

5.1.3 Capacity Development and Skills Enhancement Activities- Yoga 2019-2020



வேளாளர் மகளிர் கல்லூரி (தன்னாட்சி), ஈரோடு-12

திறன் மேம்பாடுற்ற கல்லூரி
(தேசிய மதிப்பீடு, மீள்தர நிர்ணயக் குழுவின் "A" தகுதி பெற்றது)
தமிழ்த்துறை
2019 -2020
யோகா அறிமுக வகுப்பு

27.6.2019 முதல் 06.7.2019 வரை நடைபெற்ற யோகா அறிமுக வகுப்பில் ஈரோடு மனவளைக்கலை மன்றம் சார்பில் முதலாம் ஆண்டு மாணவியர்களுக்கு உடலும் உள்ளமும் வளம் பெற பயிற்சிகள் அளிக்கப்பட்டன. 1670க்கும் மேற்பட்ட மாணவிகள் கலந்து கொண்டனர்.

இப்படிக்கு

தமிழ்த்துறைத் தலைவர்

சு.சி.என்.டி.யு.

முனைவர். சூர். சி.மகா. தேவி. பி.எச்.டி.,

தமிழ்த்துறைத் தலைவர்

வேளாளர் மகளிர் கல்லூரி (தன்னாட்சி)

ஈரோடு - 638 012



PRINCIPAL
PRINCIPAL
VELLALAR COLLEGE FOR WOMEN
(AUTONOMOUS)
ERODE - 12.

Student participated in International Yoga Day from 27.06.2019 to 06.07.2019



5.1.3 Capacity Development and Skills Enhancement Activities- Yoga 2018-2019



வேளாளர் மகளிர் கல்லூரி (தன்னாட்சி), ஈரோடு-12

திறன் மேம்பாடுற்ற கல்லூரி
(தேசிய மதிப்பீடு, மீள்தர நிர்ணயக் குழுவின் "A" தகுதி பெற்றது)
தமிழ்த்துறை
2018 -2019
யோகா அறிமுக வகுப்பு

5.12.2018 முதல் 13.12.2018 வரை ஈரோடு மனவளைக்கலை மன்ற அறக்கட்டளை சார்பில் முதலாம் ஆண்டு மாணவியர்களுக்கு யோகப்பயிற்சிகள் கொடுக்கப்பட்டது. 1700க்கும் மேற்பட்ட மாணவிகள் கலந்து கொண்டனர்.

இப்படிக்கு
தமிழ்த்துறைத் தலைவர்
ஆர்.பி.சு.ஆர்.

முனைவர். அனா நிர்மலா தேவி, பி.எ.டி.,
தமிழ்த்துறைத் தலைவர்
வேளாளர் மகளிர் கல்லூரி (தன்னாட்சி)
ஈரோடு - 638 012



PRINCIPAL
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VELLALAR COLLEGE FOR WOMEN
(AUTONOMOUS)
ERODE - 12.

Student participated in International Yoga Day from 05.12.2018 to 13.12.2018



5.1.3 Capacity Development and Skills Enhancement Activities- Yoga 2017-2018



வேளாளர் மகளிர் கல்லூரி (தன்னாட்சி), ஈரோடு-12

திறன் மேம்பாடுற்ற கல்லூரி
(தேசிய மதிப்பீடு, மீள்தர நிர்ணயக் குழுவின் "A" தகுதி பெற்றது)
தமிழ்த்துறை
2017 -2018
யோகா அறிமுக வகுப்பு

4.12.2017 முதல் 12.12.2017 வரை வேதாத்திரி மகரிஷியின் யோகப்பயிற்சி மற்றும் உடல்பயிற்சிகளை முதலாம் ஆண்டு மாணவியர்களுக்கு ஈரோடு மனவளைக்கலை மன்ற ஆசிரியர்கள் கற்றுக் கொடுத்தனர். 1800க்கும் மேற்பட்ட மாணவிகள் கலந்து கொண்டனர்.

இப்படிக்கு
தமிழ்த்துறைத் தலைவர்
S. S. S. S.
முனைவர், ஆர். நர்மலா தேவி, பி.எச்.டி.,
தமிழ்த்துறைத் தலைவர்
வேளாளர் மகளிர் கல்லூரி (தன்னாட்சி)
ஈரோடு - 638 012



S. S. S. S.
PRINCIPAL
PRINCIPAL
VELLALAR COLLEGE FOR WOMEN
(AUTONOMOUS)
ERODE - 12.

Student participated in International Yoga Day from 04.12.2017 to 12.12.2017



5.1.3 Capacity Development and Skills Enhancement Activities- Yoga 2016-2017




வேளாளர் மகளிர் கல்லூரி (தன்னாட்சி), ஈரோடு-12

திறன் மேம்பாடுற்ற கல்லூரி
(தேசிய மதிப்பீடு, மீள்தர நிர்ணயக் குழுவின் "A" தகுதி பெற்றது)
தமிழ்த்துறை
2016 -2017
யோகா அறிமுக வகுப்பு

14.12.2016 முதல் 19.12.2016 வரை முதலாம் ஆண்டு மாணவியர்களுக்கு ஈரோடு மனவளைக்கலை மன்ற ஆசிரியர்கள் தியானக் கலையினைக் கற்றுக் கொடுத்து மனநிலையினை நலம் பெறச் செய்தனர். 1650க்கும் மேற்பட்ட மாணவிகள் கலந்து கொண்டு பயனடைந்தார்கள்.

இப்படிக்கு
தமிழ்த்துறைத் தலைவர்
அ.பி.என்.ஆர்.
முனைவர். ஆர். நிரமலா தேவி. பிஎச்.டி..
தமிழ்த்துறைத் தலைவர்
வேளாளர் மகளிர் கல்லூரி (தன்னாட்சி)
ஈரோடு - 638 012




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(AUTONOMOUS)
ERODE - 12.

Student participated in International Yoga Day from 14.12.2016 to 19.12.2016



5.1.3 Capacity Development and Skills Enhancement Activities- Yoga 2015-2016

வேளாளர் மகளிர் கல்லூரி (சுயநிதிப் பிரிவு)

திண்டிவல், ஈரோடு-12.

2015-2016

யோகா சிறப்புப் பயிற்சி வகுப்பில் கலந்துகொள்ளும் முதலாம் ஆண்டு சுயநிதிப் பிரிவு மாணவியர்களுக்கு ஓர் அறிவிப்பு.

சுயநிதிப் பிரிவு மாணவியர்களுக்கு யோகா வகுப்புகள் 06-07-2015 முதல் 13-07-2015 வரை கஸ்தூரிபா காந்தி கலை அரங்கம் மற்றும் SCS அரங்கிலும் நடைபெற உள்ளது.

- ❖ 06.07.2015 மற்றும் 07.07.2015 ஆகிய தேதிகளில் B.Sc.(IT), B.Sc.(Bio-Chemistry), B.A.(English)-A&B, B.Sc.(Maths)-A&B, B.Com.(CS) மாணவியர்களுக்கு யோகா வகுப்புகள் நடைபெறும்.
- ❖ 08.07.2015 மற்றும் 09.07.2015 ஆகிய தேதிகளில் B.Sc.(CT), B.Sc.(CDF), B.Com.-A&B, B.Sc.(Maths-CA), B.Com.(Co-Op) மாணவியர்களுக்கு யோகா வகுப்புகள் நடைபெறும்.
- ❖ 10.07.2015 மற்றும் 13.07.2015 ஆகிய தேதிகளில் B.B.A.(CA), B.Sc.(Physics), B.Sc.(Computer Science), B.Com.(CA), BCA மாணவியர்களுக்கு யோகா வகுப்புகள் நடைபெறும்.

மேலும் விபரங்களை அறியத் தமிழ்த்துறை சுயநிதிப் பிரிவு அறிவிப்புப் பலகையைப் பார்க்கவும்.


முனைவர் மு. அய்யம்மாள், எம்.ஏ.எம்.பி.எல்., பி.எஃச்.டி.,
உதவிப்பேராசிரியர் மற்றும் தலைவர்
தமிழ்த்துறை (சுயநிதிப் பிரிவு)
வேளாளர் மகளிர் கல்லூரி (தன்னாட்சி)
திண்டிவல், ஈரோடு - 638 012.

31/7/15




வேளாளர் மகளிர் கல்லூரி (தன்னாட்சி), ஈரோடு-12

திறன் மேம்பாட்டுற்ற கல்லூரி
(தேசிய மதிப்பீடு, மீள்தர நிர்ணயக் குழுவின் "A" தகுதி பெற்றது)
தமிழ்த்துறை
2015 -2016
யோகா அறிமுக வகுப்பு

30.6.2015 முதல் 14.7.2015 வரை முதலாம் ஆண்டு மாணவியர்களுக்கு ஈரோடு மனவளைக்கலை மன்றத்தின் உதவியோடு யோகப்பயிற்சிகள் கொடுத்து நடைபெற்றது. 1750க்கும் மேற்பட்ட மாணவிகள் கலந்து கொண்டு பயனடைந்தார்கள்.

இப்படிக்கு
தமிழ்த்துறைத் தலைவர்
ஆர்.பி.என்.ஆர்.
முனைவர். ஆர். நிர்மலா தேவி. பிஎச்.டி.,
தமிழ்த்துறைத் தலைவர்
வேளாளர் மகளிர் கல்லூரி (தன்னாட்சி)
ஈரோடு - 638 012




PRINCIPAL
PRINCIPAL
VELLALAR COLLEGE FOR WOMEN
(AUTONOMOUS)
ERODE - 12.

Student participated in International Yoga Day from 30.06.2015 to 14.07.2015



5.1.3 Capacity Development and Skills Enhancement Activities- Physical Fitness 2019-2020

VELLALAR COLLEGE FOR WOMEN (AUTONOMOUS)
“COLLEGE WITH POTENTIAL FOR EXCELLENCE”
(RE-ACCREDITED WITH ‘A’ GRADE BY NAAC & AFFILIATED TO BHARATHIAR
UNIVERSITY, COIMBATORE)

DEPARTMENT OF PHYSICAL EDUCATION

The Department of Physical Education and Health and Wellness Club Jointly organized the webinar on 27.04.2020 at 11.00 AM in Google Meet. The topic is ‘Healthy food healthy life’, Dr.P.Suseela, Former Principal, Vellalar College for Women, as a guest speaker, discussing healthy eating habits to healthy lifestyle among the students and community.



Director of Physical Education

Dr. K. MALATHI, B.P.E.S., M.P.E.D., M.P.H.I., Ph.D.,
Directress of Physical Education,
Vellalar College for Women (Autonomous)
Erode - 638 012.

VELLALAR COLLEGE FOR WOMEN (AUTONOMOUS)
“COLLEGE WITH POTENTIAL FOR EXCELLENCE”
(RE-ACCREDITED WITH ‘A’ GRADE BY NAAC & AFFILIATED TO BHARATHIAR
UNIVERSITY, COIMBATORE)

DEPARTMENT OF PHYSICAL EDUCATION

The Department of Physical Education and Health and Wellness Club Jointly organized the webinar on 26.04.2020 at 11.00 AM in Google Meet. The topic is ‘Physical fitness and Mental Health’, Dr.Manju Pushpa, Assistant Professor, Bharathiar University, Coimbatore as a Guest Speaker ,provide physical and mental fitness solutions through home based physical activities during quarantine period to the students. The program will help the students and participants to understand and build both physical and mental fitness.



Director of Physical Education

Dr. K. MALATHI, B.P.E.S., M.P.E.d., M.Phil., Ph.D.,
Directress of Physical Education,
Vellalar College for Women (Autonomous)
Erode - 638 012.



VELLALAR COLLEGE FOR WOMEN (AUTONOMOUS)
“COLLEGE WITH POTENTIAL FOR EXCELLENCE”
(RE-ACCREDITED WITH ‘A’ GRADE BY NAAC & AFFILIATED TO BHARATHIAR
UNIVERSITY, COIMBATORE)

DEPARTMENT OF PHYSICAL EDUCATION (2019-20)

The department of Physical Education conducted a physical fitness class regularly in the morning sessions and evening sessions. The class was divided into two sessions. The morning session began at 6:30 am till 8:00 am, while the evening session started at 4:30 pm till 6:00 pm. This physical fitness class is compulsory for all team players, and other interested students can join on a rotational basis.

Director of Physical Education

Dr. K. MALATHI, B.P.E.S., M.Ped., M.Phil., Ph.D.,
Directress of Physical Education,
Vellalar College for Women (Autonomous)
Erode - 638 012.

**The Department of Physical Education Conducted a Physical Fitness class regularly
Morning session at 6.30 am to 8.00 am and Evening session at 4.30 pm to 6.00 pm.**



5.1.3 Capacity Development and Skills Enhancement Activities- Physical Fitness 2018-2019

VELLALAR COLLEGE FOR WOMEN (AUTONOMOUS), ERODE-12

DEPARTMENT OF NUTRITION & DIETETICS

UGC-FUNDED EXTENSION ACTIVITY

OBSERVANCE OF NATIONAL NUTRITION MONTH

“September Month”

INVITATION



TOPIC: NUTRITION EDUCATION

VENUE: ICDS Centre, kallivalasu I, Nadarmadu, Erode.

DATE : 27.09.2018



All are Cordially Invited

PROGRAMME

PRAYER

WELCOME ADDRESS :Dr. (Tmt). N.Maragatham,
Principal,
Vellalar College for Women, Erode.

FELICITATION:Thiru, S.D. Chandrasekar, B.A.,
Secretary,
Vellalar College for Women, Erode.

ACTIVITIES : NUTRITION EDUCATION

&

DISTRIBUTION OF STATIONERY AND LEARNING MATERIALS

: Mrs.R.Latha
Child Development Project Officer,
Integrated Child Development Service Centre,
Palayapalayam,
Erode.

VOTE OF THANKS

NATIONAL ANTHEM

VELLALAR COLLEGE FOR WOMEN (AUTONOMOUS), ERODE – 12
DEPARTMENT OF NUTRITION AND DIETETICS
UGC - FUNDED EXTENSION ACTIVITY (2018-19)
OBSERVANCE OF NATIONAL NUTRITION MONTH (September)
27.09.2018

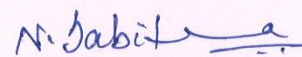
Details of Extension Activities

1.	Name of the College	Vellalar College for Women
2.	Organized Department	Nutrition and Dietetics
3.	Purpose	Extension Activity Observance of National Nutrition Month
4.	Outcome/Brief Report of the Programme	

Brief report of the programme

“NATIONAL NUTRITION MONTH” (September) was observed as a part of extension activity by the department of Nutrition & Dietetics on 27.09.2018 along with ICDS (Integrated Child Development Services) Center, Department of Social Welfare and Nutritious Meal Programme at kallivalasu I, Nadarmadu, Erode. The students of III B.Sc., Nutrition & Dietetics along with teaching & non- teaching staff members visited the center. The beneficiaries (No.44) including Children, Pregnant women and Lactating mothers participated in this activity. Importance of Nutrition, Breast feeding Practices, Supplementary foods, Health and Hygiene and Environmental sanitation were the key features in this Nutrition awareness programme.

Nutrition of these children is of prime importance as they are most vulnerable to malnutrition. Hence, the nutritional status of children was evaluated through anthropometric measurements, which is the best indicator of wellbeing of children. Finally, a steel cupboard for stacking purpose was given to this ICDS Center.



HEAD OF THE DEPARTMENT

Dr. N. SABITHA, M.Sc., M.Phil., Ph.D.,
Associate Professor And Head,
Dept. of Nutrition And Dietetics,
Vellalar College For Women
(Autonomous)
Erode - 638 012.

UGC-FUNDED EXTENSION ACTIVITY
OBSERVANCE OF NATIONAL NUTRITION MONTH
“September Month” – 27.09.2018



Beneficiaries and students at the ICDS Centre, kallivalasu I, Nadarmadu, Erode.



VELLALAR COLLEGE FOR WOMEN (AUTONOMOUS)
"COLLEGE WITH POTENTIAL FOR EXCELLENCE"
(RE-ACCREDITED WITH 'A' GRADE BY NAAC & AFFILIATED TO BHARATHIAR
UNIVERSITY, COIMBATORE)

DEPARTMENT OF PHYSICAL EDUCATION (2018-19)

The department of physical education conducted a fitness class regularly within the morning sessions and the evening sessions. The course was divided into two sessions. The morning session began at 6:30 am till 8:00 am, while the evening session started at 4:30 pm till 6:00 pm. This fitness class is compulsory for all team players, et al. who has an interest, can join on a rotational basis.

K. Malathi

Director of Physical Education

Dr. K. MALATHI, SPES, MPED, MPH, PHD,
Directress of Physical Education,
Vellalar College for Women (Autonomous)
Erode - 635 012.

The Department of Physical Education Conducted a Physical Fitness class- running practice regularly Morning session at 6.30 am to 8.00 am and Evening session at 4.30 pm to 6.00 pm.



5.1.3 Capacity Development and Skills Enhancement Activities- Physical Fitness 2017-2018

**VELLALAR COLLEGE FOR WOMEN (AUTONOMOUS)
ERODE-12
DEPARTMENT OF NUTRITION & DIETETICS
“NUTRISTAR”
ASSOCIATION MEETING
INVITATION**



**RESOURCE PERSON: Mrs. Janani Tamilvanan,
Founder and CEO,
Geneobe Wellness,**

Coimbatore.

TOPIC: The Coming Age of Personalised Nutrition

DATE : 26.07.2017

TIME : 1.45 pm

VENUE:CONFERENCE HALL

All are cordially Invited

PROGRAMME

❖ **PRAYER**

❖ **WELCOME ADDRESS :Dr. N. Sabitha,**
Head of the department,
Department of Nutrition & Dietetics.

❖ **FELICITATION :Dr. D. Kamalaveni,**
Principal,
Vellalar College for Women, Erode.

❖ **SPECIAL ADDRESS : Mrs. Janani Tamilvanan,**
CEO and Founder,
Geneobe Wellness,
Coimbatore.

❖ **VOTE OF THANKS :M. Padmapriya, III – B.Sc., (N&D),**
Association Secretary,
Department of Nutrition & Dietetics.

❖ **NATIONAL ANTHEM**

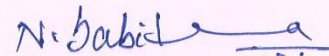
VELLALAR COLLEGE FOR WOMEN(AUTONOMOUS)
ERODE
DEPARTMENT OF NUTRITION AND DIETETICS
ASSOCIATION MEETING 2017-18
REPORT



1.	Name of the college	Vellalar College for Women
2.	Organized Department	Nutrition and Dietetics
3.	Purpose	ASSOCIATION MEETING
4.	Out-come / Brief Report of the Programme	-

Brief report of the programme

The department of Nutrition and Dietetics organized Association Meeting on 26.07.2017. Mrs. JananiTamilvanan,CEO and Founder, Geneobe Wellness, Coimbatore was invited as the Chief Guest for this Programme. She initialized the programme on the topic “The Coming Age of Personalised Nutrition”. She highlighted how the nutrients get interacted with the genes and enumerated the importance of nutrigenomics. The possibilities for manipulating the diet according to the gene sequence through genome technology was explained. The role of SNP and its effects within the genes was clearly described. The kit used for sample collection in gene identification was also exhibited. Finally, she interacted with the students and made the session very interesting and a pleasant one.



Head of the Department

Dr. N SABITHA, M.Sc., M.Phil., Ph.D.,
Associate Professor And Head,
Dept. of Nutrition And Dietetics,
Vellalar College For Women
(Autonomous)
Erode - 638 012.

Nutrition and Dietetics organized Association Meeting on 26.07.2017. Mrs. Janani Tamilvanan, CEO and Founder, Geneobe Wellness, Coimbatore





VELLALAR COLLEGE FOR WOMEN (AUTONOMOUS)
"COLLEGE WITH POTENTIAL FOR EXCELLENCE"
(RE-ACCREDITED WITH 'A' GRADE BY NAAC & AFFILIATED TO BHARATHIAR
UNIVERSITY, COIMBATORE)

DEPARTMENT OF PHYSICAL EDUCATION (2017-18)

A fitness class was regularly conducted in morning and evening sessions by the department of Physical Education. The course was divided into two sessions. The morning session began at 6:30 am till 8:00 am, while the evening session started at 4:30 pm till 6:00 pm. This fitness class is compulsory for all team players, et al. who have an interest, can join on a rotational basis.

Director of Physical Education

Dr. K. MALATHI, B.P.E.S., M.P.E.S., M.P.H., Ph.D.,
Directress of Physical Education,
Vellalar College for Women (Autonomous)
Erode - 638 012.

**The Department of Physical Education Conducted a Physical Fitness class regularly
Morning session at 6.30 am to 8.00 am and Evening session at 4.30 pm to 6.00 pm.**



5.1.3 Capacity Development and Skills Enhancement Activities- Physical Fitness 2016-2017

**ELLALAR COLLEGE FOR WOMEN (AUTONOMOUS), ERODE-12
DEPARTMENT OF NUTRITION & DIETETICS**

**“NUTRISTAR”
UGC-FUNDED GUEST LECTURE PROGRAMME
INVITATION**



**CHIEF GUEST:Ms.K. SANGEETHA
ASSISTANT PROFESSOR,
DEPARTMENT OF CLINICAL NUTRITION AND DIETETICS,
ETHIRAJ COLLEGE FOR WOMEN,
CHENNAI-600 008.**

SESSION I : *PERFORMANCE NUTRITION*

SESSION II : *FOOD AND DRUG INTERACTION*

VENUE : CONFERENCE HALL

DATE : 04.10.2016

TIME : 10.00 am

ALL ARE CORDIALLY INVITED

PROGRAMME

PRAYER SONG

WELCOME ADDRESS: Dr.N.SABITHA

HEAD OF THE DEPARTMENT,
NUTRITION &DIETETICS.

FELICITATION:Dr. (Tmt). D. KAMALAVENI

Principal,
Vellalar College For Women,
Erode.

SPECIAL ADDRESS:Miss. K. SANGEETHA

Assistant Professor,
Department Of Clinical Nutrition and Dietetics,
Ethiraj College For Women,
Chennai-600 008.

VOTE OF THANKS

NATIONAL ANTHEM

VELLALAR COLLEGE FOR WOMEN(AUTONOMOUS) ERODE – 12



DEPARTMENT OF NUTRITION AND DIETETICS

UGC FUNDED GUEST LECTURE

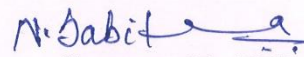
04.10.2016

REPORT

The UGC – Funded guest lecture was delivered by Ms. K.Sangeetha, Assistant Professor, Department of Clinical Nutrition and Dietetics, Ethiraj College For Women, Chennai, on 04.10.2016. During the **Session-I**, she delivered a lecture on the topic “**Performance Nutrition**”. The components of Fitness: Flexibility, Muscle strength, Cardio Respiratory Endurance were elucidated by the resource person. She listed the benefits of Fitness such as restful sleep, optimal body composition, optimal bone density, and functions of lungs. She explained about the Sources of energy, Antioxidants and protein supplements.

In the **Session-II**, she delivered a lecture on “**Food and Drug Interaction**”. She explained the interactions affecting systematic or physiological disposition, that occurs after the absorption of nutrients and drug in the GI tract. She presented the effects of Corticosteroid in reducing the swelling, itching, allergies, observed in Rheumatoid arthritis. The benefits of Beta Blockers in decreasing the nerve impulses and the intake of calcium rich foods in decreasing the bioavailability were discussed. Finally, Anticonvulsants and antiepileptic drugs in decreasing the stomach upset were explained.

Around 150 students gained knowledge on the recent trends in the field of Nutrition. The programme highly benefitted and motivated the students.


Signature of the HOD

Dr. N. SABITHA, M.Sc., M.Phil., Ph.D.,
Associate Professor And Head,
Dept. of Nutrition And Dietetics,
Vellalar College For Women
(Autonomous)
Erode - 638 012.

**Guest lecture was delivered by Ms. K. Sangeetha, Assistant Professor,
Department of Clinical Nutrition and Dietetics, Ethiraj College for Women,
Chennai, on 04.10.2016**





VELLALAR COLLEGE FOR WOMEN (AUTONOMOUS)
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UNIVERSITY, COIMBATORE)

DEPARTMENT OF PHYSICAL EDUCATION (2016 -17)

A fitness and wellness class was consistently directed in morning and evening sessions by the Department of Physical Education. The course was isolated into two sessions. The morning session started at 6:30 am till 8:00 am, while the evening session began at 4:30 pm till 6:00 pm. This wellness class is necessary for all team players, and individuals interested can join on a rotational premise.

Director of Physical Education

Dr. K. MALATHI, B.P.E.S., M.P.E.d., M.Phil., Ph.D.,
Directress of Physical Education,
Vellalar College for Women (Autonomous)
Erode - 638 012.

**The Department of Physical Education Conducted a Physical Fitness class regularly
Morning at 6.30 am to 8.00 am on college ground**



**The Department of Physical Education Conducted a Physical Fitness class regularly
Evening at 4.30 pm to 6.30 pm on college ground**



5.1.3 Capacity Development and Skills Enhancement Activities- Physical Fitness 2015-2016



VELLALAR COLLEGE FOR WOMEN (AUTONOMOUS)
'College with Potential for Excellence'
(Affiliated to Bharathiar University and Reaccredited with 'A' Grade by NAAC)
ERODE -12

DEPARTMENT OF CHEMISTRY

Cordially invite you for the

SPECIAL MEETING

at 10.30 a.m on Wednesday, 19th August 2015

CHIEF GUEST: **Lion Er.D.Shannugam B.E., FIV**

Chairman, Senthur Polytechnic, Nambiyur

Managing Director, Yes & Yes Hi-Tech Promoters India (P) Ltd.,

Past District Governor: Lions Clubs International Dist-324 B2,

Erode.

TOPIC : **THE POWER**

VENUE : **Non Resident Hall**



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VELLALAR COLLEGE FOR WOMEN [Autonomous], ERODE -12
DEPARTMENT OF CHEMISTRY
SPECIAL MEETING

19.08.2015

On behalf of the Chemistry Association 'VELCHEM' a special meeting was organized on 19.08.2015. **Lion Er.D.Shanmugam B.E., FIV**, Chairman, Senthur Polytechnic, Nambiyur, Managing Director, Yes & Yes Hi-Tech Promoters India (P) Ltd., Past District Governor: Lions Clubs International Dist-324 B2, Erode delivered a momentous lecture on the topic "THE POWER". In his address, he elaborated the power happiness that can bring the fulfilling feel of life. He detailed the need of acceptance and tolerance for the successful maintenance of human relationships. He also mentioned the requirement of clarity of our aim and the effort to achieve it. He emphasized the strength of security levels which can make one to take care of the society and the never ending happiness achieved through it. Mrs. C.Vasanthadevi, Associate Professor and Head, Department of Chemistry welcomed the gathering and Ms. M. Aarthi of III B.Sc Chemistry proposed the vote of thanks.

C. Vasanthadevi
C. VASANTHADEVI, M.Sc., M.Phil.,
Associate Professor & HOD,
Department of Chemistry,
Vellalar College for Women (Autonomous),
Erode - 636 012.

Chemistry Association “VELICHEM” a Special Meeting organized on 19.08.2015 by Lion Er.D.Shanmugam B.E., FIV, Chairman, Managing Director, Senthur Polytechnic, Nambiyur.



Chemistry Association “VELICHEM” a Special Meeting organized on 19.08.2015 by Lion Er.D.Shanmugam B.E., FIV, Chairman, Managing Director, Senthur Polytechnic, Nambiyur.



VELLALAR COLLEGE FOR WOMEN,
(AUTONOMOUS), ERODE-12.

DEPARTMENT OF NUTRITION & DIETETICS

"NUTRISTAR"

ASSOCIATION MEETING

INVITATION



Chief Guest : Mr.P.CHANDRASEKARAN, B.E (HONS)

HEAD OF OPERATIONS,
SAKTHI FRUIT PRODUCTS,
ERODE.

TOPIC : VALUE ADDED PRODUCTS-POTENTIAL,
FOOD SAFETY AND MARKETING

VENUE : CONFERENCE HALL

DATE : 24.07.2015

TIME : 1.45 pm

All are Cordially Invited



PROGRAMME

- ❖ PRAYER
- ❖ WELCOME ADDRESS
- ❖ SPECIAL ADDRESS

Mr .P.CHANDRASEKARAN ,B.E.(HONS)

TOPIC : VALUE ADDED PRODUCTS-POTENTIAL,FOOD SAFETY AND
MARKETING

- ❖ VOTE OF THANKS
- ❖ NATIONAL ANTHEM



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VELLALAR COLLEGE FOR WOMEN(AUTONOMOUS)ERODE.
DEPARTMENT OF NUTRITION AND DIETETICS
ASSOCIATION MEETING 2015-16
REPORT

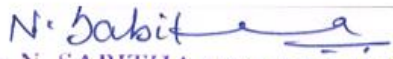


1.	Name of the college	Vellalar College for Women
2.	Organized Department	Nutrition and Dietetics
3.	Purpose	ASSOCIATION MEETING
4.	Out-come / Brief Report of the Programme	-

Special Meeting

Brief report of the programme

The department of Nutrition and Dietetics organized Association Meeting on 24.07.2015. Mr. P. Chandrasekaran B.E.(HONS), Head of Operations, Sakthi Fruit Products, Erode was invited as a Chief guest for the Programme. He initialized the programme on the topic "Value Added Products-Potential, Food Safety and Marketing". He explained processing techniques updated in their industry and also new production methods of papaya fruit. He enumerated the role and beneficial effects of Chemicals in Food Industry. He also inter-related the techniques regarding Value addition-Paddy, Milk, Fruits and Vegetables. He predicted more ideas regarding Food safety -importance, laws (FSSAI, FPO, HACCP, WHO) to be followed. He finally highlighted the benefits of different styles of Marketing, which is very essential for a good turn over.


Dr. N. SABITHA, M.Sc., M.Phil., Ph.D.,
Associate Professor And Head,
Dept. of Nutrition And Dietetics,
Vellalar College For Women
(Autonomous)



VELLALAR COLLEGE FOR WOMEN (AUTONOMOUS)
"COLLEGE WITH POTENTIAL FOR EXCELLENCE"
(RE-ACCREDITED WITH 'A' GRADE BY NAAC & AFFILIATED TO BHARATHIAR
UNIVERSITY, COIMBATORE)

DEPARTMENT OF PHYSICAL EDUCATION (2015-16)

A fitness and well-being class was reliably coordinated in morning and evening sessions by the Department of Physical Education. The course was disengaged into two sessions. The morning session began at 6:30 am till 8:00 am, while the evening session started at 4:30 pm till 6:00 pm. This well-being class is fundamental for all team players, and people intrigued can join on a rotational basis.

Director of Physical Education

Dr. K. MALATHI, B.P.E.S., M.P.E.D., M.P.H.I., PH.D.
Directress of Physical Education,
Vellalar College for Women (Autonomous)
Erode - 638 012.

The Department of Physical Education Conducted a Physical Fitness class regularly on college playground



The Department of Physical Education Conducted a Physical Fitness class at college Gym



5.1.3 Capacity Development and Skills Enhancement Activities- Health and Hygiene 2019-2020



VELLALAR COLLEGE FOR WOMEN (AUTONOMOUS), ERODE

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AN ISO 9001:2015 CERTIFIED INSTITUTION
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UGC - PARAMARSH-MENTOR INSTITUTION

DEPARTMENT OF COMMERCE (PA)

COMMERCIO WHIZZES ASSOCIATION

Organizes



**SPECIAL MEETING
ON**

HORMONES & HUMAN BEHAVIOUR



Resource Person:

Dr. Sakthivel Sivasubramanian
MD CM., FECSM
Medical Director
The Hormone Clinic
Tiruchi.

Date : 14.09.2020

Time : 5 p.m.

Online Platform : Zoom

Programme objective : To promote awareness on role of hormones in behaviour

Programme outcome : Understand the basic principles of hormone – behaviour relationship

All are cordially invited online

SPECIAL MEETING ON "HORMONES AND HUMAN BEHAVIOUR"

Report

A Special Meeting on 'Hormones and Human Behaviour' was organized on 14.9.2020. Dr.Sakthivel Sivasubramanian, Medical Director, The Hormone Clinic, Tiruchi was the resource person. He enlightened the participants about hormones and its importance at different stages of life and other aspects like reasons to know about hormones, normal ranges of height, weight and factors that determine the weight, blood sugar level, information about pregnancy diabetes and facts about thyroid. 43 participants from II B.Com(PA) attended the programme and got benefited.



Dr. S. VISHNUVARTHANI
Associate Professor and Head,
Department of Commerce (PA)
Vellalar College for Women (Autonomous)
Erode - 638 012.

Special Meeting on Hormones & Human Behavior on 14.09.2020 with Dr.Sakthivel Sivasubramanian MD CM., FECSM, Medical Director, The Hormone Clinic Tiruchi.





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VELLALAR COLLEGE FOR WOMEN (AUTONOMOUS), ERODE-12

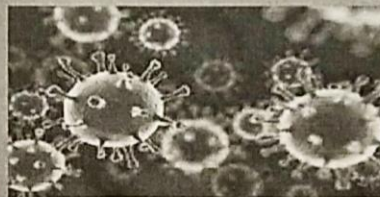
DEPARTMENT OF PHYSICS

DBT- Star College Scheme

Community Development Programme

On

AWARENESS ON NOVEL CORONA VIRUS – A GLOBAL PANDEMIC



Dr.Senthilvelavan MS (General Surgery)

Assistant Professor

Government Medical College and Hospital

Erode.

**31st
July
2020**

**11
AM**

On Online



Link: meet.google.com/mk-dzkg-cdd

Objective: To create awareness on COVID-19

Outcome: Participants will be able to know more about Do's and Don'ts in this pandemic situation and the ways to improve the immunity of the body system.





Vellalar College for women (Autonomous), Erode

Department of Physics

DBT-Star College Scheme

Community Development Programme

on

Awareness on Novel Corona Virus –A Global Pandemic



Resource Person : **Dr. SenthilVelavan** MS (General Surgery),
Assistant Professor,
Government medical College and Hospital,
Erode.

Date : 31.07.2020

A Report

The Department of Physics has organized and conducted a Community Development Programme on "*Awareness on Novel Corona Virus –A Global Pandemic*" under **DBT – Star College scheme** on 31.07.2020 where **Dr. SenthilVelavan** MS (General Surgery), Assistant Professor, Government medical College and Hospital, Erode was the resource person. The programme was aimed at reaching out to community people with the message about the history, causes, symptoms and prevention of Covid-19. The programme started with a welcome speech by Dr.P. Anitha Assistant Professor and Head, Department of Physics followed by Introduction of the guest. The resource person gave an elaborate description about the Corona virus, symptoms of Corona virus, laboratory diagnosis to confirm the COVID-19 infection and how the virus is spreading among the people. He also clarified about how to wear a mask and how to dispose them accordingly. Preventive measures emphasized on the importance of regular hand wash, use of protective mask, use of sanitizers and social distancing. He gave various tips to improve our body immunity and clearly explained the food style which could prevent from viral infections. All the faculty, students and their family members participated in this programme got exposure about the corona virus, and by interacting with the specialist they cleared their entire doubts. More than 250 participants were benefited through this programme and the participants felt that they were free from the stress after getting to know about the safety measures to prevent from virus.

Head of the Department

Dr. P. ANITHA M.Sc., M.Phil., Ph.D.,
Assistant Professor & Head
Department of Physics
Vellalar College for Women (Autonomous)
Erode - 638 012



**VELLALAR COLLEGE FOR WOMEN (AUTONOMOUS),
ERODE – 12**

College with Potential for Excellence
An ISO 9001:2015 Certified Institution
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UGC - PARAMARSH - MENTOR INSTITUTION

**GOLDEN JUBILEE WEBINAR SERIES
DEPARTMENT OF E-COMMERCE**

Organizes

International Webinar on

**STAY HEALTHY
HAPPY**



RESOURCE PERSON

Dr. Senthil Senniappan

MBBS, MD, MRCP, FRCP, Ph.D.,
Consultant Paediatric Endocrinologist
& Senior Lecturer
Liverpool, UK.

Date : 04.07.2020

Time : 3:00 p.m.

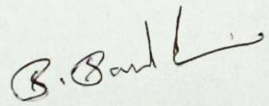
Google Meet ID : <https://meet.google.com/xop-gboh-dmj>

ALL ARE CORDIALLY INVITED, ONLINE

Department of E-Commerce
Department Activities
ODD SEMESTER (2020-2021)

Webinar

An International Webinar titled “Stay Healthy, Stay Happy” was conducted by the Department of E-Commerce on 04.07.2020 during the COVID-19 pandemic period. Dr.Senthil Senniappan, a renowned senior Lecturer from Liverpool, UK acted as a resource person. He gave an enlightened speech and highlighted the relevance and importance of physical, mental and social wellbeing particularly during the lock down period. His Speech was informative and scientific in nature. He also focussed on the preventive measures, Do's and Don'ts during the pandemic period. The beneficiaries were the students and staff members of B.Com (E-Commerce), staff members of other departments of Vellalar College for Women(Autonomous)and the public-(Count:100).


Head of the Department
Department of E-Commerce
Vellalar College for Women (Autonomous)
Erode-12.

VELLALAR COLLEGE FOR WOMEN (AUTONOMOUS), Erode-12.
'College with Potential for Excellence'
(Re-accredited with 'A' Grade by NAAC and affiliated to Bharathiar University)
Erode – 638012

Counseling Programme

Organized by

Department of Computer Science (UG &PG)

Resource Person :Mrs.D. Subhashini,
Ms. P. Kamalaveni,
Administrator, OSC Counselor,
OSC (One Stop Centre), Erode.

Date : 29.01.2020

Time : 10 a.m to 1 p.m

Venue : Conference Hall

Participants : UG Computer Science Students

ALL ARE CORDIALLY INVITED

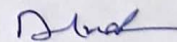
DEPARTMENT OF COMPUTER SCIENCE
VELLALAR COLLEGE FOR WOMEN (AUTONOMOUS)
College with Potential for Excellence
(Re-accredited with 'A' Grade by NAAC & Affiliated to Bharathiar University.
Coimbatore)
Thindal, Erode-638012

Counseling Programme

Report

29.01.2019

A counseling programme was conducted for students by the Department of Computer Science on 29.01.2019. P.Sridevi, Assistant Professor, Department of Computer Science welcomed the gathering. Mrs.D. Subhashini, & Ms. P. Kamalaveni, Administrator, OSC Counselor, OSC (One Stop Centre), Erode acted as resource person and delivered the inaugural address. Mrs.D. Subhashini reiterating the importance of knowing one's potential and subject of interest before making a decision. She also laid stress on the right combination of subjects as per their aptitude which should be reflected in their academic performance. She guided the students to identify their interests and discussed about moral values. Ms. P. Kamalaveni advised them to plan multiple activities during their vacations to hone their skills. The session was informative and enriching for students as well as parents. K.T. Divya, Assistant Professor of Computer Science proposed vote of thanks.



Dr.B.Ananthi
Associate Professor & Head
Department of Computer Science.

Dr. B. ANANTHI,
Associate Professor & Head,
Department of Computer Science (SF),
Vellalar College For Women,
Erode-12.

Counseling Programme Organized by Department of Computer Science (UG &PG) on 29.01.2020. Resource Person Mrs.D. Subhashini, Ms. P. Kamalaveni, Administrator, OSC Counselor, OSC (One Stop Centre) Erode.



VELLALAR COLLEGE FOR WOMEN (Autonomous), ERODE -12
(Reaccredited with 'A' Grade by NAAC & Affiliated to Bharathiar University)



DEPARTMENT OF COMMERCE (PROFESSIONAL ACCOUNTING)

Cordially invites you for a Special Meeting

on

“Health and Hygiene”

Chief Guest: Dr.P.Bharathi

Agathiyar Siddha Hospital

Erode.

Date : 11-09-2019

Time : 2 p.m.

Venue : T6

Staff and Students,

Department of Commerce (PA)

SPECIAL MEETING ON “HEALTH AND HYGIENE”

REPORT

A Special Meeting on “Health and Hygiene” was organized on 11.09.2019. Dr. P.Bharathi, Agathiyar Siddha Hospital, Erode was the chief guest. She stressed on the importance of health. The common health problems faced by the women were clearly explained. The students were given health counseling regarding the nutrition available in various food items, the hygienic practices and the ways to improve immunity. The students clarified their doubts on health issues and Fifty Two students from I B.Com (PA) got benefited from this programme.

S. V. K. R. S. S. S.

Dr. S. VISHNUPARTHASARATHI
M.Com, P.U. B.E.D., P.E.D.U.A. NAMA, M.Phil.
Assistant Professor
Mrs. S. V. K. R. S. S. S. S.
Vidyalakshmi College for Women (Autonomous)
Brodip - N.M.E 617

Signature of the HOD

**A Special Meeting on “Health and Hygiene” was organized on 11.09.2019. Dr. P.Bharathi,
Agathiyar Siddha Hospital, Erode.**





VELLALAR COLLEGE FOR WOMEN (AUTONOMOUS), ERODE-12

College with Potential for Excellence

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AWARENESS CAMPAIGN

ON

"WATER IS EVERYTHING- LIFE, BLUE, GREEN"

ORGANIZED BY

PG & RESEARCH DEPARTMENT OF ENGLISH

Chief Guest

Mr. KARTHIKEYA SIVASENAPATHY,
Managing Trustee,
Senaapathy Kangayam Cattle Research Foundation (SKCRF)
Ainthinai Arakattalai

Date: 09.08.2019

Time: 10.30 a.m.

Venue: Kasthurba Gandhi Kalaiarangam

ALL ARE CORDIALLY INVITED



VELLALAR COLLEGE FOR WOMEN (AUTONOMOUS), ERODE-12
College with Potential for Excellence



(Re-accredited with "A" Grade by NAAC & Affiliated to Bharathiar University)

REPORT ON AWARENESS CAMPAIGN

"WATER IS EVERYTHING - LIFE, BLUE, GREEN"



A special campaign entitled "Water is Everything - Life, Blue, Green" was organised by the PG & Research Department of English on 09.08.2019 for the part II English students. Mr. Karthikeya Sivasenathapathy, Managing Trustee, Senapathy Kangayam Cattle Research foundation was the resource person. He expounded the significance of rainwater harvesting and conserving natural resources

DEPARTMENT OF ENGLISH (SF),
VELLALAR COLLEGE FOR WOMEN,
(AUTONOMOUS), ERODE - 6.

5.1.3 Capacity Development and Skills Enhancement Activities- Health and Hygiene 2018-2019

Date	Programme	Title of the Programme	Name & Designation of the Resource person
18.08.2018	Observance of National Deworming Day	Tablet Distribution Campaign	Venue: Vellalar College for Women, Erode
18.09.2018	Oath taking programme	Open Defecation free village	Venue: Nathakattupalayam
02.01.2019	Awareness survey	Prevalence of Fluorosis among College girls	Venue: Vellalar College for Women, Erode
08.02.2019	Observance of National Deworming Day	Tablet Distribution Campaign	Venue: Vellalar College for Women, Erode
12.02.2019	Clearing community	Plastic free campus	Venue: Vellalar College for Women, Erode
19.02.2019	Cookery competition	“ Eat Healthy ”	Venue: Vellalar College for Women, Erode

**19.02.2019 – Cookery Competition
“Eat Healthy”
Department of Bio-Chemistry
Venue: Vellalar College for Women, Erode.**



3. PLASTIC FREE CAMPUS - Campus cleaning Programme:

Health and Wellness Club Of our College conducted a Campus cleaning programme on 12.02.19. Members of Health and wellness Club removed the litters and plastic garbages scattered around college campus. The members actively participated and made the campus free of plastic wastes.



“EAT HEALTHY ” - COOKERY COMPETITION:

To emphasize the practice of healthy eating among the College students, Health and Wellness Club of our College conducted a Cookery Competition with a theme of “ Eat Healthy”. The members of Health and Wellness Club Of Self Financing wing actively took part in the competition and exhibited their preparations using millets and grains. Miss. Naveena .V.P of I.B.Sc.Biochemistry Won the 1st prize and Miss. Indhuramani.T of I.B.Sc.CDF won the 2nd place in the competition.

COOKERY COMPETITION:

To emphasize the practice of healthy eating among the


college conducted a Cookery Competition.

Health and Wellness Club of Self Financing wing actively

participated in the competition and exhibited their

preparations using millets and grains. Miss. Naveena .V.P

of I.B.Sc.Biochemistry Won the 1st prize and Miss. Indhuramani.T


Dr.C. KIRUBA RANI, M.Sc, M.Phil., Ph.D.,
Assistant Professor & Head
Department of Biochemistry
Vellalar College for Women
Erode - 638 012

**12.02.2019-Cleaning Community
Plastic Free Campus
Department of Bio-Chemistry
Venue: Vellalar College for Women, Erode.**




NATIONAL DEWORMING DAY - II

The National Deworming Day is an initiative of Ministry of Health and Family Welfare, Government of India to make every child in the country worm free. It is a single fixed – day approach to treating intestinal worm infections in all children aged 1-9years and is held in our college on 8th February. This is one of the largest public health programs reaching large numbers during a short period. It aims to conduct mass deworming program to mobilize health personnel, to prioritize in control of Soil Transmitted Helminth (STH) infections – one of the most common infections.

Goal of the day is to deworm all students under 19 years in order to improve their overall health, cognitive development, nutritional status and quality of life. Parasitic worms or Soil-Transmitted Helminths causes parasitic infestations with nutrient uptake in the host. It causes complications among the individual resulting in anaemia, malnutrition and improper mental and physical development. Each day, parasitic worms produce thousands of eggs which are passed in human faeces and spread to others by contaminating soil in areas where open defecation predominant and sanitation in poor.

With the context of the above, deworming Awareness programme was led in our college by the Health and Wellness Club by the distribution of Albendazole tablets provided by Government of Tamil Nadu ,targeting girls under 19 of age . About 1400 students (Aided and Self Financing Wing) were benefitted by this programme.




Dr.C. KIRUBARANI, M.Sc, M.Phil., Ph.D.,
Assistant Professor & Head
Department of Biochemistry
Vellalar College for Women
Vellore - 620 012

**08.02.2019-Observance of National Deworming Day
Tablet Distribution Campaign
Department of Bio-Chemistry
Venue: Vellalar College for Women, Erode.**



PREVALENCE OF FLUOROSIS AMONG COLLEGE GIRLS - An Awareness Survey

The Dental fluorosis also termed mottled enamel is an extremely common disorder, characterized by hypomineralization of tooth enamel caused by ingestion of excessive fluoride during enamel formation. It is an abnormal condition caused by excessive intake of fluorides, characterized by discoloration and pitting of the teeth and in adults by pathological bone changes.

The severity and duration depends on a person's age, nutritional status, environment, kidney function, amount of fluoride ingested, genetic background, tendency to allergies, and other factors such as hardness of the water due to presence of calcium and magnesium.

Once fluoride enters the body either through the blood vessels in the mouth or through the gastrointestinal route, it reaches the various organs and tissues in the body. Fluoride being an electronegative element, having a negative charge is attracted by positively charged ions like calcium. Bone and tooth having highest amount of calcium in the body, attract the maximum amount of fluoride and is deposited as calcium fluorapatite crystals.

Health and wellness club of our college conducted an awareness survey on 02.01.19 about the prevalence of Dental Fluorosis among 1st year Commerce students. The volunteers of the club and students of KSR Dental College, Tiruchengode, offered their service and lend their hand for this survey programme. They also insisted the treatment and precautionary measures to overcome this dental disorder.



C. Kirubarani

Dr.C. KIRUBA RANI, M.Sc., M.Phil., Ph.D.,
Assistant Professor & Head
Department of Biochemistry
Vellalar College for Women
Erode - 638 012

**02.01.2019-Awareness Survey
(Prevalence of Fluorosis among College girls)
Department of Bio-Chemistry
Venue: Vellalar College for Women, Erode.**



VELLALAR COLLEGE FOR WOMEN (Autonomous), ERODE - 12.

DEPARTMENT OF BUSINESS ADMINISTRATION WITH CA

TYCOON

Organizes

AN AWARENESS AND TRAINING PROGRAMME

ON

LIFE SKILLS



RESOURCE PERSONS : 1) Mrs. D. Jaya Pradha
Proprietress, Kapi Kudil, Erode

2) Mrs. M. Vijayadurgadevi
Proprietress, B2K Bytes 2 Knowledge

DATE : 24.12.18 TO 28.12.18

VENUE : II-BBA (CA) CLASSROOM

ALL ARE CORDIALLY INVITED

Report - An Awareness and Training Programme on Life Skills

On 24th, 27th and 28th December 2018, The Department of Business Administration with CA has organized "An Awareness and Training Programme on Life Skills" for II BBA(CA) students. Around 55 students attended the programme.

The Programme started with welcome address by Ms.P.Indhumathi of II BBA(CA) . Mrs. Jayapradha, Proprietress, Kaapikudil, Vellalar college for women(Autonomous), Thinal and Mrs.M.Vijaya Durga Devi, Proprietress, B2K BYTES 2 Knowledge are the chief guests. They addressed the gathering and enunciated the importance of life skills which is more essential to the girls especially in today's world. They also insisted the moral values and ethics that should be followed by the students. Finally their motivational talk captured the students minds and motivated them to develop their Life Skills. Finally, the programme ended with the Vote of Thanks by Ms. Suvetha.S of II BBA(CA).



Signature of the Staff Incharge:
M. Vaidheli

Department of Business Administration
With Computer Applications,
Vellalar College For Women. (Autonomous)
Thindal, Erode - 638 012

OPEN DEFECCATION FREE VILLAGE

- An Oath Taking Program

"Cleanliness is next to Godliness", a proverbial adage that traces its inception to ancient Indian times, is the epitome of irony in the current Indian health situation. Though over the last 50 years, the general health of Indians has improved and the life expectancy has increased, myriad health and sanitation problems still stare one in the face. The biggest one, open defecation, is the mother of all infection and morbidity. The WHO declared the year 2008 as International Year of Sanitation. It was here that the term 'Open Defecation' was widely publicized.

India has an open defecation rate of 60% – four times the global rate. It is well documented that open defecation leads to the transmission of diseases and open defecation produces adverse health outcomes for nearby populations, especially children. Since 1986, India has taken measures to address this problem by implementing various sanitation campaigns to eliminate open defecation. Unfortunately, the campaigns have achieved limited success in changing the population's open defecation behavior. The current campaign, Swachh Bharat Abhiyan (SBA) or "Clean India Mission" have set a goal of an open defecation-free (ODF) India by 2019

The term "open defecation free" (ODF) is used to describe communities that have shifted to using a toilet instead of open defecation. This can happen for example after community-led total sanitation programs have been implemented.

Health and Wellness Club of our college organized a oath taking program among school students of the village of Nathakattupalayam on 18.09.18. All the school students actively took part in the program and undertook an oath to make their village "Open defecation free Village". They also made a pledge to avoid open defecation in their personal life.



C. Kiruba Rani
Dr.C. KIRUBA RANI, M.Sc, M.Phil, Ph.D.,
Assistant Professor & Head
Department of Biochemistry
Vellalar College for Women
Erode - 638 012

18.09.2018 Department of Bio-Chemistry Organized Oath Taking Programme on Open Defection free Village at Nathakattupalayam



VELLALAR COLLEGE FOR WOMEN (AUTONOMOUS), ERODE

I. NATIONAL DEWORMING DAY - I

National Deworming Day is observed in our country to reduce the cases of worm infections among kids. Kids are vulnerable to the worm infections in their childhood, so it is very necessary to save them from worm infection through good habit (hygienic) practices and deworming tablets.

Deworming Day is a big initiative campaign run by the government of India (Ministry of Health and Family Welfare) to make people aware about worm infections, its bad effects on the health and cure and prevent further infection through deworming tablets. Worm infection can make children anaemic, malnourished, weak, sick, and tired with poor concentration.

It can cause a range of problems starting with stomach pain, it can lead to loss of appetite, malnourishment, anaemia, vomiting, Vitamin-A deficiency and even affect cognitive development of the children. The Union Government has declared August 10 as the National Deworming Day for administering chewable albendazole tablets to the children aged between 1 to 19 in all anganwadis, schools and colleges.

With the context of the above, Health and wellness club of Vellalar College for Women issued albendazole tablets provided by Government of Tamil Nadu to the college students of age under 19 on 18.08.18. About 1400 students (aided and unaided) were benefited by this program.



C. Kiruba Rani

Dr.C. KIRUBA RANI, M.Sc, M.Phil, Ph.D.,
Assistant Professor & Head
Department of Biochemistry
Vellalar College for Women
Erode - 638 012

**18.08.2018 Department of Bio-Chemistry Observance of National Deworming Day on
Tablet Distribution Campaign at Vellalar College for Women, Erode.**



VELLALAR COLLEGE FOR WOMEN (AUTONOMOUS), ERODE
DEPARTMENT OF BIOCHEMISTRY

FREE EYE CAMP

The Biochemistry Association organized a "Free Eye Camp" in association with **Vasan Eye Care**, Erode on 14.08.2018. About 150 staff and students got benefitted from this camp.



C. Kirubani

Dr.C. KIRUBA RANI, M.Sc., M.Phil., Ph.D.,
Assistant Professor & Head
Department of Biochemistry
Vellalar College for Women
Erode - 638 012

**VELLALAR COLLEGE FOR WOMEN (AUTONOMOUS)
ERODE-12.**

DEPARTMENT OF NUTRITION AND DIETETICS

“NUTRISTAR”

WORLD BREAST FEEDING WEEK CELEBRATION

INVITATION



WORLD BREAST FEEDING WEEK-(August 1-7)

AWARENESS PROGRAMME

VENUE : CONFERENCE HALL

DATE : 07.08.2018

TIME : 2.00 pm



ALL ARE CORDIALLY INVITED

PROGRAMME

- ❖ PRAYER
- ❖ WELCOME ADDRESS **Dr.N.Sabitha,**
Head of the Department,
Department of Nutrition & Dietetics.
- ❖ FELICITATION **Dr.N.Maragatham,**
Principal,
Vellalar College for Women, Erode.
- ❖ SPECIAL ADDRESS **Dr.S.Vani, M.B.B.S.,**
Medical Officer,
Department of Obstetrics & Gynecology,
Perundurai Medical College,
Perundurai, Erode

TOPIC “Breast Feeding – Basic for Life”

- ❖ VOTE OF THANKS **N.Sandhiyaa, III – B.Sc., (N&D),**
Association Secretary,
Department of Nutrition & Dietetics.
- ❖ NATIONAL ANTHEM

WORLD BREAST FEEDING WEEK (August 1st Week)
Awareness programme on 07.08.2018 with Dr.S.Vani M.B.B.S, Medical Officer,
Perundurai explain the topic about “Breast Feeding: Basic for Life”






**VELLALAR COLLEGE FOR WOMEN(AUTONOMOUS), ERODE.
DEPARTMENT OF NUTRITION AND DIETETICS**

1.	Name of the college	Vellalar College for Women
2.	Organized Department	Nutrition and Dietetics
3.	Purpose	World Breastfeeding week celebration
4.	Out-come / Brief Report of the Program	-

Brief report of the programme

World Breastfeeding Week was celebrated on 07.08.2018. Dr.S.Vani, M.B.B.S., Medical Officer, Department of Obstetrics & Gynecology, IRT Perundurai Medical College, Perundurai, Erode delivered a lecture on the topic “Breast Feeding: Basic for Life”. The significance of exclusive breastfeeding up to one year was highlighted. Positioning of baby during breastfeeding was pictured and the dietary management for the lactating mothers was consolidated. The students were highly enthusiastic as she took the session very lively. The UG students of Nutrition & Dietetics and non major and the PG students of Foods & Nutrition were benefitted through this programme.


Dr. N. SABITHA, M.Sc., M.Phil., Ph.D.,
Associate Professor And Head,
Dept. of Nutrition And Dietetics,
Vellalar College For Women
(Autonomous)
Erode - 638 012.

5.1.3 Capacity Development and Skills Enhancement Activities- Health and Hygiene 2017-2018



**தமிழ்நாடு அரசுபொதுநூலகத்துறை
கிளை நூலகம், காஞ்சிக்கோவில்
வாசகர் வட்டம் மற்றும் நூலகம் மற்றும் தகவல் அறிவிமில் துறை,
வேளாளர் மகளிர் கல்லூரி MSSRS & IPLM இணைந்து நடத்தும்**

ஆரோக்கியமான வாழ்க்கை விழிப்புணர்வு நிகழ்ச்சி



AWARENESS PROGRAMME ON GOOD HEALTH AND WELL BEING

One day programme on “**Good Health and Well Being**” was organized by PG and Research department of library and information science, Vellalar college for women(Autonomous) Erode and Kanjikoil Branch Library in association with IPLM and INELI for Sustainable development goals on 25.02.2018 at Kanjikoil.

The programme started with heart touching health awareness skit performed by PGDLIS Students, Vellalar College for Women, Erode. Followed by the welcome address by M. Sundrasekar, Stack management officer of public library, Erode. The felicitation speech has delivered by Mr. V. Madheswaran, DLO, Erode and Mr. Stephen, HOD, PGDLIS, Vellalar College for Women, Erode.

Ms. D. Mercy Lydia, Assistant professor, PGDILS, Vellalar College for Women, Erode explored an impressive interactive session. Mr. Muthu Dhanikachalam, Member of Uyir Organic Farm, Erode was the chief guest of the programme. He tasted and acted as judge the food items which was prepared by the students of government school Kanjikoil in the cereal food exhibition conducted by Kanjikoil Branch Library. There are 21 students were participated the exhibition. Three students won the first, second and third prize respectively. The other students got participation memento from the chief guest.





In the concluding session the chief guest explained the importance of Organic farming and traditional food habits. Mrs.M.Kalaiselvi, Librarian, Kanjikoil Branch Library proposed the vote of thanks. The programme ended with the national anthem.

Coordinator: *[Handwritten Signature]*

VELLALAR COLLEGE FOR WOMEN (AUTONOMOUS)
'College with Potential for Excellence'
(Re-accredited with 'A' Grade by NAAC and affiliated to Bharathiar University)
Erode – 638012

Health Awareness Programme

Organized by

Department of Computer Science (UG &PG)

Resource Person : Dr. S. Vani,
IRT Perundurai Medical College and Hospital,
Perundurai

Date : 12.09.2017

Time : 1.45 p.m to 3.45p.m

Venue : Conference Hall

Participants : UG Computer Science Students

ALL ARE CORDIALLY INVITED

DEPARTMENT OF COMPUTER SCIENCE (UG & PG)

VELLALAR COLLEGE FOR WOMEN (AUTONOMOUS)

College with Potential for Excellence

(Re-accredited with 'A' Grade by NAAC & Affiliated to Bharathiar University.

Coimbatore)

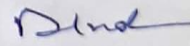
Thindal, Erode-638012

Health Awareness Programme

Report

12.09.2017

A health awareness programme was conducted for students by the Department of Computer Science on 12.09.2017. S.Akila, Assistant Professor, Department of Computer Science welcomed the gathering. Dr.S.Vani, Department of Obstetrics and Gynecology, IRT Perundurai Medical College and Hospital, Perundurai acted as resource person and delivered the inaugural address. Dr. S.Vani oriented the students on good menstrual hygienic practices such as use of sanitary napkins, washing and cleaning. The question & answer session is followed by effective videos on biological process that a woman's body undergoes during menstruation. A health guide manual & poster were handed over to all of them. M. Karthiyayini, Assistant Professor of Computer Science proposed vote of thanks.



Dr.B.Ananthi,

Associate Professor & Head

Department of Computer Science (UG & PG)

Dr. B. ANANTHI,
Associate Professor & Head,
Department of Computer Science (SF),
Vellalar College For Women,
Erode-12.

**Health Awareness Programme Organized by Department of Computer Science (UG &PG)
on 12.09.2017. Resource Person Dr. S. Vani, IRT Perundurai Medical College and
Hospital, Perundurai**



**VELLALAR COLLEGE FOR WOMEN (AUTONOMOUS)
ERODE-12.**

DEPARTMENT OF NUTRITION AND DIETETICS

“NUTRISTAR”

WORLD BREAST FEEDING WEEK CELEBRATION

INVITATION



WORLD BREAST FEEDING WEEK-(August 1-7)

AWARENESS PROGRAMME

VENUE : CONFERENCE HALL

DATE : 01.08.2017

TIME : 1.45 pm



ALL ARE CORDIALLY INVITED

PROGRAMME

- ❖ PRAYER
- ❖ WELCOME ADDRESS **Dr. N. Sabitha,**
Head of the department,
Department of Nutrition & Dietetics.
- ❖ FELICITATION **Dr. D. Kamalaveni,**
Principal,
Vellalar College for Women, Erode.
- ❖ SPECIAL ADDRESS **Mrs.P.Shanthi M.Sc., M.Phil.,**
Child Development Project Officer,
Integrated Child Development Services,
Department of Social Welfare and Nutritious Meal Programme,
Govt of Tamilnadu, Tirupur (Rural).

TOPIC “Breast Feeding: An Universal Approach”

- ❖ VOTE OF THANKS **M. Padmapriya, III – B.Sc., (N&D),**
Association Secretary,
Department of Nutrition & Dietetics.
- ❖ NATIONAL ANTHEM

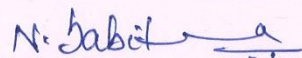
**VELLALAR COLLEGE FOR WOMEN(AUTONOMOUS), ERODE.
DEPARTMENT OF NUTRITION AND DIETETICS
SPECIAL MEETING 2017-18
REPORT**



1.	Name of the college	Vellalar College for Women
2.	Organized Department	Nutrition and Dietetics
3.	Purpose	World Breastfeeding week celebration
4.	Out-come / Brief Report of the Program	-

Brief report of the program

World Breastfeeding Week was celebrated on 01.08.2017. In the special address Mrs.P.Shanthi M.Sc., M.Phil.,Child Development Project Officer, Integrated Child Development Services, Department of Social Welfare and Nutritious Meal Programme, Govt. of Tamilnadu, Tirupur (Rural) delivered a speech on “Breast Feeding: An Universal Approach”. The importance and nutritional benefits of breast milk to both mother and infant and advantages of breast feeding over bottle feeding was highlighted. An awareness about the role of ICDS in maternal and child health was created during this programme.



HEAD OF THE DEPARTMENT

Dr.N SABITHA, M.Sc., M.Phil., Ph.D.,
Associate Professor And Head,
Dept. of Nutrition And Dietetics,
Vellalar College For Women
(Autonomous)
Erode - 638 012.

World Breastfeeding Week was celebrated on 01.08.2017 with Mrs.P.Shanthi M.Sc., M.Phil., Child Development Project Officer, Integrated Child Development Services, Department of Social Welfare and Nutritious Meal Programme, Govt. of Tamilnadu,Tirupur (Rural).



5.1.3 Capacity Development and Skills Enhancement Activities- Health and Hygiene 2016-2017

VELLALAR COLLEGE FOR WOMEN (AUTONOMOUS)

‘College with Potential for Excellence’

(Re-accredited with ‘A’ Grade by NAAC and affiliated to Bharathiar University)

Erode – 638012

“Nutritional Anemia”

Organized by

Department of Computer Science (UG &PG)

Resource Person : Dr. S. Ponni,
Assistant Professor,
Department of Food and Nutrition,
Vellalar College for Women, Erode.

Date : 26.09.2016

Time : 1.45 pm to 3.45p.m

Venue : Conference Hall

Participants : UG Computer Science Students

ALL ARE CORDIALLY INVITED

DEPARTMENT OF COMPUTER SCIENCE (UG &PG)

VELLALAR COLLEGE FOR WOMEN (AUTONOMOUS)

College with Potential for Excellence

(Re-accredited with 'A' Grade by NAAC & Affiliated to Bharathiar University.

Coimbatore)

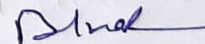
Thindal, Erode-638012

“Nutritional Anemia”

Report

27.09.2016

A health awareness programme was conducted for students by the department of Computer Science entitled “Nutritional Anemia” on 26.09.2016. Ms.E.Saveetha, Assistant Professor, Department of Computer Science welcomed the gathering. The resource person Dr. S. Ponni, Assistant Professor, Department of Food and Nutrition, Vellalar College for Women, Erode delivered the inaugural address and gave an effective lecture about nutrition food and instructed the students how to take nutritional food to improve their health. The students were sensitized about the importance of eating methods, exercising daily, importance of playing sports and inculcating other healthy habits to avoid falling sick. The students were asked to share their daily routines and the steps they took every day to maintain hygiene. Ms.M Revathi, Assistant Professor of Computer Science proposed vote of thanks.



Dr.B.Ananthi,

Associate Professor & Head

Department of Computer Science (UG & PG)

Dr. B. ANANTHI,
Associate Professor & Head,
Department of Computer Science (SF),
Vellalar College For Women,
Erode-12.

“Nutritional Anemia” Organized by Department of Computer Science (UG &PG) on 27.09.2016. Resource Person DR. S. Ponni, Assistant Professor, Department of Food and Nutrition, Vellalar College for Women, Erode.



**VELLALAR COLLEGE FOR WOMEN,
(AUTONOMOUS) ERODE-12.
DEPARTMENT OF NUTRITION AND DIETETICS
“NUTRISTAR”
WORLD BREAST FEEDING WEEK CELEBRATION
INVITATION**



**WORLD BREAST FEEDING WEEK-(August 1-7)
AWARENESS PROGRAMME**

VENUE : CONFERENCE HALL

DATE : 09.08.2016

TIME : 1.45 pm



ALL ARE CORDIALLY INVITED

PROGRAMME

- ❖ PRAYER
- ❖ WELCOME ADDRESS
- ❖ SPECIAL ADDRESS

Mrs.A.Mohanavidhya M.Sc., M.Phil.,

Child Development Project Officer,

Integrated Child Development Services,

Department of Social Welfare and Nutritious Meal Programme,

Govt of Tamilnadu,

Perunduarai, Erode (Dt)

TOPIC:“BREAST MILK THE BEST MILK”

❖ VOTE OF THANKS

❖ NATIONAL ANTHEM



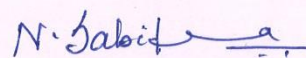


**VELLALAR COLLEGE FOR WOMEN(AUTONOMOUS)ERODE.
DEPARTMENT OF NUTRITION AND DIETETICS
SPECIAL MEETING 2016-17
REPORT**

1.	Name of the college	Vellalar College for Women
2.	Organized Department	Nutrition and Dietetics
3.	Purpose	World Breastfeeding week celebration
4.	Out-come / Brief Report of the Program	-

Brief report of the program

World Breastfeeding Week was celebrated on 09.08.2016. In the special address Mrs.A.Mohanavidhya, Child Development Project Officer, Integrated Child Development Services, Department of Social Welfare and Nutritious Meal Programme, Govt of Tamilnadu, Perunduarai, Erode (Dt) delivered a speech on "BREAST MILK THE BEST MILK". She explained about the importance of breast milk, advantages of breast milk and role of ICDS in maternal health.



Signature of the HOD

Dr. N. SABITHA, M.Sc., M.Phil., Ph.D.,
Associate Professor And Head,
Dept. of Nutrition And Dietetics,
Vellalar College For Women
(Autonomous)
Erode - 638 012.

World Breastfeeding week was celebrated on 09.08.2016. Welcome Address by Head of the Department



**World Breastfeeding week was celebrated on 09.08.2016.
Guest Speaker Mrs.A.Mohanavidhya, addressing on the topic
“BREAST MILK THE BEST MILK”**



5.1.3 Capacity Development and Skills Enhancement Activities- Health and Hygiene 2015-2016

VELLALAR COLLEGE FOR WOMEN
(AUTONOMOUS), Erode – 12
“College with Potential for Excellence”
(Re-accredited with “A” grade by NAAC and Affiliated to
Bharathiar University, Coimbatore)



The Association of PG Department of Library and Information Science
“BIBLIOTHEQUE CLUB de VELLALAR”

Invites you for the

Seminar on
“Health Information System”

Thiru. S.D. Chandrasekhar

Correspondent & Secretary, Vellalar Educational Trust, Erode
Presides over the Inaugural session

Dr. D. Kamalaveni

Principal, Vellalar College for Women, Erode
Delivers the Inaugural address

Mrs. S. Prabhavathi

Principal, Vellalar College Nursing, Erode
Offers felicitations

Mr. T. Stephen,

Asst Professor & Head, PG Dept of Library & Information Science
Delivers the Keynote address

Resource Persons

Dr. Joyson Soundrarajan

Senior Librarian & Head, Department of Library Services,
Christian Medical College, Vellore-632 004
and

Mr. R. Senthil Kumar

Senior Librarian, Christian Medical College
Dodd Memorial Library, Vellore-632 004

Date: 26.02.2016 (Friday)
Time: 10.00 am to 3.45 pm

Venue: SCS Hall

**Seminar on Health Information System on 26.02.2016 with Dr. Joyson Soundrarajan,
Senior Librarian & Head, Department of Library Services,
Christian Medical College
and Mr. R. Senthil Kumar
Senior Librarian, Christian Medical College
Dodd Memorial Library.**



**VELLALAR COLLEGE FOR WOMEN,
(AUTONOMOUS),ERODE-12.
DEPARTMENT OF NUTRITION AND DIETETICS
“NUTRISTAR”
&
LOTUS HOSPITAL AND RESEARCH CENTRE LIMITED,ERODE
WORLD BREAST FEEDING WEEK CELEBRATION
INVITATION**



TOPIC : BREAST FEEDING WEEK-AWARENESS PROGRAMME

VENUE : CONFERENCE HALL

DATE : 06.08.2015

TIME : 1.45 pm



ALL ARE CORDIALLY INVITED

PROGRAMME

❖ PRAYER

❖ WELCOME ADDRESS

❖ SPECIAL ADDRESS

“Breastfeeding And Work-Let’s make it work”

❖ PRIZE DISTRIBUTION

❖ VOTE OF THANKS

❖ NATIONAL ANTHEM




Vellalar College for Women (Autonomous), Erode.
Department of Nutrition and Dietetics
Association Meeting 2015-2016
Report

1.	Name of the College	Vellalar College for Women
2.	Organized Department	Nutrition and Dietetics
3.	Purpose	World Breastfeeding week celebration
4.	Outcome/Brief Report of the program	-

Brief Report of the Program

World Breastfeeding Week was celebrated on 06.08.2015 along with LOTUS Hospital and Research Centre Limited, Erode. Various Competitions namely slogans, poems, essay writing, drawing competition on the theme “Breastfeeding and Work- Let’s make it Work” were conducted. Importance of Breastfeeding that protects the Baby, Benefits the health, May make the life easier, Benefits society was emphasized. In the special address Dr.R. SELVAN, Pediatrician, gave lecture on “Breastfeeding and work-Let’s make it work”. He explained about pumping of breast milk and its storage which is very essential for every working woman. The nutritional significance of colostrum was highlighted by him. The students of our college participated in competitions via slogans, poems, drawing, essay writing both in Tamil and English.


Dr. N. SABITHA, M.Sc., M.Phil., Ph.D.,
Associate Professor And Head,
Dept. of Nutrition And Dietetics,
Vellalar College For Women
(Autonomous)
Erode - 638 012.