

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

Department of Tamil organized Yoga Week 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**

**Department of Tamil organized Yoga Week 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**

Department of Tamil Organized One Week Yoga Week - 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**

Department of Tamil organized Yoga Week -Student participated in International Yoga Day from 14.12.2016 to 19.12.2016



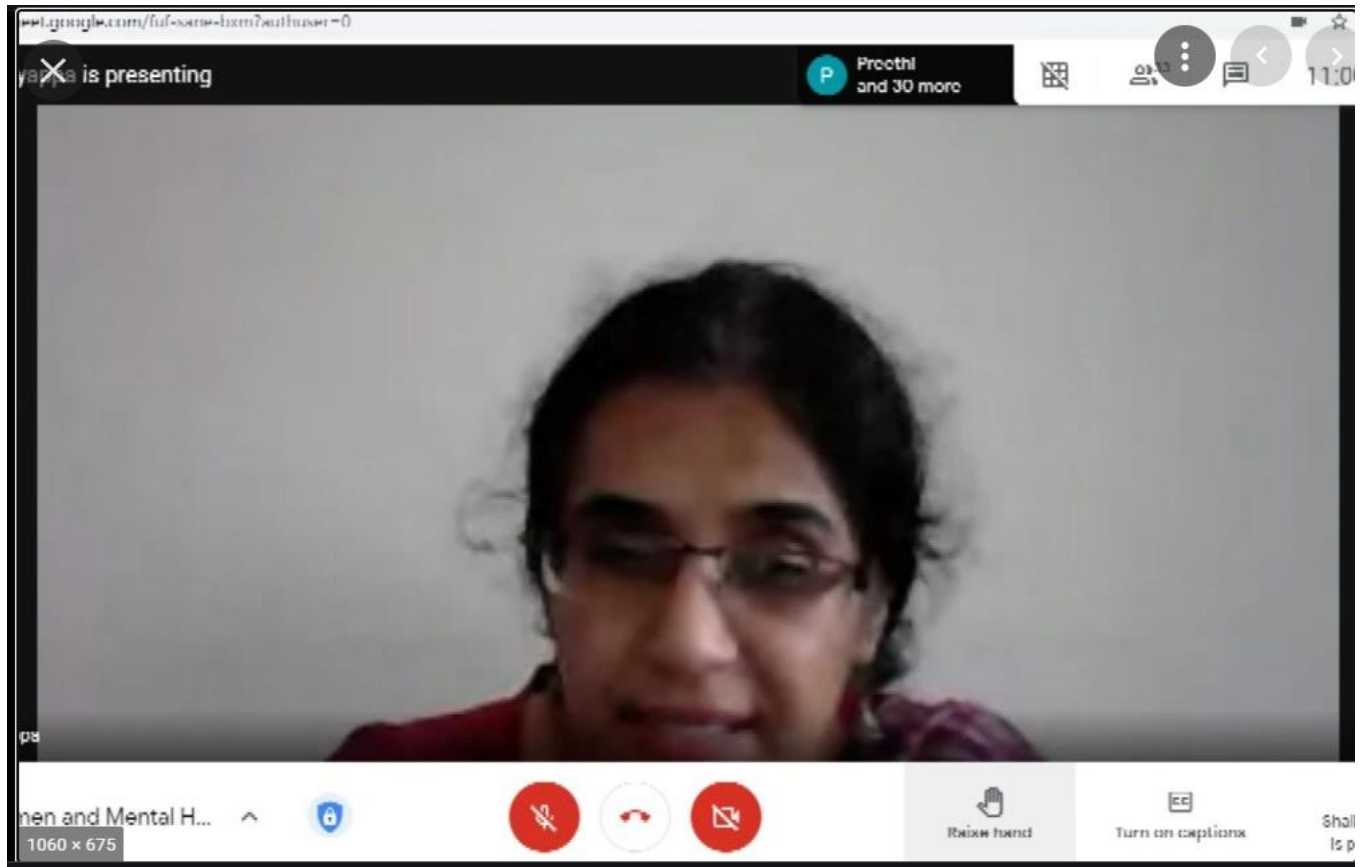
**5.1.3 Capacity Development and Skills
Enhancement Activities-
Yoga
2015-2016**

Department of Tamil organized Yoga Week - 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**

Department of Physical Education and Health and Wellness Club organized webinar on 26.04.2020 -Physical Fitness and Mental Health by Dr.Manju Pushba, Assistant Professor, Bharathiar University, Coimbatore.



**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**

**Department of Nutrition and Dietetics Organized 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.

**Department of Nutrition and Dietetics organized UGC funded Extension activity -
OBSERVANCE OF NATIONAL NUTRITION MONTH on 27.09.2018 at ICDS Centre,
kallivalasu I, Nadarmadu, Erode.**



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**

**Nutrition and Dietetics Department organized Association Meeting on 26.07.2017
by Mrs. JananiTamilvanan, CEO and Founder, Geneobe Wellness,
Coimbatore.**



**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**

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



**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**

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



Department of Nutrition and Dietetics organized Nutristar Association Meeting Value Added Products – Potential-, food Safety and Marketing on 24.07.2015 by Mr.P.Chandrasekaran, Head of Operations, Sakthi Food Products, Erode.



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**

Department of Commerce PA organized a Special Meeting on Hormones & Human Behavior on 14.09.2020 with Dr.Sakthivel Sivasubramanian MD CM., FECSM, Medical Director, The Hormone Clinic Tiruchi.



Department of E-Commerce organized International Webinar titled Stay Healthy, Stay Happy on 04.07.2020 during the Covid-19 Pandemic Period by Dr.Senthil Senniappan , Senior Lecutrer from Liverpool, UK.



A screenshot of a Zoom meeting grid showing four participants. The top participant is Maheshwari R, represented by a grey silhouette icon. The second participant is Senthil Senniappan, shown in a video feed wearing a blue shirt. The third participant is SANGEETHA R, Vellalar College..., also represented by a grey silhouette icon. The bottom participant is Krishna Karthi, shown with a large red 'K' logo and floral decorations. Each participant's name is displayed in a white box at the bottom of their respective video frame.





Maheshwari R

Senthil Senniappan


SANGEETHA R, Vellalar College...



































Krishna Karthi

Department of E-Commerce organized International Webinar titled Stay Healthy, Stay Happy on 04.07.2020 during the Covid-19 Pandemic Period by Dr.Senthil Senniappan , Senior Lecutrer from Liverpool, UK.

15:41 PM     89 %

Close **Participants (97)**

 Search

	Dhivijaa Muthusamy (me)	  >
	Senthil Senniappan (host)	  >
	Nagaraj Nagaraj	   >
	Parimala Devi (co-host)	  >
	a Dr.Poongodi Bala	  >
	A.Ritha.	  >
	Aadhavan	  >
	Aarthi.R	  >
	Aishu -	  >
	B.Priyanka	  >
	B.yamini	  >

[Invite](#)

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.



Department of Commerce PA Organized 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



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

REPORT ON AWARENESS CAMPAIGN

"WATER IS EVERYTHING - LIFE, BLUE, GREEN"



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

Provided by: MGR-CARD

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 - B.

**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 students a Cookery Competition

was conducted by the Health and Wellness Club of Self Financing wing

of the college. The members of the club actively participated in the

competition and exhibited their preparations using millets and grains.


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.**



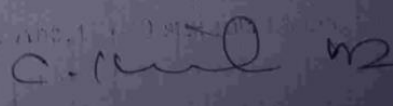
NATIONAL DEWORMING DAY - II

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

**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. Kirubani

Dr.C. KIRUBANI, 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.**



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. Vaidhehi

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

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



**Department of Bio-Chemistry organized 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. 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

**Department of Nutrition and Dietetics organized WORLD BREAST FEEDING WEEK
(August 1st Week)**

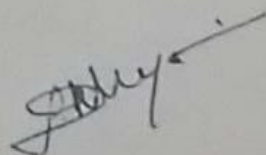
**Awareness programme on 07.08.2018 with Dr.S.Vani M.B.B.S, Medical Officer,
Perundurai explain the topic about “Breast Feeding: Basic for Life”**



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



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: 


T. STEPHEN
Head & Assistant Professor
PG Dept. of Library & Information Science
Vellalar College for Women (Autonomous)
Erode - 638 012.

**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**



Department of Nutrition and Dietetics organized 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**

“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.



Department of Nutrition and Dietetics organized 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**

Department of Library and Information Science organized 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.



Department of Nutrition and Dietetics organized World Breastfeeding week was celebrated on 09.08.2016. Welcome Address by Head of the Department

