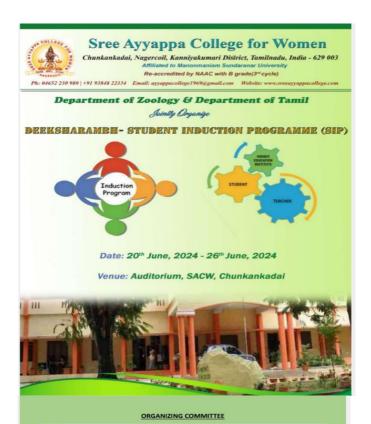


SREE AYYAPPA COLLEGE FOR WOMEN

(Re-accredited with B Grade by NAAC) Chunkankadai, Nagercoil



Co-Patron Dr V R Anjana, Principal Convenors Dr Sreeya G. Nair, HOD, Dept of Zoology Dr. L. Kumari Krishnaveni, HOD, Dept of Tamil Co-Convenors Mrs Y.C Viji, Asst Prof of Zoology Dr A.K Viji, Asst Prof of Tamil Dr. T.R. Udaya Kumari, Asst Prof of Tamil Dr. T.R. Udaya Kumari, Asst Prof of Tamil Dr. R. Radha, Asst Prof of Zoology Dr K. Kavitha, Asst Prof of Tamil(SF)

Dr N. R Padma Priya (Adhoc Faculty) ABOUT INDUCTION PROGRAMME

Deeksharambh - Student Induction Programme is to help new students to adjust and feel comfortable in the new environment, inculcate in them the ethos and culture of the institution, help them to build bonds with other students and faculty members, and expose them to a sense of larger purpose and self-exploration.

PROGRAMME SCHEDULE

Session	Time	Activity	Resource Person/Committee	
	Thursday 20 June 2024			
Day 1	9.50 am	Students assemble in	Class mentor to take attendance and	
		College Auditorium	make arrangements	
	10.00 am-10.45am	Introduction of College by Principal	Dr. V.R. Anjana	
	11.00am-11.45am	Examination and Unfair means/Remedial Coaching	Dr. T. Anitha, Assoc. Prof of History	
	12noon -12.45 pm	Scholarship Schemes	Mrs. N. Vanitha and Mrs.K.	
		a.	Krishna Priya, Administrative	
			Staffs	
	1.30pm - 2.30 pm	Health and Hygiene	Dr. Vaishali Babin	
			Ayurvedic Physician	
	2.30pm - 3.30 pm	Students Mentoring	Class Mentors	
	Friday 21 June 2024			
Day 2	10.00am-11.00am	Yoga for Women Empowerment	Brahmakumari's Rajayoga Foundation, Nagercoil	
	11.30am-12.30pm	Career opportunities and	Dr. M. Uma Maheswari, Assoc.	
		Challenges	Professor, Dept of Commerce, S.T.	
			Hindu College, Nagercoil	
	1.30 pm -2.15pm	Universal Human Values	Dr.N.Ayyappan, Assoc. Professor.	
			Dept of Tamil, S.T.Hindu College,	
			Nagercoil	
	2.45pm-3.30pm	Mental Health and	Mr. Dinesh Krishnan	
		Emotional Wellbeing	Committee Member, Suraksha	

	Monday 24 June 2024			
	10.00am-10.45am		JCI. Rekha Parameswaran International Trainer in Yoga	
	11.00am 11.45am		Lion. Prof. Dr. Deva Kuman Samuel Lions Club of Marthandam City President	
Day 3	12noon — 12.45pm	Goal Setting: How Students can achieve success through effective Planning	Rtn.Adv.A. Antush Jerome Motivational Speaker, District Coordinator, Legal Aid	
	1.30pm-2.15pm	Literary Activities	Dr Deepa Nair, Assoc. Prof of English	
	2.45pm-3.30pm	Library, E-Learning and Use of ICT	Dr. S.R. Sudhambika, Librarian	
		2024		
Day 4	10.00am-11.00am		Dr R.B. Akhila, Director of Physical Education	
	11.30am -12.30pm	Developing an Entrepreneurial Mindset	Mrs.T.Pushpalatha Mushroom Cultivation Tamilnadu Trainer, Rural Self Employment Training Institute, KanyaKumari Mr. S. Saran,	

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			Indian Overseas Bank, Rural Self Employment Training Institute, KanyaKumari
	1.30pm- 2.15pm	NSS/YRC	Dr. S. Jeyakumari, Assoc.Prof of Tamil, Vivekananda College, Agastheeswaram Dr.A.R.Savitha, YRC, Programme Officer, HOD, Dept of English
	2.30pm-3.30pm	Familiarization to	Departments
	Wednesday 26 June 2024		
Day 5	10.00am-12.30pm	Field Visit for Social Sensitization	
	1.30pm-3.00pm	Cultural Activities by Senior Students	
	3.00pm-3.30pm	Students Feedback	

Report on the First Day of Deeksharambh - Student Induction Programme (SIP)

Date: June 20,2024

Venue: College Auditorium, Sree Ayyappa College For Women

Participants: First-year BA, BSc, and BCom students

Introduction:

On the bright morning of 20th June, the College Auditorium of Sree Ayyappa College For Women buzzed with anticipation as first-year students gathered promptly at 9:50 AM for the commencement of the Deeksharambh - Student Induction Programme (SIP). This inaugural day marked the beginning of a week-long journey designed to acclimate our newest students to the college environment, ensuring they embark on their academic path equipped with essential knowledge and guidance.

Schedule:

9:50AM: Students assembled in the Auditorium

10:00 - 10:45 AM:

Introduction of College by Dr. V.R. Anjana (Principal)

Dr. V.R. Anjana, Principal of Sree Ayyappa College for Women, welcomed the newly enrolled students to the institution. She delivered an insightful session about the college environment, rules and regulations, the rich cultural heritage of the college, and highlighted various achievements. Her engaging speech aimed to familiarize the students with the ethos and values upheld by the college.

11:00 - 11:45 AM:

First Session by Dr. Anitha, Associate Professor of History

Dr. Anitha delivered an informative session focusing on examinations, both internal and external. She elucidated the examination patterns and shared valuable tips on how students can excel in their academic assessments. Her expertise and guidance provided a solid foundation for understanding the academic expectations at Sree Ayyappa College for Women.

12:00 - 12:45 PM:

Second Session by Mrs. N. Vanitha and Mrs. K. Krishna Priya

Mrs. N. Vanitha and Mrs. K. Krishna Priya addressed the students on various scholarships available, the application process, and the amounts offered. They also provided detailed information about bus concessions, ensuring that students were well-informed about financial support opportunities available to them during their academic journey.

1:00 – 1:30 PM: Lunch Break

1:30 - 2:30 PM:

Third Session by Dr. Vaishali Babin, Ayurvedic Physician

Dr. Vaishali Babin, an eminent Ayurvedic physician, conducted an enlightening session on health and hygiene. She emphasized the importance of nutrition and healthy lifestyle choices, particularly tailored to the needs of young women. Dr. Vaishali also addressed essential aspects of women's hygiene, ensuring that students received comprehensive guidance on maintaining their well-being throughout their college years.

2:45 - 3:30 PM: Students' Mentoring by Class Mentors

In the final session of the day, students engaged in mentoring sessions facilitated by their assigned class mentors. These mentors provided personalized guidance and support, addressing any queries or concerns raised by the students. The mentoring sessions aimed to establish a supportive relationship between the mentors and mentees, fostering a conducive learning environment within the college community.

Out come-

Overall, the first day of the Deeksharambh - Student Induction Programme at Sree Ayyappa College for Women was marked by informative sessions, insightful guidance, and opportunities for students to familiarize themselves with the college environment. The program successfully laid a strong foundation for the academic and personal growth of the incoming batch of students, ensuring a promising start to their college journey.









Event In-Charges

The Day 2 events were coordinated by:

- > **Dr. A.K. Viji**, Assistant Professor, Department of Tamil, Sree Ayyappa College for Women, Chunkankadai
- Mrs. Y.C. Viji, Assistant Professor, Department of Zoology, Sree Ayyappa College for Women, Chunkankadai

	Friday 21 June 2024		
	10.00am-11.00am	Yoga for Women	Brahmakumari's Rajayoga
		Empowerment	Foundation, Nagercoil
	11.30am-12.30pm	Career opportunities and	Dr. M. Uma Maheswari, Assoc.
		Challenges	Professor, Dept of Commerce, S.T.
Day 2			Hindu College, Nagercoil
	1.30 pm -2.15pm	Universal Human Values	Dr.N.Ayyappan, Assoc. Professor,
			Dept of Tamil, S.T.Hindu College,
			Nagercoil
	2.45pm-3.30pm	Mental Health and	Mr. Dinesh Krishnan
		Emotional Wellbeing	Committee Member, Suraksha

Schedule of Events

Session 1: Yoga for Women Empowerment

Time: 10:00 AM to 11:00 AM

❖ Conducted by: Brahmakumari's Rajayoga Foundation, Nagercoil

❖ Theme: Yoga for Women Empowerment

The first session of the day was conducted by the Brahmakumari's Rajayoga Foundation. The session focused on yoga activities specifically designed for women empowerment. The freshers were introduced to various yoga postures and breathing exercises aimed at enhancing physical and mental well-being. The interactive nature of the session allowed students to engage actively, promoting a sense of empowerment and self-awareness.



Session 2: Career Opportunities and Challenges

Time: 11:30 AM to 12:30 PM

Conducted by: Dr. M. Uma Maheswari, Associate Professor, Department of Commerce, S.T. Hindu College, Nagercoil

Topic: Career Opportunities and Challenges

Dr. M. Uma Maheswari conducted an engaging session on career opportunities and challenges. This interactive session provided insights into various career paths, helping students understand the diverse opportunities available in the professional world. Dr. Maheswari also discussed the potential challenges students might face in their career journeys and provided strategies to overcome them. The session was highly informative and motivational, encouraging students to think critically about their future career choices.

Session 3: Universal Human Values

Time: 1:30 PM to 2:15 PM

 Conducted by: Dr. N. Ayyappan, Associate Professor, Department of Tamil, S.T. Hindu College, Nagercoil

Topic: Universal Human Values

In the third session, Dr. N. Ayyappan delivered a lecture on Universal Human Values. The session aimed to instill a sense of ethical and moral responsibility among the students. Dr. Ayyappan emphasized the importance of human values in personal and professional life, encouraging students to develop a strong moral compass. The lecture was thought-provoking, prompting students to reflect on their values and principles.



Session 4: Mental Health and Emotional Wellbeing

Time: 2:45 PM to 3:30 PM

Conducted by: Mr. Dinesh Krishnan, Committee Member, Suraksha Community Centre for Family Health

* Topic: Mental Health and Emotional Wellbeing

The final session of the day was an interactive discussion on mental health and emotional wellbeing, conducted by Mr. Dinesh Krishnan from Suraksha Community Centre for Family Health. This session addressed the importance of mental health, recognizing emotional distress, and seeking help when needed. Mr. Krishnan provided practical tips and strategies for maintaining mental and emotional health, emphasizing the significance of self-care and support systems. The session was highly interactive, with students actively participating and sharing their thoughts and experiences.



Conclusion

Day 2 of the Deeksharambh Student Induction Programme was a great success, offering a diverse range of activities and discussions that catered to the holistic development of the students. The sessions were well-received, with students expressing appreciation for the valuable insights and knowledge shared by the resource persons. The day's events not only helped students adjust to their new environment but also inspired them to pursue personal growth and professional success. The Deeksharambh programme continues to play a vital role in shaping the future of new students by providing them with the necessary tools and knowledge to thrive in their academic and personal lives.

Event In-Charges

The Day 3 events were coordinated by:

- Dr. K. Kavitha, Assistant Professor, Department of Tamil, Sree Ayyappa College for Women, Chunkankadai
- Dr. S.R. Padma Priya, Assistant Professor, Department of Zoology, Sree Ayyappa College for Women, Chunkankadai

	Monday 24 June 2024		
	10.00am-10.45am	Prevention of Sexual	JCI. Rekha Parameswaran
		Harrasment and Anti	International Trainer in Yoga
		Ragging/Grievances	
	11.00am 11.45am	SEL for Students:Self	Lion. Prof. Dr. Deva Kumar
		Awareness and Self	Samuel
		Management	Lions Club of Marthandam City
Day 3			President
Day 0	12noon – 12.45pm	Goal Setting: How	Rtn.Adv.A. Antush Jerome
		Students can achieve	Motivational Speaker, District
		success through effective	Coordinator, Legal Aid
		Planning	
	1.30pm-2.15pm	Literary Activities	Dr Deepa Nair, Assoc. Prof of
			English
	2.45pm-3.30pm	Library, E-Learning and	Dr. S.R. Sudhambika, Librarian
		Use of ICT	

Schedule of Events

Session 1: Prevention of Sexual Harassment and Anti-Ragging/Grievances

Time: 10:00 AM to 10:45 AM

> Conducted by: JCI. Rekha Parameswaran, International Trainer in Yoga

➤ **Topic:** Prevention of Sexual Harassment and Anti-Ragging/Grievances

The day began with an awareness session conducted by JCI. Rekha Parameswaran. The session focused on the prevention of sexual harassment and anti-ragging measures, emphasizing the importance of a safe and respectful environment. Students were educated about their rights, the mechanisms for reporting grievances, and the support available to them. The session aimed to empower students with the knowledge and confidence to address and prevent such issues.

Session 2: SEL for Students: Self-Awareness and Self-Management

Time: 11:00 AM to 11:45 AM

Conducted by: Lion. Prof. Dr. Deva Kumar Samuel, President, Lions Club of Marthandam City

➤ **Topic:** SEL for Students: Self-Awareness and Self-Management

The second session, led by Lion. Prof. Dr. Deva Kumar Samuel, focused on Social and Emotional Learning (SEL) for students. The session emphasized self-awareness and self-management skills, which are crucial for personal and academic success. Dr. Samuel shared techniques for emotional regulation, stress management, and developing a positive self-image. The interactive nature of the session encouraged students to engage in self-reflection and personal growth.



Session 3: Goal Setting: How Students Can Achieve Success through Effective Planning

- **Time:** 12:00 PM to 12:45 PM
- Conducted by: Rtn. Adv. A. Antush Jerome, Motivational Speaker and District Coordinator, Legal Aid
- ➤ **Topic:** Goal Setting: How Students Can Achieve Success through Effective Planning

Rtn. Adv. A. Antush Jerome conducted an interactive session on goal setting and effective planning. He highlighted the importance of setting clear, achievable goals and developing a strategic plan to achieve them. The session included practical tips and techniques for time management, prioritization, and maintaining focus. Students were encouraged to set personal and academic goals, and were provided with tools to help them stay motivated and on track.



Session 4: Overview of Literary Activities

> **Time:** 1:30 PM to 2:15 PM

> Conducted by: Dr. Deepa Nair, Associate Professor of English, Sree Ayyappa College for Women, Chunkankadai

> **Topic:** Overview of Literary Activities

In the fourth session, Dr. Deepa Nair provided an overview of literary activities available at the college. She discussed the various literary clubs, events, and opportunities for students to engage in creative writing, debates, and public speaking. Dr. Nair emphasized the importance of literary activities in enhancing communication skills, critical thinking, and cultural awareness. The session aimed to inspire students to participate in literary pursuits and contribute to the vibrant campus culture.

Session 5: Introduction to Library, E-Learning, and Use of ICT

Time: 2:45 PM to 3:30 PM

> Conducted by: Dr. S.R. Sudhambika, Librarian, Sree Ayyappa College for Women, Chunkankadai

Topic: Introduction to Library, E-Learning, and Use of ICT

The final session of the day was conducted by Dr. S.R. Sudhambika, who introduced the students to the college library and its resources. She provided an overview of e-learning tools and the use of Information and Communication Technology (ICT) in academic research and learning. Dr. Sudhambika demonstrated how to access online journals, databases, and other digital resources. The session aimed to equip students with the skills to effectively utilize library resources and technology for their academic success.

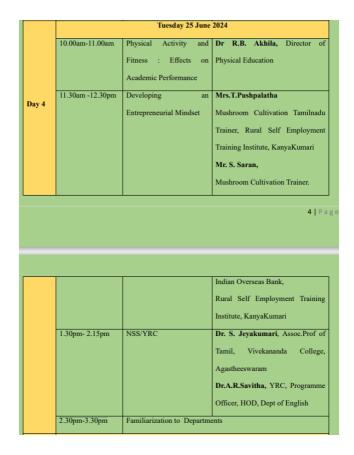
Conclusion

The third day of the Deeksharambh Student Induction Programme provided a rich and diverse set of experiences for the new students. The sessions addressed critical areas such as personal safety, emotional intelligence, goal setting, literary engagement, and the use of academic resources. These activities equipped students with essential knowledge and skills, fostering a supportive and proactive learning environment. The Deeksharambh programme continues to be a cornerstone in helping new students acclimate and succeed, ensuring they are well-prepared for the academic challenges and opportunities that lie ahead.

Event In-Charges

The Day 4 events were coordinated by:

- Dr. B.M. Myla, Assistant Professor, Department of Tamil, Sree Ayyappa College for Women, Chunkankadai
- Dr. R.Radha, Assistant Professor, Department of Zoology, Sree Ayyappa College for Women, Chunkankadai



Schedule of Events

Session 1: Physical Activity and Fitness: Effects on Academic Performance

Time: 10:00 AM to 11:00 AM

> Conducted by: Dr. R.B. Akhila, Director of Physical Education

➤ **Theme:** Physical Activity and Fitness: Effects on Academic Performance

The day began with a session on physical exercise and fitness led by Dr. R.B. Akhila. The session highlighted the importance of physical activity and its positive effects on academic performance. Students engaged in various physical exercises designed to improve their fitness levels. Dr. Akhila emphasized how maintaining physical health can enhance concentration, reduce stress, and improve overall academic performance. The session was interactive, with students participating enthusiastically and learning new fitness routines.





Session 2: Developing an Entrepreneurial Mindset

Time: 11:30 AM to 12:30 PM

- Conducted by:
 - ❖ Mrs. T. Pushpalatha, Mushroom Cultivation Trainer, Rural Self Employment Training Institute, Kanyakumari
 - ❖ Mr. S. Saran, Mushroom Cultivation Trainer, Indian Overseas Bank, Rural Self Employment Training Institute, Kanyakumari
- > **Topic:** Developing an Entrepreneurial Mindset

The second session was an interactive discussion on developing an entrepreneurial mindset, conducted by Mrs. T. Pushpalatha and Mr. S. Saran. They introduced students to the basics of entrepreneurship, focusing on the opportunities in mushroom cultivation. The session covered essential aspects of starting and managing a business, highlighting the potential for self-employment and economic independence. The trainers shared their experiences and success stories, inspiring students to consider entrepreneurship as a viable career option.





Session 3: Importance of Joining NSS/YRC Clubs

Time: 1:30 PM to 2:15 PM

- > Conducted by:
 - Dr. S. Jeyakumari, Associate Professor of Tamil, Vivekananda College, Agastheeswaram
 - Dr. A.R. Savitha, YRC Programme Officer, HOD, Dept of English, Sree Ayyappa College for Women, Chunkankadai
- ➤ **Topic:** Importance of Joining NSS/YRC Clubs

The third session provided an overview of the importance of joining National Service Scheme (NSS) and Youth Red Cross (YRC) clubs. Dr. S. Jeyakumari and Dr. A.R. Savitha highlighted the benefits of participating in these clubs, including community service, personal development, and leadership skills. They shared their experiences and the impact of NSS/YRC activities on students' lives. The session aimed to motivate students to actively participate in these clubs, contributing to their holistic development.





Session 4: Department Familiarization

Time: 2:30 PM to 3:30 PM

> Activity: Department Familiarization

The final session of the day involved familiarizing the students with various departments of the college. This activity aimed to help students understand the structure and functioning of different departments, meet faculty members, and learn about the resources and opportunities available. Students toured the campus, visiting key departments, and facilities, and interacting with faculty and senior students. This familiarization process helped students feel more comfortable and confident in navigating their new academic environment.

Conclusion

Day 4 of the Deeksharambh Student Induction Programme was a vibrant and enriching experience for the new students. Each session was carefully curated to address different facets of student life, ranging from physical fitness to entrepreneurial skills and community engagement. The students actively participated in the activities, demonstrating enthusiasm and eagerness to learn. The Deeksharambh Student Induction Programme continues to be a cornerstone in helping new students embark on their academic journeys with confidence, equipping them with the knowledge, skills, and support needed for a successful college experience.

Day 5- June 26,2024

Event In-Charges

The Day 5 events were coordinated by:

- Dr. Sreeya G Nair, Assistant Professor and Head of the Department, Department of Zoology, Sree Ayyappa College for Women, Chunkankadai
- Dr. A.K.Viji, Assistant Professor, Department of Tamil, Sree Ayyappa College for Women, Chunkankadai
- Dr. B.M. Myla, Assistant Professor, Department of Tamil, Sree Ayyappa College for Women, Chunkankadai
- Dr.K. Kavitha, Assistant Professor, Department of Tamil, Sree Ayyappa College for Women, Chunkankadai
- Dr. N.R.Padmapriya, Assistant Professor, Department of Zoology, Sree Ayyappa College for Women, Chunkankadai



Schedule of Events

Session 1: Field Visit for Social Sensitization

- **Time:** 10:00 AM to 12.30 PM
- ➤ **Title:** Field Visit Report: Padmanabhapuram Palace -Social Sensitization Program
- **Date**: June 26,2024
- Location: Padmanabhapuram Palace, Kanyakumari District, Tamil Nadu

Objective: To sensitize students about the cultural and historical significance of Padmanabhapuram Palace and promote social awareness and responsibility.

Observations and Learnings:

- The palace's architecture and artistry showcase the rich cultural heritage of the region.
- Students learned about the history of the Travancore Kingdom and the significance of the

palace as a symbol of royal heritage.

- The visit highlighted the importance of preserving cultural heritage sites and promoting tourism in the region.
- Students engaged with local communities and learned about their traditions and way of life.

Social Sensitization Outcomes:

- Students developed an appreciation for cultural diversity and historical significance.
- They understood the importance of preserving cultural heritage for future generations.
- The visit fostered empathy and understanding among students from diverse backgrounds.
- Students recognized the need for responsible tourism practices to support local communities.

Conclusion:

The field visit to Padmanabhapuram Palace was a valuable learning experience that promoted social sensitization and cultural awareness among students. We hope to continue such initiatives to shape responsible and informed citizens.





Session 2: Cultural Activites by Senior Students

Date: June 26,2024

Time: 1.30 PM to 3.00 PM

Objective: To showcase senior students' talent and cultural heritage through various activities as part of the Deekshrambh program.

Highlights:

- Impressive performances by senior students showcasing their talent and cultural heritage.
- Enthusiastic participation and audience engagement.
- Appreciation and recognition of students' efforts by faculty and peers.
- Celebration of diversity and inclusivity through various cultural expressions.

Outcome:

- Promotion of cultural awareness and appreciation among students.
- Encouragement of talent and creativity among senior students.
- Strengthening of bonds and camaraderie among participants.
- Enrichment of college culture through diverse cultural expressions.





Session 3: Valedictory Function

Objective: To conclude the Student Induction Program and welcome new students to the college community.

Program Highlights:

- Welcome Address
- Cultural Performances by students
- Distribution of Certificates to participants Feedback from students
- Vote of Thanks by Student Representative

Achievements:

- Successful completion of the Student Induction Program
- Active participation from new students
- Impressive performances and talent showcase
- Strong bonding among new students and faculty members
- Feedback and suggestions received from students for future improvements

Conclusion:

The valedictory function of the Student Induction Program marked a successful conclusion to the program, welcoming new students to the college community. We appreciate the efforts of participants, organizers, and faculty members in making this event a memorable one. We wish the new students a fruitful and enriching journey ahead.



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