



**GENDER SENSITIZATION PROGRAMME**

S.no	Event	Date
1	Value Added Course on Self Defence- Silambam	05-08-2022
2	Menstrual Hygiene Programme	30-08-2022
3	Mental Health and physical Fitness	29-08-2022
4	Born to Fly – Personality Development	01-09-2022
5	General Health & Youth Awareness	20-09-2022
6	Poster Presentation – Girl Child Abuse	11-10-2022
7	Gender Sensitization	12-10-2022
8	Motivation & Personality Development	14-10-2022
9	Personal Hygiene Programme	24-01-2023

V. Devi  
20/10/23

Principal  
THIRUTHANGAL NADAR COLLEGE  
SELAVAYAL, CHENNAI-600 051.



**Title: Value Added Course on Self Defence- Silambam**

**Date: 05-08-2022**

The Department of Physical Education conducted the "VALUE ADDED COURSE ON SELF DEFENCE- SILAMBAM" during the academic year 2022-2023. The course was commenced from 05/08/2022 to 28/10/2022. The department of B.Com (AF) Students actively participated and the course was conducted every Friday in the 5th hour. Totally 35 students participated in the course and were benefitted.





**Title: Menstrual Hygiene Programme**

**Date: 30-08-2022**

The Women Safety and Welfare Club organised a Personality Development and Menstrual Hygiene programme on 30th August 2022. The programme began with a formal introduction to the Women Club Members by Mrs.J.Jayanthi. The Chief guest, Rizwana Khathun.I, Event Organizer from Million Minds 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.





Title: Mental Health and physical Fitness

Date: 29-08-2022

The Department of Physical Education in association with Fitness Club of Thiruthangal Nadar 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 comparing 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.





Title: Born to Fly – Personality Development

Date: 01-09-2022

The Department of English Organised Skill Enhancement Programme entitled “BORN TO FLY” Personality development held on 1st September 2022 in our College Campus. We invited Resource Person Dr.G.B. Jishya, She Enhanced the Knowledge of our Students about Stay Positive. Our Department students have actively Participated and got benefited. Behalf of Department of English, we thank our Secretary and correspondent Thiru. A Narayanamurthy for his unstoppable support and beloved Principal Incharge Dr.S.K.C.Lalithambika for valuable guidance. We thank our Vice-Principal Dr. S.Asaitambi and our department Faculties and Non-teaching staffs for their extended support in successful Completion of the Skill Enhancement Programme.





Title: General Health & Youth Awareness

Date: 20-09-2022

The Department of Physical Education in collaborated with Fitness Club of Thiruthangal Nadar College organised a seminar titled as "General Health and The Youth: Awareness Programme " held on 20<sup>th</sup> 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.Tamil selvi, 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. J.S.Jemimah sarah 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. Expressed word our Principal In charge K.C.Lalithambika gratitude. the management, Principal staff and all thanked the Programme Organized committee Members. Mrs.N.Sathya Bavani and her team Mr.S.Gopi and Mr.S.Karthikeyan .





Title: Poster Presentation – Girl Child Abuse

Date: 11-10-2022

TECHMINE ASSOCIATION ,the department of Software Applications conducted an Inter Departmental Event Poster presentation on the theme "Girl Child Abuse" at Indoor Auditorium between 11.00 a. m to 12.45 p. m. today(11/10/2022). Nearly 20 students from various departments participated and exhibited their talents.





**Title: Gender Sensitization**

**Date: 12-10-2022**

The Department of English organized Knowledge Enhancement Programme entitled "Gender Sensitization". The Resource Person of the programme was Dr. E.S. Latha, Assistant Professor of PG and Research Dept of English Presidency College, Chennai enlightened the audience on the topic. The program started with Tamil Thai Vazhthu. Miss.R. Srija from I BA English welcomed the gathering. Mrs. K. Pamme Nesakumari HOD, Dept of English has introduced the Resource Person. The Resource person stressed that both men and women should feel free to be sensitive and to be strong.... it is time that we all perceive gender on a spectrum not as two opposing sets of ideas. Nearly 45 Students actively participated in this Program. The session proved to be rewarding to the students. The programme ended with Vote of thanks delivered by Miss. V.Swathy, II BA English.







**Title: Motivation & Personality Development**

**Date: 14-10-2022**

The Department of Accounting & Finance has organized a Professional Ethics Programme on "Motivation & Personality Development" for B.COM I, II & III year students on 14h October.2022. A total of 125 students attended the programme. She focused on the topic which brings the students success in various parts of life like family, Profession, financial and health. The session was very interactive and students participated enthusiastically and got their queries clarified and also they learned how to overcome any obstacle and difficulty in their life.

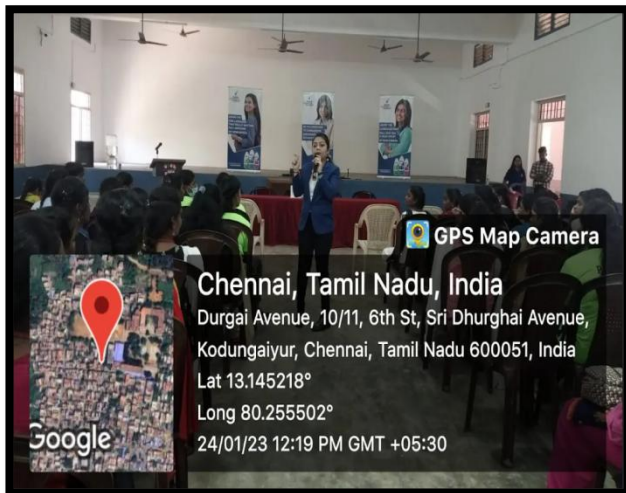




**Title: Personal Hygiene Programme**

**Date: 24-01-2023**

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.





### Value Added Course – Silambam

The Department of Physical Education conducted the "VALUE ADDED COURSE ON SELF DEFENCE- SILAMBAM" during the academic year 2022-2023. The course was commenced from 05/08/2022 to 28/10/2022. The department of B.Com (AF) Students actively participated and the course was conducted every Friday in the 5th hour. Totally 35 students participated in the course and were benefitted.

