





Guru Nanak College (Autonomous)

(Affiliated to University of Madras & Re-Accredited At "A" Grade by NAAC)
No. 161, Guru Nanak Salai, Velachery, Chennai - 600042, Tamil Nadu
Website: www.gurunanakcollege.edu.in

5.1.3 Capability Development and Skill Enhancement Activities

Life Skills - Activity Report

|| 2018-19 ||

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5.1.3 Capability Development and Skill Enhancement Activity

2018-19				
Life Skills				
S.No.	Name of the Capability Enhancement Program	Date of Implementation (DD-MM-YYYY)	Number of Students Enrolled	Name of the Agencies/Consultants Involved with Contact Details (if any)
1	Health Hazards of using Tobacco	16-07-2018	250	Master of Social Work
2	Substance Abuse Counselling	06-9-2018	73	Master of Social Work
3	Vigilance Awareness Week- Corruption-Its impact on Indian society	30-09-2018	190	Foundation English
4	Customer Relationship Management	28-02-2019	132	Business Administration

1. HEALTH HAZARDS OF USING TOBACCO

Event Title	Health Hazards of using Tobacco
Category	Awareness Programme
Department	Master of Social Work
Date	16-07-2018
No. of Resource Persons	2
No. of Participants	250

Report

The Department of Social work Department organized One Days on **Health Hazards of using Tobacco** Program from 16/07/2018 From Guru Ramdas Ac Seminar Hall in College Campus. The program was organized in the Guru Ramdas Hall.

The program had three main activities.

1. **Drawing Competition - Pencil Sketch on “Smoking and its Impact”** was organized for the students, in which 48 students participated and won the prize..
2. A debate competition was conducted during the day with the topic **“Is Tobacco advertisement advisable or not?”** in which about 14 students participated, got awarded as best speakers.
3. Awareness on **“Tobacco and its Harmful Effects – Tobacco Cessation”** was lectured by Dr.Joshna, Programme Coordinator and Guest Lecture Dr Sumathi Rao

More than 250 students from various departments participated and benefited from the program

2. SUBSTANCE ABUSE COUNSELLING WORKSHOP

Event Title	Substance Abuse Counselling
Category	Webinar/ Workshop
Department	Master of Social Work
Date	06-9-2018
No. of Resource Person	3
No. of Participants	73

Report

The department of Social Work, Guru Nanak College, Chennai organized a One Day National workshop titled “Substance Abuse Counselling” on 6th September 2018. The workshop had eminent dignitaries in attendance. The Chief Guest for the day was Dr. R. Dhanasekara Pandian, Professor of Psychiatric Social Work, NIMHANS, Bangaluru and Treasurer, Indian Society of Professional Social Work. The Guest of Honor was Dr. E. Sinu, Associate Professor and Consultant at Centre for Addiction Medicine, Department of Psychiatric Social Work, NIMHANS, Bangaluru. Dr. Yamini Kannappan, Consultant Psychiatrist, Kauvery Hospital, Chennai also attended the workshop as a resource person.

The workshop was attended by a wide variety of people interested in substance abuse counselling from both the academic as well as professional perspective. Audience members consisted of under graduate and post graduate students from various colleges across the country, faculty members across different disciplines like Psychology, Sociology, Social Works, Film Making, people actively working in the field of deaddiction and providing consulting services etc. The organizing secretaries of the workshop were Dr. K. Shanthi (HOD), Mr. E. Horst Kharis and Mr. V. Joel Philip Thomas. The committee members of the workshop were Ms. Parneet Kaur Sandhu, Mr. Susai Raj A., Mr. Antony Sagayaraj, Dr. Yesu Suresh Raj. The students of the Department of Social Work participated actively and enthusiastically in the preparation as well as the execution of the workshop.

The activities of the day were started by Dr. M. Selvaraj, Principal, Guru Nanak College. He gave an insight into the effect that substance abuse has on people who engage in this behavior and the effect it has on their loved ones. He also pointed out the need for close knit relationships to combat the ever-present danger of substance abuse in our society. Dr. Gunita Arun Chandok, Director, Guru Nanak College gave felicitation of the workshop. She pointed out the understanding of substance abuse and it’s far reaching consequences in terms that served as an excellent beginning for the members of the audience who were not well versed in the medical jargon of the field of addiction medicine.

The workshop consisted of an introductory session, a session that focused on the medical, psychological and physiological aspects of addiction and an interactive workshop session that fully engaged all the audience members. The introductory session was delivered by Dr. Pandian and gave an excellent over view of the problem of substance abuse and its development and

current trends in our society were highlighted with illuminating statistical data. He further talked about the symptomatic behavior a potential substance abuser might depict and what family members, friends, consultants and medical practitioners can do to make the road to recovery easier. Dr. Yamini's session focused on the neurological and neuro-psychological effects of substance abuse. She also talked about the pathology of addictive behavior and how the brain functions under the repetitive distress of substance abuse of various kinds. Her session brought about an objectivity to the often misunderstood topic of substance abuse and the individuals suffering from it. She stressed on the role of medicine in the process of deaddiction and the need for well qualified and well-trained personnel undertaking this endeavor. The workshop ended on a positive note with a feedback session that clearly indicated how helpful and thought provoking the audience found

3. VIGILANCE AWARENESS WEEK-CORRUPTION-ITS IMPACT ON INDIAN SOCIETY

Event Title	Vigilance Awareness Week-Corruption-Its impact on Indian society
Category	Competitions
Department	English
Date	30-09-2018
No. of Resource Person	1
No. of Participants	190

Report

The Department of Internal program English Organized One Day Competition on **Vigilance Awareness Week-Corruption-Its impact on Indian society** on 30-09-2018 in Room S5 in college campus. As the Vigilance Awareness week was observed from 29th Oct to Nov 3rd 2018, The English Association of Guru Nanak College conducted an Essay Writing Competition on the topic “**Corruption-Its impact on Indian Economy**” for the students of Guru Nanak College as requested by the Airports Authority of India. Amidst their busy Semester Examination Schedule, 19 students from various departments actively participated. The first, second and third prize was bagged by A. Gnanvel of I B.Com. Honours, Harismitha T.C of III B. A Defence and Strategic Studies and K. Guru Viswanath of III B. A Defence and Strategic Studies respectively. The prize winners attended the Valedictory Ceremony of the Vigilance Awareness week on 2nd November 2018 at the Conference Hall, Airports Authority of India, Chennai and received trophies and certificates.



4. CUSTOMER RELATIONSHIP MANAGEMENT

Event Title	Customer Relationship Management
Category	Seminar
Department	Business Administration
Date	28-02-2019
No. of Resource Person	1
No. of Participants	132

Report

The Department of Business Administration organized a one-day seminar on “Customer Relationship Management” on 28-02-2019. Seminar by Alumni on “Customer Relationship Management” for third years was conducted during the last week of February’ 19. The resource person was Mr. Aadhavan, Marketing Manager from Esmatrix Life Sciences Pvt. Ltd. The resource person started off with the career opportunities in CRM and gave a very detailed session on handling customers, along with the nuances of CRM was discussed.

