



LIFE SKILLS ON PERFORMATIVE ARTS

Title : Skill Development Programme entitled Life Skills in Performative Arts"

Date : 20-07-2022

No. of Participants : 95

Department : Department of English

The Department of English organized a Skill Development Programme entitled Life Skills in Performative Arts" on 20th July 2022. The Skill Development Programme started with a formal welcome address by Ms. V.Swathy of II B.A (Eng). The Vice Principal Dr.K.C.Lalithambika introduced the resource person to the august gathering. The Resource Person Dr.K.G.Nagaradhika, Dynamic Trainer and Performer in Theatre briefed the importance of theatrical skills which helps us to develop the confidence that is essential to interact clearly, lucidly and thoughtfully. Around 95 students and 20 faculty members participated and enhanced their knowledge in the field of theatrical techniques. The programme came to an end with the vote of thanks by MSG.V.LakshmiPriya of III B.A. We are thankful to our Secretary and Correspondent Thiru.M.G.E.Selapalam and our honourable Principal Dr.S.Srividhya for their continuous support and encouragement.





The Department of English
organizes a Skill Development Programme on the topic
"Life Skills in Performative Arts".

Resource Person : Dr.K.G.Naga Radhika
Dynamic Trainer and Performer in Theatre

Date: 20/07/2022

Time : 11:00 am

Venue: Thiruthangal Gnaniyar S.Arumuga Nadar, Meenamal Trust (A/C) Conference Hall

We look forward to your kind presence

Mrs.K.PammeNesakumari

Dr.S.Srividhya

Thiru.M.G.E.Selapalam

Head, Department of English

Principal

Secretary and Correspondent

Coordinators:

Mrs.K.Suganthi ,Asst Professor, Dept of English.

Mrs.A.PearlinSynthia , Asst Professor, Dept of English.

Ms.B.Sivasakthi, Asst Professor, Dept of English.

Mrs.Sridevi.M ,Asst Professor, Dept of English.



LIFE SKILL PROGRAMME ON “WABI-SABI PERFECTLY IMPERFECT”

Title : LIFE SKILL PROGRAMME on WABI - SABI PERFECTLY IMPERFECT"

Date : 27-08-2022

No. of Participants : 25

Department : Department of Software Applications

TECHMINE ASSOCIATION, the department of Software Applications organised LIFE SKILL PROGRAMME on WABI - SABI PERFECTLY IMPERFECT" at Room no.33 between 11.30a.m to 12.45p.m. on 27/8/2022. Mr. M. ThangaKumaran, Assistant Professor, Dept. of English, ArulmiguKapaleeswarar Arts and Science College, Kolathur, Chennai-99 acted as the Resource Person for the programme. He made the session interesting by narrating short stories, singing song and by conducting activities. The students enjoyed the session and interacted enthusiastically and also came out with the positive feedback.





Thiruthangal Nadar College
Knowledge is Power

NAAC CYCLE III – AQAR

5.1 Student Support System

5.1.3 Life Skills

Year: 2022-2023



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DEPARTMENT OF SOFTWARE APPLICATIONS

Cordially invites you to the

LIFE SKILL PROGRAMME

ON

“WABI SABI- PERFECTLY IMPERFECT”

on 27.08.2022 , SATURDAY at 11.30 a.m.

RESOURCE PERSON



Mr. M. THANGA KUMARAN,
Assistant Professor, Dept. of English,
Arulmigu Kapaleeswarar Arts and Science College,
Kolathur, Chennai-99

ALL ARE WELCOME!

Dr. S. LAKSHMI
Head, Dept. of S/W Applications

Dr. K. C. LALITHAMBICA
Principal I/C

Thiru. A. NARAYANAMOORTHY
Secretary & Correspondent



GUEST LECTURE ON “HUMAN VALUES AND ETHICS”

Title : GUEST LECTURE ON “HUMAN VALUES AND ETHICS”

Date : 29-08-2022

No. of Participants : 117

Department : Department of Corporate Secretaryship Shift I & Shift II

The Seminar has been conducted for First and Final year students of B.Com (CS) shift – I & III B.Com cs-- II around 117 students were participated in the Guest Lecturer and the Resource person enlightened the students with key terms and schemes of Human Value Ethics.





Thiruthangal Nadar College
Knowledge is Power

NAAC CYCLE III – AQAR

5.1 Student Support System

5.1.3 Life Skills

Year: 2022-2023



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The “Corporate Professionals” Association with Department of “Corporate Secretaryship” Shift – I & II

Cordially invite you for the **Life Skills Programme**

Guest Lecture on “**Human Values and Ethics**”

On 29th August 2022, Monday at 11.00 AM

Venue: A/C Conference Hall Thiruthangal Nadar College



Resource Person

Dr.S.GAYATHRI

Assistant Professor

Department of Commerce (CA)

Standard Fireworks Rajaratnam College for Women,,

Thiruthangal Road, Sivakasi,

Dr.S.Anitha & Dr.P.Balusamy

Heads Dept of Corporate secretaryship Shift - I & II

Dr.K.C.Lalithambika

Principal In-charge

Thiru. A.NARAYANAMURTHY

Secretary & Correspondent



PERSONALITY DEVELOPMENT AND MENSTRUAL HYGIENE PROGRAMME

Title : PERSONALITY DEVELOPMENT and MENSTRUAL HYGIENE PROGRAMME

Date : 30-08-2022

No. of Participants : 550

Department : Women Safety and Welfare Club

The Women Safety and Welfare Club organised a Personality Development and Menstrual Hygiene programme on 30th August 2022. The programme begun with a formal introduction to the Women Club Members by Mrs. J.Jayanthi. The Chief guest, Rizwana Khathun.I, Event Organizer from MillionMinds Pvt. Ltd., created awareness among students. The information helped them to develop their personality through dress sense, personal hygiene, grooming, appearance and food. Around 550 Girl students attended the programme The programme came to an end with the feedback session and vote of thanks. We are thankful to our Secretary and Correspondent Thiru.A.Narayana Murthy and principal-in-charge Dr.K.C.Lalithambika for their continuous support and encouragement.





THE MANAGEMENT, PRINCIPAL
and
WOMEN'S SAFETY AND WELFARE ASSOCIATION
in association with
INTERNAL QUALITY ASSURANCE CELL (IQAC)

cordially invite you to the

**PERSONALITY DEVELOPMENT
and
MENSTRUAL HYGIENE PROGRAMME**

@

Indoor Auditorium

on 30.08.2022, Tuesday @ 11.00 a.m.

RESOURCE PERSON

RIZWANA KHATHUNJI
Millionminds Pvt. Ltd.
Graphene Campus Connect Pvt. Ltd.

ALL ARE WELCOME

Mrs. J.LAVANYA
Chair Person

Dr.K.C.LALITHAMBIKA
Principal – IC

Thiru.A.NARAYANA MURTHY
Secretary & Correspondent



AWARENESS ON MENTAL HEALTH & PHYSICAL FITNESS

Title : Awareness on Mental Health and Physical Fitness

Date : 29-08-2022

No. of Participants : 260

Department : Department of Physical Education

The Department of Physical Education in association with Fitness Club of ThiruthangalNadar College organised a seminar titled as "Awareness on Mental Health and Physical Fitness" held on National Sports Day, 29th August 2022. The programme began by invoking the muse and lighting the Kuthuvilakku. Mr. S. Gopi, Assistant Physical Director, welcomed the audience. Dr. S. Asaithambi, Vice-Principal, introduced the Chief Guest. The Chief Guest of the programme was Mr. M. N. Mohan Rajan, National Basketball Player who created awareness on the importance of sports and fitness. He motivated students to take part in sports and suggested them to be fit mentally and physically. Ms. S. Kavibharathi from CPA department delivered vote of thanks. The programme compering was scripted by Mrs.R.Jothimani, Assistant Professor, Department of English. The audience comprising more than 250 students from various department and 20 faculty participated in the programme.





*The Management, Principal The Department of Physical Education
&
Fitness Club*

*Cordially invite you to the
Seminar*

"Awareness on Mental Health & Physical Fitness"

*on 29th Aug 2022, Monday day at 11.30 a.m
at Thiruthangal Nadar College – Indoor Auditorium.*

Resource Person

Mr. M. N. Mohan Rajan

*National Basket Ball player
Represented Tamil Nadu 1961-1962.
Represented West Bengal 1963-1972.*

has kindly consented to be the chief guest and deliver the special address.

Thiru. A. Narayana Moorthy, M.Tech.,

*Secretary & Correspondent
Thiruthangal Nadar College*

Will preside over the seminar.

All are Welcome

Mrs. N. Sathya Bavani
Head Director of Physical Education

Dr. K. C. LALITHAMBICA
Principal I/C

Thiru. A. NARAYANA MOORTHY
Secretary & Correspondent

Mr. A. Raja
Gym Coach

Mr. S. Gopi
Asst. Physical Director

Mr. S. Karthikeyan
Asst. Physical Director

Venue

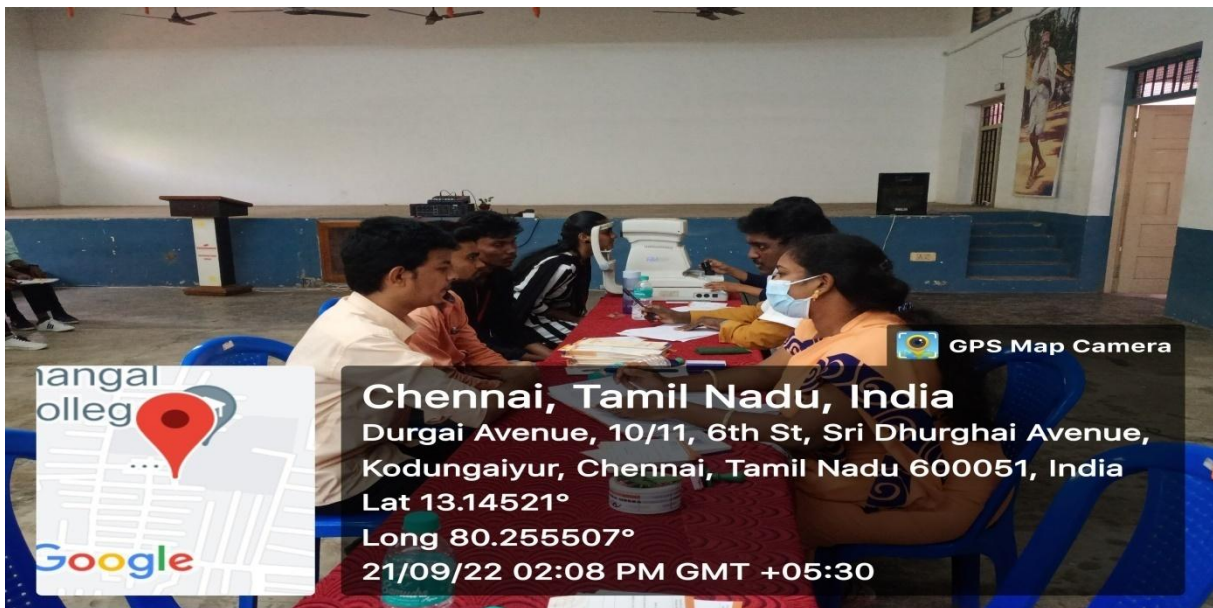
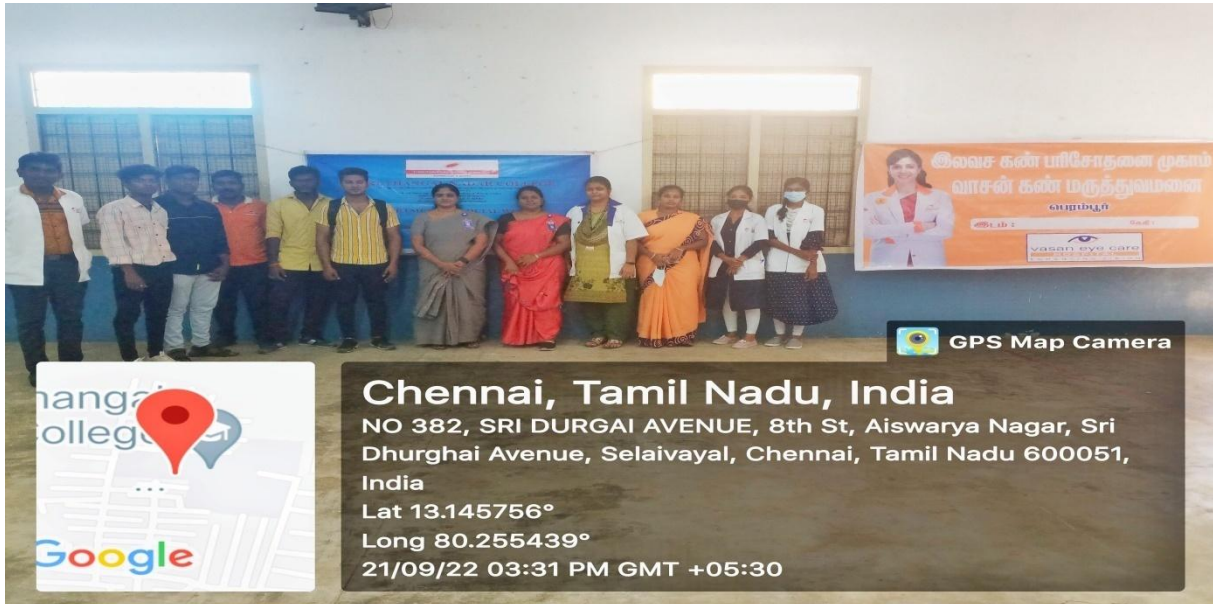
Thiruthangal Nadar College – Indoor Auditorium.



EYE CAMP

Title : Eye Camp
 Date : 20-09-2022 to 21-09-2022
 No. of Participants : 448
 Department : Department of Social Work

Department of social work, ThiruthangalNadar College in collaboration with Vasan eye care, Perambur branch, Chennai, organized a free eye camp on 20th and 21st September 2022 in our College Campus. 383 students from shift I and II, 34 faculties from various departments and 31 non teaching staffs were benefited by free eye check up (Total- 448). All the beneficiaries were provided with a concession card for further check up in the hospital.





DEPARTMENT OF SOCIAL WORK

Cordially invites you to the

EYE CAMP

BY
Vasan Eye Care

ON 20th & 21st September, 2022

At
9.00AM TO 12.45PM
Indoor Auditorium

ALL ARE WELCOME

MRS. Saradha devi
HOD

Dr.K.C.Lalithambika
Principal In-charge

Thiru. A.Narayana Murthy
Secretary & Correspondent



SEMINAR & MEDICAL CAMP ON “GENERAL HEALTH AND THE YOUTH: AWARENESS PROGRAMME”

Title : General Health and The Youth :AwarenessProgramme

Date : 20-09-2022

No. of Participants : 150

Department : Department of Physical Education

The Department of Physical Education in collaborated with Fitness Club of ThiruthangalNadar College organised a seminar titled as "General Health and The Youth :AwarenessProgramme" held on 20th September 2022. The programme began by invoking the muse and lighting the Kuthuvilakku. Ms. S. Kavibharathi from CPA Department, welcome of the audience. Dr. S. Asaithambi, Vice-Principal, introduced the Chief Guest. The Chief Guest of the programme was Dr.O.Tamilselvi, Chief Medical Officer, S.Raman Ayurveda Yoga & Naturopathy Hospital, who created awareness on the importance of sports and fitness. She motivated students to take part in sports and suggested them to be fit mentally and physically. Ms. JS.Jemimahsarah from Bcom department delivered vote of thanks. The programme compering was done by Mr.D.George Ebenezer,. The audience comprising more than 150 students from various department and 20 faculty participated in the programme. Expessed word our Principal InchargeK.C.Lalithambika gratitude. themanagement,Principal staff and all thanked the Programme Organized committee Members. Mrs.N.SathyaBavani and her team Mr.S.Gopi and Mr.S.Karthikeyan.



Chennai, Tamil Nadu, India
plot no 7, Gramaniyar Garden, Near Thiruthangal Nadar College, Aiswarya Nagar, Sri Dhurghai Avenue, Selaivayal, Chennai, Tamil Nadu 600051, India
Lat 13.145857°
Long 80.256693°
20/09/22 01:39 PM GMT +05:30



Chennai, Tamil Nadu, India
ADMIN BLOCK, THIRUTHANGAL NADAR ARTS COLLEGE, Thiruthangal Nadar College Rd, Sri Dhurghai Avenue, Kodungaiyur, Chennai, Tamil Nadu 600051, India
Lat 13.145214°
Long 80.255903°
20/09/22 10:11 AM GMT +05:30




Chennai, Tamil Nadu, India
No.8, Sugunthammal nagar,1st street,, Venkateshwara Colony, Selaivayal, Chennai, Tamil Nadu 600118, Aiswarya Nagar, Sri Dhurghai Avenue, Kodungaiyur, Chennai, Tamil Nadu 600051, India
Lat 13.145063°
Long 80.25602°
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Chennai, Tamil Nadu, India
No.8, Sugunthammal nagar,1st street,, Venkateshwara Colony, Selaivayal, Chennai, Tamil Nadu 600118, Aiswarya Nagar, Sri Dhurghai Avenue, Kodungaiyur, Chennai, Tamil Nadu 600051, India
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Long 80.256009°
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***The Management, Principal, The Department of Physical Education
&
The Fitness Club***

*Cordially invite you to the
Seminar & Medical camp*

"General Health and The Youth: Awareness programme"

*On 20th September 2022, Tuesday at 10.00a.m
at Thiruthangal Nadar College – A/C Hall.*

Resource Person
Dr. O. TAMILSELVI, B.A.M.S
*Chief Medical Officer
S Raman Ayurveda Yoga & Naturopathy Hospital
has kindly consented to be the chief guest and deliver the special address.*

Thiru. A. Narayana Moorthy, M.Tech.,
*Secretary & Correspondent
Thiruthangal Nadar College
Will preside over the seminar.*

All are Welcome!

<i>Mrs. N. Sathya Bavani</i> <i>Head Director of Physical Education (Chair Person of Fitness Club)</i>	<i>Dr. K. C. LALITHAMBIKA</i> <i>Principal I/C</i>	<i>Thiru. A. NARAYANA MOORTHY</i> <i>Secretary & Correspondent</i>
<i>Mr. A. Raja</i> <i>Gym Coach (Coordinator of Fitness Club)</i>	<i>Mr. S. Gopi</i> <i>Asst. Physical Director (Coordinator of Fitness Club)</i>	<i>Mr. S. Kartikgyan</i> <i>Asst. Physical Director (Coordinator of Fitness Club)</i>

Venue
Thiruthangal Nadar College – A/C Hall



NUTRITIONAL AWARENESS PROGRAMME

Title : Balanced diet and Nutrition food
 Date : 26-09-2022
 No. of Participants : 24
 Department : NSS Unit of Thiruthangal Nadar College

As a part of awareness on Balanced diet and Nutrition food, NSS Unit of Thiruthangal Nadar College along with Chennai Corporation has conducted a programme on 26.9.2022 at AC Conference Hall of TNC. 24 students participated in the programme. The programme was really effective and very informative for the students about the food habits to be followed.



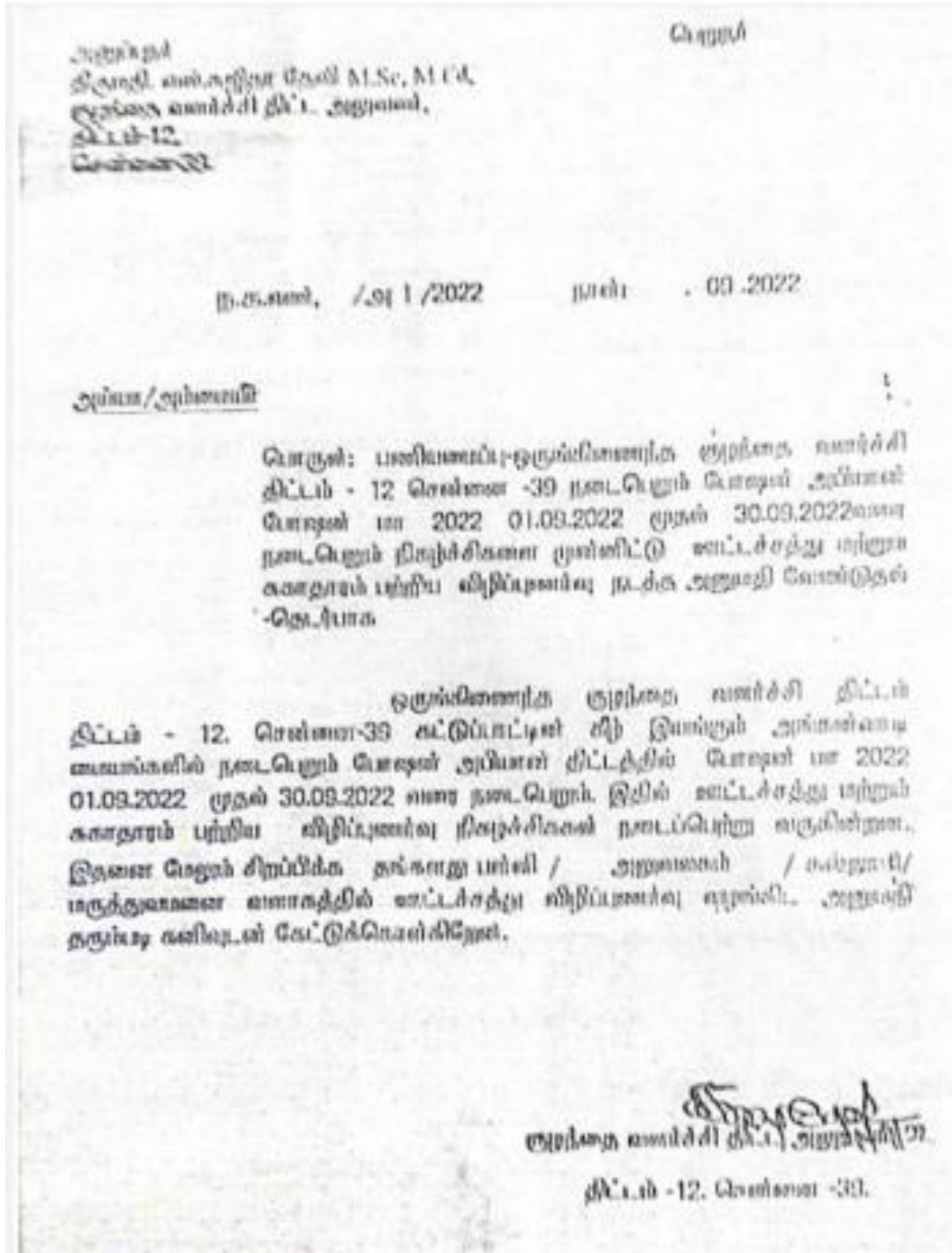
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 Chennai, Tamil Nadu 600061, India
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 Long 80.256069°
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Chennai, Tamil Nadu, India
 42 Anna Avenue, 2nd St, Sri Dhurghai Avenue, Selavoyal,
 Chennai, Tamil Nadu 600061, India
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Chennai, Tamil Nadu, India
 42 Anna Avenue, 2nd St, Sri Dhurghai Avenue, Selavoyal,
 Chennai, Tamil Nadu 600061, India
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 Long 80.255981°
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LIFE SKILL PROGRAMME ON STRESS MANAGEMENT

Title : Life skill program on "Stress Management"

Date : 17-10-2022

No. of Participants : 21

Department : Department of B.Com (Computer Applications)

Life skill program on "Stress Management" was conducted on 17-10-2022, for the students of B.Com-Computer Applications during 11.15 am to 12.45 pm in our college M.G.ErulangudiNadar and E. Valliammal Auditorium. Totally 106 students of B.COM -CA were participated in the program.Chief Guest was Dr. V.Kalaiselvam M.B.A., M.Phil., Ph.D., NET., SET., Head Department of Business Administration in Shree Chandrabrabhu Jain College, Minjur.The guest created awareness how to overcome stress in life. Few exercises to control anger and how to improve positive attitude. He detailed stress and impact and cause for the disease in human being. Students interacted with the guest and gained knowledge.





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Department of B.Com Computer Application
In Association with IQAC

Cordially invite you to the
Life Skill Programme
on
Stress Management

Chief Guest
Dr.V.Kalaiselvam M.B.A., M.PHIL., Ph.D., NET., SET.,
Head Department of Business Administration
Shree Chandraprabhu Jain College, Minjur.

DATE: 17-10-2022 **TIME: 11.15 AM**

Venue: TNC A/C Conference Hall

ALL ARE WELCOME!

Mr.T.S.Rubakannan **Thiru. A. Narayana Murthy, M. Tech.** **Dr. V. Devi**
HoD Secretary & Correspondent Principal



WOMEN'S PERSONAL HYGIENE AND PERSONALITY DEVELOPMENT PROGRAM

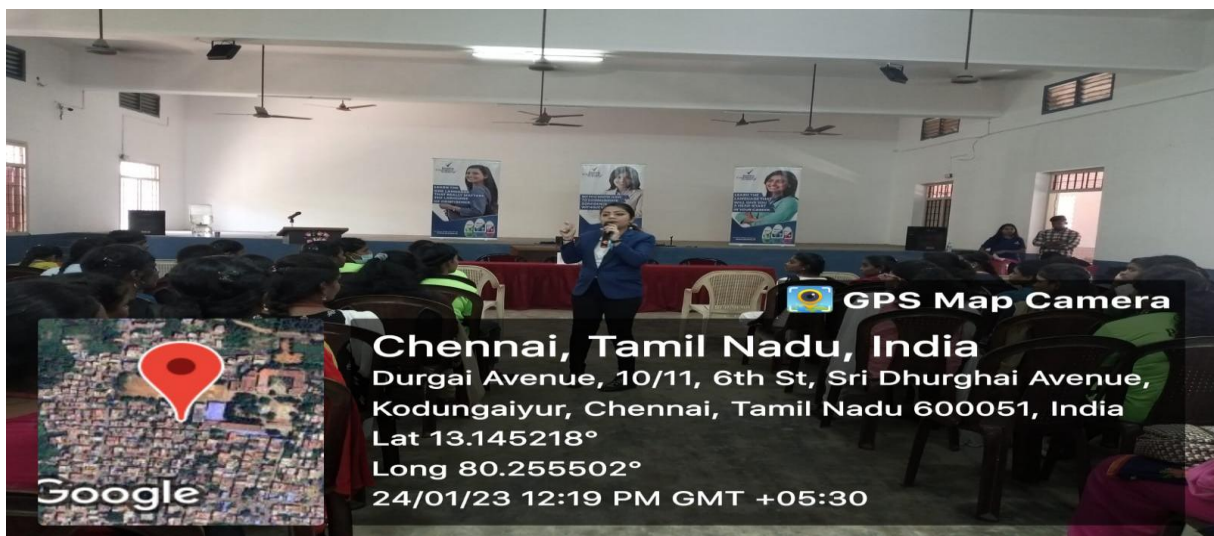
Title : Women's Personal Hygiene and Personality Development Program

Date : 24-01-2023

No. of Participants : 252

Department : Women's Safety and Welfare Club

The Women's Safety and Welfare Club organized "Women's Personal Hygiene and Personality Development Program" at Indoor Auditorium between 12.00 p.m. and 1.00 p.m. on 24/01/2023 (Tuesday). Ms. Arshi C Shiyal, Program Trainer, Rexona Confidence Academy served as the resource person. She started the session with a positive note and indulged the students in the activities stating how to maintain Personal Hygiene. She also made the students to realize that our body language also paves a way for the confidence in ourselves. Nearly 550 girl students have participated in the programme and some students have received Rexona Kit as prizes in Q/A session.





11/23/23, 1:00 PM Invitation Common.docx - Google Docs



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The Management, Principal & Faculty of the
Women's Safety and Welfare Club in Association with IQAC

Cordially invite you to the
**"Women's Personal Hygiene And
Personality Development Program"**

Chief Guest
Ms.Arshi C Shiyal B.Sc
Program Trainer
Rexona Confidence Academy

Venue: **Indoor Auditorium**
Thiruthangal Nadar College

DATE: **24/01/2023**
TIME: **12.00 to 1 p.m**

ALL ARE WELCOME!

V.Gowri Convenor	Dr. V. Devi Principal	Thiru. A. Narayana Murthy, M. Tech. Secretary & Correspondent
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<https://docs.google.com/document/d/1L4VzJjzqzw4AV9-keHpnptbS9zPrjWID/edit>