


	<p align="center">DHANALAKSHMI SRINIVASAN COLLEGE OF ARTS AND SCIENCE FOR WOMEN (AUTONOMOUS) Affiliated to Bharathidasan University, Tiruchirappalli (Nationally Re-Accredited with 'A' Grade by NAAC) Perambalur – 621212</p>	
NAAC	CRITERIA – VII	Metric 7.1.1

7.1.1

GENDER EQUITY

S NO	DATE	TITLE OF THE PROGRAMME
1	05.10.2021	STUDENT INDUCTION PROGRAMME
2	17.11.2021	HEALTH TALK ON PCOS
3	10.12.2021	YOGA TRAINING PROGRAMME
4	28.12.2021	CAREER DEVELOPMENT PROGRAMME
5	01.04.2022	MENSTRUAL CYCLE & HYGIENE
6	04.04.2022	AWARENESS ABOUT JUNK FOOD
7	11.03.2022	TONE YOUR TEEN ENLIGHTEN ON COMMON ADOLESCENT GYNECOLOGICAL PROBLEMS
8	08.03. 2022	WOMEN'S DAY



	<p style="text-align: center;">DHANALAKSHMI SRINIVASAN COLLEGE OF ARTS AND SCIENCE FOR WOMEN (AUTONOMOUS) Affiliated to Bharathidasan University, Tiruchirappalli (Nationally Re-Accredited with 'A' Grade by NAAC) Perambalur – 621212</p>	
<p style="text-align: center;">NAAC</p>	<p style="text-align: center;">CRITERIA – VII</p>	<p style="text-align: center;">Metric 7.1.1</p>

7.1.1

STUDENT INDUCTION PROGRAMME

Dhanalakshmi Srinivasan College of Arts and Science for Women (Autonomous), Perambalur, Department of English, had organized “Bridge Course” on 05.10.2021 & 07.10.2021 to the Under-Graduate fresher’s of our college. The main objectives of this course to brush up the fundamental knowledge of the students. programme to provide a rationale for literature and literary studies as a discipline of study, Introduce the students to the many forms and genres of literature, sensitize them to the tools of reading literary texts with a particular focus on their historical, cultural, discursive and aesthetic matrix and initiate the students to the fluidity of disciplinary boundaries in literary studies in its philosophy as well as method. The Head department of English, delivered the speech about bridge course. The Department of English has been enhancing the language skills of the students. As per the results of the quiz conducted at the end of the bridge course programme.





	<p style="text-align: center;">DHANALAKSHMI SRINIVASAN COLLEGE OF ARTS AND SCIENCE FOR WOMEN (AUTONOMOUS) Affiliated to Bharathidasan University, Tiruchirappalli (Nationally Re-Accredited with 'A' Grade by NAAC) Perambalur – 621212</p>	
<p style="text-align: center;">NAAC</p>	<p style="text-align: center;">CRITERIA – VII</p>	<p style="text-align: center;">Metric 7.1.1</p>

7.1.1

HEALTH TALK ON PCOS

In Dhanalakshmi Srinivasan College of Arts and Science for Women (Autonomous), Perambalur the Women's Cell has conducted “**Health Talk On PCOS**” on 17.11.2021 at B – Block Room no:3. Dr.J.Surya Assistant Professor, Department of Tamil and Coordinator of Women’s cell welcomed the gathering. Mrs.V.N.Aanandi, Head and Associate Professor, Department of Community Health Nursing, Dhanalakshmi Srinivasan College of Nursing addressed the gathering as the chief guest. Ms.K.Dhanapriya of B.Sc. Nursing fourth year, she spoke to the students about cysts in the uterus, how they form and way to prevent them, and what diets and exercises should be followed and she was prepared PPT about PCOS in a very clear and understandable. More than 100 students participated and benefited from the event. At the end Dr.J.Surya Coordinator of the Women’s Cell and Assistant Professor, Department of computer science proposed the vote of thanks.





	<p style="text-align: center;">DHANALAKSHMI SRINIVASAN COLLEGE OF ARTS AND SCIENCE FOR WOMEN (AUTONOMOUS) Affiliated to Bharathidasan University, Tiruchirappalli (Nationally Re-Accredited with 'A' Grade by NAAC) Perambalur – 621212</p>	
<p style="text-align: center;">NAAC</p>	<p style="text-align: center;">CRITERIA – VII</p>	<p style="text-align: center;">Metric 7.1.1</p>

7.1.1 YOGA TRAINING PROGRAMME

Dhanalakshmi Srinivasan College of Arts and Science for Women (Autonomous), Perambalur, organized Yoga Training Programme on 10th December, 2021. Ms.Kavitha was invited as a Resource person. Our Rotaract Club President welcomed the gathering. More than 50 students participated in the programme. All Faculties, Staff and students were taught the importance of Yoga in their life & how to maintain the harmony between body and mind. The students discussed the importance of yoga, during the day it has a great way to get rid of stress that accumulates daily, in both, body and the mind and also exhibited Yoga postures, Pranayama and meditation are effective a technique to release stress. Meditation is relaxation and rejuvenates the body, mind and promised to introduce this activity in their daily lives. Students participated enthusiastically and learnt breathing exercises for lungs and other Yogas. The session began by seeking the blessings of the Almighty by chanting the Gayatri Mantra. Asanas starting with warming up and stretching were followed by a Padmasanas, Sukhasan, Tadasana, Bhujang Asana and ending with Shavasana. Exercises for relieving stress, reducing joint pain and enhancing the flexibility of the back were also done for the benefit of the students. The resource person has emphasized the fact that purity of thought increases positivity in a person.





	<p style="text-align: center;">DHANALAKSHMI SRINIVASAN COLLEGE OF ARTS AND SCIENCE FOR WOMEN (AUTONOMOUS) Affiliated to Bharathidasan University, Tiruchirappalli (Nationally Re-Accredited with 'A' Grade by NAAC) Perambalur – 621212</p>	
<p style="text-align: center;">NAAC</p>	<p style="text-align: center;">CRITERIA – VII</p>	<p style="text-align: center;">Metric 7.1.1</p>

7.1.1 CAREER DEVELOPMENT PROGRAMME

Dhanalakshmi Srinivasan College of Arts and Science for Women (Autonomous), the Department of Commerce organized “Career Development Programme” on 28th, December 2021. Shri. Srinivasan Ayya, the Chancellor of Dhanalakshmi Srinivasan University presided over the function. A.Senthilkumar, General Manager, Deputy Director of Industries & commerce Perambalur, the resource person, Dr.N.Deepalakshmi, the Head and Associate Professor, the Department of Management Studies, they made the occasion with their presence. Vice Principal, Dhanalakshmi Srinivasan College of Arts and Science for Women (Autonomous), felicitate the function. In this programme the Chief Guest explained about the course regarding DIC, the importance and purpose of the courses, how to be an entrepreneur, the qualification into the course and how to make the material about the subject. He expressed his opinion and facts related with the programme and clarified students’ doubt through his speech.





	<p style="text-align: center;">DHANALAKSHMI SRINIVASAN COLLEGE OF ARTS AND SCIENCE FOR WOMEN (AUTONOMOUS) Affiliated to Bharathidasan University, Tiruchirappalli (Nationally Re-Accredited with 'A' Grade by NAAC) Perambalur – 621212</p>	
<p style="text-align: center;">NAAC</p>	<p style="text-align: center;">CRITERIA – VII</p>	<p style="text-align: center;">Metric 7.1.1</p>

7.1.1

MENSTRUAL CYCLE & HYGIENE

Dhanalakshmi Srinivasan College of Arts and Science for Women (Autonomous), Perambalur, The Department of Bio chemistry has organized the programme on **Menstrual cycle and Hygiene** on **1st January 2022** at Government Higher secondary School, Perambalur. Dr.C.Surya, Associate Professor , Department of Biochemistry, she created the awareness about Menstrual cycle and Hygiene in Government Higher secondary School, Perambalur. She gave a speech about types of menstrual cycles, challenges of menstruations, management of menstruation and hygiene management during menstruation. she also insists the main objectives of this programmes to the students there are to increase the number of school attendance by adolescent girls, while reducing school absenteeism during menstruation period, to enhance the capacity and knowledge of adolescent girls on menstrual hygiene management and to equip these adolescents with knowledge on making handmade reusable sanitary pads. Finally, she proposed a vote of thanks to all the faculty members and students for their cooperation.





	<p style="text-align: center;">DHANALAKSHMI SRINIVASAN COLLEGE OF ARTS AND SCIENCE FOR WOMEN (AUTONOMOUS) Affiliated to Bharathidasan University, Tiruchirappalli (Nationally Re-Accredited with 'A' Grade by NAAC) Perambalur – 621212</p>	
<p style="text-align: center;">NAAC</p>	<p style="text-align: center;">CRITERIA – VII</p>	<p style="text-align: center;">Metric 7.1.1</p>

7.1.1

AWARENESS ABOUT JUNK FOOD



Dhanalakshmi Srinivasan College of Arts and Science For Women (Autonomous), on behalf of Youth Red Cross, had successfully conducted **Junk Food Awareness** Programme on 4th April, 2022. Ms.R.Shanmugapriya, Assistant Professor, Department of Chemistry, Dhanalakshmi Srinivasan College of Arts and Science for Women (Autonomous) felicitated the function. MS.P.Suganya, Assistant Professor, Department of Mathematics, gave a special address on Junk Food Awareness during the session. She delivered the Junk food consumptions among adolescents has become a serious issue that may lead to harmful effects on health. They took fast food without considering their health complications. The young generations were getting addicted to fast food which indicates a serious public health problem. Dietary patterns of people were shifting from home-made to junk foods. Junk food contain high sugar/fat/salt content and low nutrient value in terms of protein, fibre, vitamin and mineral content is termed junk food. We are fond of such readymade food. She advised students to avoid this kind of food because it was responsible for obesity, **hypertension**, dyslipidemia, heart disease and **diabetes**.




	<p style="text-align: center;">DHANALAKSHMI SRINIVASAN COLLEGE OF ARTS AND SCIENCE FOR WOMEN (AUTONOMOUS) Affiliated to Bharathidasan University, Tiruchirappalli (Nationally Re-Accredited with 'A' Grade by NAAC) Perambalur – 621212</p>	
<p style="text-align: center;">NAAC</p>	<p style="text-align: center;">CRITERIA – VII</p>	<p style="text-align: center;">Metric 7.1.1</p>

7.1.1 TONE YOUR TEEN ENLIGHTEN ON COMMON ADOLESCENT GYNECOLOGICAL PROBLEMS

Dhanalakshmi Srinivasan College of Arts and Science for Women (Autonomous), Department of Biochemistry, had successfully conducted programme on **“Tone Your Teen Enlighten on Common Adolescent Gynecological Problems”** on March 11, 2022. The resource persons of the programme were Dr. Ganavi Ramagopal MBBS., MD., Pediatrics and Dr. Pillai Arthi Karunanithi MBBS, DGO, DNB(OG), Dhanalakshmi Srinivasan Medical College, Siruvachur. The objective of the program was to raise awareness among the students and gave awareness on women’s health regarding various gynecological problems and to provide insights into managing their body better. Women are not much aware of their health issues this can become worse for their body. Importance of maintaining a good body is the key component of a good mental health. The idea of the program was to give awareness about the body and the importance of visiting a Gynecologist for the treatments. Most of the women are shame and having a stereotypic view on visiting a Gynecologist., Dr. Ganavi Ramagopal spoke about the common gynecological issues faced by young women. Including PCOD, irregular menstruation, thyroid problems. She gave insights on different gynecological diseases such as bacterial and fungal infections, cancer of ovaries, breast, cervix, and so on. Dr. Pillai Arthi Karunanithi described about each and every health issues very clearly to the students. The session was very helpful to the students to know about the importance of women’s health and body issues. The students were aware of the value of treatment and the importance of visiting a Gynecologist. The students then interacted with Dr. Ganavi Ramagopal for one hour asking questions and clarifying doubts about their health issues.

	<p style="text-align: center;">DHANALAKSHMI SRINIVASAN COLLEGE OF ARTS AND SCIENCE FOR WOMEN (AUTONOMOUS)</p> <p style="text-align: center;">Affiliated to Bharathidasan University, Tiruchirappalli (Nationally Re-Accredited with 'A' Grade by NAAC) Perambalur – 621212</p>	
<p style="text-align: center;">NAAC</p>	<p style="text-align: center;">CRITERIA – VII</p>	<p style="text-align: center;">Metric 7.1.1</p>



**DHANALAKSHMI SRINIVASAN
COLLEGE OF ARTS & SCIENCE FOR
WOMEN(AUTONOMOUS)**

Affiliated To Bharathidasan University, Tiruchirappalli
(Nationally Re-Accredited With 'A' Grade by NAAC)
PERAMBALUR 62121

DEPARTMENT OF BIOCHEMISTRY
BIOPEARL ASSOCIATION


We cordially invites you for the
ONE DAY SEMINAR
ON
TONE YOUR TEEN
**ENLIGHTMENT ON COMMON ADOLESCENT
GYNECOLOGICAL PROBLEMS**

RESOURCE PERSONS



Dr. GANAVI RAMAGOPAL MBBS MD
Professor & Head,
Department of Pediatrics,
Dhanalakshmi Srinivasan Medical College and Hospital,
Siruvachur

Dr. PILLAI ARTHI KARUNANITHI
MBBS,DGO, DNB (OG)
Professor
Department of Gynecology,
Dhanalakshmi Srinivasan Medical College and Hospital,
Siruvachur

Date: 11.03.2022 Time: 11.00 AM
Venue: A/C AUDITORIUM
ALL ARE WELCOME
**The Management, Principal, Vice-Principal,
Dean, Hod, Staff & Students**



TONE YOUR TEEN ENLIGHTEN ON COMMON ADOLESCENT GYNECOLOGICAL PROBLEMS

	<p style="text-align: center;">DHANALAKSHMI SRINIVASAN COLLEGE OF ARTS AND SCIENCE FOR WOMEN (AUTONOMOUS)</p> <p style="text-align: center;">Affiliated to Bharathidasan University, Tiruchirappalli (Nationally Re-Accredited with 'A' Grade by NAAC) Perambalur – 621212</p>	
<p style="text-align: center;">NAAC</p>	<p style="text-align: center;">CRITERIA – VII</p>	<p style="text-align: center;">Metric 7.1.1</p>

7.1.1

WOMEN'S DAY

Dhanalakshmi Srinivasan College of Arts and Science for Women (Autonomous), Perambalur organized **“Women’s Day”** on 8th, March 2022. Shri. Srinivasan Ayya, the Chancellor of Dhanalakshmi Srinivasan University presided over the function. The Vice Principal, Dhanalakshmi Srinivasan College of Arts and Science for Women (Autonomous), Perambalur, delivered an elaborated speech about the plight of women at present world and also, she highlighted the unique qualities of women. Women’s Day celebration began with a beautiful and thoughtful prayer service by the students. The prayer service highlighted the importance of women, the role of women and her greatness in every sphere of our life. The gathering was extended a gracious welcome, with a graceful dance by the students. All the Faculty members and Students enjoyed the event thoroughly. The program was a success with support and coordination from management and student given the circumstances of COVID.

