

Accredited with "A" Grade by NAAC (Recognized under 2(f) &12(B) of the UGCACT 1956) Affiliated to Alagappa University, Karaikudi

NATIONAL SERVICE SCHEME UNIT NO: 56,57,58 & 59

ORGANIZES

Webinar

On



AWARENESS ABOUT AIDS

RESOURCE PERSON

Mr.M.Murugan M.A.,
Counsellor,
Government Primary Health Centre,
Thiruvegamnet.

Presidential Address

Dr.Rev. Sr.C.Jothimary, Principal

Programme Officers:

Mrs.SP. Visalakshi Ms.B.Sankavi Ms.S. Vijayakumari Ms.B.Manjula







(Accredited by NAAC with "A" Grade (CGPA:3.15) & ISO 9001:2015 Certified Institution) (Recognized by UGC with 2(f) & 12(B), Affiliated to Alagappa University, Karaikudi)

AROCKIA NAGAR, SARUGANI - 630 411, Sivagangai Dt. - 630 411.

Date :03 (10) 21

TOPIC: WORLD AIDS DAY

DATE: 02.12.2021

NO.OF BENEFICIARIES:

World Aids Day observes on December 1 and therefore on this day an Awareness Programme on Prevention of Aids was organized by NSS (Unit No: 56, 57, 58 & 59) Idhaya College for Women, Sarugani through Google Meet.

The Welcome Speech was given by Ms.B.Manjula, NSS Programme Officer. Mr.M.Murugan, Counselor, Government Primary Health Centre, Thiruvegampat was invited as a special guest. He delivered lecture among the students and made them aware on HIV/AIDS issues and also shared the views on prevention of HIV through PPT. Students took part in an interaction and cleared their doubts. The concluding speech was given by Ms.B.Sankavi, NSS Programme Officer. The programme was ended with National Anthem.





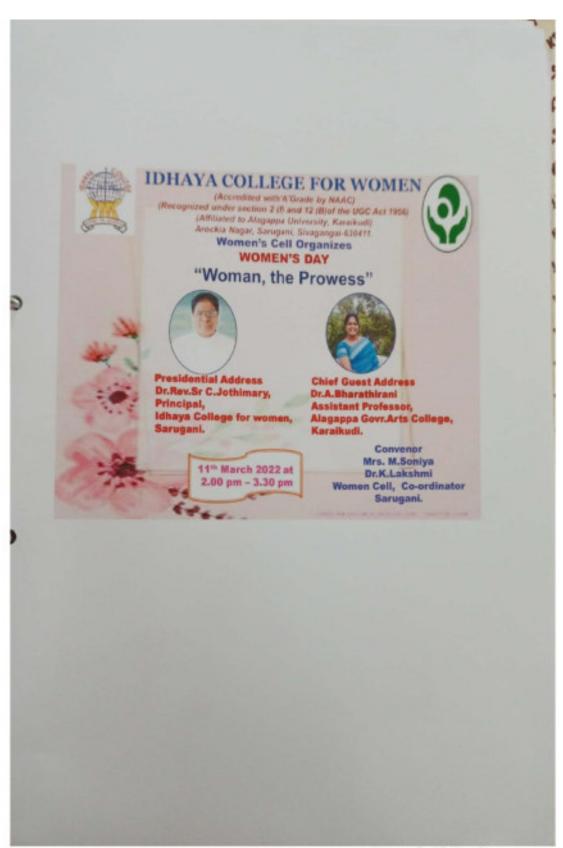




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IDHAYA COLLEGE FOR WOMEN

(Accredited by NAAC with "A" Grade (CGPA:315) & ISO 9001:2015 Certified Institution) (Recognized by UCC with 2(f) & 12(B), Affiliated to Alagappa University, Karaikudi)

AROCKIA NAGAR, SARUGANI - 630 411, Sivagangai Dt. - 630 411.

Date 14-03-2022

WOMEN'S CELL

WOMEN'S DAY CELEBRATION

Date : 11.03.2022

Venue: Closed Auditorium

Topic : "Woman, the Prowess"

No. of Beneficiaries: 637

The International Women's Day was celebrated on 11.03.2022 in the Closed Auditorium. The Purpose of celebrating Women's Day is-To raise awareness about the status and dignity of women among the students. Dr.A.Bharathirani, Assistant Professor in Tamil, Alagappa. Govt Arts College, Karaikudi, was invited as a Special Guest.

At the beginning of program our respected Principal Dr.Sr.C.Jothimary felicitated the gathering. A welcome address was proposed by Dr.R.Rameswar.. A wonderful welcome dance was performed by our twinkling dancers. It was followed by debate "Manavarkalin Munnetrathirku Perithum Uthavuvathu Puththagama! Uoodagama!"

The Chief Guest highlighted the following points.

- She stressed the students read books more and more.
- 2. She addressed that there should be a balance between career and family and without a family support a women can't achieve success.
- She quoted many examples about her own life.
- She motivated the students to be the best women in future.
- She wished the students to become an IAS officer, Doctor, Lawyer etc.

Finally she appreciated the students those who have participated in the debate. The function came to an end with vote of thanks by Mrs.M.Soniya. Nearly 637 students 15 staff have Participated and made the programme a colorful one.

The event was successfully co-ordinated by the women cell Co-ordinator Mrs.M.Soniya and Assistant Co-ordinator Dr.K.Lakshmi.

> The Principal Idhaya College for Women Arockia Nagar - Sarugani

- 630.4

8610805102, 8526286433 Midhayawomenscollege@gmail.com

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IDHAYA COLLEGE FOR WOMEN, SARUGANI

WOMEN'S CELL

WOMEN'S DAY CELEBRATION

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255	Sneha.R	Encha R
256.	Subalakshmi.M	M. Subulakshni
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IDHAYA COLLEGE FOR WOMEN, SARUGANI
(Accredited With "A" Grade by WAAC)
(Affiliated to Alagappa University, Karaikudi)
Arockia Nagar, Sarugani-630411

NATIONAL SERVICE SCHEME & ROTRACT

JOINTLY ORGANIZES

A CANCER AWARENESS PROGRAMME

RESOURCE PERSONS
FR.S.BRITTO JEVABALAN
Secretary and Treasurer
Sivagangai Multi-Purpose Social Service Society
Mr.S.AROCKIAM
Programme Coordinator
Sivagangai Multi-Purpose Social Service Society

Mr.S.AROCKIAM
Programme Coordinator
Sivagangai Multi-Purpose Social Service Society

Organizing Committee

NSS Programme Officers
Mrs.S.P. Visalakshi
Mrs.S.P. Visalakshi
Ms.B. Sankavi
Ms.S. Vijaya Kumari
Ms.B. Manjula

VENUE: OPEN AUDITORIUM



IDHAYA COLLEGE FOR WOMEN

(Accredited by NAAC with "A" Grade (CGPA:3.15) & ISO 9001:2015 Certified Institution) (Recognized by UGC with 2(f) & 12(B), Affiliated to Alagappa University, Karaikudi)

AROCKIA NAGAR, SARUGANI - 630 411, Sivagangai Dt. - 630 411.

Date 19.03.2022

NATIONAL SERVICE SCHEME

TOPIC: Cancer Awareness Programme

DATE: 19.03.2022

NO.OF BENEFICIARIES: 380

A Cancer Awareness Program was organized in our College on 19.03.2022 in the Closed Auditorium at 2 pm. The Programme was started with Prayer Song. The main aim of conducting this Programme was to create an awareness among the students about Cancer prevention, early detection and treatment. The Programme was presided by the Principal Dr.Sr.C.Jothi Mary. Fr.S.Britto Jeyabalan, Secretary and Treasurer, Sivagangai Multi-Purose Social Service Society. Mr.S.Arockiam, Programme Coordinator, Sivagangai Multi-Purpose Social Service Society were invited as special quest.

- He discussed various types of cancers, their causes and prevention.
- He pointed out how some infections can cause cancers.
- He said that the factors causing cancer are genetic, physiological, dietary, environmental and life style.
- They suggested precautionary measures like avoiding cholesterol, rich fat diet, alcohol intake etc.

All the 3rd year students (380) attended the seminar. The students said that it was really useful and now they had some awareness regarding this deadly disease. The function came to an end with National Anthem. The Program was organized by NSS & Rotaract program officers.













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IDHAYA COLLEGE FOR WOMEN, SARUGANI

Accredited with 'A' Grade by NAAC

Recognized under 2(f) and 12(B) of the UGC Act, 1956 Affiliated to Alagappa University, Karaikudi

NATIONAL SERVICE SCHEME

(Unit No: 56, 57, 58, A.59)

DATE: 21.06.2022

Organizes

TIME: 10.00 AM

One Day National Webinar
On

Importance of Meditation and Yoga



RESOURCE PERSON

Dr. Arulnithi V. Kalimuthu Government Hospital Thiruvegampet.

Patron: Dr.Sr.C.Jothi Mary, Principal, Idhaya College for Women, Sarugani

Convener: Mrs.SP.Visalakshi, NSS Programme Officer

Organizing Committee:

Ms.B.Sankavi, NSS Programme Officer

Ms.S.Vijaya Kumari, NSS Programme Officer

Ms.B.Manjula, NSS Programme Officer





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AROCKIA NAGAR, SARUGANI - 630 411, Sivagangai Dt. - 630 411.

Date 21.06 22

TOPIC: YOGA DAY

DATE: 21.06.2022

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NO.OF BENEFICIARIES: 65

Yoga is a light which once lit will never dim,

the better you practice the brighter your flame

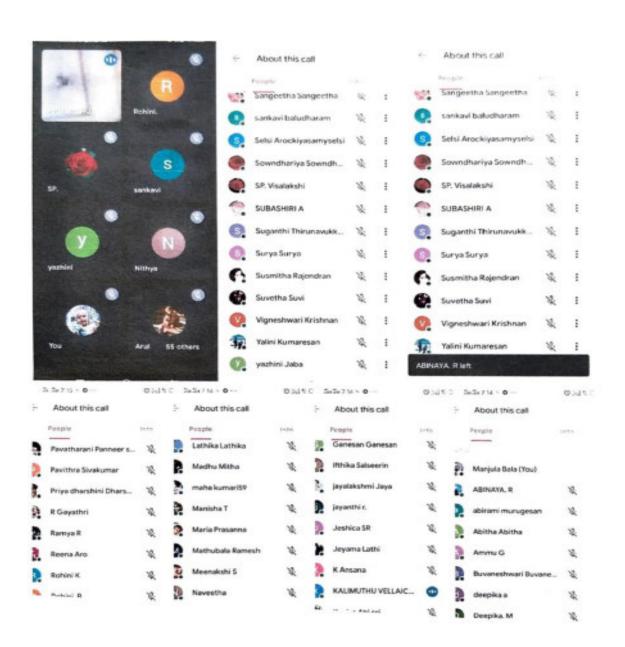
B.K.S.Iyengar

International Yoga Day is celebrated every year on 21st June to raise awareness Worldwide about the benefits of Yoga in daily life. It brings balance between body, soul and mind. This year the NSS unit (No: 56, 57, 58 & 59) organized a webinar on the topic "Importance of Meditation and Yoga" Dr.Arulnithi V.Kalimuthu was a resource person. The session began with a prayer song followed by welcome address. He explained the importance of Yoga in the life of youngsters. He stated that regular practice of Yoga will help the students achieve better mental and physical health. He also explained the importance of breath in meditation. He encouraged the students to practice meditation and Yoga on a regular basis for a healthy body and mind. The programme ended with Vote of thanks. Nearly 80 participants actively participated. The students were circulated the Registration link and Participation link. All the participants were given certificates.









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IDHAYA COLLEGE FOR WOMEN – SARUGANI Accredited with 'A' Grade by NAAC Recognized under 2(f) and 12(B) of the UGC Art, 1956 Affiliated to Alagappa University, Karaikudi

CERTIFICATE

This Certificate is awarded to				
in recognition of participation in "Importance of Meditation and Yoga"	,			

organized by National Service Scheme, Idhaya College for Women,
Sarugani, from 21.06.2022

Sp. Visa

CONVENER

PRINCIPAL