

1.	Department	National Service Scheme
2.	Activity (Seminar / Workshop / Conference /	Entrepreneurial Training Programme
	FDP / Guest Lecture / Competitions / Sports /	
	Cultural / Exhibition / Training Programme)	
3.	Title	"Online Entrepreneurial Training Program for
		Parents"
4.	Geographical Coverage	Town Level Webinar
	(State level / National level / International level /	
	College level / Department level / Inter Collegiate	
	/ Inter Department / Village level / Town level)	
5.	Theme	- To give Entrepreneurial training to the
		Parents /Relatives of our students to produce
		Handmade Herbal Soaps
		Herbal Shamboo Bar
		Herbal Dishwash Bar
6.	Date	18 <sup>th</sup> July, 2021
7.	Mode of Delivery	Google Meet link,
8.	Total Expenditure	Rs.1000 /-
9.	Funding Agency (ies)	
10.	Sponsor (s)	VHNSNC Alumni Association
11.	Total No. of Participants	
		Outstations Participants: 50
		VHNSNC Participants: 20
12.	Publication Type	Nil
	(Proceedings / Edited Book / Technical Note /	
	Handout / others)	



VIRUDHUNAGAR HINDU NADARS' SENTHIKUMARA NADAR COLLEGE (An Autonomous Institution Affiliated to Madurai Kamaraj University) [Re-accredited with 'A' Grade by NAAC] Virudhunagar – 626 001.

13.	Publications Title with ISBN	Nil
	(i) No. of Articles received	
	(ii) No. of Articles published	
	(iii) No. of Articles presented	
14.	Joint organizer	Nil
15.	Resource Person (s) with designation & Official	Miss.C.Akila.,M.Com.,
	address	Self Entreprenuer,
		Herbal Products,
		Virudhunagar.
16.	Convenor Name	Dr.K.Pushpa Veni ,
		NSS Programme Officer
		VHN Senthikumara Nadar college,
		(Autonomous),
		Virudhunagar.
17.	Co-Convenor Name	Mrs.R.K.Manju@Mahalakshmi,
		NSS Programme Officer
		VHN Senthikumara Nadar college,
		(Autonomous),
		Virudhunagar.
18.	Attach the Invitation / Circular	-Attached-
19.	Attach the Photos (minimum 5 photos)	-Attached-



### 20. Programme Summary:

"Online Entrepreneurial Training Program for Parents" an Entrepreneurial Training Programme had online session from 04pm to 05.30 pm on 18.07.2021 with themes tounderstand the To give training to the Parents /Relatives of our students to produce Handmade Herbal Soaps,Herbal Shamboo Bar,Herbal Dishwash Bar . 60 Parents and Relatives of our College Students were particitated and 10 NSS Programme officers were particitated through the Google meet Link.





1.	Department	National Service Scheme
2.	Activity (Seminar / Workshop / Conference /	E-Quiz on NSS
	FDP / Guest Lecture / Competitions / Sports /	
	Cultural / Exhibition / Training Programme)	
3.	Title	"National Level E-Quiz on NSS"
4.	Geographical Coverage	Natioanl Level E-Quiz
	(State level / National level / International level /	
	College level / Department level / Inter Collegiate	
	/ Inter Department / Village level / Town level)	
5.	Theme	- To give awareness on National Service
		Scheme on the account of NSS Day
		Celebration on 24.09.2021.
6.	Date	23 <sup>rd</sup> to 25 <sup>th</sup> September, 2021
7.	Mode of Delivery	Google Forms,
8.	Total Expenditure	
9.	Funding Agency (ies)	
10.	Sponsor (s)	
11.	Total No. of Participants	950
		Other State Participants: 20
		Other College participants:620
		VHNSNC Participants: 310
12.	Publication Type	Nil
	(Proceedings / Edited Book / Technical Note /	
	Handout / others)	
13.	Publications Title with ISBN	Nil
L	1	L



VIRUDHUNAGAR HINDU NADARS' SENTHIKUMARA NADAR COLLEGE (An Autonomous Institution Affiliated to Madurai Kamaraj University) [Re-accredited with 'A' Grade by NAAC] Virudhunagar – 626 001.

	(i) No. of Articles received	
	(ii) No. of Articles published	
	(iii) No. of Articles presented	
14.	Joint organizer	Nil
15.	Resource Person (s) with designation & Official address	
16.	Convenor Name	Dr.K.Pushpa Veni , NSS Programme Officer
		VHN Senthikumara Nadar college,
		(Autonomous),
		Virudhunagar.
17.	Co-Convenor Name	Mr.N.G.S.Parameswaran,NSS Programme Officer
		Dr.R.Jeeva,NSS Programme Officer and
		Mrs.R.K.Manju@Mahalakshmi,
		NSS Programme Officer
		VHN Senthikumara Nadar college,
		(Autonomous),
		Virudhunagar.
18.	Attach the Invitation / Circular	-Attached-
19.	Attach the Photos (minimum 5 photos)	-Attached-



Programme Summary:	
To give awareness on National Service Scheme on the	he account of NSS Day Celebration on
24.09.2021, the National Service Scheme organised	National level E-Quiz on NSS
It is a online session through Google forms from 23 <sup>rd</sup> to 25 <sup>th</sup> September, 2021 with questions to	
understand the concepts in NSS. Totally 950 participants were attended the E-Quiz among them	
Other State Participants were 20, Other College participants were 620, VHNSNC Participants were	
310.	
	To give awareness on National Service Scheme on the 24.09.2021, the National Service Scheme organised It is a online session through Google forms from 22 understand the concepts in NSS. Totally 950 participe Other State Participants were 20, Other College participed of the concept of the co



1.	Department	
2.	Activity	Anemia Detection Camp
3.	Title	Anemia Detection Camp
4.	Geographical Coverage	College Level
5.	Date	18.04.2022&20.04.2022
6.	Total No. of Participants	Total Participants: 1700
7.	Organizing Secretary	Dr.R.Meena,
		Assistant Professor
		Department of English
		VHNSN College (Autonomous),
		Virudhunagar
8.	Co-ordinator Name	Dr.Y.Vidhya
		Assistant Professor
		Department of English,
		VHNSN College (Autonomous),
		Virudhunagar.
9.	Attach the Invitation	Attached
10.	Attach the Photos	Attached
11.	Programme Summary:	
	Our College OGA has organised Anemia deduc benefited in the anemia deduction camp.	ction camp. 1700 girls students participated and





1.	Department	
2.	Activity	Yoga for health
3.	Title	Yoga for health
4.	Geographical Coverage	College Level
5.	Date	19.05.2022
6.	Total No. of Participants	Total Participants: 50
7.	Organizing Secretary	Dr.R.Meena,
		Assistant Professor
		Department of English
		VHNSN College (Autonomous),
		Virudhunagar
8.	Co-ordinator Name	Dr.Y.Vidhya
		Assistant Professor
		Department of English,
		VHNSN College (Autonomous),
		Virudhunagar.
9.	Attach the Invitation	Attached
10.	Attach the Photos	Attached
11.	Programme Summary:	<u></u>
	Our College OGA has organised "Yoga for he	ealth" for our college girl students on 19th may 2022.



(An Autonomous Institution Affiliated to Madurai Kamaraj University)

[Re-accredited with 'A' Grade by NAAC] Virudhunagar – 626 001.

1.	Department	Personality Development Cell
2.	Activity (Seminar / Workshop / Conference /	
	FDP / Guest Lecture / Competitions / Sports /	Guest Lecture
	Cultural / Exhibition / Training Programme)	
3.	Title	Aptitude for Beginners
4.	Geographical Coverage(State level / National	
	level / International level / College level /	College level
	Department level / Inter Collegiate / Inter	
	Department / Village level / Town level)	
5.	Theme	To improve the Aptitude skill.
6.	Date	16-11-2021
7.	Venue	Mini Conference Hall, IRCB
8.	Total No. of Participants	Local Participants (VHNSNC): 44 First year Girl Students
9.	Resource Person (s) with designation &           Official address	Dr.S.Maheshwari,M.Com., M.Phil.,Ph.D Assistant Professor of Commerce, VHNSNC (Autonomous)
10.	Co-ordinator Name / Convenor name	Mrs. J.Nagasudha, Assistant Professor of IT Dr. S.Maheshwari, Assistant Professor of Commerce
11.	Attach the Invitation / Circular	Attached
12.	Programme Summary: The Resource person estill to the students. The students were motivated to problems . The students shared their experience on participated in this session.	





### V.H.N. Senthikumara Nadar College (Autonomous) Virudhunagar



PERSONALITY DEVELOPMENT CELL



We cordially invite you for the Personality

Development Cell's Guest Lecture Programme on 16-11-2021

KiKindly join us and grace the function.

<b>Resource Person</b>		: Dr.S.Maheshwari,M.Com., M.Phil.,Ph.D Assistant Professor of Commerce, VHNSN College (Autonomous)
Topic Venue	•	: Aptitude for Beginners : Mini Conference Hall, IRCB
Time	•	: 3.40pm - 5.00pm

Co-ordinators Mrs.J.Nagasudha, Assistant Professor of IT Dr.S.Maheshwari, Assistant Professor of Commerce

# Soliciting your august presence

**Personality Development Cell Members** 



VIRUDHUNAGAR HINDU NADARS' SENTHIKUMARA NADAR COLLEGE (An Autonomous Institution Affiliated to Madurai Kamaraj University)

[Re-accredited with 'A' Grade by NAAC] Virudhunagar – 626 001.

### **CAMPUS EVENT REPORT**

1.	Department	Personality Development Cell
2.	Activity (Seminar / Workshop / Conference /	
	FDP / Guest Lecture / Competitions / Sports /	Guest Lecture
	Cultural / Exhibition / Training Programme)	
3.	Title	Emotional Intelligence
4.	Geographical Coverage	
	(State level / National level / International level /	College level
	College level / Department level / Inter Collegiate	
	/ Inter Department / Village level / Town level)	
5.	Theme	To encourage the girl students to handle their own emotions positively when making decisions.
6.	Date	28 - 12 - 2021
7.	Venue	Mini Conference Hall, IRCB
8.	Total Expenditure	
9.	Total No. of Participants	Local Participants (VHNSNC): First year Girl Students - 43
10.	Resource Person (s)with designation &Officialaddress	Dr.P. Uma Devi M.Sc., M.Phil., Ph.D., Assistant Professor in Physics VHNSN College (Autonomous)
11.	Co-ordinator Name / Convenor name	Mrs.J.Nagasudha, Assistant Professor of IT Dr.S.Maheshwari, Assistant Professor of Commerce
12.	Attach the Invitation / Circular	Attached
13.	Attach the Photos (minimum 5 photos)	Not Attached
14.	Programme Summary: Emotion classification and awareness of our e Set of questions are given to identify their emotions Quotient also discussed. This lecture will help the s emotions in positive way to empathize with others.	s and the value of Emotional Intelligent students to understand, use and manage their





# Personality Development Cell



We cordially invite you for the Personality Development Cell's

Guest Lecture Programme on 28th December 2021.

Resource Person		: Dr. P. Uma Devi M.Sc., M.Phil., Ph. Assistant Professor in Physics VHNSN College (Autonomous)	D.,
Торіс		: Emotional Intelligence	
Venue	:	: Mini Conference Hall, IRCB	
Time		: 3.40pm - 5.00pm	

### All are cordially invited!!!

### Co-ordinators

Mrs.J.Nagasudha, Assistant Professor of Information Technology, Dr.S.Maheshwari, Assistant Professor of Commerce, and

Personality Development Cell Members



(An Autonomous Institution Affiliated to Madurai Kamaraj University) [Re-accredited with 'A' Grade by NAAC] Virudhunagar – 626 001.

### **CAMPUS EVENT REPORT**

1.	Department	Personality Development Cell	
2.	Activity (Seminar / Workshop / Conference / FDP / Guest Lecture / Competitions / Sports / Cultural / Exhibition / Training Programme)	Guest Lecture	
3.	Title	Secured usage of Mobile phone	
4.	Geographical Coverage (State level / National level / International level / College level / Department level / Inter Collegiate / Inter Department / Village level / Town level)	College level	
5.	Theme	For girl students safety usage of mobile phone	
6.	Date	28-04-2022	
7.	Venue	Mini Conference Hall, IRCB	
8.	Total Expenditure		
9.	Total No. of Participants	Local Participants (VHNSNC): 40 First year Girl Students	
10.	Resource Person (s) with designation & Official address	Mrs. M. Karthigaieswari, Assistant Professor of Computer Applications, V.H.N.S.N.College(Autonomous)	
11.	Co-ordinator Name / Convenor name	Mrs.J.Nagasudha, Assistant Professor of IT Dr.S.Maheshwari, Assistant Professor of Commerce	
12.	Attach the Invitation / Circular	Attached	
13.	<b>Programme Summary:</b> This guest lecture programme was use	ed for girl students' safety usage of mobile phone.	
	Nowdays, mobile without life is impos	sible. So, we use mobile with safety and secured. I	
	explained about how to protect their image gallery attacked by attacker and data theft by		

unknown user. I also demonstrated without their permission attacker can use their mobile

Autonomous HUNACT

camera with only WiFi connection .

V.H.N. SenthikumaraNadar	College	(Autonomous)
		(

Virudhunagar

## Personality Development Ce 🗳

We cordially invite you for the Personality

Development Cell's Guest Lecture Programme on 28th April 2022.

Kindly join us and grace the function.

Resource Person	ŝ	Mrs. M. Karthigaieswari, Assistant Professor in Computer Applications, VHNSN College (Autonomous)
Торіс		: Secured usage of Mobile phone
Venue	•	Mini Conference Hall, IRCB
Time	20	3.40pm - 5.00pm

# Soliciting your august presence

**Personality Development Cell Members** 



1.	Department	Personality Development Cell
2.	Activity (Seminar /	Training
	Workshop /	
	Conference / FDP /	
	Guest Lecture /	
	Competitions /	
	Sports / Cultural /	
	Exhibition /	
	Training	
	Programme)	
3.	Title	
4.	Geographical	College level
	Coverage	
	(State level /	
	National level /	
	International level /	
	College level /	
	Department level /	
	Inter Collegiate /	
	Inter Department /	
	Village level /	
	Town level)	
5.	Theme	
		To improve overall personality of the girl students
6.	Date	31-03-22
7.	Venue	Room No:21,Commerce Building
8.	Total Expenditure	Rs.300
9.	Funding Agency	NIL



(An Autonomous Institution Affiliated to Madurai Kamaraj University) [Re-accredited with 'A' Grade by NAAC] Virudhunagar – 626 001.

	(ies)	
1	Sponsor (s)	
	0.	NIL
1	Total No. of	Other State Participants:
	1Participants	Outstations Participants:
		Local Participants (VHNSNC):49
1	Publication Type	NIL
	2(Proceedings /	
	Edited Book /	
	Technical Note /	
	Handout / others)	
1	Publications Title	NIL
	3with ISBN	
	(i) No. of Articles	
	received	
	(ii) No. of Articles	
	published	
	(iii) No. of Articles	
	presented	
1	Joint organizer	NIL
	4.	
1	Resource Person (s)	Mrs.MUHIL,
	5with designation &	Counseling Psychologist,
	Official address	



	Co-ordinator Name / Convenor name	Mrs.J.Nagasudha, Assistant Professor of IT, Dr.S.Maheshwari, Assistant.Professor of Commerce
1	Attach the 7Invitation / Circular	<image/> <image/> <image/> <image/> <text><text><text><text><text><text><text><text><text><text></text></text></text></text></text></text></text></text></text></text>
1	Attach the Photos &(minimum 5 photos)	<image/>



(An Autonomous Institution Affiliated to Madurai Kamaraj University) [Re-accredited with 'A' Grade by NAAC] Virudhunagar – 626 001.

1	Programme Summary:		
	90ur cell has conducted a training to the students to refresh them and equip them to get confidence. The		
	psychologist gave training to create and develop self -confidence to the students. Students were very		
	eager to attend and gave their fullest co-operation.		





### **EXTENSION / OUTREACH ACTIVITY REPORT**

1.	Name of the Activity	
2.	Theme	
3.	Place	
4.	Duration	
5.	Short description of the activity	
6.	Beneficiary	
7.	No. of beneficiary	
8.	Sponsor Amount	
9.	Sponsors	
10.	Event Expenditure	
11.	No. of participants from the institute	
12.	Type of participants	
13.	Work done	
14.	Convenor / Co-ordinator	
15.	Joint organizer	

Co-ordinator / Convener

Head of the Department

Principal



1.	Department	Personality Development Cell
2.	Activity (Seminar / Workshop / Conference /	Guest lecture
	FDP / Guest Lecture / Competitions / Sports /	
	Cultural / Exhibition / Training Programme)	
3.	Title	Making of Scrap Book
4.	Geographical Coverage	College Level
	(State level / National level / International level /	
	College level / Department level / Inter Collegiate	
	/ Inter Department / Village level / Town level)	
5.	Theme	
6.	Date	17-03-2022
7.	Venue	Mini Conference Hall
8.	Total Expenditure	
9.	Funding Agency (ies)	NIL
10.	Sponsor (s)	
		NIL
11.	Total No. of Participants	Other State Participants:
		Outstations Participants:
		Local Participants (VHNSNC):50
12.	Publication Type	NIL
	(Proceedings / Edited Book / Technical Note /	
	Handout / others)	
13.	Publications Title with ISBN	NIL
	(i) No. of Articles received	
	(ii) No. of Articles published	
	(iii) No. of Articles presented	



(An Autonomous Institution Affiliated to Madurai Kamaraj University) [Re-accredited with 'A' Grade by NAAC] Virudhunagar – 626 001.

	Joint organizer	NIL
15.	Resource Person (s) with designation & Official	Mrs.Manimala,
	address	Lab Technician,
		V.H.N.S.N.College(Autonomous).
16.	Co-ordinator Name / Convenor name	Mrs.J.Nagasudha,Assistant Professor of IT,
		Dr.S.Maheshwari,Assistant.Professor of
		Commerce
17.	Attach the Invitation / Circular	V.H.N. Senthikumara Nadar College (Autonomous) Virudhunagar
		Personality Development Cell We cordially invite you for the Personality Development Cell's Training Programme on 17 <sup>th</sup> March 2022. Kindly join us and grace the function. Resource Person : Mrs.N.Manimala, Lab Technician, VHNSN College (Autonomous) Topic : Making of Scrap book Venue : Mini Conference Hall, IRCB Time : 3.40pm - 5.00pm Co-ordinators Mrs.J.Nagasudha, Assistant Professor of IT Dr.S.Maheshwari, Assistant Professor of Commer- Soliciting your august presence Personality Development Cell Members
18.	Attach the Photos (minimum 5 photos)	



(An Autonomous Institution Affiliated to Madurai Kamaraj University) [Re-accredited with 'A' Grade by NAAC] Virudhunagar – 626 001.

		<image/>
19.	Programme Summary	Our cell has conducted Workshop for Craft
		Making.The trainer Mrs.Manimala has given
		training to students individually. The students
		have participated enthusiastically.





1.	Department	Personality Development Cell
2.	Activity (Seminar / Workshop / Conference /	Guest Lecture
	FDP / Guest Lecture / Competitions / Sports /	
	Cultural / Exhibition / Training Programme)	
3.	Category of Activity (1. Soft Skills, 2. Language and Communication Skills, 3. Life Skills (Yoga, Physical	Soft skills
	fitness, Health and Hygiene), 4. Awareness of Trends in	
	Technology, 5. Research, 6. IPR, 7. Entrepreneurship,	
	8. Skill Development	
4.	Title	The Art of Decision Making
5.	Geographical Coverage	Inter Department Level
	(State level / National level / International level /	
	College level / Department level / Inter Collegiate	
	/ Inter Department / Village level / Town level)	
6.	Theme	To motivate the female students to build their Decision Making Skills.
7.	Date	01-03-2022
8.	Venue	Mini Conference Hall, Idhayam Rajendran
		Computer Block
9.	Total Expenditure	NIL
10.	Funding Agency (ies)	NA
11.	Sponsor (s)	NA
12.	Total No. of Participants	Other State Participants: -
		Outstations Participants: -
		Local Participants (VHNSNC): 39
13.	Resource Person (s) with designation & Official	Dr.A.Rizwana.,M.Sc.,M.Phil.,Ph.D.,
	address	Assistant Professor of Mathematics, VHNSN College (Autonomous),
		Virudhunagar.
14.	Co-ordinator Name / Convenor name	Mrs. J.Nagasudha, Assistant Professor of IT
		Dr. S.Maheshwari, Assistant Professor of Commerce



	Attach the Invitation / Circular	Attached
16.	Programme Summary:	
	The session started with the introduction of	"What is Decision Making". Initially, students
	explained their decision-making process at the lev	rel of 11 <sup>th</sup> standard in choosing their group and
	choosing a course in college. The Art of Decision Making in life was clearly explained to the	
	students and the students were made to understand the fate of wrong decisions. Five simple steps	
	to develop Good Decision Making Skills were discussed. Students were motivated to identify their	
	goals in order to make a good decision in their career. Finally, some of the rare, popular and high-	
	earning career options were introduced to the stude	ents. Students were made to realize the words of
	Roy.E.Disney "It's not hard to make decisions one	e you know what your values are."





	V.H.I	N. Senthikumara Nadar College (Autonomous)
		Virudhunagar-626001
	Pers	onality Development Cell
		We cordially invite you to the Personality
	Development	Cell's Guest Lecture Programme on 1 <sup>st</sup> March 2022.
	Kindly join us	and grace the function.
	Resource Person	: Dr. A. Rizwana., M.Sc., M.Phil., Ph.D., Assistant Professor of Mathematics, VHNSN College (Autonomous), Virudhunagar
	Торіс	: The Art of Decision Making
	Venue :	: Mini Conference Hall, IRCB
	Time	: 3.40pm – 5.00pm
Coo		rs. J.Nagasudha, Assistant Professor of IT Naheshwari, Assistant Professor of Commerce
		Soliciting your August Presence
		Personality Development Cell Members
L		



1.	Department	Personality Development Cell
2.	Activity (Seminar / Workshop / Conference /	Guest Lecture
	FDP / Guest Lecture / Competitions / Sports /	
	Cultural / Exhibition / Training Programme)	
3.	Category of Activity (1. Soft Skills, 2. Language and Communication Skills, 3. Life Skills (Yoga, Physical fitness, Health and Hygiene), 4. Awareness of Trends in Technology, 5. Research, 6. IPR, 7. Entrepreneurship,	Life skills
	8. Skill Development	
4.	Title	Practicing Positivity
5.	Geographical Coverage (State level / National level / International level / College level / Department level / Inter Collegiate / Inter Department / Village level / Town level)	College level
6.	Theme	To motivate the girls students to set goals in their life
7.	Date	15 <sup>th</sup> March 2022
8.	Venue	Multi media Hall
9.	Total Expenditure	
10.	Funding Agency (ies)	
11.	Sponsor (s)	
12.	Total No. of Participants	Other State Participants:
		Outstations Participants: Local Participants (VHNSNC): First year Girl Students (28 students)
13.	Publication Type	
	(Proceedings / Edited Book / Technical Note /	



VIRUDHUNAGAR HINDU NADARS' SENTHIKUMARA NADAR COLLEGE (An Autonomous Institution Affiliated to Madurai Kamaraj University)

[Re-accredited with 'A' Grade by NAAC] Virudhunagar – 626 001.

	Handout / others)	
14.	Publications Title with ISBN	
	(i) No. of Articles received	
	(ii) No. of Articles published	
	(iii) No. of Articles presented	
15.	Joint organizer	
16.	Resource Person (s) with designation & Official address	Dr.K.Jotheswari, MBA, Ph.D., Assistant Professor in Business Administration VHNSN College (Autonomous), Virdhunagar
17.	Co-ordinator Name / Convenor name	Mrs.J.Nagasudha, Assistant Professor of IT Dr.S.Maheshwari, Assistant Professor of Commerce
18.	Attach the Invitation / Circular	Attached
19.	Attach Geotagged Photographs	Attached
20.	Programme Summary:	
	The Resource person explained the meaning of students were motivated to set goals in their li explained. The students were also motivated to	fe and the importance of positivity was also

Autonomous Minitin AC

participated in this session in an enthusiastic manner.





# Personality Development Cell



We cordially invite you for the Personality Development Cell's

Guest Lecture Programme on 15th March 2022.

Resource Person		:	Dr.K.Jotheswari, MBA, Ph.D., Assistant Professor in Business VHNSN College (Autonomous)	Administration
Торіс		:	Practicing Positivity	
Venue	:	:	Mini Conference Hall, IRCB	
Time		:	3.40pm - 5.00pm	

### All are cordially invited!!!

### **Co-ordinators**

Mrs.J.Nagasudha, Assistant Professor of Information Technology, Dr.S.Maheshwari, Assistant Professor of Commerce, and

Personality Development Cell Members



1.	Department	Personality Development Cell
2.	Activity (Seminar / Workshop / Conference /	Guest Lecture
	FDP / Guest Lecture / Competitions / Sports /	
	Cultural / Exhibition / Training Programme)	
3.	Category of Activity (1. Soft Skills, 2. Language and	Soft skills
	Communication Skills, 3. Life Skills (Yoga, Physical	
	fitness, Health and Hygiene), 4. Awareness of Trends in Technology, 5. Research, 6. IPR, 7. Entrepreneurship,	
	8. Skill Development	
4.	Title	Effective Speaking Skills
5.	Geographical Coverage	Inter Department Level
	(State level / National level / International level /	
	College level / Department level / Inter Collegiate	
	/ Inter Department / Village level / Town level)	
6.	Theme	To develop their speaking skills by doing
		exercises
7.	Date	26.04.2022
8.	Venue	Mini Conference Hall, Idhayam Rajendran
		Computer Block
9.	Total Expenditure	NIL
10.	Funding Agency (ies)	NA
11.	Sponsor (s)	NA
12.	Total No. of Participants	Other State Participants: -
		Outstations Participants: -
		Local Participants (VHNSNC): 30
13.	Resource Person (s) with designation & Official	Mrs.G.Petchiammal.,M.Sc.,M.Phil.,SET.,
	address	Assistant Professor of Mathematics, VHNSNCollege (Autonomous),
		Virudhunagar.
14.	Co-ordinator Name / Convenor name	Mrs. J.Nagasudha, Assistant Professor of IT



(An Autonomous Institution Affiliated to Madurai Kamaraj University) [Re-accredited with 'A' Grade by NAAC] Virudhunagar – 626 001.

		Dr. S.Maheshwari, Assistant Professor of Commerce
15.	Attach the Invitation / Circular	Attached
16.	Programme Summary:	
	<ol> <li>(1) why we have to speak?</li> <li>(2) What are speaking skills?</li> <li>(3) Three main aspects of speaking skills? Voice, Vocabulary, Non-verbal</li> <li>(4) Importance of speaking skills</li> <li>(5) Types of speaking skills</li> </ol>	
		After that students point of view about the short ing the speaking sills which they learned from the



## V.H.N. Senthikumara Nadar College (Autonomous)

## Virudhunagar - 626001



PERSONALITY DEVELOPMENT CELL



We cordially invite you to the Personality

Development Cell's Guest Lecture Programme on 26<sup>th</sup> April 2022.

Kindly join us and grace the function.

Resource Person		: Mrs.G.Petchiammal, M.Sc., M.Phil., SET., Assistant Professor of Mathematics, VHNSN College (Autonomous), Virudhunagar.
Торіс		: Effective Speaking Skills
Venue	:	: Mini Conference Hall, IRCB
Time		: 3.40pm - 5.00pm

### Coordinators

Mrs.J.Nagasudha, Assistant Professor of IT

Dr.S.Maheshwari, Assistant Professor of Commerce

## **Soliciting your August Presence**

sonality Development Cell Members



(AnAutonomousInstitutionAffiliatedtoMaduraiKamarajUniversity) [Re-accreditedwith'A'GradebyNAAC] Virudhunagar – 626 001.

### **CAMPUSEVENT REPORT**

1.	Department	Personality Development Cell
2.	Activity (Seminar / Workshop / Conference / FDP /	
	Guest Lecture / Competitions / Sports / Cultural /	Guest Lecture
	Exhibition / Training Programme)	
3.	Category of Activity (1. Soft Skills, 2. Language and	Soft Skills
	Communication Skills, 3. Life Skills (Yoga, Physical	
	fitness, Health and Hygiene), 4. Awareness of Trends in	
	Technology, 5. Research, 6. IPR, 7. Entrepreneurship,	
	8. Skill Development	
4.	Title	Smart Goal
5.	Geographical Coverage	
	(State level / National level / International level /	College level
	College level / Department level / Inter Collegiate /	
	Inter Department / Village level / Town level)	
6.	Theme	To motivate the girl student to get
		knowledge about stress management in their life.
7.	Date	24-02-2022
8.	Venue	Mini Conference Hall, IRCB
9.	Total No. of Participants	Other State Participants: Nil
		Outstations Participants: Nil
		Local Participants (VHNSNC): 46
10.	Resource Person (s) with designation & Official	Dr.P.Shanthi M.Sc.,M.Phil.,Ph.D,,
	address	Assistant Professor of IT
		VHNSNC (Autonomous)
11.	Co-ordinator Name / Convenor name	Mrs.J.Nagasudha, Assistant Professor of IT
		Dr.S.Maheshwari, Assistant Professor of Commerce
12.	Attach the Invitation / Circular	Attached
12.		
13.	Programme Summary:	
	In this session, the resource person explained ho	w to set the smart goal in their life. SMART
	Stands for Specific, Measurable, Achievable, Rele	-
	is an effective way to create an overarching vision	
	is discussed. To attain the goal what are the steps at	
	is discussed. To attain the goar what are the steps at	e ronowed to achieve that are explained. Sillart

mentioned. The inspiring video on smart goal for well being where shown to the students.

goal helps to uplift your life to next level. Real time examples to achieve smart goals are

(AnAutonomousInstitutionAffiliatedtoMaduraiKamarajUniversity) [Re-accreditedwith'A'GradebyNAAC]

Virudhunagar – 626 001.

Students more actively participated in this session.



VirudhunagarHinduNadar'sSenthikumaraNadarCollege (AnAutonomousInstitutionAffiliatedtoMaduraiKamarajUniversity) [Re-accredited with 'A' Grade by NACC]

Virudhunagar



Personality Development Cell



We cordially invite you for the Personality

Development Cell's Guest Lecture Programme on 24<sup>th</sup> February 2022.

Kindly join us and grace the function.

ResourcePerson	: Dr P.Shanthi M.Sc.,M.Phil.,Ph.D.,
	Assistant Professor of IT,
	VHNSN College (Autonomous)

Topic : SMART GOAL

Venue :MiniConferenceHall,IRCB

Time

: 3.45pm -5.15pm

Soliciting your august presence

Personality Development Cell Members



1.	Department	Personality Development Cell
2.	Activity (Seminar / Workshop / Conference /	Guest Lecture
	FDP / Guest Lecture / Competitions / Sports /	
	Cultural / Exhibition / Training Programme)	
3.	Category of Activity (1. Soft Skills, 2. Language and	Soft skills
	Communication Skills, 3. Life Skills (Yoga, Physical	
	fitness, Health and Hygiene), 4. Awareness of Trends in	
	Technology, 5. Research, 6. IPR, 7. Entrepreneurship,	
4.	8. Skill Development Title	Enhance Your Personality
5.		
3.	Geographical Coverage	Inter Department Level
	(State level / National level / International level /	
	College level / Department level / Inter Collegiate	
	/ Inter Department / Village level / Town level)	
6.	Theme	An activity based training to the students
		on the topic "Enhance your personality"
7.	Date	10.03.2022
8.	Venue	Mini Conference Hall, Idhayam Rajendran
		Computer Block
9.	Total Expenditure	NIL
10.	Funding Agency (ies)	NA
11.	Sponsor (s)	NA
12.	Total No. of Participants	Other State Participants: -
		Outstations Participants: -
		Local Participants (VHNSNC): 44
13.	Resource Person (s) with designation & Official	Dr.N.Sugantha Meena, M.Sc., M.Phil., Ph.D.,
	address	Assistant Professor of Mathematics, VHNSN College (Autonomous).
		Virudhunagar.
14.	Co-ordinator Name / Convenor name	Mrs. J.Nagasudha, Assistant Professor of IT
L		



		Dr. S.Maheshwari, Assistant Professor of Commerce
15.	Attach the Invitation / Circular	Attached

### 16. Programme Summary:

The session started with an Ice breaking session "What is Personality in your view?"The students came up with their ideas. The features which enhances the personality were deeply discussed. The students did many activites on improving body language, how to develop self control. The session ended with a screening of a video which demonstrated the importance of self confidence, self discipline.



Captain Dr. P SUNDARA PANDIAN PRINCIPAL VIRUDHUNAGAR HINDU NADARS' SENTHIKUMARA NADAR COLLEGE (AUTONOMOUS) VIRUDHUNAGAR - 626 001



## V.H.N. Senthikumara Nadar College (Autonomous) Virudhunagar-626001



# Personality Development Cell



We cordially invite you to the Personality

Development Cell's Guest Lecture Programme on 10<sup>th</sup> March 2022.

Kindly join us and grace the function.

Resource Person	: Dr. N.Sugantha Meena, M.Sc., M.Phil., Ph.D., Assistant Professor of Mathematics, VHNSN College (Autonomous), Virudhunagar	
Торіс	: Enhance Your Personality	
Venue :	: Mini Conference Hall, IRCB	
Time	: 3. <b>45pm - 4.45pm</b>	
Coordinators Mrs. J.Nagasudha, Assistant Professor of IT Dr. S.Maheshwari, Assistant Professor of Commerce		
:	Soliciting your August Presence	
Pers	sonality Development Cell Members	





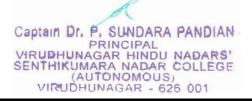
(An Autonomous Institution Affiliated to Madurai Kamaraj University) [Re-accredited with 'A' Grade by NAAC] Virudhunagar – 626 001.

#### **CAMPUS EVENT REPORT**

1.	Department	Personality Development Cell
2.	Activity (Seminar / Workshop / Conference /	
	FDP / Guest Lecture / Competitions / Sports /	Guest Lecture
	Cultural / Exhibition / Training Programme)	
3.	Category of Activity (1. Soft Skills, 2. Language and	Soft Skills
	Communication Skills, 3. Life Skills (Yoga, Physical	
	fitness, Health and Hygiene), 4. Awareness of Trends in	
	Technology, 5. Research, 6. IPR, 7. Entrepreneurship,	
	8. Skill Development	
4.	Title	Positive Attitude
5.	Geographical Coverage (State level / National level / International level / College level / Department level / Inter Collegiate / Inter Department / Village level / Town level)	College level
6.	Theme	To motivate the girl student to get rid of negative thoughts and behaviour in their life.
7.	Date	19-04-2022
8.	Venue	Mini Conference Hall, IRCB
9.	Total No. of Participants	Local Participants (VHNSNC): 36 First year Girl Students
10.	Resource Person (s)with designation &Officialaddress	Mrs.J.Nagasudha MCA.,M.Phil., Assistant Professor of IT VHNSNC (Autonomous)
11.	Co-ordinator Name / Convenor name	Mrs.J.Nagasudha, Assistant Professor of IT Dr.S.Maheshwari, Assistant Professor of Commerce
12.	Attach the Invitation / Circular	Attached
13.	Programme Summary: In this session, the resource person explained why the students need a positive attitude and what benefits it will bring into their life. The difference between negative attitude and positive attitude were discussed with real life examples. The power of positive thoughts and simple tips for	

were discussed with real life examples. The power of positive thoughts and simple tips for developing a positive attitude were given. The inspiring video on positive attitude and positive affirmations for well being where shown to the students. Students more actively participated in this session.







### Virudhunagar Hindu Nadars' Senthikumara Nadar College (An Autonomous Institution Affiliated to Madurai Kamaraj University) [Re-accredited with 'A' Grade by NACC] Virudhunagar





We cordially invite you for the Personality

elopment Cell's Guest Lecture Programme on 19<sup>th</sup>April 2022.

lly join us and grace the function.

Resource Person	: Mrs.J.Nagasudha MCA., M.Phil., Assistant Professor of IT, VHNSN College (Autonomous)
Торіс	: Positive Attitude
Venue	: Mini Conference Hall, IRCB
Time	: 3.40pm - 5.00pm

Co-ordinators Mrs.J.Nagasudha, Assistant Professor of IT Dr.S.Maheshwari, Assistant Professor of Commerce

## Soliciting your august presence

**Personality Development Cell Members** 



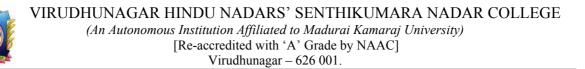
(An Autonomous Institution Affiliated to Madurai Kamaraj University) [Re-accredited with 'A' Grade by NAAC] Virudhunagar – 626 001.

### **CAMPUS EVENT REPORT**

1.	Department	Personality Development Cell
2.	Activity (Seminar / Workshop / Conference / FDP / Guest Lecture / Competitions / Sports / Cultural / Exhibition / Training Programme)	Guest Lecture
3.	Title	Mental Ability
4.	Geographical Coverage	
	(State level / National level / International level /	College level
	College level / Department level / Inter Collegiate	
	/ Inter Department / Village level / Town level)	
5.	Theme	This session very helpful to levelling the awareness about bank competitive exam in the minds of the students.
6.	Date	22.03.2022
7.	Venue	Mini Conference Hall, IRCB
8.	Total Expenditure	
9.	Total No. of Participants	Local Participants (VHNSNC): 43 Girls Students
10.	Resource Person (s)with designation &Officialaddress	Mrs.N.Padmavathy,M.Com.,M.Phil., PGDCA., Assistant Professor of Commerce VHNSN College (Autonomous), Virudhunagar.
11.	Co-ordinator Name / Convenor name	Dr.S.Maheshwari, Assistant Professor of Commerce Mrs. J.Nagasudha, Assistant Professor of IT
12.	Attach the Invitation / Circular	Attached
13.	Programme Summary: This class very helpful to leveling the awarene students and also helpful to find the answer to the	ess about bank competitive exam in the minds of the given question series, to memorize and recall do

students and also helpful to find the answer to the given question series, to memorize and recall, do mathematical problems in simple way, to see differences and similarities and to visualize the relationship between two variables.





VIRUDHUNAGAR HINDU NADARS' SENTHIKUMARA NADAR COLLEGE (An Autonomous Institution Affiliated to Madurai Kamaraj University) [Re-accredited with Ag Grade by



NAAC]

Virudhunagar – 626 001.

### PERSONALITY DEVELOPMENT CELL

### INVITATION

GUEST LECTURE ON MENTAL ABILITY

#### **RESOURCE PERSON**

Mrs.N.PADMAVATHY, M.Com.,M.Phil.,PGDCA., Assistant Professor Department of Commerce V.H.N.S.N.College (Autonomous) Virudhunagar.

Venue:Mini Conference Hall, IRCBTime:3.40 - 5.00 PMDate:22.03.2022

### **Co-ordinators**

Dr.S.Maheshwari, Assistant Professor of Commerce Mrs.J.Nagasudha, Assistant Professor of IT

> All are cordially invited Personality Development Cell Members V.H.N.S.N.College (Autonomous), Virudhunagar – 626 001.



(An Autonomous Institution Affiliated to Madurai Kamaraj University)

[Re-accredited with 'A' Grade by NAAC] Virudhunagar – 626 001.

### **CAMPUS EVENT REPORT**

1.	Department	Physical Education
2.	Activity (Seminar / Workshop / Conference / FDP / Guest Lecture / Competitions / Sports /	Training Programme / Awareness Programme
	Cultural / Exhibition / Training Programme)	
3.	Title	Save and Support Girl Children
4.	Geographical Coverage (State level / National level / International level / College level / Department level / Inter Collegiate / Inter Department / Village level / Town level)	Department level
5.	Theme	Save and Support Girl Children - Awareness Programme
6.	Date	04.06.2022
7.	Venue	VHNSN College Campus to Thaaniparai (Cycle Expedition)
8.	Total No. of Participants	41
9.	Guest of Cycle Expedition / Resource Person (s) with designation & Official address	Thiru.M.D.Sarpparajan,B.B.A, Secretary, VHNSN College Managing Board
10.	Co-ordinator Name / Convenor name / Organizing Secretary	<b>Committee members:</b> Dr.P.Muthukumar, Assistant Professor Ms.G.Revathi, Physical Training Instructor
		<b>Coordinator:</b> Mrs.N.Yahalakshmi, Assistant Professor
		<b>Organizing Secretary:</b> Dr.K.Selvakumar ,Assistant Professor
		<b>Convenor:</b> Dr.P.Kulanthaivelu
		Head & Associate Professor
11.	Attach the Photos (minimum 5 photos)	Yes
10		

### 12. Programme Summary:

Totally 41 participants were participated in the cycle expedition on "Save and Support Girl Children - Awareness Programme" organized by Department of Physical Education, Virudhunagar Hindu Nadars' Senthikumara Nadar College, Virudhunagar. The cycle expedition of our college campus to Thaaniparai (55 km up & down 110 km) on 04.06.2022. The committee members Dr.P.Muthukumar, Assistant Professor and Ms.G.Revathi, Physical Training Instructor, Department of Physical Education. The Coordinator of cycle expedition Mrs.N.Yahalakshmi, Assistant Professor, Department of Physical Education. The organizing secretary of cycle expedition programme Dr.K.Selvakumar, Assistant Professor, Department of Physical Education and convener of cycle expedition programme Dr.P.Kulanthaivelu, Head & Associate Professor, Department of Physical Education.







VIRUDHUNAGAR HINDU NADARS' SENTHIKUMARA NADAR COLLEGE (An Autonomous Institution Affiliated to Madurai Kamaraj University)

[Re-accredited with 'A' Grade by NAAC]

Virudhunagar - 626 001.

### <u>Photos</u>





(An Autonomous Institution Affiliated to Madurai Kamaraj University) [Re-accredited with 'A' Grade by NAAC]

Virudhunagar – 626 001.

### **EXTENSION / OUTREACH ACTIVITY REPORT**

1.	Name of the Activity	Training Programme / Awareness Programme
2.	Theme	Save and Support Girl Children - Awareness Programme
3.	Place	VHNSN College Campus to Thaaniparai (Cycle Expedition)
4.	Duration	04.06.2022
5.	Short description of the activity	Totally 41 participants were participated in the cycle expedition on "Save and Support Girl Children - Awareness Programme" organized by Department of Physical Education, Virudhunagar Hindu Nadars' Senthikumara Nadar College, Virudhunagar. The cycle expedition of our college campus to Thaaniparai (55 km up & down 110 km) on 04.06.2022.
6.	Beneficiary	Students & staffs
7.	No. of beneficiary	41
8.	No. of participants from the institute	41
9.	Type of participants	Students & staffs
10.	Work done	Yes
11.	Convenor / Co-ordinator	Committee members:Dr.P.Muthukumar, Assistant ProfessorMs.G.Revathi, Physical Training InstructorCoordinator:Mrs.N.YahalakshmiAssistant ProfessorOrganizing Secretary:Dr.K.SelvakumarAssistant ProfessorConvenor:Dr.P.KulanthaiveluHead & Associate Professor





1.	Department	Commerce
2.	Activity	International Women's day celebration
3.	Title	International Women's day celebration -2022
4.	Geographical Coverage	College Level
5.	Theme	Cultural Competition, Prize Distribution and
		Speech
6.	Date	8th March 2022
7.	Total No. of Participants	Total Participants: 1700
8.	Resource Person (s) with designation & Official address	Dr. S. Gurunanambiga Assistant Professor of Tamil Avinashilingam women's college Coimbatore
9.	Organizing Secretary	Dr.R.Shobana Devi,
		Assistant Professor
		Department of Commerce
		VHNSN College (Autonomous),
		Virudhunagar
10.	Co-ordinator Name	Dr.A.Alaghulakshmi
		Assistant Professor
		Department of Physics,
		VHNSN College (Autonomous),
		Virudhunagar.
11.	Attach the Invitation	Attached
12.	Attach the Photos	-
13.	Programme Summary:	1
	Our College OGA has celebrated the Internation cultural competitions have been conducted earlier to pro Gurunanambiga was the chief guest for the celebrat	prote the skills of the College Girls students. Dr. S.

"Kuntrenanimirnthunill". She also distributed prizes for the winners of the Competition







