



SREE AYYAPPA COLLEGE FOR WOMEN

Re-accredited with A grade (IV Cycle) by NAAC
Chunkankadai, Nagercoil - 629003

DEPARTMENT OF BOTANY

ACTIVITIES - 2024-25



SREE AYYAPPA COLLEGE FOR WOMEN

Re-accredited with A grade (IV Cycle) by NAAC
Chunkankadai, Nagercoil - 629003

1. Report on Soap Making Hands-On Training

Sree Ayyappa College for Women

Date: July 10, 2024

Venue: Botany Lab

On July 10, 2024, a hands-on training session on soap making was conducted for the 3rd BSc Botany students of Sree Ayyappa College for Women, led by Dr. Suma M, Head of the Department of Botany. The training aimed to provide students with practical knowledge and skills related to natural product formulation, an important aspect of botany and sustainable practices.

Session Overview

The session commenced in the Botany Lab, where Dr. Suma M welcomed the students and introduced the objectives of the training. She emphasized the significance of utilizing natural ingredients in soap making, highlighting the environmental benefits and the potential for entrepreneurship among students.

Training Details

The hands-on training involved the following key components:

- 1. Introduction to Ingredients:** Students were introduced to various natural ingredients used in soap making, including oils, lye, and botanical extracts.
- 2. Demonstration:** Dr. Suma demonstrated the soap-making process, explaining each step clearly—from measuring ingredients to mixing and pouring the soap into molds.
- 3. Student Participation:** Students actively participated in the process, measuring ingredients, mixing, and creating their own unique soap blends. This interactive approach fostered collaboration and creativity among the participants.
- 4. Safety Measures:** Throughout the session, Dr. Suma emphasized safety precautions necessary when handling lye and other materials, ensuring that all students understood the importance of safe practices.

Outcome

By the end of the training, each student had created their own bar of soap, which they took home. The session not only equipped students with practical skills but also encouraged them to explore the application of botanical knowledge in everyday products.

Feedback and Impact

Students expressed enthusiasm about the training, appreciating the hands-on experience and the

opportunity to learn a new skill. Many highlighted the potential of incorporating this knowledge into future projects or entrepreneurial endeavors.

Conclusion

The soap-making hands-on training session was a valuable educational experience for the 3rd BSc Botany students, reinforcing the importance of practical application in the field of botany. Dr. Suma M's guidance and expertise contributed significantly to the success of the event, and the department looks forward to organizing more such workshops in the future to enhance learning and innovation.





Nagercoil, Tamil Nadu, India
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2. Report on the Inauguration of the Botany Association

Sree Ayyappa College for Women

Date: 19th August 2024

Time: 1:30 PM

Venue: Conference Hall

The Botany Association of Sree Ayyappa College for Women was inaugurated on 19th August 2024, marking a significant milestone for the Botany Department. The ceremony commenced at 1:30 PM in the Conference Hall, with a warm welcome extended to all attendees.

The chief guest for the occasion was Dr. Divya P I, an esteemed alumna of the Botany Department and currently serving as the Assistant Librarian at Kerala University Library. Her presence added great value to the event, inspiring students and faculty alike.

Inaugural Address

Dr. Divya P I delivered an insightful inaugural address, highlighting the importance of botanical studies and the role of the Botany Association in fostering academic and extracurricular engagement among students. She emphasized the significance of collaboration and shared experiences in enhancing learning within the field.

Talk on the Importance of Reading

Following the inauguration, Dr. Divya presented a compelling talk on "The Importance of Reading," which resonated deeply with the audience. She encouraged all Botany students to cultivate a reading habit, stressing that reading not only enhances knowledge but also broadens perspectives. Dr. Divya highlighted the invaluable resources available at the library and urged students to utilize these facilities to support their academic pursuits.

Her address sparked a lively discussion among the attendees, reinforcing the notion that reading is integral to personal and professional development. The interaction concluded with students expressing their eagerness to engage more actively with both the library and the association.

Conclusion

The inaugural event of the Botany Association was a resounding success, with all Botany students in attendance. The program not only marked the beginning of a new academic year for the association but also set a motivating tone for future activities. The faculty and students expressed their gratitude to Dr. Divya P I for her inspiring words and commitment to fostering a culture of reading and learning within the department.

Overall, the inauguration of the Botany Association is expected to enhance collaboration among students and promote a deeper understanding of botanical sciences, paving the way for a vibrant academic community at Sree Ayyappa College for Women.



**SREE AYYAPPA COLLEGE FOR WOMEN
CHUNKANKADAI**

Reaccredited with B grade by NAAC (3rd cycle)

DEPARTMENT OF BOTANY

invites you to

**BOTANY ASSOCIATION
INAUGURATION**

Chief Guest

Dr. Divya P I

Assistant Librarian (Grade II)

Kerala University Library

(SAC Alumna)



19/08/2024



1.30 PM



Conference Hall

Principal

Dr. V R Anjana

Convenor

**Dr. M Suma, Associate Professor &
Head of the Department**

Organising Committee

Dr. S Uma Devi, Assistant Professor

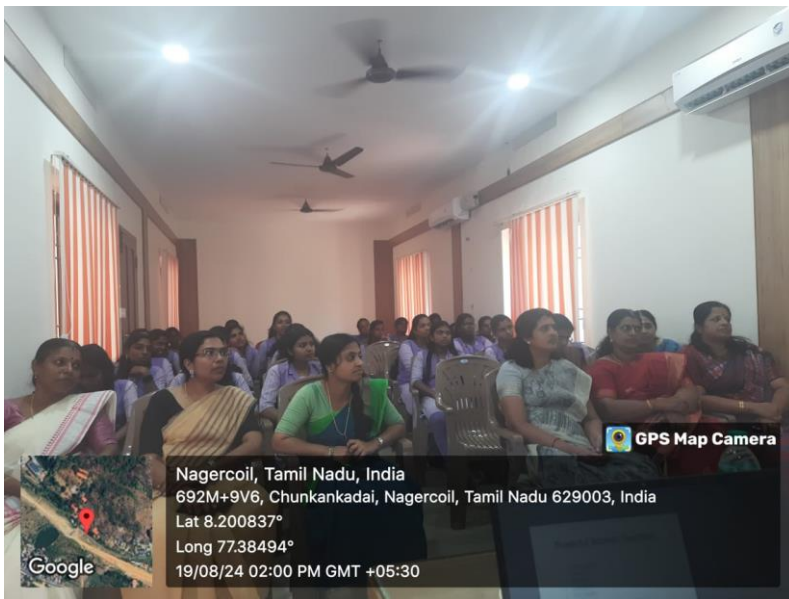
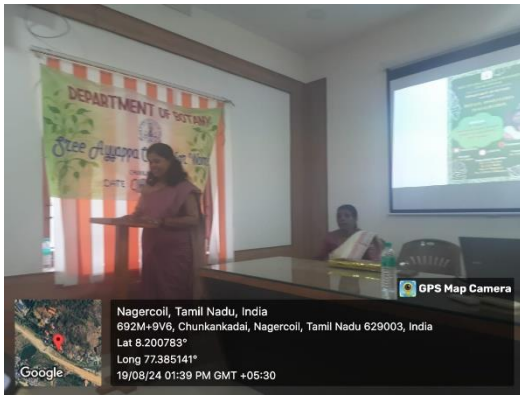
Dr. B S Rakhi, Assistant Professor

Mrs. S Divyasree, Assistant Professor

Dr. M Devi Chinmayee, Assistant Professor

**Ms. M Devika, Secretary, Botany Association
(III BSc Botany)**





3. Field Trip Report

Date: August 24, 2024

Participants:

- **Students:** 3rd BSc Botany Students, Sree Ayyappa College for Women, Nagercoil
- **Faculty:** Dr. Rakhi B S, Mrs. Divyasree S, Dr. Devi Chinmayee M
- **Lab Assistant:** Mrs. Sandhya

Itinerary:

- **Departure from College Campus:** 7:00 AM
- **Arrival at Kuzhipallam Botanical Garden, Thiruvananthapuram:** 9:30 AM
- **Departure from Botanical Garden to Happy Land Amusement Park:** 1:00 PM
- **Arrival at Happy Land Amusement Park, Thiruvananthapuram:** 1:30 PM
- **Departure from Happy Land Amusement Park:** 6:00 PM
- **Arrival back at College Campus:** 10:00 PM

The field trip organized by the Department of Botany, Sree Ayyappa College for Women, Nagercoil, on August 24, 2024, was designed to provide the 3rd BSc Botany students with practical exposure to plant biodiversity and conservation, as well as an opportunity to engage in recreational activities. The trip included visits to the Kuzhipallam Botanical Garden and Happy Land Amusement Park in Thiruvananthapuram.

Kuzhipallam Botanical Garden

Time of Visit: 9:30 AM – 1:00 PM

Activities:

- **Botanical Exploration:** The students conducted a thorough examination of various plant species, focusing on native flora and conservation efforts.

- **Educational Session:** Dr. Rakhi B S led an educational session about the different plant species present, their ecological significance, and ongoing research.
- **Practical Learning:** The students engaged in identifying plant species, learning about their medicinal properties, and understanding their roles in the ecosystem.

Highlights:

- **Diverse Plant Collections:** The garden showcased a wide range of plant species, including rare and endangered plants, which provided valuable learning experiences for the students.
- **Interactive Learning:** Hands-on activities and discussions enhanced the students' understanding of botanical concepts and field research methods.

Happy Land Amusement Park

Time of Visit: 1:30 PM – 6:00 PM

- **Recreational Activities:** Students enjoyed various rides and attractions, providing a relaxing and fun break from the academic focus of the trip.
- **Group Interaction:** The amusement park setting allowed students and faculty to interact in a less formal environment, strengthening team spirit and camaraderie.
- **Fun and Relaxation:** The park's diverse attractions offered a welcome respite and enjoyable experience for all participants.
- **Team Bonding:** The informal setting fostered better relationships among students and faculty, contributing to a positive and engaging group dynamic.

Return Journey

Departure from Happy Land Amusement Park: 6:00 PM **Arrival at College Campus:** 10:00 PM

The return journey was smooth, with a timely arrival back at the college campus by 10:00 PM. The trip concluded successfully, with students and faculty expressing satisfaction with both the educational and recreational aspects of the outing.

Conclusion

The field trip to Kuzhipallam Botanical Garden and Happy Land Amusement Park was highly successful. It provided valuable educational experiences related to botany and allowed students to enjoy recreational activities in a supportive and engaging environment. The event was well-

organized and executed, and the feedback from participants was overwhelmingly positive. The trip not only enhanced the students' academic knowledge but also offered them a memorable and enjoyable experience.





4. Report on Interdepartmental Competition: Art from Coconut Leaf

Event Date: September 2, 2024

Occasion: International Coconut Day

Organized By: Department of Botany, Sree Ayyappa College for Women, Nagercoil

Venue: Botany Laboratory

1. Introduction

In celebration of International Coconut Day, the Department of Botany at Sree Ayyappa College for Women, Nagercoil, organized an interdepartmental competition titled "Art from Coconut Leaf" on September 2, 2024. The competition aimed to showcase the creativity and innovative use of coconut leaves in art, encouraging students from various departments to participate and explore their artistic talents.

2. Participants

The competition saw enthusiastic participation from students across multiple departments. The following individuals took part:

- **T. Sowmya** – II BSc Mathematics
- **Gayathri S.M** – II BSc Zoology
- **Keerthana D.H** – II BSc Physics
- **Suthibha** – I BSc Botany
- **Fathima Afrin M** – II BCom
- **Akshara M.S** – III BSc Botany
- **Nithisha Y.N** – III BSc Botany
- **Amritha M.S** – III BSc Botany
- **Jackulin V** – III BSc Botany
- **Janani M** – I BSc Mathematics

3. Competition Details

Venue: Botany Laboratory

Objective: To create artistic designs and crafts using coconut leaves, showcasing the participants' creativity and ingenuity.

Activities:

- **Art Creation:** Participants used coconut leaves to craft various artistic pieces, demonstrating their skills and imaginative use of natural materials.
- **Judging Criteria:** Entries were evaluated based on creativity, originality, craftsmanship, and effective use of coconut leaves.

4. Results

The competition was highly competitive and showcased a diverse range of artistic skills. The following awards were given:

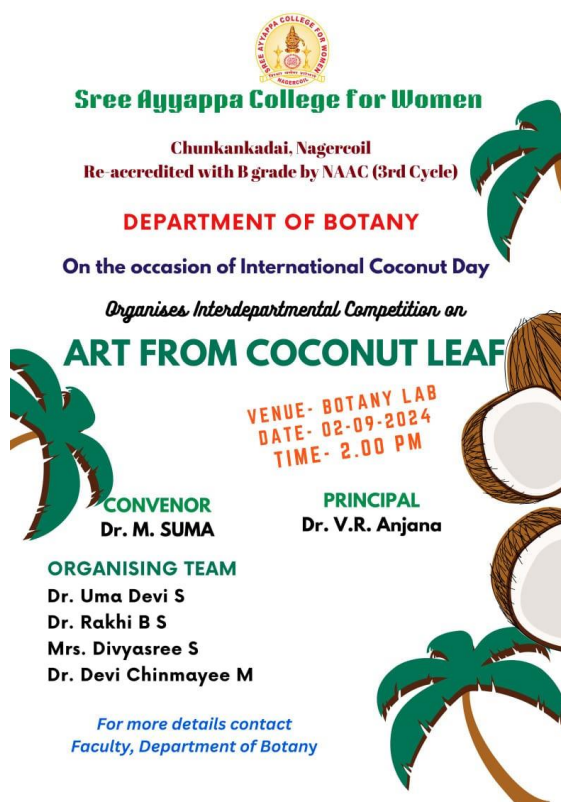
- **First Prize:** T. Sowmya (II BSc Mathematics)

5. Highlights

- **Creativity Unleashed:** The competition displayed a remarkable array of artistic expressions, with participants producing impressive and imaginative works using coconut leaves.
- **Interdepartmental Engagement:** The event fostered a sense of camaraderie and interaction among students from different academic backgrounds, enhancing interdepartmental relations.
- **Educational Value:** The use of coconut leaves in art provided students with an opportunity to explore sustainable and eco-friendly materials in creative ways.

6. Conclusion

The "Art from Coconut Leaf" competition was a successful event that highlighted the artistic talents of students from various departments. The participation and creativity displayed by the students were commendable, making the event a memorable celebration of International Coconut Day. The first prize winner, T. Sowmya, along with all participants, contributed to the success of the event with their innovative and skillful creations





5. Report on Planting and Distribution of Coconut Saplings

Event: International Coconut Day Celebration

Date: 02/08/2024

Location: Sree Ayyappa College for Women, Chunkankadai

Organized by: Department of Botany, Sree Ayyappa College for Women

Introduction

In celebration of International Coconut Day, the Department of Botany at Sree Ayyappa College for Women organized a significant event focused on the planting and distribution of coconut saplings. The initiative aimed to promote environmental sustainability and raise awareness about the importance of coconut trees.

Ceremony Overview

Inaugural Planting of Sapling:

The event commenced with a ceremonial planting of a coconut sapling on the college campus. Dr. V. R. Anjana, the Principal of Sree Ayyappa College for Women, performed the inaugural planting. Her participation underscored the college's commitment to environmental stewardship and the promotion of green practices.

Participants:

- **Dr. V. R. Anjana** - Principal, Sree Ayyappa College for Women
- **Dr. Suma M** - Head of the Department of Botany
- **Dr. Uma Devi** - Faculty Member, Department of Botany
- **Dr. Rakhi B. S.** - Faculty Member, Department of Botany
- **Mrs. Divyasree S** - Faculty Member, Department of Botany
- **Dr. Devi Chinmayee M** - Faculty Member, Department of Botany
- **Students of Third Year BSc Botany** - Active participants in the event

Activities and Highlights

1. Planting Ceremony:

- The event began with a brief introduction to the significance of coconut trees and their benefits.
- Dr. V. R. Anjana, along with the faculty and students, planted a coconut sapling in a designated area of the college campus. This act symbolized the institution's dedication to fostering a greener environment.

2. Distribution of Coconut Saplings:

- Following the planting ceremony, a distribution drive was organized to spread awareness about coconut cultivation and encourage community involvement.
- Coconut saplings were distributed to residents of the nearby colony of Chunkankadai. This initiative aimed to promote sustainable practices and enhance local greenery.

Community Impact

The distribution of coconut saplings to the nearby community was met with enthusiasm and appreciation. By engaging with local residents, the event fostered a sense of community participation in environmental conservation efforts. The saplings provided to the residents are expected to contribute to local green spaces and improve the overall ecological balance.

Conclusion

The Planting and Distribution of Coconut Saplings event organized by the Department of Botany at Sree Ayyappa College for Women was a successful initiative in celebrating International Coconut Day. It highlighted the college's commitment to environmental sustainability and strengthened its connection with the local community. The event was well-received and marked by active participation from both faculty members and students, underscoring the collective effort towards a greener future.

Brochure



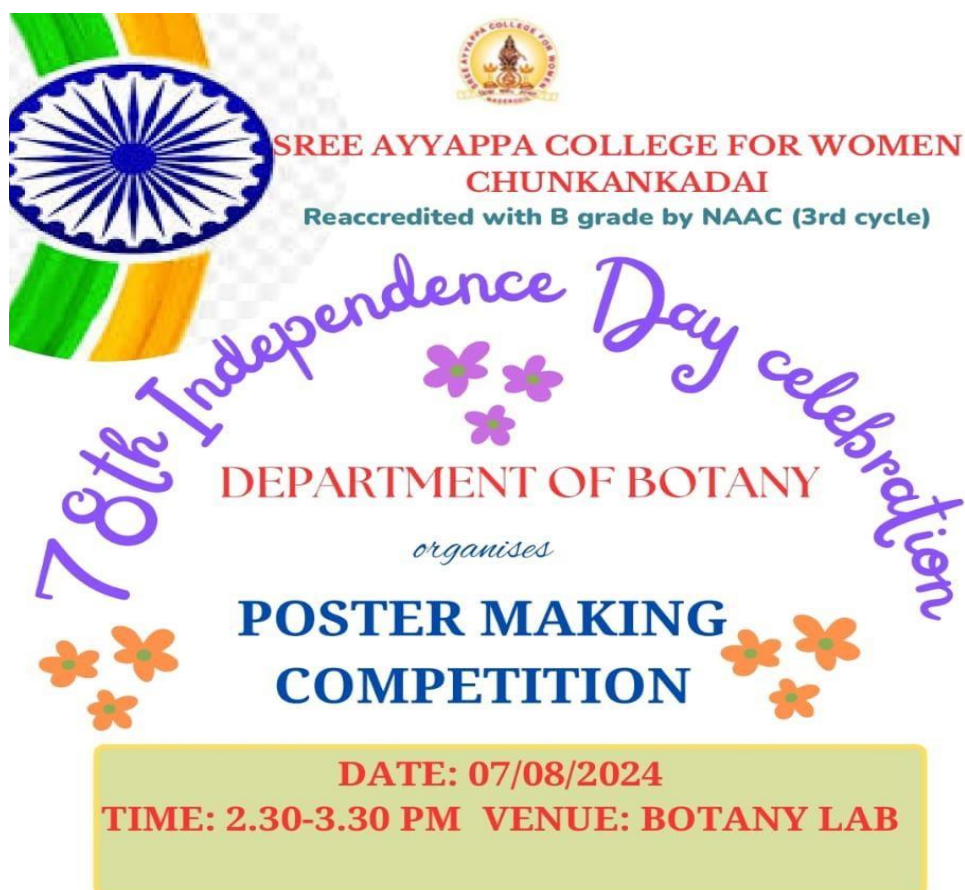




6. Poster Making Competition Report

DEPARTMENT OF BOTANY

78th Independence Day Celebration 2024



Principal
Dr. V R Anjana

Convenor
Dr. M Suma

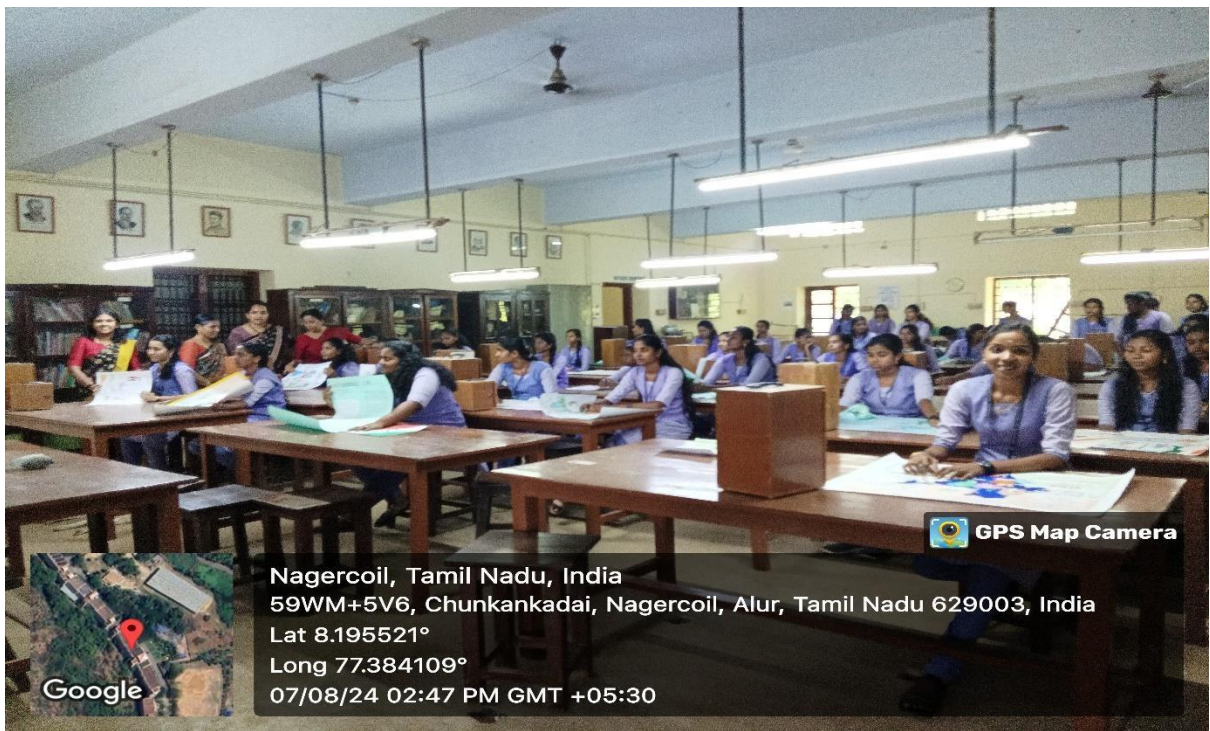
Organising Committee
Dr. S Uma Devi
Dr. B S Rakhi
Mrs. S Divyasree
Dr. M Devi Chinmayee

List of Participants

Sl No	Name	Class
1.	Abhirami R	III Botany

2.	Amritha M S	III Botany
3.	Akshara M S	III Botany
4.	Shalaniya I	III Botany
5.	Ashiha P D	III Botany
6.	Santhiya P	III Botany
7.	Shalaba U H	II BA English
8.	Vinodhini V	II BA English
9.	A P Athira	III Mathematics
10.	M Babisha	III Mathematics
11.	S Subashini	III Mathematics
12.	T Dhanya	III Mathematics
13.	T Sowmiya	II Mathematics
14.	R Abinsha	II Mathematics
15.	Amutha S	III BCom (SF)
16.	J S Ashlin Jenifa	III BCom(SF)
17.	Lavanya R	III BCom(SF)
18.	Aswini J	III BCom(SF)
19.	Jeni Mol S	II BA English
20.	J Felciya	II BA English
21.	Sneha S	II BA English
22.	Navya S B	II BA English
23.	Kiruthika K	II BA English
24.	Keerthana B H	II Physics
25.	Gayathri S M	II Zoology
26.	Athira S R	II BA English

27.	Jeyagohila T	II BA English
28.	Nandini S	II BA English
29.	Jisna S	II BA English
30.	Vishnu Preetha N	II Botany
31.	Jenika S	II Botany
32.	Jerisha S	II Botany
33.	Thanu T	II Botany
34.	Sruthi S	II B Com
35.	Vaishnavi S	II B Com
36.	Fathima Afreen M	II B Com
37.	Pooja S S	II B Com
38.	Parvathy S L	II B Com
39.	Anusha M	II B Com
40.	Pushpa Latha M	III B Com
41.	Aarthy R L	III Physics
42.	Priyatharshini S	III Physics
43.	Akshaya S	III Physics
44.	Devika Mohan A S	I BA English
45.	Ashiga A D	I BA English

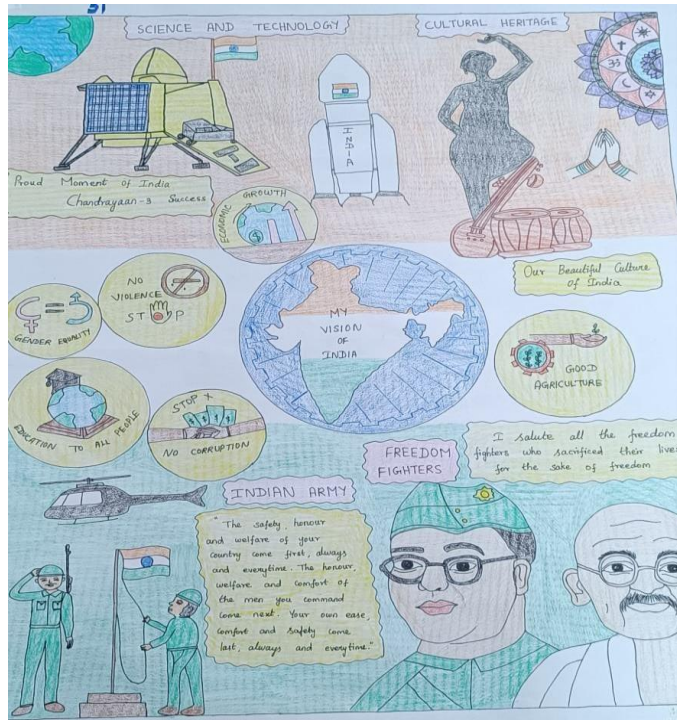


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GPS Map Camera

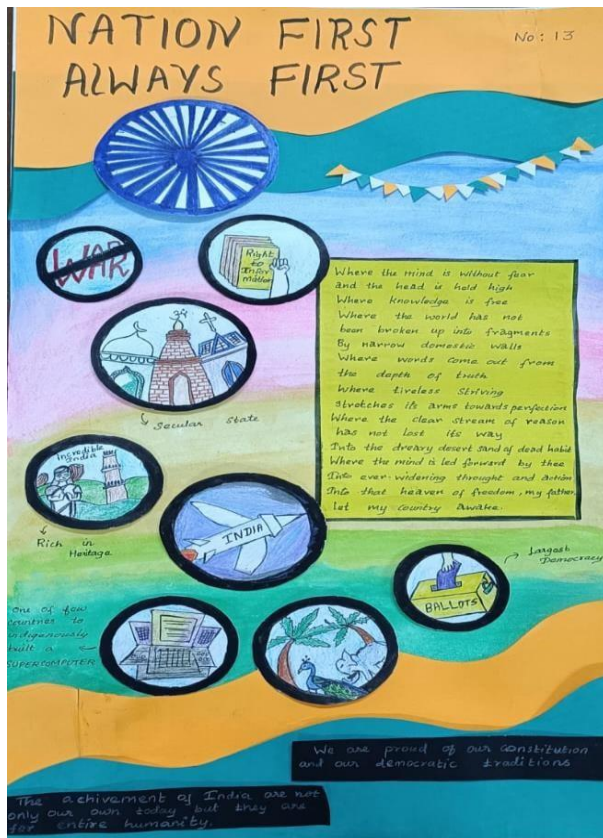
Prize Winning Posters

I Prize



II Prize

III Prize



List of Prize Winners

Prize	Name	Class
I st prize	J Jenika	II BSc Botany
II nd prize	T Sowmiya	II Mathematics
III rd prize	Sruthi S	II B Com

7. Report: Program on 'Women Food Culture'

Date of Event: 04-09-2024

Time: 2:00 PM

Venue: Seminar Hall, Sree Ayyappa College for Women, Chunkanakadai, Nagercoil

Organized by:

- **Department of Botany, Sree Ayyappa College for Women**
- **Seva Bharathi Kanyakumari**

Special Guest: Mrs. Divya S, Yoga Teacher, Thirumoolar Yoga Pattarai, Potalkulam

Principal: Dr. V.R. Anjana

Convenor: Dr. M. Suma

Organizing Secretary: Dr. Devi Chinmayee M

Organizing Team:

- Dr. Uma Devi S
- Dr. Rakhi B S
- Mrs. Divyasree S

Objective of the Program: The program "Women Food Culture" was organized to celebrate International Nutritional Week and to highlight the importance of nutritional diets, particularly focusing on women's health and wellness. The event aimed to educate students and attendees about the role of nutrition in maintaining health and promoting wellness.

1. Introduction and Welcome:

The event began at 2:00 PM with a warm welcome from the convenor, Dr. M. Suma. Dr. Suma introduced the theme of the program and the significance of celebrating International Nutritional Week. She emphasized the importance of nutrition in everyday life and its impact on overall well-being.

2. Keynote Address:

- **Speaker:** Mrs. Divya S, Yoga Teacher from Thirumoolar Yoga Pattarai

Mrs. Divya S delivered an insightful keynote address on the integration of nutrition and yoga. She highlighted the following key points:

- The importance of balanced nutrition for physical and mental health.

- How yoga complements nutritional practices by enhancing digestion, reducing stress, and improving overall health.
- Practical tips for incorporating healthy foods into daily meals and combining them with yoga practices to achieve a holistic approach to health.

3. Interactive Session:

The interactive session involved a Q&A segment where students and attendees asked questions related to nutrition, diet plans, and yoga practices. Mrs. Divya S provided practical advice and personalized tips based on the queries.

4. Demonstration and Workshop:

A practical workshop was conducted demonstrating simple, nutritious recipes and yoga exercises. Mrs. Divya S gave healthy recipes that are easy to prepare and beneficial for maintaining a balanced diet. Additionally, a short yoga session was conducted to show how yoga can enhance the benefits of proper nutrition.

The event saw active participation from all the students of the Botany Department and first-year B.Com students. The attendees engaged enthusiastically in the discussions, workshops, and interactive sessions, showing a keen interest in the topics covered.

Conclusion:

The "Women Food Culture" program successfully highlighted the importance of nutritional practices and their integration with holistic health approaches like yoga. The event provided valuable insights and practical tips that can help students make informed decisions about their health and wellness.

The organizing committee extends gratitude to Mrs. Divya S for her valuable contributions as the keynote speaker and workshop leader. Special thanks are also due to the principal, Dr. V.R. Anjana, and the organizing team members for their support and coordination in making the event a success.



Sree Ayyappa College for Women
 Chunkankadai, Nagercoil
 Re-accredited with B grade by NAAC (3rd Cycle)

DEPARTMENT OF BOTANY
 in association with Seva Bharathi Kanniyakumari



Organises a talk on

YOUTH FOOD CULTURE

On the occasion of International Nutritional week Celebration

RESOURCE PERSON

Divya S
 Yoga teacher
 Thirumoolar Yoga
 Pattarai
 Potalkulam



VENUE- SEMINAR HALL
DATE- 04-09-2024
TIME- 2.00 PM



PRINCIPAL
 Dr. V.R.Anjana

CONVENOR
 Dr. M. SUMA

ORGANISING TEAM
 Dr. Uma Devi S
 Dr. Rakhi B S
 Mrs. Divyasree S

ORGANISING SECRETARY
 Dr. Devi Chinmayee M









8. Report on Webinar: “Be Like the Bamboo”

Organized by: Department of Botany, Sree Ayyappa College for Women

Occasion: World Bamboo Day

Resource Person: Dr. Sangeetha G, Assistant Professor, Department of Botany, T.K.M College of Arts and Science, Kollam

Date: September 18, 2024

Time: 7:00 PM

Platform: Google Meet (Link: [Google Meet](#))

Introduction

In celebration of World Bamboo Day, the Department of Botany at Sree Ayyappa College for Women organized an enlightening webinar titled “Be Like the Bamboo.” This event aimed to explore the multifaceted importance of bamboo in our lives and encourage students to draw inspiration from its unique characteristics.

Overview of the Webinar

The webinar commenced at 7:00 PM, with Dr. Sangeetha G leading the session. The event attracted a diverse audience, including botany students and many from other departments who were eager to learn more about this remarkable plant.

Conclusion

The “Be Like the Bamboo” webinar was a resounding success, providing valuable knowledge and inspiration to all attendees. Dr. Sangeetha G’s insightful presentation and engaging style fostered an appreciation for bamboo’s significance in both ecological and cultural contexts.

The Department of Botany extends its gratitude to Dr. Sangeetha for her invaluable contribution and to all participants for their enthusiastic engagement. This event not only celebrated World Bamboo Day but also inspired students to incorporate the resilience of bamboo into their own lives.

4o mini



Sree Ayyappa College for Women
 Chunkankadai, Nagercoil
 Re-accredited with B grade by NAAC (3rd Cycle)

DEPARTMENT OF BOTANY
 On the occasion of World Bamboo day
Organises a webinar on
"BE LIKE THE BAMBOO"

Resource Person
Dr. Sangeetha G
 Assistant Professor
 Department of Botany
 T.K.M College of Arts and
 Science, Kollam



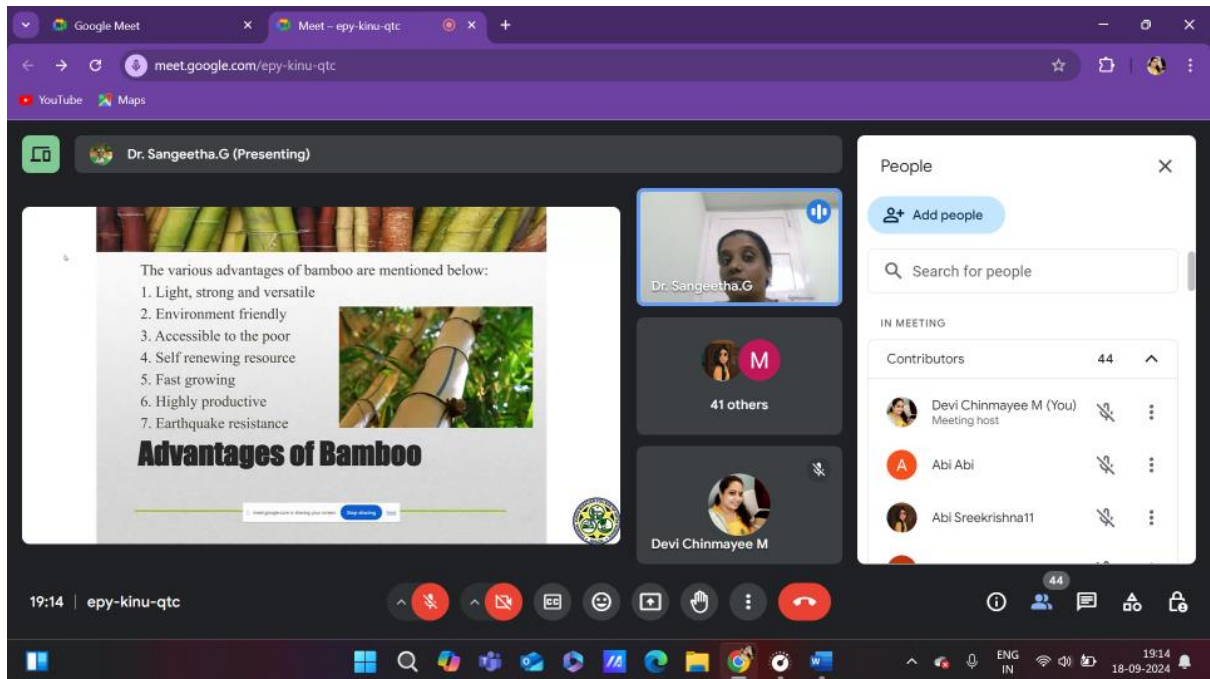
Google meet link - <https://meet.google.com/epy-kinu-qtc>
Date 18/09/2024 Time- 7.00 pm

ORGANISING SECRETARY
Dr. Devi Chinmayee M

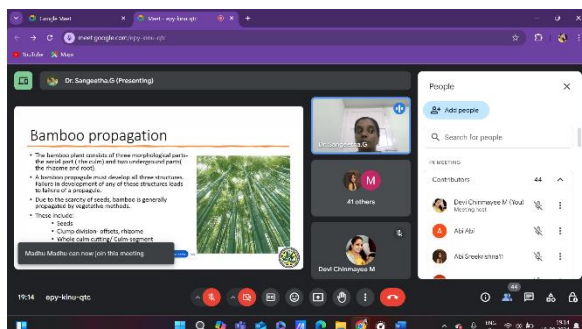
ORGANISING TEAM
Dr. Uma Devi S
Dr. Rakhi B S
Mrs. Divyasree S

PRINCIPAL
Dr. V.R. Anjana

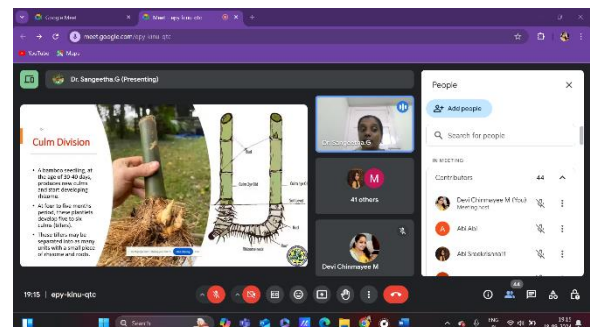
CONVENOR
Dr. M. SUMA



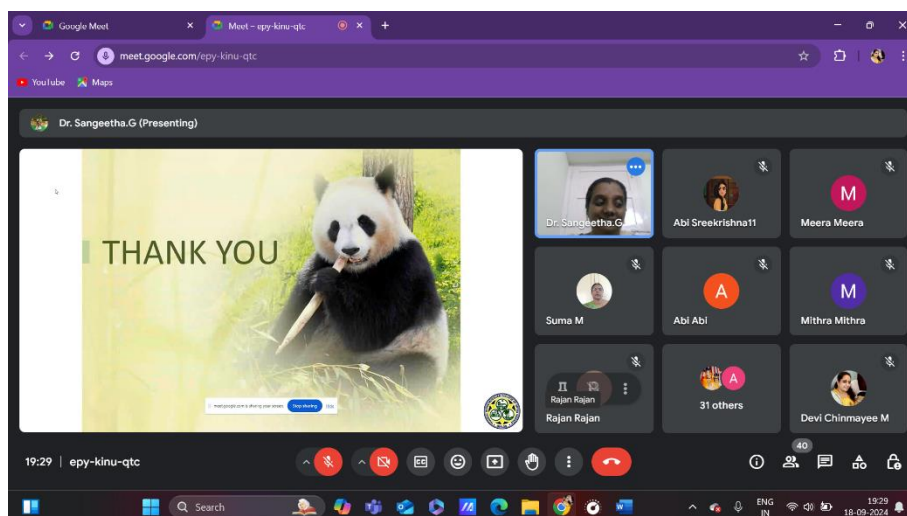
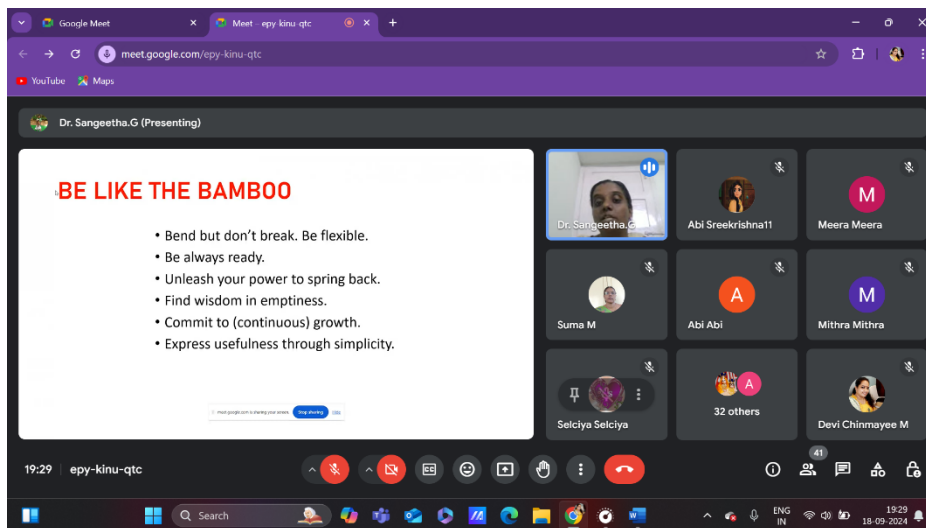
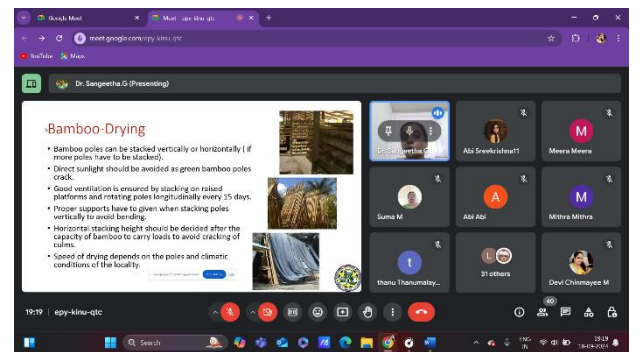
The screenshot shows a Google Meet window with a presentation titled "Advantages of Bamboo". The presentation content includes a list of advantages: 1. Light, strong and versatile, 2. Environment friendly, 3. Accessible to the poor, 4. Self renewing resource, 5. Fast growing, 6. Highly productive, 7. Earthquake resistance. The presenter is Dr. Sangeetha.G. The meeting ID is epy-kinu-qtc. The time is 19:14 on 18-09-2024. The interface shows 44 participants in the meeting.



The screenshot shows a Google Meet window with a presentation titled "Bamboo propagation". The presentation content includes a list of points: 1. The bamboo plant consists of three morphological parts: the shoot part (the culm) and the underground part (the rhizome and roots), 2. A bamboo propagule must develop all these structures. Failure to development of any of these structures leads to failure of a propagule, 3. Due to the scarcity of seeds, bamboo is generally propagated by vegetative methods, 4. These include: a. Suckers, b. Culm division, c. Rhizome, d. Rhizome with culm segment, e. Culm segment. The presenter is Dr. Sangeetha.G. The meeting ID is epy-kinu-qtc. The time is 19:14 on 18-09-2024. The interface shows 44 participants in the meeting.



The screenshot shows a Google Meet window with a presentation titled "Culm Division". The presentation content includes a list of points: 1. A bamboo seedling, at the age of 2-4 years, produces one culm, 2. The culm is a vegetative shoot, 3. It is a vegetative shoot, 4. It is a vegetative shoot, 5. It is a vegetative shoot, 6. It is a vegetative shoot, 7. It is a vegetative shoot, 8. It is a vegetative shoot, 9. It is a vegetative shoot, 10. It is a vegetative shoot. The presenter is Dr. Sangeetha.G. The meeting ID is epy-kinu-qtc. The time is 19:15 on 18-09-2024. The interface shows 44 participants in the meeting.



9. Report on Grapes Squash Making Hands-On Training

Sree Ayyappa College for Women

Date: October 18, 2024

Venue: Botany Lab

On October 18, 2024, the Botany Department of Sree Ayyappa College for Women conducted a hands-on training session on making grape squash for BSc Botany students. The workshop was led by Dr. Suma M, Head of the Department of Botany, and aimed to enhance students' practical skills in food processing and the utilization of botanical products.

Session Overview

The training session took place in the Botany Lab, where Dr. Suma M welcomed the students and introduced the objectives of the workshop. She emphasized the nutritional benefits of grapes and the process of preserving their essence through squash preparation.

Training Details

The session was structured as follows:

1. **Introduction to Grapes:** Dr. Suma provided an overview of the nutritional benefits of grapes and their significance in both culinary and medicinal contexts.
2. **Demonstration:** The training began with Dr. Suma demonstrating the entire process of making grape squash, which included selecting the right grapes, washing, crushing, and extracting juice.
3. **Hands-On Practice:** Students actively participated in the process. They learned to measure ingredients, mix the grape juice with sugar and preservatives, and finally bottle the squash. Dr. Suma provided guidance and shared tips for achieving the best flavor and quality.
4. **Safety and Hygiene:** Throughout the session, Dr. Suma emphasized the importance of maintaining hygiene and safety practices in food preparation.

Outcome

By the end of the training, each student had successfully created their own bottle of grape squash, which they were able to take home. The hands-on experience reinforced their understanding of food processing techniques and the practical application of their botanical knowledge.

Feedback and Impact

Students expressed excitement about the training, highlighting their newfound skills in food preparation and the enjoyment of working with natural ingredients. Many voiced their interest in exploring more food-related projects in the future.

Conclusion

The grapes squash making training was a fruitful educational experience for BSc Botany students, providing them with practical skills and enhancing their appreciation for the application of botany in food production. Dr. Suma M's expertise and engaging approach

made the session a success, and the department looks forward to organizing similar workshops to further enrich students' learning experiences.



10. Report on One-Day Workshop and Medical Camp on Women's Health

Sree Ayyappa College for Women

Date: October 21, 2024

Time: 10 AM to 3 PM

Venue: Seminar Hall

On October 21, 2024, Sree Ayyappa College for Women hosted a One-Day Workshop and Medical Camp on Women's Health in celebration of World Ayurveda Day. Organized by the Department of Botany in collaboration with the Government Medical College and Hospital, Kottar, Nagercoil, the event aimed to raise awareness about women's health issues and promote the benefits of Ayurvedic practices.

Inauguration Ceremony

The workshop commenced at 10 AM with an inaugural ceremony attended by faculty members, students, and representatives from the Government Medical College. The principal of Sree Ayyappa College delivered the opening remarks, emphasizing the importance of women's health and the relevance of Ayurveda in contemporary healthcare.

Participants

The event attracted a diverse group of participants, including:

- **Students:** Attendees from various departments of Sree Ayyappa College.
- **Faculty:** Teachers from all departments who contributed to the event.
- **Staff:** Office staff who participated in the medical camp.

Program Overview

The workshop featured a range of activities designed to educate and engage participants:

1. Resource Persons:

- **Dr. Hemalatha Kapoorchand, BAMS, MD**
- **Dr. M. Mayooranathan, MAMS, MD**

2. Medical Student Presentations:

- **Five medical college students delivered talks on important women's health issues, covering topics such as:**
 - **Menstrual health and hygiene**
 - **Reproductive health and fertility**
 - **Managing hormonal imbalances**
 - **Nutritional needs specific to women**

3. Medical Camp:

- **A free medical camp provided health check-ups and consultations to participants.**

- Free medicines were distributed, ensuring that all attendees had access to necessary healthcare resources.

4. Tree Plantation Activity:

- As part of the event, doctors and medical students engaged in a tree plantation drive on the college campus, promoting environmental sustainability and health.

Highlights

- **Engagement and Education:** The workshop fostered dynamic discussions on women's health, encouraging participants to ask questions and share experiences.
- **Holistic Approach:** Emphasis was placed on the importance of Ayurveda in managing women's health, highlighting natural remedies and lifestyle adjustments.
- **Community Service:** The medical camp provided essential health services, reinforcing the commitment to community well-being.

Conclusion

The one-day workshop and medical camp successfully highlighted the significance of women's health and Ayurveda. The collaborative efforts between Sree Ayyappa College and the Government Medical College and Hospital demonstrated a commitment to promoting health education and community service. Feedback from participants was overwhelmingly positive, indicating a desire for similar initiatives in the future.

Acknowledgments

We would like to express our sincere gratitude to:

- Doctors and Medical Students from Government Medical College and Hospital for their invaluable contributions to the event.
- Sree Ayyappa College Administration for their support and facilitation.
- All Participants for their enthusiastic involvement, which made the event a success.

We look forward to continuing our collaborative efforts to enhance health awareness and promote sustainable practices within our community.

4o mini





SREE AYYAPPA COLLEGE FOR WOMEN, CHUNKANKADAI
 Reaccredited with B grade by NAAC (3rd cycle)

Department of Botany
in collaboration with
Govt Ayurveda Medical College & Hospital, Kottar, Nagercoil
In connection with National Ayurveda Day Celebrations
 Organizes

One Day Workshop and Medical Camp

On
Women health through Ayurveda

Resource Persons

Dr. Hemalatha Kapoorchand BAMS, MD.
 Assistant Professor, Striroga Dept.
 Govt Ayurveda Medical College & Hospital
 Kottar, Nagercoil

Dr. M Mayuranathan BAMS, MD.
 Associate Professor, Roganidanam Dept.
 Govt Ayurveda Medical College & Hospital
 Kottar, Nagercoil

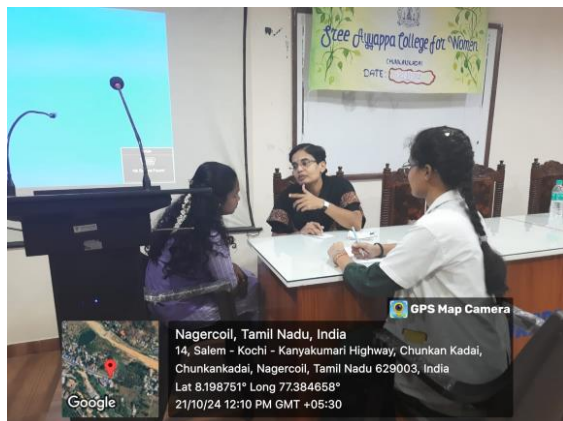
 **21 OCT 2024**
 **10 AM TO 3 PM**
 **SEMINAR HALL**



Welcome All

Principal
Dr. V R Arjana
Organising Team
 Department of Botany







11. Report on Collaborative Activity: Prakrithi Parikshan Survey Based on

Ayurvedic Principles

Event Title: *Prakrithi Parikshan Survey Based on Ayurvedic Principles using Mobile Applications*

National Campaign: *Desh ka Prakrithi Parikshan Abhiyan*

Date: 20th December 2024

Time: 10:00 AM

Venue: Auditorium, Sree Ayyappa College for Women

Organized by: Department of Botany, Sree Ayyappa College for Women, in collaboration with Government Ayurveda College and Hospital Kottar Nagercoil

Introduction

On 20th December 2024, the Department of Botany at Sree Ayyappa College for Women, in collaboration with Government Ayurveda College and Hospital, Kottar Nagercoil, hosted a significant event focused on the *Prakrithi Parikshan Survey*. This event was a part of the nationwide campaign *Desh ka Prakrithi Parikshan Abhiyan*, aimed at raising awareness about the environment and the principles of Ayurveda through the use of modern technology, specifically mobile applications.

Objective

The primary objective of the event was to educate students and faculty about the environment's connection to Ayurvedic health principles through the use of the *Prakrithi* mobile app. The app, developed as part of the campaign, helps individuals assess their environment and health based on Ayurvedic principles, encouraging sustainable living and wellness.

Organizing Team

- **Principal:** Dr. V.R. Anjana
- **Convenor:** Dr. M. Suma
- **Organizing Committee:**
 - Dr. Uma Devi S.
 - Dr. Rakhi B.S.
 - Mrs. Divyasree S.
 - Dr. Devi Chinmayee M.

Activity Overview

The event commenced at 10:00 AM with an introductory session led by the principal, Dr. V.R. Anjana. Dr. M. Suma, the convenor, elaborated on the significance of the *Prakrithi Parikshan Abhiyan* and how mobile applications like *Prakrithi* can be utilized to understand and monitor one's environment through the lens of Ayurvedic health practices.

The students and faculty from Government Ayurveda College and Hospital, Kottar Nagercoil, actively participated in the session by installing the *Prakrithi* mobile app. Through a guided walkthrough, they

were shown how to use the app to evaluate various environmental factors such as air quality, water availability, plant life, and their overall impact on personal health.

The app provided a platform to document the users' *Prakrithi* (nature), which reflects their Ayurvedic constitution (Doshas), and to assess the harmony between their environment and well-being. This helped participants understand the direct influence of the surroundings on health from an Ayurvedic perspective.

Key Highlights

- **Mobile App Installation:** The *Prakrithi* app was installed on smartphones, and participants were guided step-by-step on how to use it for environmental surveys.
- **Ayurvedic Insights:** Participants gained valuable insights into how Ayurveda connects the environment with health and how lifestyle modifications based on this understanding can lead to better well-being.
- **Interactive Sessions:** There were engaging discussions on how modern technology can bridge the gap between ancient Ayurvedic wisdom and contemporary lifestyle choices.

Conclusion

The event concluded with an interactive Q&A session, where students, faculty, and participants from Government Ayurveda College shared their experiences of using the *Prakrithi* app. They expressed appreciation for the innovative way in which ancient Ayurvedic principles were being applied through technology. This collaborative initiative proved to be a stepping stone in promoting environmental awareness and the integration of Ayurveda into daily life practices.

The success of the event emphasized the importance of sustainable living and health practices based on natural principles, and it encouraged all attendees to use the *Prakrithi* app as a tool for continuous environmental assessment and personal health management.

Acknowledgments

The Department of Botany at Sree Ayyappa College for Women extends its gratitude to Dr. V.R. Anjana, the principal, Dr. M. Suma, the convenor, and the entire organizing team for their relentless efforts in making this event successful. A special thanks to the students and faculty of Government Ayurveda College and Hospital, Kottar Nagercoil, for their active participation.

This collaborative effort marks a significant step in raising awareness about Ayurveda and its relevance in today's rapidly changing environment.



Sree Ayyappa College for Women

Chunkankadai, Nagercoil

Re-accredited with B grade by NAAC (3rd Cycle)

DEPARTMENT OF BOTANY

in Collaboration with

**Government Ayurveda college and Hospital
Kottar Nagercoil**

Organises

Prakrithi Parikshan

Survey

Based on Ayurvedic Principles using mobile applications as a part of

National wide campaign

**DESH KA PRAKRITHI PARIKSHAN
ABHIYAN**

**VENUE-
AUDITORIUM
DATE- 20-12-2024
TIME- 10.00 AM**

**ALL THE STUDENTS AND STAFF MEMBERS
ARE CORDIALLY INVITED**

PRINCIPAL

Dr. V.R.Anjana

CONVENOR

Dr. M. SUMA

ORGANISING TEAM

Dr. Uma Devi S

Dr. Rakhi B S

Mrs. Divyasree S

Dr. Devi Chinmayee M





20-Dec-2024 10:35:42 am
Chunkankadai
Nagercoil
Tamil Nadu



20-Dec-2024 10:36:16 am
Chunkankadai
Nagercoil
Tamil Nadu



Nagercoil, Tamil Nadu, India
692m+9v6, Chunkankadai, Nagercoil, Tamil Nadu 629003,
India
Lat 8.20131° Long 77.385067°
20/12/24 10:28 AM GMT +05:30



20-Dec-2024 11:15:26 am
Chunkankadai
Nagercoil
Tamil Nadu

12.Report on Skill Development Activity: Squash Preparation
Organized by the Department of Botany, Sree Ayyappa College for Women

Date: 12th January 2025

Venue: Department of Botany, Sree Ayyappa College for Women

Instructor: Dr. Suma M (Head, Department of Botany)

Principal: Dr. V.R. Anjana

Convenor: Dr. M. Suma

Organizing Team: Dr. Uma Devi S, Dr. Rakhi B S, Mrs. Divyasree S, Dr. Devi Chinmayee M

Introduction:

On 12th January 2025, the Department of Botany at Sree Ayyappa College for Women organized a skill development activity focused on preparing various fruit squashes. This hands-on session aimed to provide B.Sc. Botany students with practical experience in creating nutritious and flavorful beverages, thereby enhancing their understanding of food processing and preservation techniques.

Objectives:

The primary objectives of the activity were to:

1. **Educate Students:** Impart knowledge on the preparation of different fruit squashes using natural ingredients.
2. **Promote Sustainability:** Encourage the use of locally available fruits to create healthy and sustainable beverages.
3. **Enhance Practical Skills:** Develop students' skills in processing and preserving fruits, with potential applications in research and the food industry.

Event Overview:

The session commenced with an introduction by Dr. Suma M, who emphasized the importance of understanding food processing techniques within the field of botany. She highlighted the benefits of preparing natural beverages and the role of preservation methods in maintaining nutritional value.

Dr. Suma provided comprehensive demonstrations on the preparation of the following squashes:

1. Grape Squash:

- **Preparation Method:** Fresh grapes were crushed to extract juice, which was then mixed with sugar and water to create a concentrated syrup. The mixture was boiled and cooled before bottling.

2. Lemon Squash Variants:

- **Ginger Lime Squash:**
 - **Preparation Method:** Ginger was grated and extracted for juice. Sugar and water were boiled together to form a syrup, to which ginger juice and lemon juice were added. The mixture was boiled and cooled before bottling.
- **Hibiscus Lime Squash:**
 - **Preparation Method:** Hibiscus flowers were steeped in hot water to extract color and flavor. The infusion was mixed with lemon juice and sugar to create a refreshing squash.
- **Clitoria Lime Squash:**
 - **Preparation Method:** Butterfly pea flowers (*Clitoria ternatea*) were used to extract a blue-colored infusion. When mixed with lemon juice, a color-changing effect occurred, resulting in a visually appealing squash.

Students actively participated in the hands-on preparation of these squashes, working in groups to follow the demonstrated procedures. This collaborative effort fostered teamwork and allowed students to apply theoretical knowledge in a practical setting.

Conclusion:

The squash preparation activity was a resounding success, offering students a unique opportunity to apply their botanical knowledge in a practical context. It underscored the significance of integrating academic learning with real-world applications, particularly in sustainable food practices. The department remains committed to organizing such activities to enrich the educational experience of its students.

Sree Ayyappa College for Women
Chunkankadai, Nagercoil re-accredited with B-grade by NAAC (3rd Cycle)

Department of Botany

Organises
Skill development programme
Squash Preparation

VENUE- BOTANY LAB
DATE- 12-01-2025
TIME- 11.00 AM

PRINCIPAL
DR. V.R. ANJANA

CONVENOR
Dr. M. SUMA

ORGANISING TEAM
Dr. Uma Devi S
Dr. Rakhi B S
Mrs. Divyasree S
Dr. Devi Chinmayee M







13. Webinar Report- *My Story – Motivational Session by Successful Innovator*

Title of the Session: *My Story – Motivational Session by Successful Innovator*

Topic: *“Blooming in Business – My Path to Success with Botanical Jewellery”*

Date: 31st March 2025

Time: 7:00 PM

Platform: Google Meet (meet.google.com/qej-cxkp-gid)

Organized by:

Sree Ayyappa College for Women

IQAC and IIC in association with the **Department of Botany**

Resource Person

Ms. S. Ramya

Founder, R and P Venture (*Frozen Flora*)

Overview of the Session

The Department of Botany, in collaboration with the Internal Quality Assurance Cell (IQAC) and Institution’s Innovation Council (IIC) of Sree Ayyappa College for Women, organized an inspiring webinar on the topic *“Blooming in Business – My Path to Success with Botanical Jewellery”* as part of the *My Story – Motivational Session by Successful Innovator* series. The session was held on 31st March 2025 at 7:00 PM via Google Meet.

The guest speaker, **Ms. S. Ramya**, Founder of R and P Venture (*Frozen Flora*), shared her entrepreneurial journey in the field of botanical jewellery. She provided insights into how her passion for plants and creativity led to the formation of a unique business venture that transforms real flowers into elegant, eco-friendly jewellery pieces.

Highlights of the Session

- Ms. Ramya detailed her initial struggles and breakthroughs in launching her business.
 - She explained the concept and process of creating botanical jewellery using preserved flora.
 - The importance of innovation, sustainability, and persistence in entrepreneurship was emphasized.
 - She inspired students to think creatively and pursue their passions with dedication and vision.
 - A Q&A session followed, where students actively interacted with the resource person.
-

Participation and Impact

The webinar witnessed the enthusiastic participation of **around 60 students**, who benefited immensely from the session. The motivational talk left a lasting impression on attendees, encouraging many to consider entrepreneurship in creative and sustainable domains.

Organising Committee

- **Principal:** Dr. V. R. Anjana
 - **Organising Secretary:** Dr. Devi Chinmayee M
 - **Convenor:** Mrs. Divyasree S
 - **IQAC Co-Ordinator & IIC President:** Dr. Smitha Nair
 - **Organising Committee:** IQAC Team, IIC Team, and Department of Botany
-

Conclusion

The webinar was a grand success, fulfilling its objective of motivating and enlightening students about real-life innovation and entrepreneurship. The college looks forward to conducting more such inspiring sessions to nurture creativity and innovation among students.



Sree Ayyappa College for Women

Chunkankadai, Nagercoil

Re-accredited with A grade by NAAC (4th Cycle)

IQAC AND IIC

In association with Department of Botany

Organises a webinar on

My Story- Motivational session by Successful innovator

Topic- "Blooming in Business- My path to success with Botanical jewellery"



Resource person

Ms. S. Ramya

Founder R and P Venture
(Frozen flora)

DATE- 31-03-2025

TIME- 7.00 PM

Google meet link-
meet.google.com/qej-cxkp-gid

PRINCIPAL

DR. V.R. ANJANA

Convenor

Dr. Smitha Nair

**IQAC Co-Ordinator &
IIC President**

Organising Secretary

Dr. Devi Chinmayee M

Mrs. Divyasree S

ORGANISING COMMITTEE

**IIC, IQAC Team and
Department of Botany**

