



☎ : 0424 - 2244101
Mob : 99767 51115
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VELLALAR COLLEGE FOR WOMEN (AUTONOMOUS)

"COLLEGE WITH POTENTIAL FOR EXCELLENCE"

(Re-accredited with 'A' Grade by NAAC, Bengaluru & Affiliated to Bharathiar University, Coimbatore)

Thindal, Erode - 638 012, Tamilnadu.

e-mail: principalvcw@gmail.com * website: vcw.ac.in

7.1.8. ANY OTHER RELEVANT INFORMATION



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COLLEGE UNION

TIME CAPSULE 2015 - 16

The College Union plays a cardinal role in expatiating a yearlong legion of events and all-purpose initiatives which animate the campus life and enhance the exhaustive education process by providing cultural, social, recreational and intellectual experiences. The College Union Office Bearers and Secretaries for various department-oriented associations are duly elected through students' ballot voting and merit. The representatives of the College Union 2015-16 were :



President S.Vimal Priya
III B.A Eng.Lit. - Aided
L.Narmadha
III B.Sc CDF - Self Financing

Vice President M.Sowmiya
III B.Sc. Maths - Aided
R.Keerthana
III B.A English - Self Financing

Secretary P.Dharani
III B.Sc. Maths - Aided
N.Aayisha Siddika
III B.Sc. CT - Self Financing

Joint Secretary C.Bhavanandhini
III B.Sc. Maths - Aided
S.Shanmugapriya
III B.Sc. Maths - Self Financing

Highlights of the Union Activities

- 21.06.2015 - **International Day of Yoga** was observed as per the direction of the UGC to generate awareness on the importance of Yoga in self transformation and psycho spiritual evaluation.
- 26.06.2015 - An air of affability and illumination suffused at the welcome party to a pool of fresh talents and their parents, wherein they were primed with the academic station and congenial ambience of the college.
- 15.07.2015 & 22.07.2015 - With fantastic and futuristic spirit, the activities of the College Union and its affiliated associations of the Aided Section made a beginning by Dr. R.Venkatapathy, Professor and Director,



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- Bharathiar School of Management & Entrepreneur Development, Bharathiar University, Coimbatore, and those of the Self-financing Section commenced by Dr. (Mrs.) Jayanthasri Balakrishnan, Professor, Department of English, PSG College of Arts and Science, Coimbatore. Pomp and gaiety marked the investiture ceremony at which the impeccably appalled newly selected office bearers were inducted into committed service for a seamless metamorphosis.
- 29.07.2015 - With bounden reverence and remorse, a day of mourning was observed on the sudden demise of our former President of India, the 'Missile Man' Dr. A. P. J. Abdul Kalam.
- 11.08.2015 - Teaming up with Makkal Sinthanai Peravai, an edifying programme upholding the imperative need to stretch the radius of knowledge for solid success was organized. A book entitled "Anbarantha Manavargale" was released.
- 15.08.2015 - An aura of nationalistic pride and adoration pervaded at when Thiru. C. Jayakumar, Notary Public and Executive Member, Vellalar Educational Trust, unfurled the tricolour to ring in the 69th Independence Day and addressed the gathering.
- 20.08.2015 - Stand for Peace, Unity and Harmony! Observance of Sadhbhavana Day, the birth anniversary of our former Prime Minister Rajiv Gandhi infused in the learners the essence of tolerance and empathy. Communal Harmony Pledge was taken.
- 05.08.2015 - Suffused with rare modesty and warmth, the students celebrated Teachers Day to glorify the unfeigned service of their gurus in placing them on the right trajectory of excellence. Sprucing up the event further, the saplings were planted in the college premises to increase the green cover.
- 11.09.2015 - The death anniversary of Subramaniya Bharathi, the great Tamil Poet and Social Reformer was commemorated to espouse the notion of social and gender equality and promote a line of forward thinking.



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- 01.10.2015 - Graduation Day- a confluence of the present and the past which in time would naturally chart out a bright future had Dr. S. Manian, VC, Annamalai University, Chidambaram as the guest of honor. He delivered the Convocation Day address and conferred degree certificates to 1015 UG and 280 PG graduates.
- 15.10.2015 - The 84th birth anniversary of Dr. A. P. J. Abdul Kalam, a visionary leader who is still held in high esteem across the social and political spectrum, was commemorated.
- 26.10.2015 - Thiru. Sivakumar, a multi-faceted personality and an art enthusiast won the adulation of audience for his awesome narration of the great epic Mahabharata with a palette of dramatic emotions.
- 15.11.2015 - In joint action with Erode Tamil Literary Forum recognized by Sahithya Academy, the SKM Literary Award was conferred on the Tamil Poet Thiru. Mu. Metha, by Isaignani Ilaiyaraaja, the great music composer in a way to recognize his outstanding contribution to Tamil literary field.
- 11.12.2015 - Impressive rendition of insightful and soul-stirring poems of Mahakavi by the college choir held credence to the 134th Birth Anniversary celebration of Mahakavi Bharathiar.
- 12.01.2016 - To revive ethnic and indigenous activities, the culturally bubbling and zealous vellalites celebrated Pongal in the aroma of flavorful concoction of rituals and gaiety. The tradition of sweet Pongal preparation, obeisance to the Sun god and cow pooja furthered the cultural dimension of the day.
- 26.01.2016 - The undivided commitment and meticulous efforts of the freedom fighters recalled by Thiru. C. Jayakumar, Notary public and Executive member of Vellalar Educational Trust on 69th Republic Day imbued the audience with a tapestry of patriotic fervour.
- 30.01.2016 - To nurture and nourish allegiance to the Mother Land among the student community, Martyrs Day (Sarvodaya Day) was observed.



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- 30.01.2016 - On **Constitution Day**, in remembrance of Dr.B.R.Ambedkar on his 125th Birth Anniversary, a feeling of positive regard for the high ideals cherished by him was created among the students.
- 12.02.2016 - The **46th Sports day**, a day to flaunt the victory of physical and mental prowess had Dr.A.M.Moorthy, Vice Chancellor, Tamil Nadu Physical Education and Sports University, Chennai, as the chief guest. To top it all, a kaleidoscopic conference of sporting talents, music and dance created a befitting climate to discover the joys of combined energy.
- 04.03.2016 - To sensitize the young voters on the significance of discharging the democratic right of ethical voting , Voters Day was observed. The day gained prominence by the renowned guests, Mr.Satheesh, DRO, Erode, Ms. Narmadha Devi, RDO, Erode, and Thiru. Bharathi Krishna Kumar, Documentary Film Director.
- 14.03.2016 - The Collector of Erode District Dr.S.Prabakaran visited the college to generate awareness on Voters Information number '1950'. The students positioned to form 1950 denoting the SMS Service initiated by the Election Commission to provide information on 1950 helpline.
- 16.03.2016 - A fitting finish to a good measure of activities of Aided and Self-financing sections culminated in the Valedictory function. Mr.M.Chinnasamy, Chairman, Olirum Erode Foundations, & Director of Agni Steels Pvt Ltd., stimulated the Eroadians to endeavour to revivify the past glory and old charm of the district by working for environmental remediation.
- 19.03.2016 - The elegant and fascinating bouquet of academic excellences coupled with colorful array of performances added depth to the 46th Annual Day celebration. A towering personality Dr.N.Yesodha Devi, Secretary, PSGR Kirshnammal College for Women, Coimbatore, focused on the inexhaustible energy of women in straddling various fields with aplomb.



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INDEPENDENCE DAY CELEBRATIONS





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- Chief Guests :
1. Dr.K.Sudhakar, Convenor, Ero dai, spoke on "Water Pollution and Its Effects"
 2. Mr. J.J.Bharathi, Member, Ero dai, stressed on "Hazards of Water Pollution"
 3. Mr. K.K.Vimal Karupannan, President, Erode Siragukal, articulated on "Global Warming and Its Effects"
 4. Mr.Srinivasan, Secretary, Erode Siragukal, enounced on "Tree Plantation"

17.08.2016 : Cleaned the college premises
 18.08.2016

19.08.2016 : Generated awareness on "Cleanliness" in the adopted villages - Kattupalayam Mettur,
 21.08.2016 Rajiv Nagar, Modakuruchi and Saminathapuram in Erode District

22.08.2016 : Cleaned the road sides and removed the plastic substances and polythene covers in the
 26.08.2016 adopted villages

27.08.2016 : "Cleanliness Drive" at Thiyagi M.A.Eswaran Old Age Home, Pavalathampalayam

29.08.2016

30.08.2016 : Rallied behind "Importance of Cleanliness" with banners and placards





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With a sea of ardour and avidity, the NSS units meet every opportunity to make it special by their singular efforts and unswerving community-focussed deeds. The four NSS units coordinated by four programming officers with an admirable strength of 410 volunteers make all out efforts to serve at the best. A stronghold of succour marks the strand of camps and outreach programmes organized to give a major push in uplifting the society.

- 21.06.2016 : International Yoga Day Celebration, Participants: 85 volunteers
26.06.2016 : International Anti-drug Day observed with Short Story writing competition on "Bodhai Illa Padhai"
11.07.2016 : Observed World Population Day
Chief Guest : Dr.S.Prabakar, District Collector, Erode
Proceedings : 1. Nearly 106 NSS volunteers participated in the rally started by the District Collector, and he flagged up the dangers of "Pollution"
2. Elocution Competition
14.07.2016 : Vana Utchava Vila celebrated in Villarasampatti
Chief Guest : Mrs.M.Saraswathi, Councillor of Villarasampatti
Proceedings : Nearly 29 volunteers participated and planted 30 saplings
15.07.2016 : Orientation Programme for the newly enrolled NSS volunteers
Chief Guest : Dr.G.Malarvizhli, Associate Professor, Department of Tamil, Sri Vasavi College, Erode



Programme Officers

- Dr. **S. Jothimani**, Department of History
Dr. **P. Hemalatha**, Department of Mathematics
Ms. **D. Mercy Lydia**, Department of Library and Information Science
Ms. **P.R. Kalaiyarasi**, Department of Computer Applications



- 12.08.2016 : International Youth Day celebrated
Chief Guest : Dr.D.Kamalaveni, Principal, Vellalar College for Women, Erode
Proceedings : Nearly 150 NSS volunteers formed human chain
15.08.2016 : Independence Day Celebration at Thiyagi M.A.Eswaran Old Age Home, Pavalathampalayam
Proceedings : Contributed rice, biscuits and groceries
16.08.2016 : Supported the Nationwide Intensive-Cleanliness Campaign under
to
31.08.2016 "Swachhta Paakhwara"
Proceedings : 16.08.2016 - Took oath on "Swachhta Shapath" & Organized a one-day seminar on "Swachhta"



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A Keen Forus on Mother Earth Development



Sprucing Up Camp at Vellore Birds Sanctuary



One with Green in Avalanche



Tree Plantation and Cleaning Drive at Magudeeswarar Temple, Kodumudi



Coordinators:

Dr. **S.Sharmila**, Department of Botany

Mrs. **K.Pavya**, Department of Computer Science (SF)

To high spot the value of harmonious and delicate balance with bionetwork, a series of round-the-year activities by the club articulates its love for the green landscape.

An Orientation Programme was organized for the members of Enviro-Club on 29.07.2016. Dr. M. Rajeswari, Associate Professor and Head, PG & Research Department of Botany, Vellalar College for Women, Erode, oriented the nature lovers on fostering biocentric vision towards "Mother Earth", and gave an extensive lecture covering planets in solar system, global warming, deforestation and environmental protection measures. On 06.08.2016, in the guest lecture on "Global Burning", Mr. R. Selvam, Co-ordinator, Tamilnadu Organic Farmers Federation, Pudunilavu Organic Farm, Arachalur, spouted out valuable thoughts on shunning pollution, ill effects of pesticides, chemical fertilizers, GMO crops, and also stressed the importance of using biopesticides, biorepellents, organic manures, organic foods and afforestation.

To take forward the message of increasing green cover and cleanliness, "Tree Plantation and Cleaning Programme" was organized on 20.08.2016 at Magudeeswarar Temple, Kodumudi. The visit to "Pasumai Vikatan-Agri Expo-2016" in Erode on 09.09.2016 created a fresh way of looking at natural resources and agricultural products. Dr. N. Jeyashanthi, Professor, Biomedical Engineering, Vellalar College of Engineering and Technology, Thindal, delivered a lecture on "Handling and Management of Biomedical Waste" on 10.9.2016. Her speech drew attention to the segregation of medical waste, categories of biomedical waste, colour coding and treatment methods.



Clean-up Drive at Annan Kovil Coast, Parangipettai



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Programme Officers

Ms P. Lalitha & Dr. P. Selvi

PG & Research Department of English (A)

Dr. K. Kavitha

Department of Foods & Nutrition (SF)

Tmt D. Suganya

Department of English (SF)



NATIONAL SERVICE SCHEME

*A nation's culture resides in the hearts
and in the soul of its people*

- Mahatma Gandhi

21.06.2017

International Yoga Day Celebration

20.07.2017

Inaugural Function for the newly enrolled NSS volunteers.

Chief Guest: Mr.R.Kumaresan, Associate Professor of English, Erode Arts and Science College, Erode.

Proceedings: Egged on the Volunteers for their active participation in all the programmes

13.07.2017 to 17.07.2017

Dengue Awareness Programme was organized, Nilavembu Kashayam was distributed to nearly 3000 students

08.08.2017 to 14.08.2017

Generated awareness on Cleanliness in the 'Adopted Villages'

15.08.2017

Independence Day celebration at N.L.Karunai Illam Old age Home, K.K.Nagar, Erode

Proceedings: Contributed rice, biscuits and groceries

06.09.2017

5 volunteers participated in the NSS Swachhta Short Film and Essay Competition at Bharathiar University

07.09.2017 to 11.09.2017

Dr.K.Kavitha and Ms. S. Nithya participated in the Facilitators to Development Workshop at Bharathiar University

08.09.2017

'Literacy' awareness programme was observed with placards

14.09.2017

Blood Donation Camp with YRC was organized

Proceedings : 70 Units of Blood was donated to Government Hospital, Erode

07.09.2017 to 11.09.2017

Swachh Bharat Mission campaign was organized



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20.09.2017

Nutrition Week was celebrated

25.09.2017

Observed "Cleanliness is Service" at Railway Station and Government Hospital, Erode

27.09.2017

NSS Day was celebrated.

Chief Guests : Mr. K. Pugazhenth, Assistant Professor of Tamil, Bharathiar University Arts and Science College, Sivagiri
Mr. P.S.R. Kannan, WOW Club, District Co-ordinator, Erode

06.10.2017

Ms.Chandrapraba, II B.Com (E.Com) and Ms. B. Naveena II BA English Literature participated in Pre RD Parade Camp selection, Bharathiar University

31.10.2017

Sardhar Vallabhai Patel's birthday was celebrated.

Proceedings : Took oath on National Unity

07.11.2017 to 13.11.2017

Dr. K. Kavitha, Programme Officer participated in the "NSS Orientation Course" at Avinashilingam University, Coimbatore

12.12.2017

Aids Day was observed

21.01.2018

NSS unit paid homage to Mr. Thanavel Murugan, the founder of Vivekanandha Blood Donors Club

Proceedings : Rallied with P.K.P school to create awareness on blood and eye donation.

23.01.2018

'25th Year Celebration of Tamilnadu Commission for Women'

Proceedings : Pulsating rally with the Department of Social Welfare and Rotary Club, Erode

24.01.2018

150th Birth year of Sister Nivedita with Ratha Yatra was celebrated

Chief Guest : Mrs. Andal Priyadarshini, Director of Podhigai Channel

01.02.2018 to 07.02.2018

NSS Programme Officers, Mrs. P. Lalitha & Dr. P. Selvi participated in "NSS, Orientation Course"

19.02.2018

Founders' Day was commemorated

Proceedings : Blood Donation Camp with a support of Government Hospital and Primary Health Centre, Erode was organized

01.03.2018

NSS Valedictory Function

Chief Guest : Mr. V. Deviprasadh, Auditor, Erode

Proceedings : Delivered speech on 'Youth in Swami Vivekanandha's Path' and awarded the best volunteers





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- Independence Day was celebrated, with great fervor by the YRC volunteers by visiting Kongu Arivalayam Rehabilitation Centre for Mentally Retarded Children, Sakthi Nagar, Thindal, on 15.08.2017 and catered to their needs bags.
- A Blood Donation Camp was organized on 14.09.2017. The YRC volunteers and the members of teaching and non-teaching staff donated 84 units of blood to the Government Hospital, Erode.
- In an awareness programme on Dengue Fever on 07.10.17, the co-ordinators upgraded the knowledge of the volunteers to be precautionary against water stagnation to avoid waterborne diseases. To create awareness on the basic facts of Dengue Fever, pamphlets were put up on the notice board. An oath on the eradication of Dengue Fever was taken.
- On 08.01.2018, a lecture-cum-demonstration on Disaster Management was given by Dr. K.Prakasam, M.E., M.B.A., Ph.D., Assistant Professor- Senior Grade, Department of EEE, K.S.R. College of Engineering, Tiruchengode. He demonstrated the various defensive measures to be carried out during fire, earthquake, cyclone, landslides, floods and various natural and manmade disasters.
- The 69th Republic Day was celebrated at the Erode Arima Society Trust Special School for Differently Aabled, Sengodampalayam, Erode, on 26.01.2018.
- A one day certificate course on First Aid Training Programme was organized on 16.02.2018 by Mr. K.Mohamed Qifayathullah B.E (Fire), General Manager, Qifayath Enterprises, Salem and an enlightening talk and a practical session were also conducted on the procedure of First Aid treatment in which 220 participants were benefitted.
- A Blood Donation Camp was organized on 19.02.2018 to commemorate the Founders Day of Vellalar Educational Trust in which the YRC volunteers and the members of teaching and non-teaching staff donated 38 units of blood to the Government Hospital, Erode.
- To create health awareness among the tribal people, YRC arranged an Extension activity on Cancer and Health Awareness Programme at Karappadi on 23.02.2018. YRC volunteers distributed the pamphlets emphasizing eradication of cancer and the need for blood donation to the public.
- On 08.03.2018, a human chain rally was organized in lieu with International Women's Day celebration.





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NCC STUDENTS VISIT AT ORPHANAGE





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NCC STUDENTS VISIT TO OLD AGE HOME





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Regd No. : 60/2000; Recognition No. 267/2002 B. No. 14/03

N.L. கருணை இல்லம் **N.L. KARUNAI ILLAM**
(Under Control of N.L.K Charitable Trust)
ஆதரவற்ற குதியார் காப்பகம்
தலைமை காப்பகம் : K.K. நகர் (ஆர்.சீ. சந்திரன்) வடக்கிழக்கே சாலை, #05*5 - 9.
☎ 0424 - 2271161, 2277505, Call : 94430 26181

உணவு நன்கொடை நிதியு 24.01.18.

திருமதி/திரு. N. KAVITHA, NCC, V.C.W, Erode அவர்களிடம்
ரூ. Three Thousand Only மட்டும்
உணவு நன்கொடை நிதியாக நன்றியுடன் பெற்றுக் கொண்டோம்.

ரூ. 3000 M.J.
N.L.கருணை இல்லத்திற்காக



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NCC STUDENTS –CLEANING ACTIVITIES



CORPORATE SOCIAL RESPONSIBILITY

VELLALAR COLLEGE FOR WOMEN (AUTONOMOUS) ERODE -12
PG AND RESEARCH DEPARTMENT OF COMMERCE (CS)



Special Meeting on
“An Overview of CSR Practices In India”

Chief Guest : **Mr.J.Srinivasa Saravanan., MCS., ACS.,**
Company Secretary,
Malabar Cements Ltd.,
Palakkad Dist, Walayar, Kerala.

Date : 29.01.2018

Venue : Conference Hall

Time : 11.00 a.m

All are Cordially Invited





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VELLALAR COLLEGE FOR WOMEN (AUTONOMOUS), ERODE-12 CORP NIKITES ASSOCIATION REPORT - 2017-18

SPECIAL MEETING

CSR is something that was started by fashionable 'ethical' business. Realizing the importance the way of doing business actually improved and in return it rendered many benefits to the society where it is. Hence, by realizing the importance, the PG and Research Department of Corporate Secretaryship conducted a special meeting on "An Overview of CSR Practices in India" on 29th January 2018 at 11.00 a.m in Conference Hall. Mr.J.Srinivasa Saravanan, Company Secretary, Malabar Cements Ltd., Kerala spoke recent activities which the Indian companies undertake through CSR. He highlighted the theoretical aspects of CSR, the kinds of companies' compelled to do CSR which fall under the three rule criteria. He further answers the queries raised by the students of our department. Ms. B.Sowndharya of III B.com CS solicited the word of gratitude for the function. The function came to an end with National Anthem.



S. Devaki
Dr. S. DEVAKI
Associate Professor & Head,
PG Department of Corporate Secretaryship,
Vellalar College of Women (Autonomous),
Erode - 12.



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HOSTEL DAY CELEBRATIONS

Students Celebrated 49th Hostel Day





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EXTENSION ACTIVITY-DONATION MEMBERSHIP RECEIPT

THE ERODE ARIMA SOCIETY TRUST

Sengodampalayam, * Thindal (P.O), * ERODE - 638 012.

Income Tax Exemption No. 212(85)72

☎ : (0424) 2431416

PAN No-AAAAT8117G

DONATION / MEMBERSHIP RECEIPT

Receipt No. 8526

Date. 31/3/18

RECEIVED with thanks from PG DEPARTMENT OF COMMERCE [CATS]

E COMMERCE VELLALAR COLLEGE FOR WOMEN, ERODE

the sum of Rupees Four Thousand only

towards Donation

by Cash / Cheque / D.D. Cheque (Subjects to Realisation) No. _____

For THE ERODE ARIMA SOCIETY TRUST

A. Kannan

Treasurer / Secretary

₹. 4000/-



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Extension Activity 2017-18

The staff and the UG students of Department of Commerce with Computer Applications visited to Erode Arima Society Trust, Sengodampalayam on **03.03.2018** by conducting an extension activity programme to extend our humanity hands to provide financial aid. We have donated a sum of Rs.4,000 for differently abled students welfare those dwelling in the trust premises.




Dr. S. POONGODI
Associate Professor
PG Department of Commerce (CA)
Vellalar College for Women (Autonomous)
Erode - 638 012.



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National Service Scheme 2018 – 2019

Kajaa Cyclone Relief Fund

The NSS units of Vellalar College for Women collected various Kajaa cyclone relief materials to the cyclone affected people in the delta region of Tamil Nadu. The NSS students donated various useful materials like eatables (biscuits) groceries, clothes, medicines and other essential accessories. They are distributed to the people in the delta region on **15th**

Dec. 2018 by Vellalar Educational Institutions.

Dr. S. JOTHIMANI M.A., M.Phil., Ph.D.,
Assistant Professor,
Department of History,
VELLALAR COLLEGE FOR WOMEN,
Erode - 638 012.



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VELLALAR COLLEGE FOR WOMEN (AUTONOMOUS)

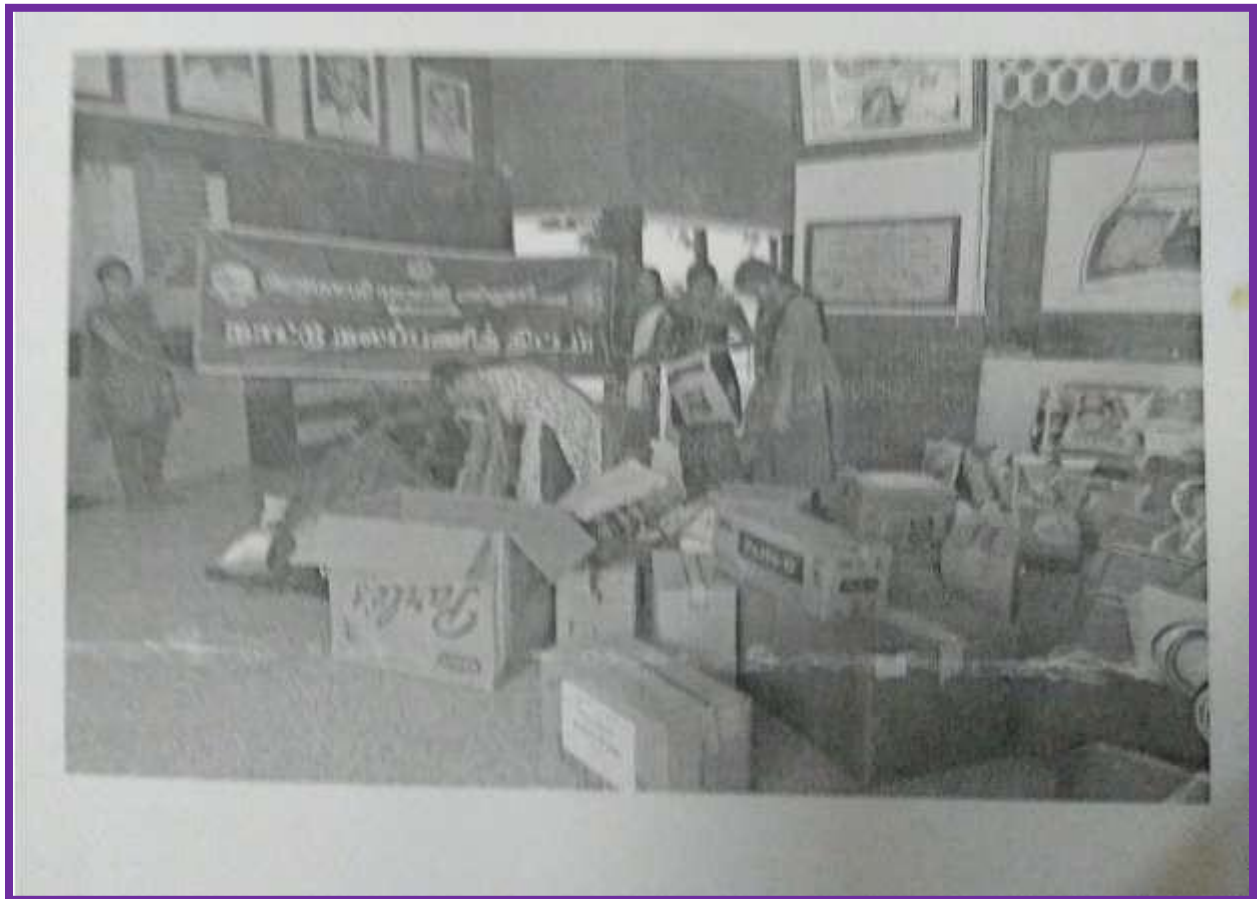
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NSS Students collecting various relief material during Kaja Cyclone





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நாட்டுநலப்பணிதிட்டம் (2018-19)

வெள்ளரிவாரணஉதவி

வேளாளர் மகளிர் கல்லூரியின் நாட்டுநலப்பணித்
திட்டம் சார்பில் கேரளாவெள்ளத்தால் பாதிக்கப்பட்ட
குடும்பங்களுக்குஉதவும் வகையில் நிவாரணபொருட்கள்
வழங்கப்பட்டது. அப்பொருட்கள் 31.08.2018
அன்றுகேரளாவிற்குஅனுப்பப்பட்டது.

Dr. S. JOTHIMANI M.A., M.Phil., Ph.D.,
Assistant Professor,
Department of History,
VELLALAR COLLEGE FOR WOMEN,
Erode - 638 012.

GUEST LECTURE PROGRAM

VELLALAR COLLEGE FOR WOMEN(Autonomous)

Erode-12

"College with Potential for Excellence"

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Thindal, Erode - 638 012



DEPARTMENT OF MATHEMATICS CA

ARITHMOS ASSOCIATION



SUCCESS is not the key to happiness

HAPPINESS is the key to success

If you like what you are doing,

You will be successful

Guest lecture Program on Smart Study Tricks
to Crack Competitive Exams

Venue : SCS Hall

Date : 19.09.2018

Time : 10.00 a.m - 3.45 p.m.

All are Cordially Invited

PROGRAMME

Prayer

Welcome Address : **Dr. K.K.MYITHILI**
Associate Professor & Head
Department of Mathematics CA

Presidential Address : **Thiru. S. D. Chandrasekar**
Secretary
Vellalar Educational Trust

Felicitation : **Dr. (Mrs.) N. Maragatham**
Principal
Vellalar College for Women

Technical Session I : 10.00 a.m – 1.00 p.m

Resource Person : **R.Gokulnathan M.A, B.Ed**
B.T Assistant, (English)
Govt Boys Hr.sec.school ,
Perundurai.

Topic : **Miracle Process in Grammar**

Technical Session II : 1.45 p.m – 3.45 p.m

Resource Person : **K.P.Duraimurugan M.A**
TNPSC Exam Co-ordinator & Trainer,
Vellalar IAS Academy.

Topic : **Indian Constitution and its Geographical
Features**

Vote of Thanks : **Ms. T.Savitha**
III B.Sc., Maths CA

National Anthem





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Guest Lecture Program for Smart Study Tricks to Cracking Competitive Exams



EXTENSION ACTIVITY

VELLALAR COLLEGE FOR WOMEN (AUTONOMOUS)
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Affiliated to Bharathiar University)
Erode - 12.



PG DEPARTMENT OF COMMERCE (CA)

Extension Activity

Topic : Basic Maths
Class : 6th, 7th & 8th Std
Name of the school : The Erode Arima Society Trust,
Rehabilitation centre for the Physically Differently
Abled(Ortho), Sengodampalayam, Erode
Tutor : The Staffs and Students of Commerce (CA)
Date : 08.09.2018, 15.09.2018 & 29.09.2018
Time : 1.30 p.m. to 3.30 p.m



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Extension Activity 2018-19

The faculty members and the UG students of PG Department of Commerce with Computer Applications visited the Erode Arima Society Trust, Sengodampalayan, Erode on 8.9.2018, 15.9.2018, and 29.9.18. The students of the trust were engaged with the mathematic class, handled by the faculty members and the students of the PG Department of Commerce with Computer Applications. The department also donated general books and stationery items. This session was benefitted by 30 differently abled students of the trust.



Dr. S. POONGODI
Associate Professor
PG Department of Commerce (CA)
Vellalar College for Women (Autonomous)
Erode - 638 012.

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DEPARTMENT OF COMMERCE WITH COMPUTER APPLICATIONS

Heartily invites you for Special Meeting

- RESOURCE PERSON** : **Ms. Charu Nivedha.R ,
Student Cum Speaker,
M.A.Sociology,
University of Hyderabad,
Hyderabad**
- TOPIC** : **“Gendered Spaces: Society, Institution & Family”**
- DATE** : **18.12.2018**
- TIME** : **10.00 AM.**
- VENUE** : **Non- Residential Hall.**



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SPECIAL MEETING

A special meeting has been conducted by the PG Department of Commerce with Computer Applications on **18.12.2018**. Ms.Charu Nivedha.R., M.A., Sociology, Student cum speaker, University of Hydrabad, Hydrabad acted as the resource person and elaborated on "**Gendered Spaces: Society, Institutions and Family**". A total of 161 students form III-B.Com(CA) A & B and I & II M.Com(CA) were benefitted

Special Meeting on Gendered Spaces: Society, Institutions and Family




Dr. S. POONGODI
Associate Professor
PG Department of Commerce (CA)
Vellalar College for Women (Autonomous)
Erode - 638 012.

EXTENSION ACTIVITY

THE ERODE ARIMA SOCIETY TRUST

REHABILITATION CENTRE FOR THE PHYSICALLY DIFFERENTLY ABLED (ORTHO)

Sengodampalayam, Thindal (P.O), ERODE - 638 009. Erode District, Tamil Nadu.

Recognised by : Govt. of Tamil Nadu

Society Regd.No. 22/72
Ref.No. 14386/H.W.IV-4 96 Date 10.1.96

FCR. No. 076060019
☎: (0424) 2431416

CHAIRMAN :

Dr. L.M. RAMAKRISHANAN M.B.B.S., D.L.O.,

909,E.V.N. Road, ERODE - 638 009.

Ph : O : 2431851, R : 2270311

SECRETARY :

Ln. Mrs. SHANTHA SATHYAMOORTHY

167, Perundurai Road, ERODE - 638 011.

Ph : R : 2269489,, 2253620

IN CHARGE : S. JAMUNA

Date :

To

The Department of Commerce (CA)
Vellalar College for Women (Autonomous)
Erode.

Respected Madam,

A part Extension Activity of Vellalar College for Women (Autonomous) Erode. The six staff and Ten Students of Commerce (CA) department were handled the mathematics subject to our differently abled special school students from the following dates.

S.No	Date	Hour
1.	08.09.2018	2
2.	15.09.2018	2
3.	29.09.2018	2

30 Students were attended and benefited.

Thanking you,

Ramie

Yours Sincerely,
(IN CHARGE)
THE ERODE ARIMA SOCIETY TRUST
(Special School for Differently Abled Ortho)
Sengodampalayam, Thindal (Po)
ERODE - 638 012.



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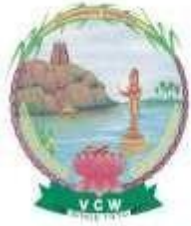
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KARTHIGAI DEEPAM & NEW YEAR CELEBRATIONS





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ANNUAL DAY CELEBRATIONS





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PONGAL CELEBRATIONS





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Students Cultural Program on Pongal Day Celebration





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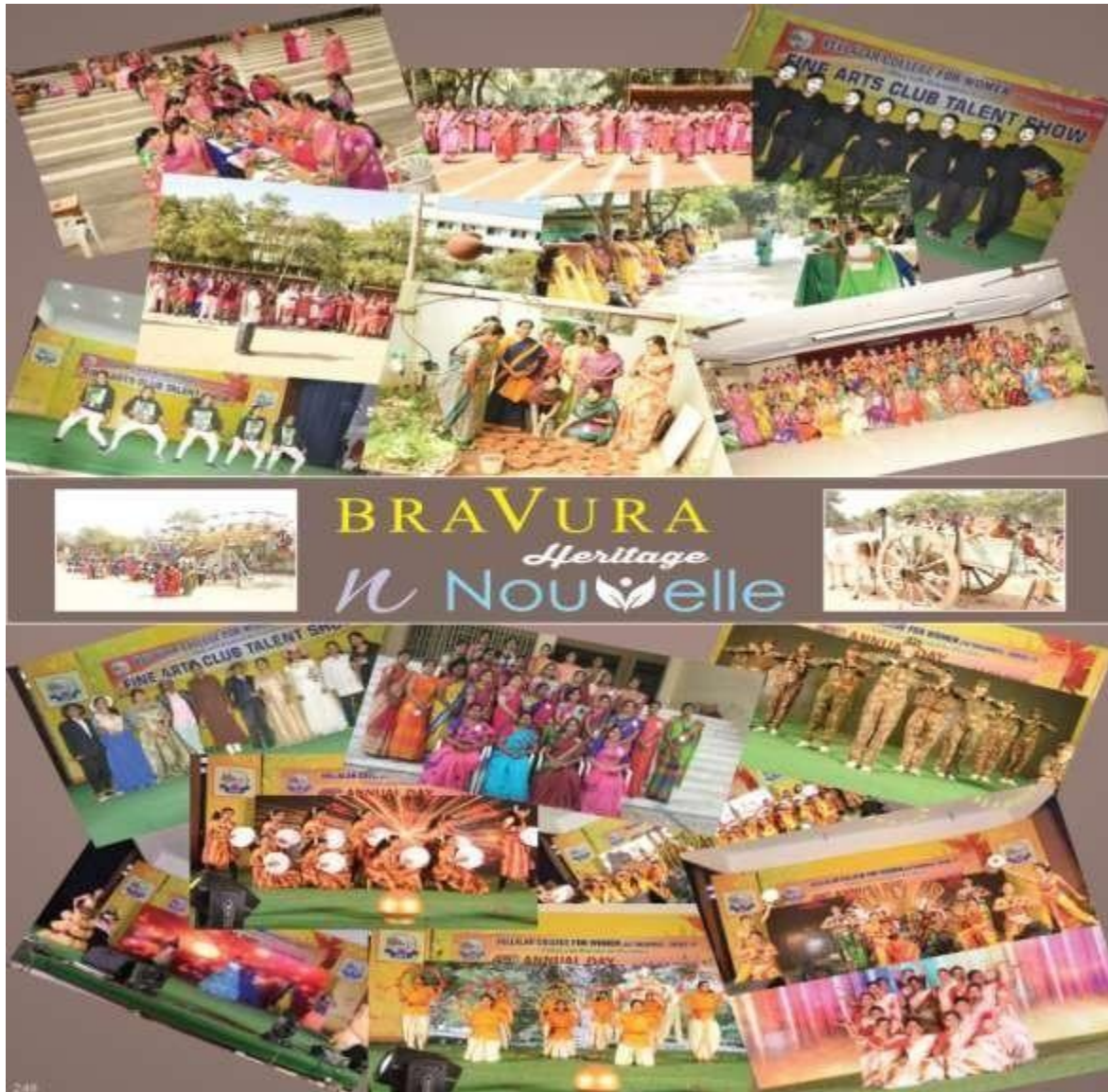
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Bravura Heritage' n' Nouvelle Club Organized Pongal Festival Competition for Staffs and Students





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NCC-CLEAN INDIA AWARENESS RALLY





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NCC-PLASTIC BAN RALLY



DIGITAL LITERACY CLUB

Coordinators:

Ms. M. Sivamani,
Librarian (Aided)

Ms. D. Mercy Lydia, *Assistant Professor,*
PG Department of Library and Information Science (SF)



- 21.08.2018 – Awareness Programme on "UNNATH BHARAT ABHIYAN" at Semampalayam Village.
- 04.09.2018 - Survey on Open Defecation Free and Awareness Programme at the Government Primary School, Semmamapalayam Village.
- 18.09.2018- Guest Lecture on "Internet for Students: Security Online" by Mr. Sivasubramanian Muthusamy.
- 12.02.2019- Hands-on-Training on "Digital Literacy Tools".
- 20.02.2019- "Hands-on-Training to Access E-Resources" through N-LIST, NDLI, DELNET and Open Access E-resources.



EXTENSION ACTIVITY

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

DEPARTMENT OF NUTRITION & DIETETICS

CPE-FUNDED

EXTENSION ACTIVITY

INVITATION



Theme : NUTRITIONAL INTERVENTION FOR PREGNANT WOMAN

DATE	VILLAGES
01.02.2019	Muthampalayam and Thenmuga Vellode
05.02.2019	Chinnapuliur
06.02.2019	Villarasampatti
09.02.2019	Thindal

ALL ARE CORDIALLY INVITED



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DEPARTMENT OF NUTRITION AND DIETETICS

CPE - FUNDED EXTENSION ACTIVITY

2018-19

Details of Extension Activities

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

Brief report of the programme

The Department of Nutrition & Dietetics organized a nutrition intervention program for pregnant women, as a part of the CPE funded extension activity. Under the Unnat Bharat Abhiyan (UBA) program, our institute has adopted five villages (Chinnapuliyur, Muthampalayam, Villarasampatti, Thindal-CT and Thenmugam Vellode) in Erode District. In view of this, the aforesaid villages have been selected for the **Nutrition Intervention Program**. Pregnant women and women of reproductive age group from the selected villages were given nutrition intervention at Muthampalayam and Thenmugavellode on 1st, Chinnapuliyur on 5th, Villarasampatti on 6th and Thindal –CT on 9th of February 2019.

Pregnancy represents a unique period in life with considerable potential that can influence not only the maternal health but also shapes the health of next generation. Healthy eating is important during pregnancy that requires little extra effort, but for sure benefits both mother and the child. Since, optimum nutrition in early life lays foundation for long term health. Sound nutrition is

needed to meet the added demand of the growing foetus. Unfortunately, most of the women do not consume satisfactorily nutritious diet in their reproductive age and as well as during pregnancy representing important topic for the community health.

Pregnancy also known as gestation is the time during which one or more offspring develops inside a woman. Childbirth typically occurs around 40 weeks from the Last Menstrual Period (LMP). During pregnancy, the mother experiences various bodily changes. The size of the uterus in a pregnant woman increases 20 times as that of a normal woman. The cardiac output increases; blood and plasma volume rises; kidney enlarges and frequent urination is common in all expectant mothers. In addition, some other common complications of pregnancy include giddiness & fatigue, nausea, vomiting, constipation, regurgitation and heart burn. The above changes occur due to the action of hormones in order to nurture the foetus and to prepare the mother for labour and delivery. These changes are entirely normal and are meant to provide healthy and safe environment for the growing foetus inside the womb.

Intervention through nutrition education can help pregnant mothers make better choices and know „what to eat“ and „what not to eat“ enabling them to give birth to a healthy child. A **pamphlet in local language** was prepared, which included such nutritional remedies for common complications and nutritional requirement during pregnancy, has been prepared and distributed to the expectant mothers and women of reproductive age as well. Eating right can help mothers to withstand against common pregnancy complications. For instance, avoiding spicy foods lessen heart burns; intake of fiber rich fruits relieves constipation; high blood pressure can be reduced by minimizing salt intake in the diet. Further, the details on the weight gain pattern during pregnancy, immunization schedule, important nutrients and its sources were also provided in the pamphlet.

Cynosure of this programme is distribution and demonstration of the prepared health mix. **Health mix** was prepared using the ingredients such as wheat, ragi, bajra, jowar, peas, soya, green gram dhal, nuts like cashew and badam. Cardamom was added to this to add up the flavour. Ingredients were procured from Kovai Organic Produce, Coimbatore after the proper quality check. Ingredients were cleaned, washed, dried, roasted and grounded to powder; then the mix was carefully packed and sealed. These health mix packets were distributed to all pregnant women and women of reproductive age. Along with this, they were instructed about how to prepare and use this mix in their household level. Importance and role of the individual ingredients were also explained

to the beneficiaries at the selected villages. In addition to the above, **education materials** that could be used to learn about vegetables and fruits were provided to ICDS-Anganwadi children.



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.



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CPE FUNDED EXTENSION ACTIVITY

IN THE ADOPTED VILLAGES UNDER UNNAT BHARAT ABHIYAN (UBA) Program

1.

CHINNAPULIYUR

Students issuing Pamphlets



Activity at ICDS Center





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CPE FUNDED EXTENSION ACTIVITY

2. MUTHAMPALAYAM

Awareness Programme on Health Mix





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e-mail: principalvcw@gmail.com * website: vcw.ac.in

CPE FUNDED EXTENSION ACTIVITY

3. THENMUGA VELLODE

Distribution of the Pamphlets regarding nutritional requirement during Pregnancy





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Fax : 0424 - 2244102

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CPE FUNDED EXTENSION ACTIVITY

4. VILLARASAMPATTI

Students interaction with mothers in the village





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CPE FUNDED EXTENSION ACTIVITY

5. THINDAL

Distribution of Pamphlets and Health Mix regarding nutritional requirement during Pregnancy



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&

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Erode - 638012.



DEPARTMENT OF COMMERCE WITH COMPUTER APPLICATIONS

Heartily invites you for Guest Lecture

RESOURCE PERSON : Ms.K.A.Anjuman Bhanu,M.Sc (Visual Communication).,
Journalist and Motivational Speaker,
Rexona Confidence Academy,

TOPIC : “The Secret to Confidence”

DATE : 28.2.2019

TIME : 10.00 AM.

VENUE : Room No. S28



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Fax : 0424 - 2244102

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e-mail: principalvcw@gmail.com + website: vcw.ac.in

DEPARTMENT OF COMMERCE WITH COMPUTER APPLICATIONS

GUEST LECTURE

The Department has organised a Guest Lecture Programme on **28.2.2019**. Ms.K.A.Anjuman Bhanu, M.Sc(Visual Communication), Journalist and Motivational Speaker, Rexona Confidence Academy was the chief guest and she spoke on **"The Secret to Confidence"**.

The audience comprised of 106 students from III.B.Com (CA) A & B. The Rexona Confidence Academy provided kit to all the students and staff members.

Guest Lecture Programme "The Secret to Confidence".




Dr. S. POONGODI
Associate Professor
PG Department of Commerce (CA)
Vellalar College for Women (Autonomous)
Erode - 638 012.



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NCC STUDENTS PARTICIPATED IN DELHI REPUBLIC DAY





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e-mail: principalvcw@gmail.com * website: vcw.ac.in

THE PRESIDENT OF INDIA APPRECIATED NCC STUDENTS FOR PARTICIPATED IN REPUBLIC DAY PARADE

திருப்பூர் 3-2-2019 21



தொல்
ன்டி
சதி
தாக்கு

டெல்லி குடியரசு தின விழாவில் பங்கேற்ற தமிழக என்.சி.சி. மாணவர்களுக்கு கவர்னர் பாராட்டு

சென்னை, பி.பி.3- குடியரசு தின விழாவை யொட்டி, டெல்லியில் குடியரசு தின முகாம் நடத்தப்பட்டது. இதில் தமிழக என்.சி.சி. சார்பில் 24 மாணவிகள், 87 மாணவர்கள் என மொத்தம் 111 பேர் பங்கேற்றனர். குடியரசு தின முகாமில் பல்வேறு போட்டிகளில் பங்கேற்ற தமிழக என்.சி.சி. மாணவ-மாணவிகள் 4 தங்க கோப்பைகள், ஒரு வெள்ளி கோப்பை, ஒரு வெண்கல கோப்பை என 6 கோப்பைகளை கைப்பற்றினர்.

இதுதவிர டெல்லியில் நடந்த குடியரசு தின விழா ஒத்திசையில் சிறந்த அணியை குடி, கவர்னரின் சார்பில் போட்டிகளிலும் பரிசுகள் வென்றுள்ளனர். மேலும் ஓட்டுமொத்தமாக இரண்டாம் இடத்தையும் கைப்பற்றி சாதனை படைத்து உள்ளனர்.

இந்த நிலையில் தமிழக என்.சி.சி. மாணவர்கள் நேற்று சென்னை மின்டி கவர்னர் மாளிகைக்கு அழைக்கப்பட்டனர். அதன்படி அங்கு வந்த மாணவ-மாணவிகளை கவர்னர் பன்வாரிசால் பூர்த்தி பாராட்டினார். "மகாத்மா காந்தி அப்துல் கலாம் ஆஃப் போன்ற முன்மாதிரியாக கொண்டு செயல்படுங்கள். வாழ்க்கை சிறப்பானதாக அளமையும்" என்று அவர்களுக்கு கவர்னர் அறிவுரை வழங்கினார். கவர்னரின் பாராட்டால் மாணவ-மாணவிகள் மகிழ்ச்சி அடைந்தனர்.

இந்த தகவல் மத்திய அரசின் பத்திரிகை தகவல் அலுவலகம் வெளியிட்ட டுள்ள செய்திக்குறிப்பில் குறிப்பிடப்பட்டு உள்ளது.



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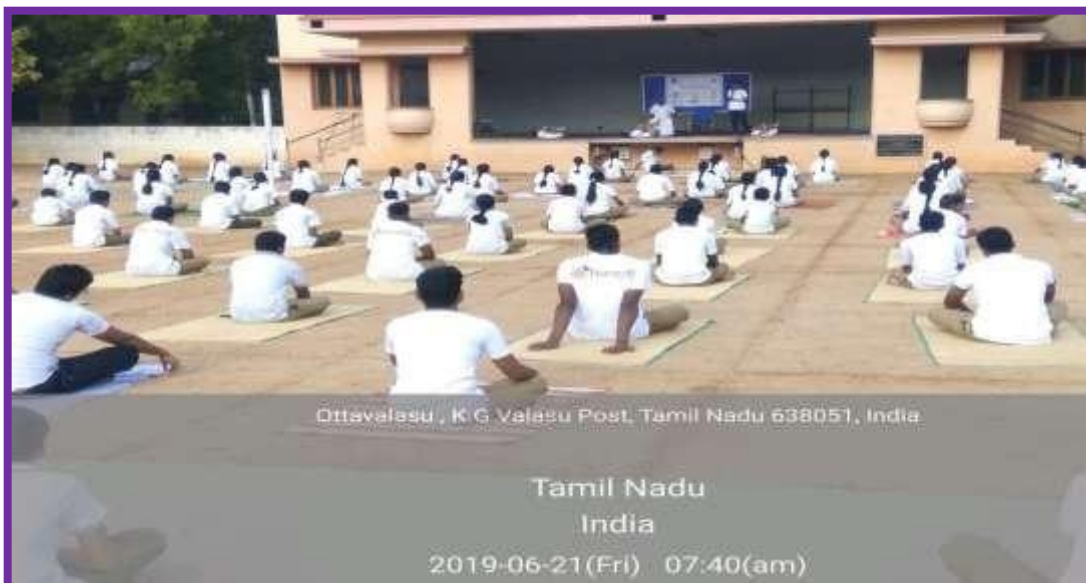
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EXTENSION ACTIVITY- YOGA TRAINING FOR STUDENTS





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NATIONAL SEMINAR ON NATIONAL EDUCATION POLICY

VELLALAR COLLEGE FOR WOMEN (AUTONOMOUS)



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Erode - 638012, Tamilnadu



PG & Research Department of Corporate Secretaryship & IOAC

Cordially invites you for the

**National Seminar
on**

NATIONAL EDUCATION POLICY 2019

26th July 2019, Friday

Venue: Kasthuba Gandhi Kalaiaragam

Programme

Lighting of Lamp

Tamilthal Vazhthu

Welcome Address : **Dr. L.M. Swarnalatha**
Assistant Professor & Head
PG & Research Department of English &
IQAC Co-ordinator

Presidential Address : **Thiru. S.D. Chandrasekar**
Secretary & Correspondent
Vellalar Education Trust, Erode

Felicitation : **Dr. N. Maragatham**
Principal
Vellalar College for Women (Autonomous), Erode

Thiru. Ma.Ko.Chi Rajendran
State Organising Secretary
Desiya Chiritharan Kazhagam, Chennai

Keynote Address : **Dr. N. Murugeswari**
Professor of Women's Studies
Bharathidasan University, Tiruchirappalli

Special Address : **Prof. Dr. B. Ramaswamy**
Pro Vice-Chancellor, Oriental University
Indore, Madhya Pradesh
Member, Advisory Committee
NCPCR (National Commission for Protection of Child Rights)
Govt. of India

Interaction Session

Vote of Thanks : **Dr.G. Mahooridevi**
Associate Professor
PG & Research Dept. of Corporate Secretaryship



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VELLALAR COLLEGE FOR WOMEN (AUTONOMOUS), ERODE - 12 CORP NIKITES ASSOCIATION REPORT - 2019 - 2020

NATIONAL SEMINAR


Our department organized one day national seminar on "National Education Policy 2019" on 26th July 2019. The speakers who addressed the seminar as

Thiru. Ma.Ko.Chi.Rajendran, State Organising Secretary, Desiya Chinthanai Kazhagam, Chennai to delivered a felicitation address to the audience about the education plays an important role in our life.

Dr. N.Murugeswari, Professor of Women's Studies, Bharathidasan University, Tiruchappalli to presented a keynote address about the importance of education system of our nation.

Prof. Dr.B.Ramaswamy, Pro Vice-Chancellor, Oriental University, Indore, Madhya Pradesh, Member, Advisory Committee, NCPDR (National Commission for Protection of Child Rights) Govt. of India to delivered a special address about the importance of National Education Policy 2019. Around 200 students got benefited.




Dr. S. DEVAKI
Associate Professor & Head,
PG Department of Women's Studies,
Vellalar College of Women (Autonomous),
Erode - 12.

GANDHIAN INTEGRATED FORUM TRUST



Gandhian Integrated Forum Trust(GIFT)

No.1,86thStreet, Ashok Nagar, Chennai 600083.Mob.09176624283.

e-mail:gandhiangift@gmail.com

Chief Patron

Thiru.Banwarilal Purohit

Hon'ble Governor of Tamil Nadu

Managing Trustee

P.Maruthi

Dt.:20th Sept.,2019

The Principal Avl.,

Namasthe! Vanakkam! Salam! Sat Shri Akhal! Ram Ram! Greetings!

We are happy to announce the results of the State level English Essay and Tamil Poetry competitions organized by Gandhian Integrated Forum Trust and its Youth wing –Youth forum for Gandhian Studies in association with Khadi Gramodyog Bhavan, Thakkar Bapa Vidyalaya Samithi, Tamil Nadu Harijan Sevak Sangh, Akhil Bharat Rachanatmak Sama, Ma Gandhi Trust and Maruthi Agency on the occasion of the Birth Day of Acharya Vinoba Bhave(11 Sept.), Mahatma Gandhi (2nd Oct.) and Didi Nirmala Deshpande (17th Oct.) on 7th and 8th Septemeber,2019 aimed to bring out the hidden, creative talents from the students.

Kindly inform the prizes winners to collect the prize on 2nd October,2019 at 844, Anna Salai, Mount Road, Chennai-600002(Opp. to Govt. Multi Specialty Hospital) . Participants should report 9.30am on 2nd October,2019 at Khadi Gramody Bhavan, 844, Anna Salai, Mount Road, Chennai-600002(Opp. to Govt. Multi Specialty Hospital, near The Hindu Office).Hon'ble Governor of Tamil Nadu will be distributing prizes. No mobiles/electronic goods are allowed.

Second class Train/ ordinary Bus charges for the prize winners will be reimbursed.Pf. inform the prize winners to confirm through SMS / Whats ap/ to Mrs.Usha: 8939771592, Ms.Vaishnavi : 8939089773, Ms.Kumudha-96005 60994 or e-mail:tnhss32@gmail.com

State level English Essay Prize Winners

PRIZE	Name	College
FIRST	Ms.P.DHARANI, I M.A.Eng	Srimad Andavan Arts & Science College, Trichy
SECOND	Ms.S.SINDHUJA, III yr	T.N.Agricultural University,Trichy 600 027
THIRD	Ms.A.SUBIKSHA, II BA His	Vellalar College for Women, Erode

State level Tamil Poetry Prize Winners

PRIZE	Name	College
FIRST	Ms.P.BALAMURUGESWARI I M.Com	Seethalakshmi Ramaswamy College Trichy-2
SECOND	Ms.R.VENKATESWARI, II yr	Mahalakshmi Arts and Science College , Paruthipet, Ch
THIRD	Ms. THILLAI PON CHITRA I M.SC	Tirunelvel Dakshina Mara Nadar Sangam College, T.Kallikulam

With kind sincere personal regards,


(P.Maruthi)
Managing Trustee
9176624283

Staff
Dr. P. Karthika art
Asst. Prof & Head,
P.G & Research Dept of History
Vellalar College for Women

To
Dr. Karthika
HOD, History

24/9



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**Vellalar College for Women (Autonomous), Erode-12
PG & Research Department of History
Centre for Gandhian Thoughts
2019-2020
Essay Competition
Report**

In connection with the commemoration of 150th Birth Anniversary of Mahatma Gandhi and Sarvodaya Day, The centre for Gandhian Thoughts had conducted the Essay Competition on the topic "Gandhi's Truth and Non-Violence: Twin pillars of Gandhian Thoughts". In Inter departmental level the students were participated in the Essay writing competition in the forenoon of 21.01.2020 in which S.Lokitha of I M.A English secured I prize, V.K.Saveetha of II B.A History secured II prize and R.Dhanashre of II B.Com secured III prize.

S. Lokitha
22/1/2020
HEAD
PG & Research Department of History
Vellalar College for Women
ERODE - 638 012.



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Vellalar College for Women (Autonomous), Erode-12.
Post Graduate & Research Department of History
Centre for Gandhian Thoughts
Essay Competition - 2019-2020

21.01.2020

Topic : "Gandhi's Truth and Non-Violence: Twin Pillars of Gandhian Thoughts"

S.No.	Name	Class	Prize
1.	S.Lokitha	I M.A English	I
2.	V.K.Saveetha	II B.A History	II
3.	R.Dhanashre	II B.Com	III

6/1/20
2020
Head of the Department

HEAD
PG & Research Department of History
Vellalar College for Women
ERODE - 638 012.

CENTRE FOR GANDHIAN THOUGHTS-ESSAY COMPETITION



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POST GRADUATE & RESEARCH DEPARTMENT OF HISTORY


GOLDEN JUBILEE YEAR 2019 - 2020


CENTRE FOR GANDHIAN THOUGHTS

Commemoration of 150th Birth Anniversary of Mahatma Gandhi

CERTIFICATE OF APPRECIATION

This is to certify that Ms. *S. LOKITHA* of *I.M.A.English* has been awarded*I*..... Prize in the Essay Competition conducted by the Centre for Gandhian Thoughts on 20.01.2020.


Head of the Department
Dr. P. KARTHIKA, B.A., B.P.M., Ph.D., PGDTR,
Assistant Professor & Head
PG & Research Department of History
Vellalar College for Women
Erode - 12.


Principal
Dr. (Mrs.) N. MARAGATHAM,
M.S.L., M.Phil., D.A.P., M.A.J.G.C., PGDCA, Ph.D.
PRINCIPAL
VELLALAR COLLEGE FOR WOMEN
(AUTONOMOUS)
THINDAL (P), ERODE - 638 812.



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POST GRADUATE & RESEARCH DEPARTMENT OF HISTORY

GOLDEN JUBILEE YEAR 2019 - 2020

CENTRE FOR GANDHIAN THOUGHTS

Commemoration of 150th Birth Anniversary of Mahatma Gandhi

CERTIFICATE OF APPRECIATION

This is to certify that Ms. R. DHANASHRE of B.Com has been awarded 1st Prize in the Essay Competition conducted by the Centre for Gandhian Thoughts on 20.01.2020.

Head of the Department
Dr. P. KARTHIKA, M.A., M.Phil, Ph.D., PGDTR,
Assistant Professor & Head
Research Department of History
Vellalar College for Women
Erode - 12.

Principal
Dr. (Mrs.) N. MARAGATHAM,
M.A., M.Phil, D.A.P., BA, MA, PGDCA, Ph.D.,
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POST GRADUATE & RESEARCH DEPARTMENT OF HISTORY

GOLDEN JUBILEE YEAR 2019 - 2020

CENTRE FOR GANDHIAN THOUGHTS

Commemoration of 150th Birth Anniversary of Mahatma Gandhi

CERTIFICATE OF APPRECIATION

This is to certify that Ms. V. K. SAREETHA of B.A. History has been awarded1st..... Prize in the **Essay Competition** conducted by the **Centre for Gandhian Thoughts** on 20.01.2020.

Head of the Department
Dr. P. KARTHIKA, BA, BPH, MEd, PGDTH,
Assistant Professor & Head
PG & Research Department of History
Vellalar College for Women
Erode - 12.

Principal
Dr. (Mrs.) N. MARAGATHAM,
BEd, MPh, DAF, MA (JJC), PGDCA, PGD,
PRINCIPAL
VELLALAR COLLEGE FOR WOMEN
(AUTONOMOUS)
TRINDAL (Po), ERODE - 638 012.

MOTHERHOOD IS A BOON



வேளாளர் மகளிர் கல்லூரி
ஊட்டச்சத்து மற்றும் உணவுத்திட்டவியல் துறை
திண்டிவல், ஈரோடு - 12.



'தாய்மை ஒரு வரம்'

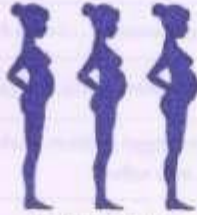


பெண்ணுக்கு கடவுள் வழங்கியிருக்கும் மகத்தான வரம் தாய்மை கர்பகாலமானது. ஒரு கரு உருவான நிமிடத்தில் இருந்து குழந்தையை பிரசவிக்கும் நிமிடம் வரையிலான காலம் ஆகும். கர்பகாலம் என்பது உங்களுடைய வாழ்வின் மிகச்சிறப்பான நேரம். உங்கள் ஆரோக்கியத்தில் மிக கவனம் செலுத்த வேண்டியதற்கான காலம். மருத்துவ நிபுணர்கள் மற்றும் ஊட்டச்சத்து நிபுணர்கள் இந்த கர்ப காலத்தை (ஒன்பது மாதம்) மூன்று முக்கிய கட்டங்களாக பிரிக்கின்றனர். ஒவ்வொரு மும்மாதத்திலும் கருவின் வளர்ச்சியினால் உடலில் ஏற்படும் மாற்றங்கள், தாய் மற்றும் கருவின் ஆரோக்கியத்திற்கு தேவையான ஊட்டச் சத்துக்கள் போன்றவற்றை சரியாக அறிந்து கொள்வதன் மூலம் ஆரோக்கியமான மற்றும் வெற்றிகரமான கர்ப காலத்தை அடைய இயலும்.

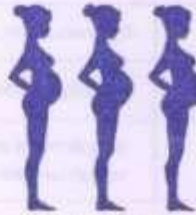
ஒவ்வொரு மும்மாதத்திலும் கூட வேண்டிய எடையின் அளவு



1.5 to 2.0 Kg



6.8 to 9.0 Kg



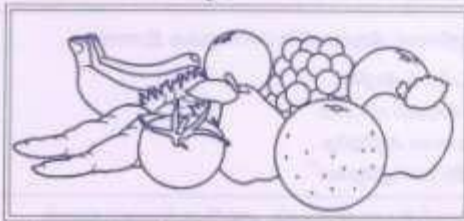
11.3 to 15.9 Kg



நலமான தாய் - சேய்

கர்ப காலத்தில் உட்கொள்ள வேண்டியவைகள்

பழங்கள்



காய்கறிகள்



கருவின் வளர்ச்சியினால் தாயின் உடலில் ஏற்படும் மாற்றங்கள் மற்றும் அதற்கான தீர்வுகள்

மாற்றங்கள்	தீர்வுகள்
<ul style="list-style-type: none"> ◆ காலை நேர குமிட்டல் ◆ நெஞ்செரிச்சல் ◆ அஜீரணக் கோளாறு ◆ நீர்க் கோர்ப்பு அல்லது வீக்கம் ◆ சுளுக்குகள் ◆ தலை சுற்றல் ◆ மலச்சிக்கல் ◆ முதுகுவலி ◆ உயர் இரத்த அழுத்தம் 	<p>உணவை சிறுசிறு பங்காக பிரித்து உண்ணவும்</p> <p>மசாலா உணவுகளை தவிர்க்கவும்</p> <p>மேன், இளநீர் போன்ற நீர் ஆகாரங்களை சேர்த்துக்கொள்ளவும்</p> <p>உப்பின் அளவைக் குறைத்துக் கொள்ளவும்</p> <p>பால் மற்றும் பால் சார்ந்த உணவுகளை உட்கொள்ளவும்</p> <p>ஒய்வு எடுத்துக் கொள்ளவும்</p> <p>நாள் சதறு அதிக்கம் உள்ள பழ வகையை உட்கொள்ளவும்</p> <p>சுயந்த நிலையில் உட்காரவும், குறி இல்லாத காலனிகள் அணிபவும்</p> <p>உப்பின் அளவைக் குறைக்கவும்</p>



உடம்பச்சாத்துகள்	உணவுகள்
ஆற்றல்	தானியம், பருப்பு வகைகள், கொட்டைகள் மற்றும் விதைகள், மீன், இறைச்சி மற்றும் கோழி, எண்ணெய் மற்றும் நெய் வெண்ணெய்சர்க்கரை.
புரதம்	இறைச்சி உணவு, முட்டை, பருப்பு வகைகள், எண்ணெய் வித்துக்கள், கொட்டைகள், மற்றும் பால் மற்றும் பால் பொருட்கள்.
கொழுப்பு	கொட்டைகள், எண்ணெய், வெண்ணெய் மற்றும் நெய்.
ஈயோலிக் அமிலம்	சுத்தமான பச்சைக் கீரைகள் மற்றும் காய் கறிகள், கரல், பருப்பு வகைகள், முட்டை.
வைட்டமின் - ஏ	முட்டை, பால் பொருட்கள், மஞ்சள் மற்றும் ஆரஞ்சு நிறமுடைய பழங்கள், காய்கறிகள் (கேரட், டாங்கிக் காய் போன்றவை)
வைட்டமின் - சி	சிதரஸ் பழங்கள்(ஆழற்குடி / சாத்துக்குடி), நெல்லிக்காய், கொம்பா, பெர்ரி, தக்காளி.
இரும்பு	சிறுதானியங்கள், அயல், பருப்பு வகைகள், பச்சைக் கீரைகள், மீன், இறைச்சி, பேரிச்சம்பழம்.
கால்சியம்	பால் மற்றும் பால் பொருட்கள், தண்டுக்கீரை, வெந்தயக்கீரை போன்றவை.
நாசத்து	முழு தானியத் தயாரிப்புகள் மற்றும் பயிர்கள், பேரிக்காய், ஆரஞ்சு போன்ற பழங்கள் மற்றும் பச்சைக் கீரைகள், காய் கறிகள்.

ஆலோசனைகள்

- ◆ தடுப்பூசியை மாத அட்டவணைப்படி போடவும்
- ◆ ஒவ்வொரு மாதமும் உடல் பரிசோதனை செய்யவும்
- ◆ எளிய முறை உடற்பயிற்சிகளை பின் பற்றவும்
- ◆ முறையான உணவு முறையை கடைபிடிக்கவும்
- ◆ கர்ப காலத்தை மன அழுத்தம் இல்லாமல் மகிழ்ச்சி கரமாக மாற்றிக் கொள்ளவும்.

மேற்கூறிய ஆலோசனைகள் அனைத்தையும் பின்பற்றினால் திருமலரின் சொல்லுக்கு இணங்க,

"உடம்பார் அழியின் உயிரார் அழிவர்
 திம்பட மெய்க்குஞாணம் சேரவும் மட்டார்
 உடம்பை வளர்க்கும் உடாயம் அறிந்தே
 உடம்பை வளர்த்திதன் உயிர் வளர்த்திதனே"

நாம் வழிவகுக்கும் குழந்தையானது ஆரோக்கியமானவையும், அறிவுள்ளதாகவும் மட்டுமல்லாமல் வாழ்வில் மேன்மை அடைய மேற்கூறிய ஆலோசனைகள் வழி வகுக்கும்.

AWARENESS RALLY ON EAT RIGHT INDIA



In the observance of 150th Birthday of Mahatma Gandhi an awareness rally on Eat Right India was conducted in Erode on 31/12/2018. The rally was inaugurated by District Revenue officer Miss. Kavitha and was headed by sub-collector Miss. Padmaja. In the observance of Eat Right India a cycle rally was conducted to create awareness on consumption of healthy foods, clean India and disease free India. This cycle rally started from Pondicherry, Andaman & Nicobar Islands and passed through Calcutta, Thiruvananthapuram, Trichy and the cycle rally started from Thiruvananthapuram from 15 cycle riders reached Erode along with the NCC cadets and NSS volunteers took part in the rally.

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

College with Potential for Excellence

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

**PG & RESEARCH DEPARTMENT OF ENGLISH
&
PG DEPARTMENT OF ENGLISH (SF)**

SPECIAL MEETING

**Chief Guest: Mr. KARTHIKEYA SIVASENAPATHY,
Managing Trustee,
Senaapathy Kangayam Cattle Research
Foundation**

Topic: WATER THE ELIXIR

Date: 09.08.2019

Time: 10.30 a.m.



☎ : 0424 - 2244101
Mob : 99767 51115
Fax : 0424 - 2244102

VELLALAR COLLEGE FOR WOMEN (AUTONOMOUS) "COLLEGE WITH POTENTIAL FOR EXCELLENCE"

(Re-accredited with 'A' Grade by NAAC, Bengaluru & Affiliated to Bharathiar University, Coimbatore)
Thindal, Erode - 638 012, Tamilnadu.
e-mail: principaivcw@gmail.com * website: vcw.ac.in

DEPARTMENT OF ENGLISH (SF)

- A Special Campaign entitled "**Water is Everything - Life, Blue, Green**" was organized on **09.08.2019** for the part II English students. **Mr. Karthikeya Sivasenapathy, Managing Trustee**, Senapathy Kangayam Cattle Research Foundation was the resource person. He expounded the significance of rainwater harvesting and conserving natural resources.

L.M. Swarnalatha
Dr. L.M. SWARNALATHA
Assistant Professor & Head
PG & Research Department of English
Vellalar College for Women (Autonomous)
Erode - 638 012.

A Special Campaign on Water is Everything



Latitude: 11.321692
Longitude: 77.676786
Accuracy: 20.4m
Time: 09-08-2019 11:52

Powered by Rada.com



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Erode-12.

WOMEN EMPOWERMENT CELL

Organizes

AWARENESS PROGRAMME ON STRESS MANAGEMENT

RESOURCE PERSON: Dr. K. K. SARADHA

Assistant Professor & Head

Department of Economics

Vellalar College for Women (Autonomous)

Erode -12.

Objectives : To create awareness on Stress Management

Beneficiaries : II M.Com.Students

Outcome : Imparting knowledge on Stress Management

DATE : 28.02.2020

TIME : 12.15 p.m.

VENUE : Room No. F08

All are cordially invited



☎ : 0424 - 2244101
Mob : 99767 51115
Fax : 0424 - 2244102

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e-mail: principalvcw@gmail.com * website: vcw.ac.in

WOMEN CELL

REPORT 2019-2020

On **28.02.2020**, an awareness programme on **Stress Management** was conducted to the students of II M.Com. **Dr. K. K. SARADHA**, Assistant Professor & Head, Department of Economics enlightened the students regarding the ways to overcome issues that arise in today's tech savvy life. Further, the students were imparted with the steps to get relieved from stress thereby managing their life successfully.



Dr. K.K. SARADHA, B.A., M.P.H.I., Ph.D., PGDCA, MBA,
Assistant Professor & HOD
Department of Economics
Vellalar College For Women(Autonomous)

CO-ORDINATOR (AIDED)

**Dr. K. K. SARADHA – ASSISTANT PROFESSOR & HEAD,
DEPARTMENT OF ECONOMICS**



VELLALAR COLLEGE FOR WOMEN (AUTONOMOUS)
"COLLEGE WITH POTENTIAL FOR EXCELLENCE"
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☎ : 0424 - 2244101
Mob : 99767 51115
Fax : 0424 - 2244102

On **28.02.2020** an awareness programme was conducted to the II M.Com., PG students. Dr.K.K.Saradha, Assistant Professor and Head, Department of Economics, delivered a speech on the topic "Stress Management".

Awareness Programme regarding Stress Management



STUDENTS SELF DEVELOPMENT PROGRAM

VELLALAR COLLEGE FOR WOMEN (AUTONOMOUS)

ERODE-12

'College with Potential for Excellence'

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UGC-PARAMARSH-MENTOR INSTITUTE



Golden Jubilee Webinar Series

DEPARTMENT OF MATHEMATICS CA

Student Self Development Programme - 51

SESSION - I

SESSION-II



R. Madhumitha

III-B.Sc., Mathematics CA



A.S.Arthivasundhra & P.Pavithra

I-B.Sc., Mathematics CA



Topic: Stress - a fact of life

Topic: The Magic of Positive Thinking

Date : 16 May,2020

Time: 11.00 a.m

App : Google Meet

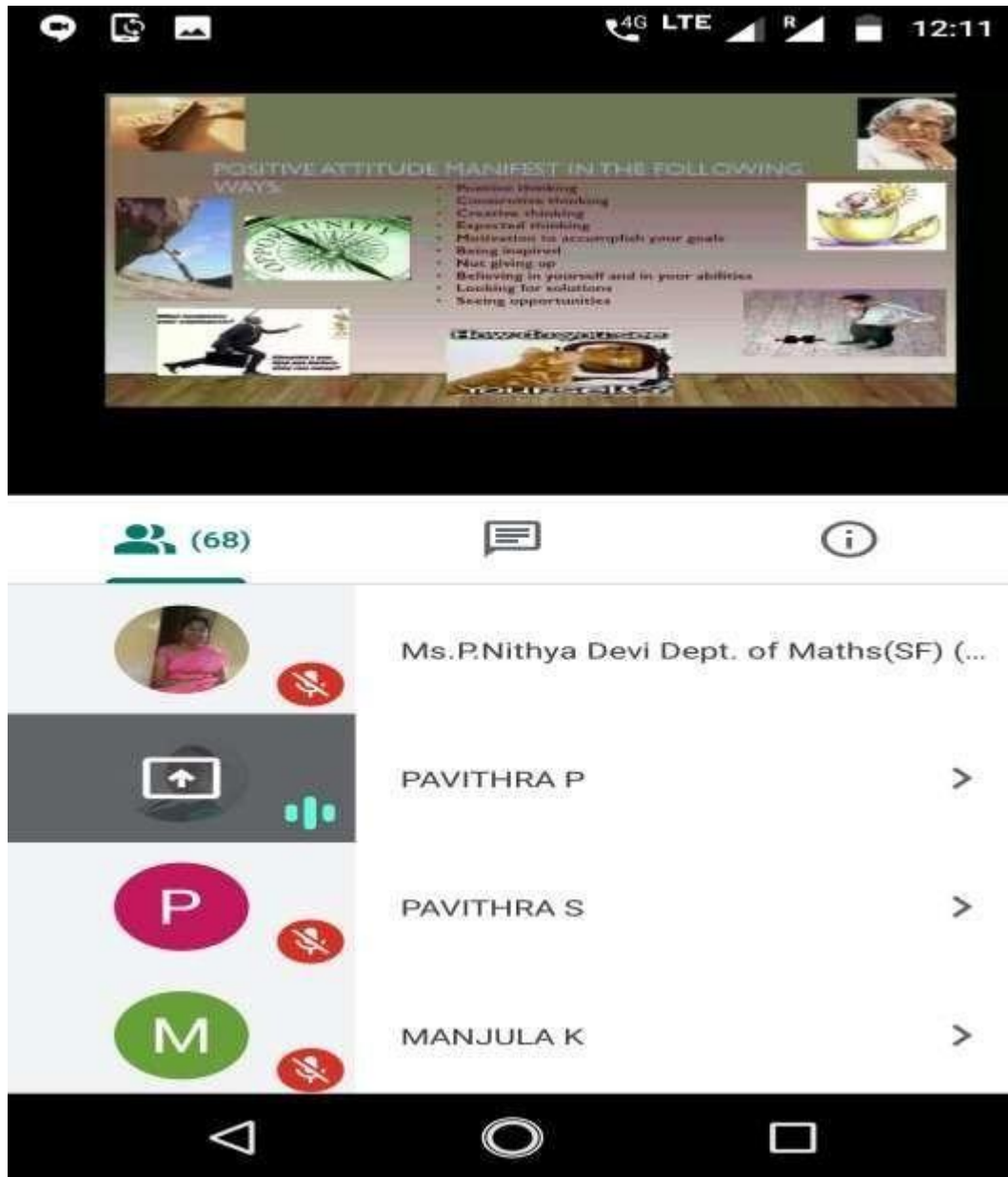
Link : <https://meet.google.com/bsk-nehya-vh>

Programme Objective: To impart the smart tricks to overcome stress through positive thinking

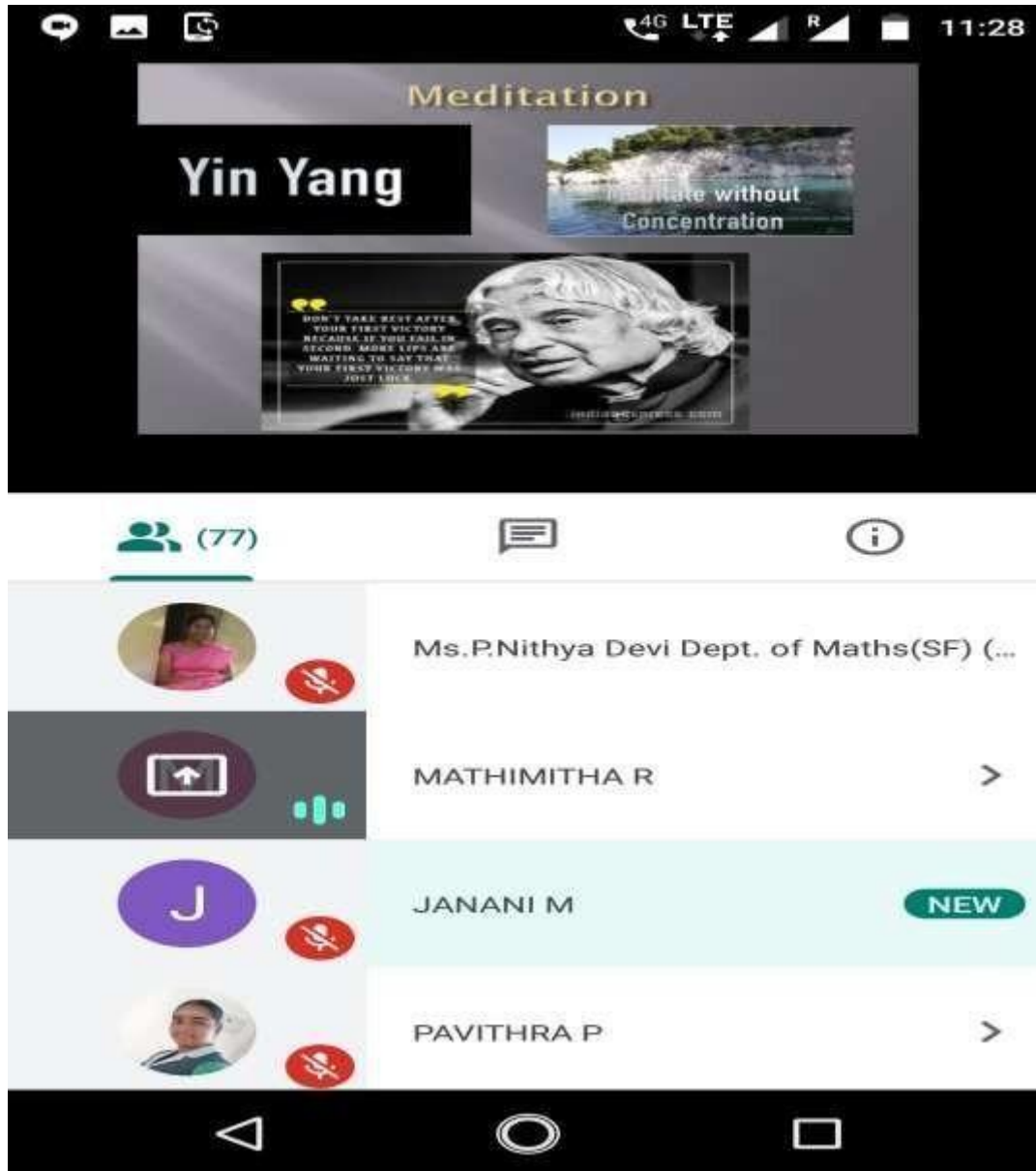
Programme Outcome : To realize the power of positive thinking and lead a stress free life

All are cordially invited, online

Student Self Development Programme is Conducted via Google Meet



Student Self Development Programme is Conducted via Google Meet



BUISNESS CHALLENGES AND BUISNESS STUDIES



Strategic Changes in Lower-Meritizing Institutions Conference



A Scholarly Lecture: Dr. P. Ganesan
Joint Director of College Education (Retd.), IITM



Pay and the Academy: 10th
Workshop on Entrepreneurship and Policy Planning



Creative Solvings

Department of
Cooperation



According Our Action



A Participant friendly Moments



Emboldening to Stand Out



Gaining Empirical Knowledge

Programmes tailored by the department take the students on a journey through higher levels of knowledge and wisdom. In a meeting on "Mental Strength and Personality Enrichment" conducted on 07.08.2015, Dr.(Tmt). N. Maragatham, Associate Professor of Nutrition & Dietetics and Controller of Examinations, Vellalar College for Women, Erode, averred on the need to capitalize one's inherent strength to face the complexities of today's world.

A one-day International Conference on "Emerging Strategies for Green Marketing in Consumer Cooperatives" was organized on 09.09.2015. Dr. B. Subburaj, Professor, PG & Research Department of Cooperation, Dean, Faculty of Rural Social Science, GRI – Deemed University, Gandhigram, Dr. M. Karthikeyan, Associate Professor, Department of Cooperatives, Institute of Cooperatives and Development Studies, Ambo University, Ethiopia, Dr. X.L.X. Wilson, Associate Professor of Cooperation, SRKV College of Arts & Science, Coimbatore [Visiting Scholar, University of HELSINKI, Finland] and Thiru. S. Ramadoss, Joint Registrar, Registrar of Cooperative Societies,



Erode Region, captivated the audience by their information-packed utterances exhorting to explore the terrains of green marketing. Students and Staff Members from 10 Colleges participated and 120 students presented their research papers.

A one-day workshop on 'Embroidery and Fabric Painting' was organized on 06.10.2015 with Mrs.V.S.Hemavathi, and Mrs.B.Abirami, Assistant Professors, Department of Costume Design and Fashion, Vellalar College for Women, Erode, as resource persons.

To freshen up the language power and further their skill in promoting products, Word Building and Product Launch competitions were conducted on 27.02.2016.

On 04.03.2016, Dr.P.Ganesan, Joint Director of Collegiate Education (Retd.) Coimbatore Region, covered a load of information on "Cooperative Movement in India – Issues and Challenges".

An educational tour was organized to Munnar and Cochin on 24.01.2016 and 25.01.2016.



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UCC-PARAMARSH-MENTOR INSTITUTION

GOLDEN JUBILEE YEAR 2019 -2020

INTERNAL QUALITY ASSURANCE CELL (IQAC)

&

Dr. V.S. NATARAJAN GERIATRIC FOUNDATION, CHENNAI

Jointly Organizes

A Special Meeting on Geriatric Health Care

Resource Person : Padmashri Dr.V.S.Natarajan, MD, FRCP(Edin), D.Sc.(Hon)

Senior Geriatrician

Founder & Chairman

Dr.V.S.Natarajan Geriatric Foundation

Topic : Social Challenges of the Elderly

Programme Objective: To create awareness among the students and the teachers on the age-related social issues

Programme Outcome: Facilitating the social perspective to deal with the aged at home, in the extended families and the society

Date : 16.03.2020

Time : 03.00 P.M.

Venue : Vellalar College for Women, Erode

All are cordially invited



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

GOLDEN JUBILEE WEBINAR SERIES

PG DEPARTMENT OF ENGLISH

STUDENT SELF DEVELOPMENT PROGRAMME -45



Speaker : R.Kaniga &
S.Gowthami
I M.A English Literature



Topic : **Before and After Corona**

Date : 15.05.2020

Time : 03.00 p.m.

Platform : Google Meet

Meeting link : <https://meet.google.com/dvc-hrmu-wmf>.

Programme Objective : To enable knowledge for sustaining the predicament problems and to rebuild trust, cooperation and bonding of our life.

Programme Outcome : To create potential to understand the progress of achieving and emerging from the unpredictable crisis in the foreseeable future .

ALL ARE CORDIALLY INVITED , ONLINE



VELLALAR COLLEGE FOR WOMEN (Autonomous) , Erode -12

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UGC PARAMARSH - MENTOR INSTITUTION

TYCOON (Business Administration) ASSOCIATION

Webinar on

COVID - 19 Coax Savings and Spending Habits

*Resource Person : Mr. Chellamuthu Kuppasamy,
Senior Delivery Manager, Wipro Technologies,
Investment Author & Personal Finance Trainer,
London, United Kingdom.*



Date & Time : 22nd July, 2020 & 11.30 a.m

Meeting Link : <https://meet.google.com/rgv-zivt-yzq>

Programme Objective : To identify the areas of savings and the means to minimize spendings during COVID – 19

Programme Outcome : Enhances one's personal financial management habits during COVID – 19

ALL ARE CORDIALLY INVITED - ONLINE



VELLALAR COLLEGE FOR WOMEN (AUTONOMOUS), ERODE-12

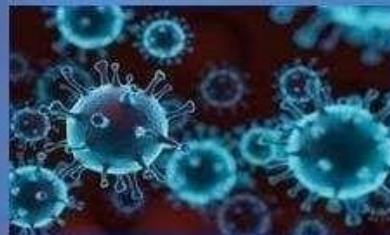
DEPARTMENT OF PHYSICS

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-12
College With Potential for Excellence
An ISO 9001:2015 Certified Institution
(Re-accredited With 'A' Grade by NAAC & Affiliated to Bharathiar University, Coimbatore)
UGC PARAMARSH - MENTOR INSTITUTION

**DEPARTMENT OF COMMERCE
(BANKING AND INSURANCE)**

**Organizes
International Webinar
on**

POST PANDEMIC ACADEMIC LANDSCAPE



Resource person:
Dr. Nithya Ramachandran, M.Com., M.Phil., Ph.D.,
Faculty, Accounting and Finance Section,
Department of Business Studies,
Ibra College of Technology, Sultanate of Oman.

Date: 31.07.2020

Time: 10:00 AM

Programme Objective: To acquire knowledge on the educational landscape after covid-19

Programme Outcome: Able to formulate the strategies for imparting quality education in post pandemic period

Google Meet Link: <https://meet.google.com/jyc-tbgh-hnc>

ALL ARE CORDIALLY INVITED, ONLINE



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AFFILIATED TO BHARATHIAR UNIVERSITY, COIMBATORE)

UGC- PARAMARSH - MENTOR INSTITUTION

UNNAT BHARAT ABHIYAN 2.0

Organizes a

NATIONAL WEBINAR ON

DISSEMINATION OF INFORMATION ON NATIONAL EDUCATION POLICY 2020

Resource Person

Mr.R.Balasubramanian

District Secretary

Erode District Consumer Protection Centre

General Secretary

Federation of Consumer Organisation

Tamil Nadu & Pondicherry

Date: 23.09.2020

Time: 11 AM

App: Google Meet

Meeting Link:

<https://meet.google.com/wjd-jitg-deh>

Participants: UBA/Mentor Institution/NSS/NCC/YRC/CCC/FACULTY/PUBLIC

Programme Objective: To create awareness on National Education Policy

**Programme Outcome: Thorough understanding of National Education
Policy 2020**

ALL ARE CORDIALLY INVITED

Stay Safe! Stay Healthy



VELLALAR COLLEGE FOR WOMEN (AUTONOMOUS), ERODE – 12

College with Potential for Excellence

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AN ISO 9001:2015 CERTIFIED INSTITUTION

UGC-PARAMARSH-MENTOR INSTITUTION

Webinar

on

NEP 2020 – CHANGES AND CHALLENGES

[IIC Driven Activity]



Resource Person: Dr. A. Thenarasu

Associate Professor and Head
Department of History
Government Arts College (Autonomous)
Salem-7

Date : 30.11.2020

Time : 11.00 a.m. – 12.00 noon

App : Google Meet

Meeting Link : <https://meet.google.com/nsi-huvr-eje>

Programme Objective: To create awareness on India's new education system.

Programme Outcome: To understand that the NEP aims to provide new quality of education which will be at par with the global standards.

All are cordially invited



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 Mob: 99767 51115
 Fax : 0424 - 2244102

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Thindal, Erode - 638 012, Tamilnadu.

e-mail: principalvcw@gmail.com * website: vcw.ac.in

COVID-19 SAFETY MEASURES BOARD INFRONT OF COLLEGE CAMPUS





VELLALAR COLLEGE FOR WOMEN (AUTONOMOUS), ERODE



NATIONAL CADET CORPS
15 TN BATALLION NCC
PROJECT BHARAT SAKTHI



COVID -19 CAN BE SENT OUT BY SIMPLE STEPS



**STAY HOME DON'T GO
OUTSIDE UNNECESSARILY**



BE STRONG



**WEAR MASK WHEN
NEEDED**



**WASH YOUR HANDS WITH SOAP
DON'T TOUCH YOUR FACE WITH
HANDS UNCLEAR**





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UGC-PARAMARSH-MENTOR INSTITUTION

Office of Academic Collaborations

Project Bharat Sakthi

AYUSH SANJIVANI

National Level Sensitisation Initiative

for

**Promotion and dissemination of AYUSH practices
as prophylaxis to address COVID-19 pandemic**

Objective:

To make wider publicity of 'AYUSH SANJIVANI' Mobile App developed by the Ministry of AYUSH, GoI to capture relevant information from the public to assess the impact of AYUSH based advisories and their benefits during this pandemic

Outcome:

Participation of the faculty and student community would certainly enhance the number of respondents for the study and thereby facilitate significant public health outcomes-based on the findings.

Kindly download the AYUSH Sanjivani App from

<https://oacvcw.blogspot.com>

Be Healthy & Safe



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Distribution of Facemask to the Public by UBA





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Covid-19 Camp Food distributed to Covid-19 Patients admitted in our Hostel Block





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Latitude 11.5617690

Longitude 77.3462799

17 May 2020, 12.10.P.M.

Clouds
32 °C
89.6 °F



Latitude 11.5617690

Longitude 77.3462799

17 May 2020, 12.20.P.M.

Clouds
32 °C
89.6 °F



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UBA Activities





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Vellalar College for Women acted as helping hand to farmers by purchasing farm products at UBA adopted villages and selling the products with nominal cost to nearby villages





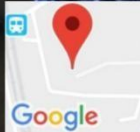
☎ : 0424 - 2244101
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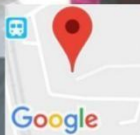


Latitude 11.5617690
Longitude 77.3462799

15 April 2020, 06.32. A.M.

☁ Clouds

32 °C
89.6 °F



Latitude 11.5617690
Longitude 77.3462799

15 April 2020, 07.20 A.M.

☁ Clouds

32 °C
89.6 °F



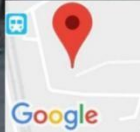
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Latitude 11.5617690

Longitude 77.3462799

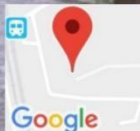
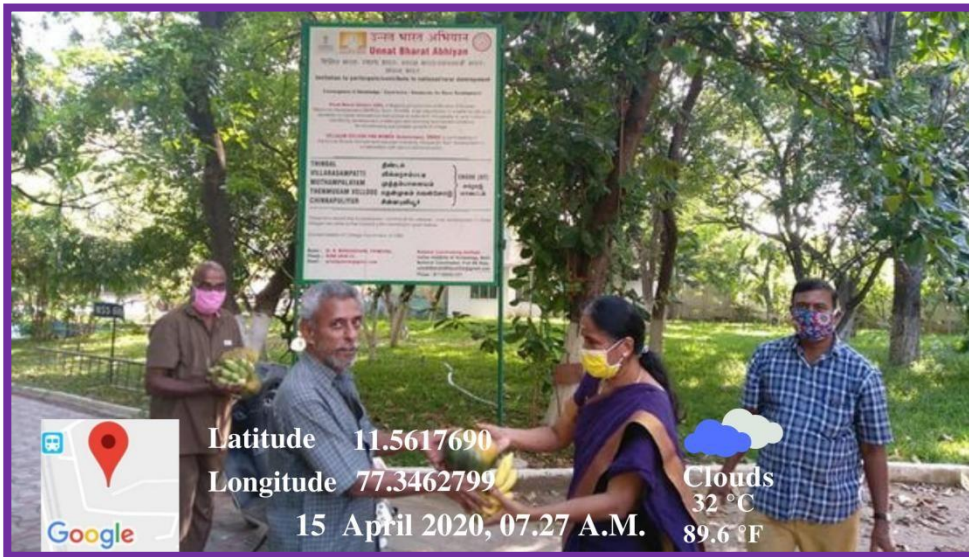
15 April 2020, 07.22. A.M.



Clouds

32 °C

89.6 °F



Latitude 11.5617690

Longitude 77.3462799

15 April 2020, 07.27 A.M.



Clouds

32 °C

89.6 °F



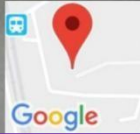
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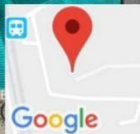


Latitude 11.5617690

Longitude 77.3462799

17 April 2020, 06.45. A.M.

Clouds
32°C
89.6°F



Latitude 11.5617690

Longitude 77.3462799

17 April 2020, 07.02. A.M.

Clouds
32°C
89.6°F



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The screenshot shows a Twitter search interface. The search bar contains the text "vellalarcollegeforwomen tamilnadu". The search results are filtered to "Top" results. The first result is a tweet from "Unnat Bharat Abhiyan" (@Unnatbharat_Tw) dated April 22, 2020. The tweet text reads: "Vellalar College for women acted as Helping Hands to Farmers :by purchasing farm products at #UBA adopted villages and selling it at nominal cost in the nearby local area. #VellalarCollegeforwomen #TamilNadu #Erode #UnnatBharatAbhiyan #IndiaFightsCorona". Below the text are four images showing people at a market stall, a woman holding produce, a man in a uniform, and a woman with a motorcycle. The tweet has 1 retweet and 1 like. The left sidebar shows navigation options: Home, Explore, Notifications (19), Messages, Bookmarks, Lists, Profile, and More. A blue "Tweet" button is visible. The right sidebar shows search filters for People (From anyone, People you follow) and Location (Anywhere, Near you). Below the filters is a "What's happening" section with a headline "Tourists flocking Manali sparks concerns amid COVID-19" and a "Trending in India" section with "#hdfcbank" and "#PetrolDieselPrice". A "Messages" button is at the bottom right.