     | 8124019194 | sateeshu820@gmail.com          | <i>S. Dileepan</i>     |
| 27.  | 22E0244  | R. Navesh Kumar | 9489961178 | Naveshkumar@gmail.com          | <i>R. Navesh Kumar</i> |
| 28.  | 22E0232  | E. SANTAI       | 917674187  | Santai@gmail.com               | <i>E. Santai</i>       |
| 29.  | 22E0203  | H. MONESH       | 8205611776 | monishmohan@gmail.com          | <i>H. Monesh</i>       |
| 30.  | 22E0233  | P. MUKESH       | 9671156805 | pruthesh1718@gmail.com         | <i>P. Mukesh</i>       |

*V. Narendran*

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Department of Economics (Shift II)

Date: 26/9/22 Event: Budgets beyond the wall

| S.NO | ROLL NO. | NAME                    | PHONE NO.  | EMAIL ID                  | SIGNATURE   |
|------|----------|-------------------------|------------|---------------------------|-------------|
| 31   | 22E0209  | P. Sriem                | 8838989937 | Sriem 052005@gmail.com    | P. Sriem    |
| 32   | 22E0249  | S SHANMUGA VEDHAN       | 7904311977 | sanyoga vedhan@gmail.com  | S. Shanmuga |
| 33   | 22E0222  | H. Ashwin               | 9514030131 | sharddy@gmail.com         | H. Ashwin   |
| 34   | 22E0227  | N. Ajith                | 6368992376 | namaki2020@gmail.com      | N. Ajith    |
| 35   | 22E0260  | A. Srivaran             | 9494420224 | sriwaran2004@gmail.com    | A. Srivaran |
| 36   | 22E0262  | S. Udaya Kumar          | 6369539961 | Udaya112005@gmail.com     | S. Udaya    |
| 37   | 22E0234  | B. Silvi                | 9444719431 | sobhitama@gmail.com       | B. Silvi    |
| 38   | 22E0220  | T. Shaahant Kumar Singh | 7908441543 | Shaahantk@gmail.com       | T. Shaahant |
| 39   | 22E0275  | Harsh K                 | 7790916916 | Harshkathniga52@gmail.com | Harsh K     |
| 40   | 22E0280  | Preetham                | 7305262004 | Preetham785@gmail.com     | Preetham    |

U. N. Govindaraj

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Date: 26/9/22 Event: *Benefits Beyond the wall*  
Department of Economics (Shift II)

| S.NO | ROLL NO. | NAME             | PHONE NO.   | EMAIL ID                           | SIGNATURE               |
|------|----------|------------------|-------------|------------------------------------|-------------------------|
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| 43   | 22EO230  | Abilash M        | 8667577104  | abilashmjohn44@gmail.com           | <i>M. Ash</i>           |
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| 45   | 22EO202  | B. Sugrath       | 9344711315  | Vignarathu bolaratharan@gmail.com  | <i>B. Sugrath</i>       |
| 46   | 22EO267  | S. Adarsh        | 9434267061  | adarshsathian2674@gmail.com        | <i>Ash</i>              |
| 47   | 22EO264  | S. Ashwin Kumar  | 7904946670  | ashwinsugumar2004@gmail.com        | <i>Ashwin</i>           |
| 48   | 22EO282  | KORITHIRAYAN     | 89125152106 | Karthikeyan Pradeepkumar@gmail.com | <i>Karthikeyan</i>      |
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Department of Economics (Shift II)

Date: 26/9/22 Event: Benefits beyond the mat.

| S.NO | ROLL NO. | NAME                        | PHONE NO.  | EMAIL ID | SIGNATURE |
|------|----------|-----------------------------|------------|----------|-----------|
| 1.   | 21E0257. | P. Darush                   | 6382490412 |          |           |
| 2.   | 21E0220  | M. Govathar                 | 8438534213 |          |           |
| 3.   | 21E0270  | A. SANATHANAN               | 7898302010 | -        | A. San    |
| 4.   | 21E0230  | M. THARUN                   | 984150598  | -        |           |
| 5    | 21E0224  | S. prafuraj                 | 9384224386 |          |           |
| 6    | 21E0240  | Raathika R                  | 7200952126 |          |           |
| 7    | 21E0248  | A. Jayanth                  | 9150723663 |          |           |
| 8    | 21E0231  | P. Jayaraman.               | 7358652521 |          |           |
| 9    | 21E0204  | D. Venkata<br>Kishore Kumar | 8424192915 |          |           |
| 10   | 21E0202  | Akash A.S.                  | 7305123500 | -        |           |

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Department of Economics (Shift II)

Date: 26/9/22

Event: Benefit beyond the mat.

| S.NO | ROLL NO. | NAME             | PHONE NO.  | EMAIL ID | SIGNATURE |
|------|----------|------------------|------------|----------|-----------|
| 11   | 21E0223  | AMINASH . U      | 7858840822 | a        |           |
| 12   | 21E0271  | RAJITHA JUMAKKI  | 9094411497 |          |           |
| 13   | 21E0265  | q.chellappa siva | 9894574203 |          |           |
| 14   | 21E0234  | J. Saravan       | 9176264640 |          |           |
| 15   | 21E0237  | S.Ajay Kumar     | 8249317154 |          |           |
| 16   | 21E0264  | R. Bharath       | 8104222910 |          |           |
| 17   | 21E0222  | P.N. DONKESATHI  | 9600067574 |          |           |
| 18   | 21E0218  | Shyamkumar A     | 9550061325 | :        |           |
| 19   | 21E0209  | Rajadevi J       | 9942471100 |          |           |
| 20   | 21E0216  | Gauthaman        | 6381011531 |          |           |

*U. J. S. S. S. S.*

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Department of Economics (Shift II)

Date: 26/9/22, Event:

Benefits beyond the net -

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| 27   | 21E0238  | Musali Ashwan   | 6369900642 |                       | Musali Ashwan   |
| 28   | 21E0267  | S. Hanish       | 9788590055 |                       | S. Hanish       |
| 29   | 21E0247  | G. Arunach      | 9942117311 |                       | G. Arunach      |
| 30   | 21E0242  | S. Arunach      | 6369916184 |                       | S. Arunach      |

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Department of Economics (Shift II)

Date: 26/9/2022 Event: *Barakia beyond the mat*

| S.NO | ROLL NO. | NAME             | PHONE NO.      | EMAIL ID | SIGNATURE        |
|------|----------|------------------|----------------|----------|------------------|
| 37.  | 21E0241  | Devi .B          | 7358497<br>636 |          | Devi             |
| 32.  | 21E0250  | Keerthana        | 893991012      |          | P.Keerthana      |
| 33.  | 21E0258  | MUSENA           | 9025785347     |          | M. Musena        |
| 34.  | 21E0266  | MUTHU<br>LAKSHMI | 8778748023     |          | Muthu L.         |
| 35.  | 21E0273  | V. Jayashree     | 8925651882     |          | V. Jayashree     |
| 36.  | 21E0206  | P. Pooja         | 6284432207     |          | P. Pooja         |
| 37.  | 21E0277  | R. ABINAYASREE   | 7338979763     |          | R. Abinaya       |
| 38.  | 21E0245  | S. Praveena      | 8122557379     |          | S. Praveena      |
| 39   | 21E0244  | T. Potha Lakshmi | 9344635911     |          | T. Potha Lakshmi |
| 40   | 21E0225  | K. HEMANTA       | 984018716      |          | K. Hemanta       |

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**PG DEPARTMENT OF SOCIAL WORK**

**SEMINAR ON QUALITY OF LIFE**

**INVITATION**

**Dwaraka Doss Goverdhan Doss  
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**PG Department of Social Work**  
Invites you all for the  
Seminar on

**QUALITY OF LIFE**

Session 1 : Basic Facts of Addiction  
Session 2 : Gadgets - The Challenge Today

**RESOURCE PERSONS:**

**Ms. Jacqueline Allenby David**  
Senior Counsellor  
TTK Hospital

**Ms. Hepsibha B**  
Counsellor  
TTK Hospital

**Dr. Ashok Kumar Mundhra**  
Secretary

**Capt Dr. S. Santhosh Baboo**  
Principal

**Convenor :**  
Dr. B. Sulu Priya  
Head  
PG Department of Social Work

**Students Coordinators :**  
G Naveen Thomas  
S Sowmiya  
I Msw

February 27 | 9.00 am - 1.30 pm  
Seminar Hall 1st Floor main building

REGISTRATION LINK : <https://forms.gle/jaDG5Y6W4u7E4GJd9>



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**NAME OF THE EVENT** : SEMINAR ON QUALITY OF LIFE  
**DATE** : 27/02/2023  
**VENUE** : SEMINAR HALL, 1<sup>ST</sup> FLOOR, MAIN  
BUILDING  
**MODE** : OFFLINE  
**FACULTY COORDINATOR:** MRS.S.VIJAYALAKSHMI  
**STUDENT COORDINATORS:** MR. NAVEEN THOMAS. G  
MS. SOWMIYA. S  
**RESOURCE PERSON** : MS. JACQUELINE ALLENBY DAVID  
MS. HEPSIBHA  
**NO. OF FACULTY PARTICIPANT:** 6  
**NO. OF STUDENT PARTICIPANT:**71

**DETAILED REPORT:**

The session QUALITY OF LIFE – (i) BASIC FACTS OF ADDICTION (ii) GADGETS – THE CHALLENGE TODAY commenced at 10:00 AM after the arrival of resource persons. The session started with Ms. Manju – Master of Ceremony of 1<sup>st</sup> year MSW department proceeded by welcome address by Ms. Reshma Nancy representing the same class. Ms. Jacqueline Allenby David, Senior counsellor and Ms. Hepsibha B, Counsellor from TTK hospital were the renounced staffs working for years. The guest profile was given by Ms. Nalini.

The session commenced by Ms. Jacqueline by raising questions. The first question was “What is the need to have session on addiction?” followed by “How does this session help you?” The student answered voluntarily. She explained that drug usages are global phenomenon and made us aware about the topic with future consequences. As a HR we, MSW students will be placed in industries and companies where as a professional employee will be engaged in handling alcoholic workers. Hence, it is a mere requirement for us to be aware of our employee’s wellbeing. An addiction is something that is compulsive physiological and psychological need for continuous use of a habit-forming substance.

She further classified drugs as

1. Depressant
2. Stimulants
3. Cannabinoids
4. Hallucinogens
5. Opioids
6. Mixtures

The concentration of ethyl alcohol in various beverages are listed below;





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(Table 1)

| Beverages                       | Percentage of concentration |
|---------------------------------|-----------------------------|
| Beer                            | 6% - 8%                     |
| Wine                            | 10% - 20%                   |
| Whiskey, Brandy, Rum and arrack | 40% - 50%                   |

One unit of alcohol is equivalent to ½ bottle of beer or 30 ml of hard liquor. Breaking down of one standard drink that is one ounce of liquor takes 1 hour in liver four of five alcoholic people dies of liver cancer. Liver is the integral component for digestion, which is damaged while consuming alcohol and other drugs.

(Table 2)

| Drug                      | Short term effect   | Long term effect   | Withdrawal effect  |
|---------------------------|---|--|--|
| Alcohol                   | Euphoria, relaxation, lowering of inhibition, double vision, staggering, impairment of judgement        | Anemia, slow healing wounds, brain damage, loss of memory, poor vision, slurred speech, decrease in motor control, increased risk of cancer, liver cirrhosis | Delirium, tremor, hallucination, convulsion, loss of appetite  |
| Tobacco                   | Relaxation, pleasure, increase in concentration, increase in blood pressure, respiration and heart rate | Aneurysm, cataract, cancer, pulmonary disease, heart disease, death  | Feeling jumpy and restless, trouble sleeping, anxious, sad, depressed, gaining weight, hungrier, irritated |
| Cool lip (Rich in spices) | Bad breath, stained smile, gum disease  | Tooth decay and loss, leukoplakia, birth less  | Sleep disturbances, increased appetite, irritability, nervousness, anxiety, restlessness, craving          |



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|                      |   |  |   |
|----------------------|---|--|---|
| Narcotics analgesics | Euphoria, dry mouth, warm flush of skin   | Fatal overdose, collapsed veins, HIV/ AIDS risk, abscess                   | Excessive lacrimation, yawning, rhinorrhea, muscle cramp                                    |
| Cannabis             | Relaxation/ mild euphoria, increased appetite, spontaneous laughter, dry mouth, short term memory, red eyes | Respiratory illness, amotivational syndrome, immune dysfunction, psychosis | Insomnia, restlessness, loss of appetite, irritability, sweating, tremors, nausea, diarrhea |

**SESSION 2: GADGETS AND SOCIAL MEDIA - A BOON OR A BANE**

Both the sessions are handled by resource persons consecutively and second session was carried over a short-term break of 15 minutes. The second session was started around 11:20 AM. Ms. Jacqueline started the session by splitting the crew into two teams and each team is asked to either support social media or infer their ill effects. The discussion was healthy and validatory. Social media addiction is real and have adverse effects right from 1 year old child. Prefrontal cortex develops from 5 years to 18 years where brain is molded.

**SCIENCE OF ADDICTION:**

**HOOKED MODEL – NIR EYAL**

The hooked model is a way of describing a user's interactions with a product as they pass through four stages:

1. **TRIGGER:** Boredom – internal factor, notifications – external factor
2. **ACTION:** opening the app or page
3. **REWARD:** photos, comment, likes, gossip, news, emotions, wheel of fortune
4. **INVEST:** keeping on interaction and chats

**Nomophobia:** fear of being detached from mobile phones

**Phantom vibrations:** false perception that one's mobile phone or other technological device is vibrating when it is not

**SIGNS AND SYMPTOMS:**

- Excessive use
- Tolerance and negative repercussions
- Withdrawal symptoms

**CLASSIFICATION OF ADDICTION:**

- Social media addiction -overuse of social media
- Cyber relationship addiction – over involvement in online relationships
- Net compulsions – online gambling, day trading
- Information overloaded – web surfing, database searches



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- Computer addiction – obsessive game playing
- Cyber sexual addiction – use of adult websites

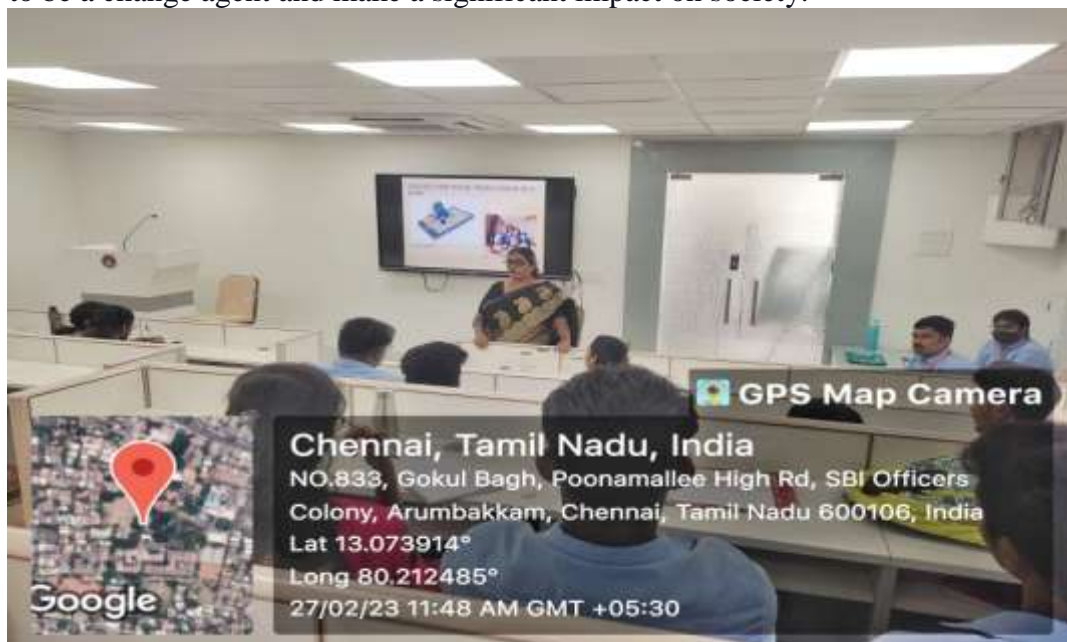
## **RESPONDING TO TEMPTATIONS**

- Be honest
- Visualize yourself resisting temptation
- Think of the long-term consequences
- Distract yourself
- Do not give yourself a choice
- Recognize Remove yourself from temptation

The alternative sources of joy and reward were discussed. The problems arising due to financial, physical, psychological, family and social functioning problems were also learned. Treatments for social media addiction are suggested and digital detox followed by psychosocial treatment were explained in detail. The session was then open for question-and-answer session where students from various departments raised their question. The Seminar came to an end by proposing the vote of thanks by Mr. Kaushik.

## **OUTCOMES**

After listening to the knowledgeable speech of Ms. Jacqueline Allenby David and Ms. Hepsibha B, the students felt motivated to take up their profession with utmost sincerity and passion. It was indeed a great learning for all the students who were present there to get the objective of the awareness about addiction. As Social workers, it is important to be a change agent in the society and without a doubt, the Resource person has motivated each one of us to be a change agent and make a significant impact on society.







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**Seminar on Quality of Life  
Student Participants**

Date- 27/2/23 Time -10am-1.30pm

Resource persons - Ms. Jacqueline Allenby David & Ms. Hepsibha  
Venue- Seminar Hall 1, Main Building, Organized By: Dept. of Social Work

| Sl. No: | Name of the participant | Department               | Email Id                         | Year of Study       | Signature     |
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| 8       | E. RAJAN<br>KUMAR       | MSW-I                    | 2201985@dgvaishnavcollege.edu.in | 1 <sup>st</sup>     | E. Rajan      |
| 9       | Rohini .K               | 1 <sup>st</sup> Year MSW | 2201986@dgvaishnavcollege.edu.in | 1 <sup>st</sup>     | Rohini        |

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Venue- Seminar Hall 1, Main Building, Organized By: Dept. of Social Work

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Resource persons - Ms. Jacqueline Allenby David & Ms. Hepsibha  
 Venue- Seminar Hall I, Main Building, Organized By: Dept. of Social Work

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 Arumbakkam, Chennai – 600 106

**Seminar on Quality of Life  
Student Participants**

Date- 27/2/23 Time -10am-1.30pm

Resource persons - Ms. Jacqueline Allenby David & Ms. Hepsibha  
Venue- Seminar Hall I, Main Building, Organized By: Dept. of Social Work

| Sl. No: | Name of the participant | Department       | Email Id                         | Year of Study        | Signature |
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| 37      | Tharal Navin            | MSW-I            | 221192@dvvaishnavcollege.edu.in  | 1 <sup>st</sup> year |           |
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| Sl. No: | Name of the participant | Department      | Email Id                             | Year of Study          | Signature       |
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Resource persons - Ms. Jacqueline Allenby David & Ms. Hepsibha  
Venue- Seminar Hall I, Main Building, Organized By: Dept. of Social Work

| Sl. No: | Name of the participant | Department           | Email Id                              | Year of Study               | Signature |
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| 63)     | Shreelha V.B            | B.Sc.<br>Psychology  | 22E3536@<br>dwvvaishnavcollege.edu.in | 2 <sup>nd</sup> year        |           |





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**Seminar on Quality of Life**  
Student Participants

Date- 27/2/23 Time -10am-1.30pm

Resource persons - Ms. Jacqueline Allenby David & Ms. Hepsibha  
Venue- Seminar Hall I, Main Building, Organized By: Dept. of Social Work

| Sl. No: | Name of the participant | Department      | Email Id                                | Year of Study        | Signature |
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| 66      | Nakhatrasa B.           | B.Sc Psychology | 22E3543@<br>dgvaisnavcollege<br>-edu.in | I <sup>st</sup> Year |           |
| 67      | Malini - P              | BSc Psychology  | 22E3541@<br>dgvaisnavcollege<br>-edu.in | I <sup>st</sup> Year |           |
| 68      | Sophiya Kalairam        | BSc psychology  | 22E3528@<br>dgvaisnavcollege<br>-edu.in | I <sup>st</sup> year |           |
| 69      | M. Ashwarya             | BSc Psychology  | 22E3536@<br>dgvaisnavcollege<br>-edu.in | I <sup>st</sup> year |           |
| 70      | S. Sowmiya              | MSW             | 22d1977@<br>dgvaisnavcollege<br>-edu.in | I <sup>st</sup> year |           |
| 71      | Naureen Thomas          | MSW             | 22d1989@<br>dgvaisnavcollege<br>-edu.in | I <sup>st</sup> year |           |



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**Seminar on Quality of Life  
Faculty Participants**

Date- 27/2/23 Time -10am-1.30pm

Resource persons - Ms. Jacqueline Allenby David & Ms. Hopsibha  
Venue- Seminar Hall I, Main Building, Organized By: Dept. of Social Work

| Sl. No: | Name of the participant | Department  | Email Id                                      | Year of Study | Signature |
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**DEPARTMENT OF VISUAL COMMUNICATION**

**SESSION  
ON**

**SELF WELLNESS**

**RESOURCE PERSON**

**DR.ROHITH SHARAN**  
PROVAS MEDICAL CENTRE AND RESEARCH INSTITUTE

**DATE: 02.03.2023**  
**TIME: 9AM**  
**VENUE: AV ROOM**

**Capt. Dr. S. Santhosh Baboo**  
Principal

**Shri Ashok Kumar Mundhra**  
Secretary

|                                |  |
|--------------------------------|--|
| <b>NAME OF THE EVENT</b>       | Interactive session on Self Wellness         |
| <b>DATE</b>                    | 2.03.2023                                    |
| <b>VENUE/Platform</b>          | AV room , Department of Visual Communication |
| <b>MODE</b>                    | Offline                                      |
| <b>ORGANISER</b>               | Ms. G. Vasanth. Head of the Department       |
| <b>FACULTY COORDINATOR</b>     | Ms. Nandhini C                               |
| <b>RESOURCE PERSON</b>         | Dr. Rohith Sharan                            |
| <b>RESOURCE PERSON CONTACT</b> | 7200094548                                   |





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**NO. OF STAFF  
PARTICIPANTS** 5

**NO. OF STUDENT  
PARTICIPANTS** 187

### EVENT REPORT:

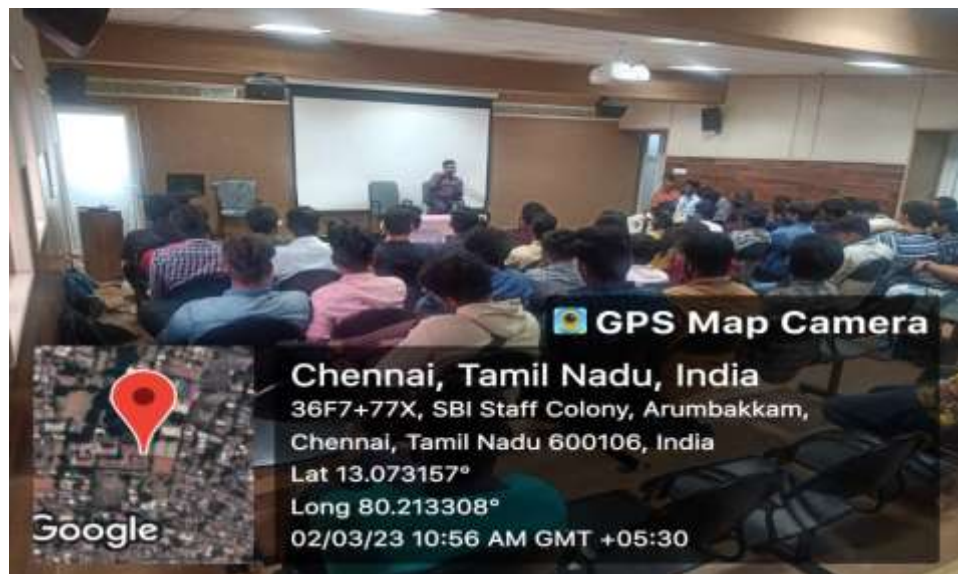
Department of Visual Communication organized an interactive session on Self wellness for the soon to be graduates of the department (Second Years) to create an awareness on self. The resource person is Dr. Rohith Sharan from Provos Medical Centre. This program aims to create awareness among the students on Lifestyle balance.

### OUTCOME:

Awareness on handling stress among the students

1. Understanding what is personal welfare
2. Tips to balance food and lifestyle

### PHOTOS:





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**STUDENTS LIST**

**DWARAKA DOSS GOVERDHAN DOSS VAISHNAV COLLEGE**  
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**Department of Visual Communication**

Date: 23/23      Time: 9am-1pm      Program: Self Wellness

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**DEPARTMENT OF VISUAL COMMUNICATION**

**SESSION ON**  
**ON**

**GRADUATE WELLNESS**

**RESOURCE PERSON**

**MS.SANGEETHA CHANDRASEKARAN**  
**DGVC COUNSELOR & PSYCHIATRIC SOCIAL WORKER**

**DATE: 14.02.2023 TIME: 11 AM**  
**VENUE: AV ROOM**

**Capt. Dr. S. Santhosh Baboo**  
Principal

**Ms. G. Vasanth**  
Head of the Department

**Shri Ashok Kumar Mundhra**  
Secretary

|                            |  |
|----------------------------|--|
| <b>NAME OF THE EVENT</b>   | Interactive session on Graduate Wellness     |
| <b>DATE</b>                | 14.02.2023                                   |
| <b>VENUE/Platform</b>      | AV room , Department of Visual Communication |
| <b>MODE</b>                | Offline                                      |
| <b>ORGANISER</b>           | Ms. G. Vasanth. Head of the Department       |
| <b>FACULTY COORDINATOR</b> | Ms. Nandhini C                               |
| <b>RESOURCE PERSON</b>     | Ms.Sangeetha Chandrasekar                    |



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**NO. OF STAFF**

1

**PARTICIPANTS**

**NO. OF STUDENT**

73

**PARTICIPANTS**

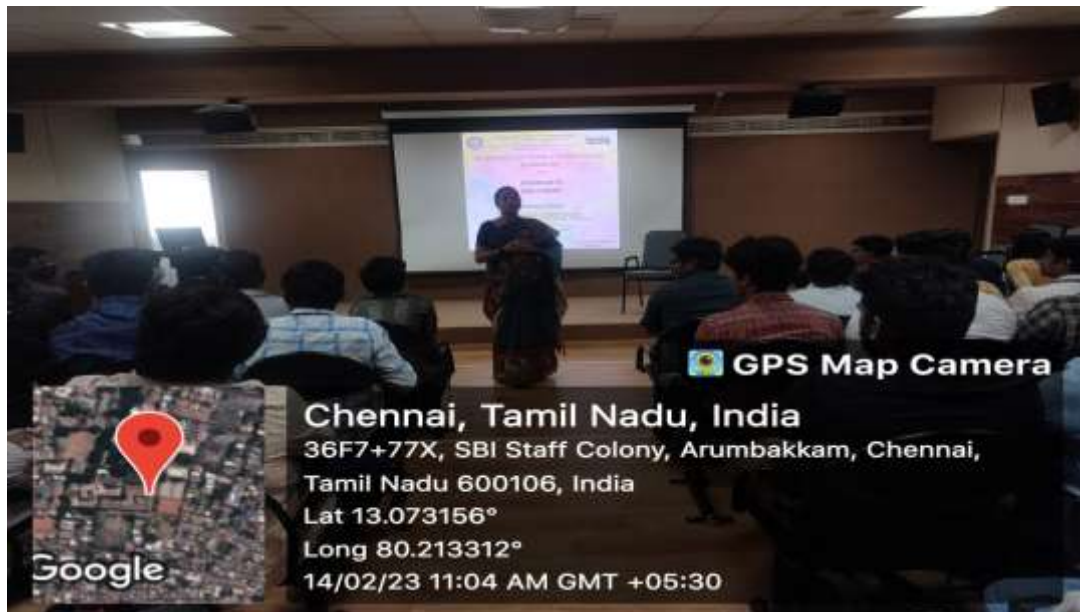
### EVENT REPORT:

Department of Visual Communication organized an interactive session on Graduate wellness for the soon to be graduates of the department (Third Years) to understand the value of career advancement, handling peer pressure, social welfare and personal welfare. Ms.Sangeetha Chandrasekar, DGVC Counselor and Psychiatric Social Worker from SCARF was the guest speaker for the session. She completed M.Phil. at Central Institute of Psychiatry CIP, Jharkand. She is involved in various research projects at SCARF pertaining to Youth Health. Session went live in Instagram under our Department handle name DGVC VISCOM

### OUTCOME:

1. Awareness on handling stress among the students
2. Understanding what is personal welfare
3. Tips to handle peer pressure and positive outcomes
4. Productive sessions on active interpersonal skills

### PHOTOS:

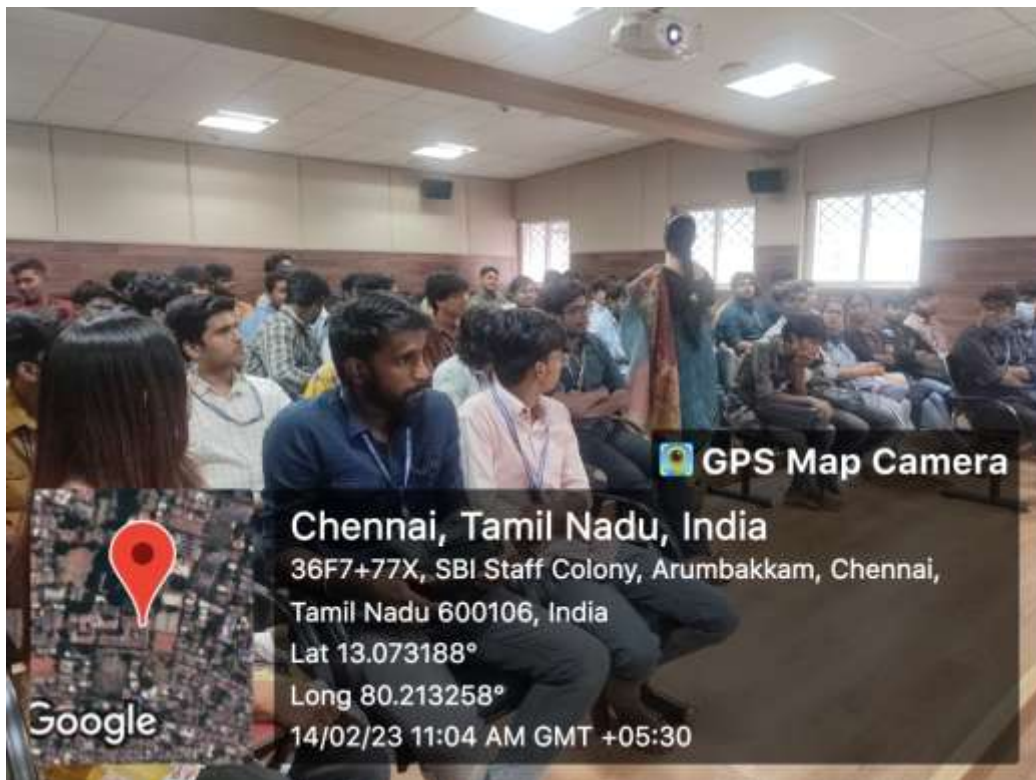






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|---|---------|-------------------|-----------------------------------|-------------------|
| Department of Visual Communication  |         |                   |                                   |                   |
| Session on Graduate Wellness by Ms.Sangeetha Chandrasekar   |         |                   |                                   |                   |
| Date: 14.02.2023  |         | Venue: AV Room    |                                   |                   |
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