



The International Yoga Day

Title : The International Yoga Day
 Date : 21-06-2023
 No. of Participants : 75
 Department : Department of Physical Education & Fitness Club

Department of Physical Education and Fitness Club jointly organised 'The International Yoga Day' on the theme 'Yoga for Health and Humanity' on 21st June 2023 in our College premises. Thiru. M.Selvakumar Vice-President, and Thiru. J. Srinivasan Assistant Secretary of Thiruthangal Nadar College were the special guests of the day. Master Adithya Hebbar, yoga teacher and therapist was the resource person of the day. Nearly 75 students and 25 faculty members were participated. He demonstrated many beneficial daily yoga. He motivated all to practice the yoga daily. He made us to realise yoga helps to keep our mind and body fit.





THIRUTHANGAL NADAR COLLEGE

(Belongs to the Christchurch Thiruthangal Hindu Nadar Educational Charities Trust)
A Self Financing Co-Educational College of Arts & Science
Affiliated to the University of Madras
Re-accredited at 'B++' Grade by NAAC & An ISO 9001:2015 Certified Institution
Selarasal, Chennai, Tamil Nadu, India.

**DEPARTMENT OF PHYSICAL EDUCATION
&
FITNESS CLUB**

**CELEBRATES
INTERNATIONAL YOGA DAY
"Yoga to manage Depression and Anxiety"**

CHIEF GUESTS

Thiru. J. Srinivasan
Assistant Secretary
Thiruthangal Nadar College

Thiru. M. Selva Kumar
Vice-president
Thiruthangal Nadar College

RESOURCE PERSON

Master Aditya Hebbar
Yoga Teacher and Therapist
Faculty of Yogalaya Health Care Institute, Chennai

DATE : 21/06/2023

TIME : 8.00AM

VENUE : INDOOR AUDITORIUM

THEME : "One Earth, One Family and One Future"

Mrs.N.Sathya Bavani
Director of Physical Education

Dr.V.Devi
Principal

Thiru.A.NARAYANA MURTHY
Secretary & Correspondent



International Yoga Day

Title : International Yoga Day
 Date : 21-06-2023
 No. of Participants : 100
 Department : National Service Scheme

On June 21, 2023, on the grounds of our college, National Service Scheme and National Cadet Corps jointly hosted "The International Yoga Day," with the theme "Yoga for Health and Humanity." The day's special guests were Thiru. J. Srinivasan, assistant secretary of Thiruthangal Nadar College, and Vice-President Thiru. M. Selvakumar. The day's resource was yoga teacher and therapist Master Adithya Hebbar. There have been 25 faculty members and almost 75 students involved. He led a daily yoga practice that was beneficial. He inspired us to do yoga every day. He helped us understand how yoga keeps our bodies and minds in shape.





Foundation Yoda Day

Title : Foundation Yoda Day
Date : 10-07-2023 to 13-07-2023
No. of Participants : 222
Department : Department of Physical Education & Fitness Club

The Foundation Yoga Day event was conducted over four days from July 10 to July 13, 2023, at Thiruthangal Nadar College. The event aimed to promote physical and mental well-being among participants, emphasizing the importance of yoga in daily life. The event commenced with a formal inauguration by the Chief Guest Thiru. Karthikeyan K, who highlighted the significance of yoga in maintaining a healthy lifestyle. The first day focused on introducing participants to basic yoga practices, including warm-up exercises, basic asanas (postures), and breathing techniques. The second day delved deeper into yoga practices, covering intermediate-level asanas and introducing participants to the art of meditation. On the third day, participants were guided through advanced yoga postures and pranayama (breathing exercises). The final day concentrated on integrating yoga into daily life. Participants learned simple, effective routines that could be easily incorporated into their daily schedules. The event fulfilled its objective of promoting yoga as a tool for holistic well-being.





Training Programme on Basic Life Support (BLS)

Title : Training Programme on Basic Life Support (BLS)
Date : 11-07-2023
No. of Participants : 62
Department : Red Ribbon Club

Basic Life Skill (BLS) training was conducted by red ribbon club on 11.07.2023. Resource persons were Mr.Saravana Kumar and Thulasinadhan from Billion Hearts Beating Foundation, Apollo Hospital. Students were updated a trained on life saving ventures through first aid which proved very beneficial to the audience. 62 students were trained and received certificate.





The Fire Service Safety - Demo

Title : The Fire Service Safety - Demo
Date : 18-07-2023
No. of Participants : 24
Department : National Cadet Corps (NCC)

On 18.07.2023 Thiruthangal Nadar College National Student Corps (NCC) conducted a fire fighting training exercise on this occasion. After that the secretary and principal of our college Mr. Narayana Murthy delivered the felicitation address. Later, Mr. R. Suriya Prakash, Assistant District Officer, North Chennai, visited as a special guest and delivered a special address. Fire Department Officer Mr. Devarasan explained how to act during disaster management. Also Fire Department Officers Mr. Munusamy, Mr. Deiva Narayanan, Mr. Thangaraj and other fire crews and deputy principals and professors all participated and honored. The event was presided over by the National Cadet Corps Officer C/T.S.NarendhiraKumar, Mr. S. Bernard Selvam National Cadet Corps coordinated the event in an excellent manner. On behalf of NCC we would like to express our gratitude to the management, secretary and principal of Thiruthangal Nadar College for giving us the opportunity to conduct this very important event on security.

தீயணைப்புப் பயிற்சி பாதுகாப்பு ஒத்திகை





Menstrual Hygiene

Title : Menstrual Hygiene
Date : 27-07-2023
No. of Participants : 200
Department : Women's Safety and Welfare Club

Women's Safety and Welfare Club conducted a Personality Development programme on(27.07.2023) The coordinator of the event was Pearlin Synthia A on the topic “Personal Hygiene”.The chief guest for the event was Mrs.Renuga Gowrishankar Thought Leader Million Minds. More than 200 girls from second and third years, all the departments attended and received the gift hampers.





Private Security Management in the Industrial Establishments

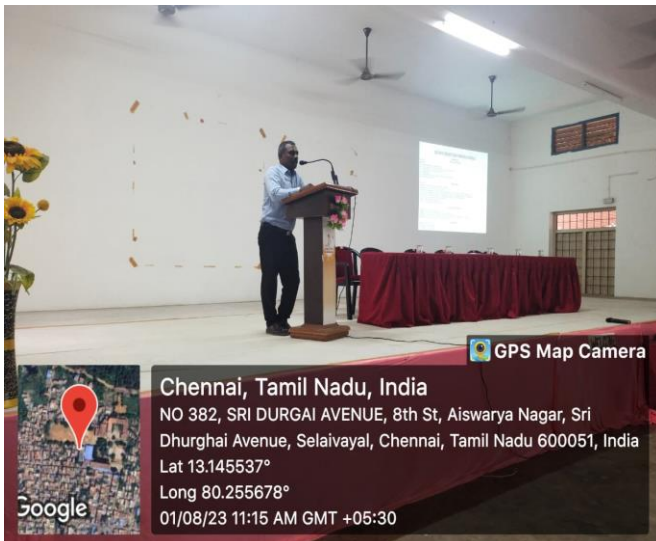
Title : Private Security Management in the Industrial Establishments

Date : 01-08-2023

No. of Participants : 54

Department : BA Criminology and Police Administration

On 1. August .2023, Department Of Criminology And Police Administration in association with Criminal Justice Association was Conducted Life skill Development program on Private Security Management in the Industrial Establishments. The Speaker Dr. D. Ravichandran, Regional Manager, PRS in BOSCH Ltd, Chennai. He Spoke about the Skill required in the field of Private Security and Corporate Sector's. The Program of Life Skill Development aims to Equip individuals with essential abilities to navigate various aspects of Private Security Management in the Industrial Establishments. The goal of the Speaker is to develop Personal growth, resilience, and adaptability, empowering individuals to handle challenges and achieve success in both personal and professional career in the field of private security.





Unfolding the Enfolded

Title : Unfolding the Enfolded
 Date : 18-08-2023
 No. of Participants : 188
 Department : Department of Commerce General

A report on the Life Skill Programme by the Department of Commerce General Shift I & II. On August 18, 2023 at 11:40 am in A/C Auditorium, III B.Com general students in the programme. The chief guest explained Emotional Intelligence and the difference between Emotional Intelligence & Artificial Intelligence. She fully engaged the students by showing different types of emotions. The emotion can be reduced by deep breath, listening & talking. Her questions were answered passionately by the students. The occasion significantly improved the students' knowledge.





Foundation Yoga on Simplified Kundalini Yoga

Title : Foundation Yoga on Simplified Kundalini Yoga
Date : 22-08-2023 to 25-08-2023
No. of Participants : 189
Department : Department of Physical Education & Fitness Club

Thiruthangal Nadar College hosted the Foundation Yoga Day event over four days, from August 22, to August 25, 2023. The purpose of the event was to encourage participants' physical and mental well-being while highlighting the value of yoga in everyday life. Thiruchelvi, the Chief Guest, gave a formal inauguration to kick off the event and emphasised the importance of yoga in leading a healthy lifestyle. Participants were introduced to fundamental yoga practices on the first day, which included breathing exercises, basic asanas (postures), and warm-ups. The second day of the program covered more advanced yoga poses and gave participants an introduction to meditation. On the third day, participants received guidance in pranayama (breathing exercises) and advanced yoga postures. The last day was all about integrating.





Silent Reading Revolution

Title : Silent Reading Revolution
Date : 01-08-2023
No. of Participants : 60
Department : Department of Tamil

The School of Language & Humanities at Thiruthangal Nadar College organized a Silent Reading Revolution special class as a life skill development event. Approximately 60 students from the Tamil and English Literature departments participated enthusiastically.

During the event, students immersed themselves in reading books, fostering a culture of silence and focus. Following the reading session, some students shared their reading experiences, promoting a sense of community and encouraging their peers to develop a love for reading.





A Free Eye Check-up Camp

Title : A Free Eye Check-up Camp
 Date : 09-10-2023
 No. of Participants : 235
 Department : National Service Scheme (NSS)

Thiruthangal Nadar College, NSS Volunteers had been participated in the “A Free Eye Check-up Camp” event on 09.10.2023 at the place of Our Thiruthangal Nadar College. The eye camp was connected by Dr.Niruala Challani president of JAIN group in association and M.N.EYE HOSPITAL TONDIARPET in our college the eye check-up in done for the faculty members and student by the eye hospital doctors. This event was coordinated by NSS program officers, Dr. J. Sampath Kumar sir and Ms.A.Christable





Awareness Programme on Kavalan SOS App

Title : Awareness Programme on Kavalan SOS App
 Date : 13-09-2023
 No. of Participants : 400
 Department : Women's Safety and Welfare Club

Thiruthangal Nadar College (13/09/23) Women's Safety and Welfare Club conducted an Awareness Programme On Kavalan SOS App by Mr.JAGAN ANANDHAN Organizing Secretary Police Charity Forum Namakkal at M.G.ErulangudiNadar E. Valliyammal Auditorium. More than 400 girls from first and Second year participated in this programme.It was very useful and very interactive. Girls came Aware of SOS KavalanApp. That is the Kavalan - SOS app was launched as part of the Tamil Nadu State Police Master control Room initiative. People of tamil nadu can use to seek police assistance instantly in emergency situations such as physical emergencies, eve teasing, kidnapping or natural disaster such as floods, earthquake,etc., It created confidence among them. Our sincere thanks for all the co-ordinators of the programme to make it as a grand event. Thank our Management, Principal and the team for their full support.





Awareness Programme “Suicide prevention”

Title : Awareness Programme “Suicide prevention”
 Date : 21-09-2023
 No. of Participants : 253
 Department : WOMEN’S SAFETY & WELFARE CLUB (QUEEN)

Department of Women’s safety & Welfare club conducted an Awareness programme on the topic “Suicide prevention” on 21.09.2023. Objective of this programme is to promote mental health of students by helping them to develop problem-solving skills and encouraging them to self-recognize the need for help as well as how to help peers in need. All first & second year girl students participated in the awareness programme. Resource person of the event Mrs.K.Saradhadevi , Head, Department of Social work provided participants with an elaborate Positive coping mechanisms such as problem-solving skills, effective communication skills, and good conflict resolution skills are all essential in lessening the likelihood that a teen exhibiting depressive behaviors will go forth and take their own life. Our Principal Dr.V.Devi delivers a special lecture in this programme to bring awareness about Suicide. The session ended with positive feedback from the students.





Awareness Program on De-Addiction (No Drugs)

Title : Awareness Program on De-Addiction (No Drugs)
 Date : 05-10-2023
 No. of Participants : 62
 Department : NATIONAL SERVICE SCHEME(NSS)

In our Thiruthangal Nadar College, NSS Volunteers had been participated in the “Awareness program on de-addiction (no drugs)” event on 05.10.2023 at the place of Our Thiruthangal Nadar College. Our NSS Volunteers give awareness of not to take any drugs advice given the students in this event by the chief guest. This event was coordinated by NSS program officers, Dr. J. Sampath Kumar and Ms.A.Christable of our college with the NSS volunteers.





EYE CAMP

Title : EYE CAMP
Date : 11-10-2023 to 12-10-2023
No. of Participants : 537
Department : RED RIBBON CLUB

Thiruthangal Nadar College, Red Ribbon Club organized an “ Eye Check-up Camp” event on 11.10.2023 & 12.10.2023 in the college premises in association with Dr.AGARWALS EYE HOSPITAL TONDIARPET. 537 students along with our faculty members benefited from this eye camp. This event was coordinated by RRC coordinators Mrs. J. Devi and Mr. Johnbritto.II B.A Tamil students and NSS volunteered also tendered their services during this eye camp.We are grateful to our Honourable Secretary & Correspondent Thiru A. Narayana Murthy, our Principal Dr. V. Devi, for their valuable support and guidance.





The Fire Service Safety Demo

Title : The Fire Service Safety Demo
Date : 18-07-2023
No. of Participants : 30
Department : National Service Scheme (NSS)

On 18.07.2023 Thiruthangal Nadar College National Student Corps (NCC) and National Service Scheme (NSS) conducted a fire fighting training exercise on this occasion. After that the secretary and principal of our college Mr. Narayana Murthy delivered the felicitation address. Later, Mr. R. Suriya Prakash, Assistant District Officer, North Chennai, visited as a special guest and delivered a special address. Fire Department Officer Mr. Devarasan explained how to act during disaster management. Also Fire Department Officers Mr. Munusamy, Mr. Deiva Narayanan, Mr. Thangaraj and other fire crews and deputy principals and professors all participated and honored. The event was presided over by the National Student Union Officer Mr.S. NarendhiraKumar, Mr. S. Selvam, Country Welfare Project Officer Dr. J. Sampath Kumar President National Student Corps, National Welfare Program students coordinated the event in an excellent manner. On behalf of NCC and NSS, we would like to express our gratitude to the management, secretary and principal of Thiruthangal Nadar for giving us the opportunity to conduct this very important event on security.



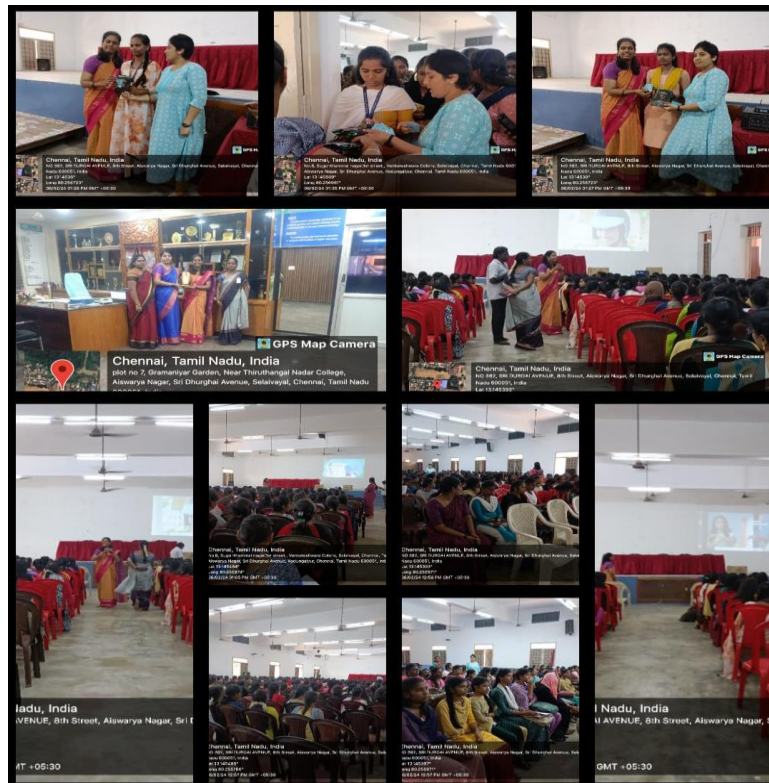




Feminine Hygiene and Personal Excellence

Title : Feminine Hygiene and Personal Excellence
 Date : 06-02-2024
 No. of Participants : 250
 Department : Women’s Safety and Welfare Club

The Women’s Safety and Welfare Club "QUEEN" of Thiruthangal Nadar College recently organized an enlightening session on Feminine Hygiene and Personal Excellence for girl students. The session was expertly delivered by Dr. Swathi Praveen, who boasts a diverse range of expertise including dentistry, mental health counseling, psychotherapy, soft skills training, life coaching, career guidance, and training in NIP, POSH, and POCSO. Approximately 250 girl students had the opportunity to benefit from the session, gaining valuable insights into feminine hygiene and personal excellence. Dr. Swathi Praveen's expertise ensured that the students were well-informed and equipped with essential knowledge for their well-being. In addition to the informative session, the organizers generously provided hampers to each student, further enhancing the experience and expressing their commitment to the students' welfare.





Training on Performing Art

Title	: Training on Performing Art
Date	: 09-02-2024
No. of Participants	: 20
Department	: Department of Tamil

The Department of Tamil organized a one-day training program on Performing Art on 9th February 2024. The event aimed to enhance students' appreciation and understanding of various performing arts, including traditional Tamil arts, and to provide them with practical skills to express themselves creatively. The Chief Guest, C. Karthikeyan, Assistant Professor, Department of Physical Education emphasized the importance of performing arts in holistic education. He highlighted how involvement in the arts contributes to the physical, emotional, and intellectual development of students. A total of 20 participants from various departments attended the training. The sessions included hands-on workshops, interactive discussions, and live demonstrations of different performing arts forms. The participants were introduced to various traditional Tamil performing arts, such as silambam, parai, etc. The sessions were designed to be engaging and informative, ensuring that each participant had the opportunity to learn and practice the basic techniques of these art forms. The program received positive feedback from the participants, who expressed their gratitude for the opportunity to explore and engage with Tamil performing arts. Many students appreciated the practical approach of the training, which allowed them to gain firsthand experience in performing arts. The event concluded with a vote of thanks, where the organizers expressed their appreciation to the Chief Guest, participants, and everyone involved in making the event a success.



Thiruthangal Nadar College
Knowledge is Power

NAAC CYCLE III – AQAR

5.1 Student Support System

5.1.3 Life Skills

Year: 2023-2024





SILENT READING REVOLUTION

Title : SILENT READING REVOLUTION
Date : 15-02-2024
No. of Participants : 60
Department : DEPARTMENT OF ENGLISH (GENERAL)

The Department of English-General today (15/2/2024) conducted the 'A Silent Reading' started with Tamil Thaaivazhthu. Students from various departments around 60 students were participated and benefitted. Students make them to understand and improve their vocabulary building, reading and fluency skills. We thank our Secretary and Correspondent Mr.N.Narayana Murthy, our Principal Dr. V. Devi and Vice-Principal & Dean Dr K.C.Lalithambika for their guidance and support.



Chennai, Tamil Nadu, India
7, Bhoopathy Salai, Andal Nagar, Selaivayal, Chennai, Tamil Nadu 600051, India
Lat 13.145729°
Long 80.256601°
15/02/2024 11:08 AM GMT+05:30

Chennai, Tamil Nadu, India
7, Bhoopathy Salai, Andal Nagar, Selaivayal, Chennai, Tamil Nadu 600051, India
Lat 13.145729°
Long 80.256601°
15/02/2024 11:08 AM GMT+05:30



Upholding Core Values Among Young Adults

Title : Upholding Core Values Among Young Adults

Date : 21-02-2024

No. of Participants : 37

Department : Department of Software Applications

The Department of Software Applications organised Life Skill Programme on “Upholding Core Values among Young Adults” today. Dr.S.Mary Christiana Edith MBBS.,AFIH.,F.IAB., acted as the resource person and indulged the moral values among the students regarding Stress Management, Personality Development, Relationship Handling and Positive Thinking. The students enthusiastically participated in the Group Activity and thoroughly enjoyed the session. They also gained Knowledge about their responsibilities in the Society and the Family.





Sustainable Agriculture

Title : Sustainable Agriculture
 Date : 28-02-2024
 No. of Participants : 16
 Department : Department of Plant Biology and Plant Biotechnology

The Department of Plant Biology and Plant Biotechnology, in collaboration with NSS, organized an awareness program on "Sustainable Agriculture". Students from III PBPB explained organic farming, biofertilizers, and biopesticides. Students from II PBPB & I PBPB gave explanations on natural foods & natural drinks, respectively, to farmers, middle school students, and rural residents. Through this program, farmers, school students, and the general public benefited.





CANCER AWARENESS PROGRAMME

Title : CANCER AWARENESS PROGRAMME
 Date : 20-02-2024
 No. of Participants : 95
 Department : YRC Club

On behalf of YRC Club, we organized an awareness program entitled “CANCER AWARENESS PROGRAMME” on February 20, 2024. The resource person of the day Mrs. Angelin Prince, Director, The Candles [NGO]. The session was very informative and thought-provoking. Emphasized the importance of awareness about cancer for our students. The participants from various departments like B.com [General], BA Tamil, and BSW have participated, and the program went successfully.

