



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

|| 2019-20 ||

	GURU NANAK COLLEGE (AUTONOMOUS) Affiliated to the University of Madras Accredited by NAAC at "A" Grade. ISO Certified (9001 - 2015) Guru Nanak Salai, Velachery, Chennai - 600 042.
CERTIFIED DOCUMENTS	
METRIC NO. :	5.1.3
PAGE NO.	01 TO 14
	 PRINCIPAL

5.1.3 Capability Development and Skill Enhancement Activity

2019-20				
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	Brand Yourself	17-07-2019	177	Department of English (Shift II)
2	Breast feeding Awareness Among Urban Women	01-08-2019	250	Department of Advanced Zoology & Biotechnology
3	Murasam 2019 Mandra Vizha	08-08-2019	250	Department of Tamil
4	Impact of Health Awareness on Diabetes and its Management	17-08-2019	120	Department of Biotechnology
5	Role of Secondary Metabolites in Diabetes Management	29-08-2019	150	Department of Biotechnology
6	Cage-Consent Agency Gender Equality	10-09-2019	153	Department of Accounting & Finance
7	You are not Alone - Suicide Prevention and Mental Health Wellness	25-09-2019	140	Department of Accounting & Finance
8	Environment and Food Sustainability- EFS 2K19	27-09-2019	150	Department of Biotechnology
9	Effects of Assertiveness (Human Values) and Social Skills for Students	20-12-2019	132	Department of Business Administration (M.B.A)
10	Stress Management and Futuristic Vision	13-03-2020	192	Department of Chemistry

1. BRAND YOURSELF

Event Title	Brand Yourself
Category	Guest Lecture
School & Department	Languages - English
Date	17-07-2019
No. of Chief Guest	1
No. of Participants	177

Report

The Department English organized a one-day Guest Lecture on “Brand Yourself” from 17.07.2019 at 3.00 pm. A guest lecture on “Brand Yourself” was organized by ELA of the Department of English on 17th July 2019 for the second-year students. Ms. Krithika Ashwin, an independent trainer and corporate coach was the guest speaker. Ms. Krithika Ashwin lightened the students on the need of branding themselves in this highly competitive world. She highlighted and spoke on the SWOT analysis which helped the students to identify their abilities. She insisted the role and importance of being unique. She also suggested the students to have Positive affirmation which would help them build a successful career.



2. BREAST FEEDING AWARENESS AMONG URBAN WOMEN

Event Title	Breast feeding Awareness Among Urban Women
Category	Symposium
School & Department	Humanities – Advanced Zoology & Biotechnology
Date	01-08-2019
No. of Resource Person	3
No. of Participants	250

Report

The Department of Advanced Zoology & Biotechnology Organized one day Symposium **Breast feeding Awareness Among Urban Women** From 01.08.2019 Lt. Col. G.S. GILL Hall in College Campus. World Breastfeeding Week is celebrated every year from August 1 to 7 worldwide in more than 120 countries. The event is celebrated to encourage breastfeeding and improve the health of babies around the world. Since 1991 more than one third of the world's malnourished children live in India. Among these, half of the children less than three years old are underweight and a third of wealthiest children are over-nutrient. One of the major causes for malnutrition in India is economic inequality. Due to the low social status of some population groups, their diet often lacks in both quality and quantity. Women who suffer malnutrition are less likely to have healthy babies. Around 250 women students were benefited by attending this one day state Level Symposium The Department of Advanced Zoology and Biotechnology, Guru Nanak College (Autonomous) Chennai, in association with the Food and Nutrition Board, Ministry of Women and Child Development conducted a One day State Level Symposium on “**Breast feeding Awareness Among Urban Women**” on 01.08.2019. It was an initiative to create awareness among future mothers and to address the Challenges in relation to Women’s Reproductive Health and the existing Malnutrition among women. Dr. P. Latha Mageswari, Obstetrics and Gynecology, Dr. Rela Institute and Medical Centre, Chromepet, Chennai delivered the inaugural address followed by Mrs. P. Jagatheswari, UNICEF, State Consultant (IYCF) spoke on the need for awareness among young women on nutritional deficiencies and health hazards.

Breast feeding Awareness among Urban Women



3. MURASAM 2019 MANDRA VIZHA

Event Title	Murasam 2019 Mandra Vizha
Category	Workshop
School & Department	Languages - Tamil
Date	08-08-2019
No. of Resource Person	2
No. of Participants	250

Report

The Department of Tamil conducted **Murasam 2019 Mandra Vizha** on 08.08.2019. The program was conducted on the theme of special lectures on “The impact of Cinema on Tamil Society and Culture”. The first session was presided by the renowned writer and social critic **Thiru Ve. Mathimaran**. He enlightened the students on the Trends and history of Tamil Cinema from and the social dynamics behind it. It was a brainstorming session and inspired the intellect of the students. The guest shared his critical vies on Tamil cinema and stressed the need for a parallel or alternate cinema. His point was, the visual language of Tamil films has to be greatly improved with justice to its form and it should have social commitment in its content and speak the social realities of the mass. The lecture was followed by discussion and questions from the students. Earlier the program was inaugurated with the lit of *kuthuvilakku* and the prayer song from gyaniji.

The second session was presided by well-known poet and lyricist **Thiru Ilaya kamban**. He spoke on the Tamil Identity and cultural reflection in Tamil Cinema. He stressed the need for revival of Tamil Cultural and social identity in Tamil films and social responsibility. He recited one of his own poems on Motherhood that mesmerized the audience greatly. Session was followed by interaction with the students. Cultural program was a central attraction in the event, in which the students showcased their outstanding students, performing classical and folk music, Poetry recitation and oratorical skills. Earlier Dr.L.R.S.Kalanidhi Vice principal (student affairs) delivered the presidential address , Dr.M.Murthi , Head, Dept. of Tamil , welcomed the gathering Dr.N.Praveen Kumar, Vice President and Dr.J.Punithamalar, Secretary of Tamil Mandram introduced the Chief guests.

Tamil Department is keen in encouraging and guiding the students to publish their creative writings. “**NEELAVIZHIGAL**“ a Literary bimonthly Magazine brought out by Mr.Sargunam , II year B.Sc (Chemistry), was released in the program. Prizes for student winners of various competitions were distributed and the organizers and volunteers were honored by badges and medals.

Invitation



Murasam 2019 - Mandra Vizha

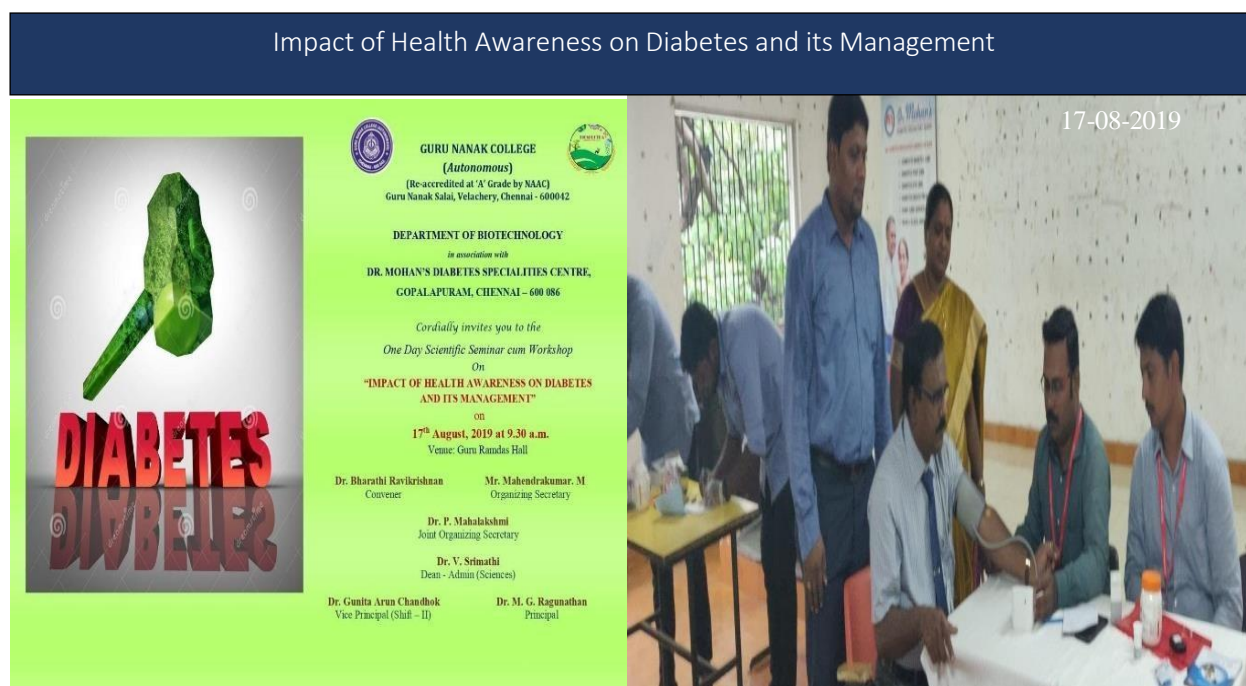


4. IMPACT OF HEALTH AWARENESS ON DIABETES AND ITS MANAGEMENT

Event Title	Impact of Health Awareness on Diabetes and its Management
Category	Workshop
School & Department	Sciences - Biotechnology
Date	17-08-2019
No. of Resource Person	2
No. of Participants	120

Report

The Department of Biotechnology Organized one day Workshop on “Impact of Health Awareness on Diabetes and its Management” on 17th August, 2019. One Day Scientific Seminar cum Workshop on, “Impact of Health Awareness on Diabetes and Its Management” was organized by the Department of Biotechnology and Guru Nanak Centre for Research in association with Dr. Mohan’s Diabetes Specialties Centre, Chennai on 17th August, 2019. Dr. Prasanna Kumar Gupta, Assistant Director & Senior Consultant, Dr. Mohan’s Diabetes Specialities Centre, Tambaram and Dr. S. Hemalatha, Consultant, Dr. Mohan’s Diabetes Specialities Centre, Velachery, Chennai were graced the occasion as the Chief Guests. Dr. Prasanna Kumar Gupta and Dr. S. Hemalatha delivered their special lectures covering all the major aspects of complications, diagnosis, treatment and easy management of diabetes. The lectures were followed by interesting discussion between the chief guests and the audience was one of the best parts of the event. The faculty from various departments, the students of biotechnology and the students of zoology and advanced biotechnology attended the event. A Diabetic Screening Camp was also organized by Dr. Mohan’s Diabetes Specialities Centre and good number of faculty members and students were benefitted by the camp by free check-up for height, weight, random blood sugar, fasting blood sugar and post prandial blood sugar. HbA1C Test also was done to the faculty members with a very nominal cost.



5. ROLE OF SECONDARY METABOLITES IN DIABETES MANAGEMENT

Event Title	Role of Secondary Metabolites in Diabetes Management
Category	Guest Lecture
School & Department	Sciences - Biotechnology
Date	29-08-2019
No. of Resource Person	1
No. of Participants	150

Report

The Department of Bio technology Guest lecture on “Role of secondary metabolites in diabetes management” on 29.08.19, Dr. G. Gayathri, Assistant Professor Senior grade, School of Biosciences, VIT Vellore, delivered a talk about role of secondary metabolites in diabetes management”. She highlighted the importance of secondary metabolites of plant in our daily health management. She also spoke about the methodologies involved in the screening, extraction, and confirmation of these secondary metabolites. She highlighted the importance of animal cell lines as the tool to identify the therapeutic properties. She also spoke about the Department of biotechnology at VIT campus. Dr. P. Mahalakshmi, Assistant Professor of Biotechnology, GNC welcomed the gathering and the felicitation of the Chief guest was performed by Dr.V.Srimathi, Dean admin Sciences, GNC and the Chief introduction was done by Dr. Bharathi Ravikrishnan, Assistant Professor and Head (i/c), Department of Biotechnology, GNC. Students of Department of Biotechnology and III.B.Sc. Advanced Zoology and Biotechnology.



6. CAGE-CONSENT AGENCY GENDER EQUALITY

Event Title	Cage-Consent Agency Gender Equality
Category	Seminar
School & Department	Commerce – B.Com. Accounting & Finance
Date	10-09-2019
No. of Chief Guest	1
No. of Participants	153

Report

Department of Commerce (Accounting and Finance) organised a seminar on “**CAGE-Consent Agency Gender Equality**” on 10-09-2019 for the first year Students. **Mr. M. ARVIND FOUNDER & OWNER OF CAST** and **Ms. K. PRIYADARSHINI CO. FOUNDER OF CAST, Chennai** was the Chief Guests for the seminar. Mr.C.S.Vishnu of III.B.Com (A&F)-B welcomed the gathering. Mrs.S.Amudhalakshmi, Assistant Professor, department of Commerce (A&F) introduced the Chief Guests. During the seminar, the Chief Guests were pointed out various privileges of both Male and Female. They also enumerated the importance of Gender equality in current society. They were discussed about consent of Male and Female and Gender equality among the Students. They played a skit about Gender equality among the Students. The seminar was end with a discussion on Gender equality by the participants. Ms.Ragaveena of I.B.Com (A&F)-B proposed a vote of thanks.

CAGE - CONSENT AGENCY GENDER EQUALITY



7. YOU ARE NOT ALONE - SUICIDE PREVENTION AND MENTAL HEALTH WELLNESS

Event Title	You are not Alone - Suicide Prevention and Mental Health Wellness
Category	Social Awareness Programme
School & Department	Commerce – B.Com. Accounting & Finance
Date	25-09-2019
Resource Person	1
No.of Participants	140

Report

Department of Commerce (Accounting and Finance) organized a seminar on “**You are not alone- suicide prevention and mental health wellness**” on 25-09-2019 for the first and second year Students. B.Monisha, Naam Vidhaikalam, Chennai was the Chief Guest for the programme. Ms.R.Ajitha Chellam of II.B.Com (A&F)-A welcomed the gathering. Mr.Srinivasa Raghavan of II.B.Com (A&F)-A, introduced the Chief Guest. During the lecture, the Chief Guest pointed out various causes of mental illness in current scenario of life. She also enumerated the importance of mental health in the course of routine Life among the Students. She also motivated the Students against the insight of Suicide. She conducted an activity on barriers of life for the Students. Mr.K.Rishi of I. B.Com (A&F)-B proposed a vote of thanks.

You are not alone- suicide prevention and mental health Wellness



8. ENVIRONMENT AND FOOD SUSTAINABILITY- EFS 2K19

Event Title	Environment and Food Sustainability- EFS 2K19
Category	Conference
School & Department	Sciences - Biotechnology
Date	27-09-2019
No. of Resource Persons	6
No. of Participants	150

Report

The department of biotechnology organized conference on “Environment and Food Sustainability- EFS 2K19” on 27th September 2019. The motto of the Indian Science congress association is to promote science to the nook and corner of our Nation. All-over in India, the undernourishment and micronutrient deficiency persists. At present, 22.5 % of adults are underweight, and 38 % are still stunted. India is one of the 25 countries with the highest rates of undernourishment and micronutrient deficiencies, which has a strong negative impact on its population’s health.

On the other side, India has one of the highest rates of agricultural productivity, scoring 4- out of 25, for utilization of available agricultural land. Our government launches and organizes a wide range of fitness and nutrition campaigns, it also scores positively for policy responses to unhealthy diets. Hence, we are in a great need to keenly focus on balancing the safety, security and sustainability of our food & environment for the betterment of all lives. A National Conference on “**Environment and Food Sustainability – EFS-2K19**” was organized by the Department of Biotechnology, Guru Nanak College (Autonomous), Chennai, at the Lt. Col. G. S. Gill Hall, on 27th September, 2019.

The focal theme of the conference, was selected in accordance with the Prime minister’s priority agenda addressed in the 2019 - 20 Budgets and also at par with 2019 – 2020, United Nation’s 17th sustainable goals, to promote awareness to the women and children and also to encourage good nutrition. The conference was attended by 150 participants from various reputed academic and research institutions and total of 42 technical papers and 25 posters on various topics supported by Environment and food sustainability were presented on the forum.

Invitation

<p>MODE OF REGISTRATION Registration fees may be paid online / as D.D. in favor of "Guru Nanak Shift II" payable at Chennai through any nationalized bank.</p> <p>Online Transfer Details: Beneficiary Name : Guru Nanak Shift II Bank Acc. No. : 520101009532966 Name of the Bank : Corporation Bank Velachery, Chennai- 42. IFSC : CORP0002109</p> <p>GOVERNING COMMITTEE Patron Mr. Manjit Singh Nayar General Secretary and Correspondent</p> <p>Chairman Dr. M. G. Ragunathan Principal</p> <p>Vice Chairwomen Dr. Gunitha Arun Chandhok Vice Principal, Shift-II Dr. J. Jayanthi Dean Research</p> <p>Deputy Chairwoman Dr. V. Scimathi Dean Admin Science</p> <p>ORGANIZING COMMITTEE Convener Dr. (Mrs.) Bharathi Ravikrishnan</p> <p>Organizing Secretary Dr. P. Mahalakshmi</p> <p>Coordinators Mr. Mahendrakumar .M Mr. A. Amala Lourdura] Ms. J. Ranjitha Ms. T. Ahanya</p>	<p>NATIONAL ADVISORY COMMITTEE</p> <p>Prof. P. Kaliraj, Emeritus Professor of Biotechnology Alagappa College of Technology Campus, Anna University, Guindy</p> <p>Prof. C. Muthamizhchelvan, Convener, Indian Science Congress, Association Chennai Chapter, Director (E&T), SRM University.</p> <p>Dr. S. V. Kasmir Raja, DEAN (RESEARCH) SRM University, Kattankulathur Tamil Nadu, India- 603 203.</p> <p>Dr. S. Ilanjam, Dean Science, Hindustan College of Arts & Science, Padur.</p> <p>Mr. Balbir Singh, Deputy Technical Advisor, Ministry of Women and Child Development, Food and Nutrition Board, Shastri Bhavan, Chennai.</p> <p>CONTACT</p> <p>Dr. (Mrs.) Bharathi Ravikrishnan Assistant Professor & Head (i/c), Department of Biotechnology, Guru Nanak College, Guru Nanak Salai, Velachery, Chennai-600042. Mobile No: 9380284500.</p> <p>Dr. P. Mahalakshmi Assistant Professor, Department of Biotechnology, Guru Nanak College, Guru Nanak Salai, Velachery, Chennai-600042. Mobile No: 9791144113. Email: gncbiotech2017@gmail.com</p>	<p>QAC</p> <p>GURU NANAK COLLEGE (AUTONOMOUS) (Re-accredited at 'A' Grade by NAAC) Affiliated to the University of Madras Guru Nanak Salai, Velachery, Chennai – 600 042. www.gurunanakcollege.edu.in</p> <p><i>National Conference</i> On ENVIRONMENT AND FOOD SUSTAINABILITY "EFS-2K19"</p>  <p><i>Organized by</i> Department of Biotechnology</p>  <p><i>In Association with</i> Guru Nanak Centre for Research & Indian Science Congress - Chennai Chapter 27th, September, 2019.</p>
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Environment and Food Sustainability



9. EFFECTS OF ASSERTIVENESS (HUMAN VALUES) AND SOCIAL SKILLS FOR STUDENTS

Event Title	Effects of Assertiveness (Human Values) and Social Skills for Students
Category	Workshop
School & Department	Management – Business Administration
Date	20-12-2019
No. of Resource Person	1
No. of Participants	132

Report

Department of BBA had organized a workshop on “Effects of Assertiveness (Human Values) and Social Skills for Students” on 20 December 2019. The resource person was Ms. Komathy Rajendran, Senior Analyst at PNB Paribas. The workshop was scheduled at G.S. Gill hall. The workshop started with a devotional prayer song by Ms. Divya. The welcome address was given by Ms.Srimathi.. HOD welcomed the Chief Guest with a bouquet. The Chief Guest was introduced by Ms.Pavithra. After the Introduction of Chief Guest, the workshop began with an Ice-breaking session. The Ice-breaking session involved students to pick up a card and then make groups based on the Card symbol. This had to be done without communicating verbally. The next session involved students to write a brief description of particular characteristics of themselves that they think best describes them to others. The papers were distributed randomly and the students had to identify the person based on the description. The last session was regarding identification of characters with regard to Assertiveness/ Aggressiveness/ Passiveness.



10. STRESS MANAGEMENT AND FUTURISTIC VISION

Event Title	Stress Management and Futuristic Vision
Category	Invited Talk
School & Department	Sciences - Chemistry
Date	13-03-2020
No. of Resource Person	1
No. of Participants	192

Report

The Department of Chemistry Organized invited talk on **Stress Management and Futuristic Vision** on 13-03-2020 in Guru Ramdas Ac Seminar Hall. Dr.M.Ardhanaari, Assistant professor Dept of Psychiatry Meenakshi Medical College Kanchipuram gave a talk on stress management and futuristic vision. Dr.M.G. Raghunathan, Principal welcomed the gathering and felicitated the chief guest. Dr.R.M. Ezhilarasi, Head of the Department introduced the speaker Dr.M.Ardhanaari. UG and PG students of Chemistry department, UG students of AZBT, PBPBT and bio technology department attended the programme and were benefitted from the lecture.

