



**Report on
Student Induction
Programme -
Deeksharambh
2020 - 2021**

TABLE OF CONTENTS

Sl. No.	Particulars	Page No.
1	Acknowledgement	4
2	Committee Members - Names with Designation I. Patrons <ul style="list-style-type: none"> • Managing Trustee • Vice Chancellor • Registrar II. Deans of all Schools <ul style="list-style-type: none"> • School of Home Science • School of Physical Sciences & computational Sciences • School of Bio Sciences • School of Arts & Social Sciences • School of Commerce & Management • School of Education • School of Engineering III. Student Induction Programme Organising Committee <ul style="list-style-type: none"> • Co-Ordinator • Co-Coordinator IV. Virtual Technical Team V. Committee Members – All I year Class Tutors	5
3	Overall Schedule	9
4	List of Activities <ul style="list-style-type: none"> • Physical Activity • Mentoring • Familiarization to Department • Creative Arts & Culture • Literary Activities • Lectures by Eminent People • Visits to Local Area • Extra-Curricular Activities in College 	13
6	Reports	14

ACKNOWLEDGEMENT

With great respect, we acknowledge our deep sense of gratitude to our managing trustee **Dr.Meenakshi Sundaram Anna Avargal**, Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore for being a great inspiration in bringing out this Student Induction Programme (SIP).

We express our heartfelt thanks to **Dr. (Mrs.) Premavathy Vijayan**, Vice Chancellor, Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore for her encouragement and invaluable guidance at different stages in bringing out the “Report on Student Internship Programme – Deeksharamb 2020-21”.

We are very much grateful to **Dr.(Mrs.)S.Kowsalya**, Registrar, Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore for her constant support in bringing out this Students Internship Programme a grand success.

We express our sincere thanks to all the **Deans of various Schools** of Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore, for their constant support in this 21 days SIP.

Our sincere thanks to all the **Heads of the Department**, Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore, for their support and co-operation in the smooth conduct of this Student Internship Programme.

We are happy to express our gratitude to our Co-ordinator and Students Affairs Dean **Dr. Uma Maheswari** and Co-ordinator **Dr.Raichel M.Sylus** and all the I UG and I PG class tutors for their wonderful coordination during the Students Internship Programme (SIP).

Our Heartfelt thanks to the technical team **Dr.Jayagowri and Dr. Subhashi** and their team, who worked round the clock for their meticulous work in resolving all technical issues on time.

We are extremely happy to express our sense of gratitude and blessings to our freshers for their active participation in this 21 days Students Internship Programme. Without your co-operation this Students Internship Programme would not have been possible.

Committee Members

Committee Members - Names with Designation

Patrons

Managing Trustee	Dr. T. S. K. Meenakshisundaram, Managing Trustee
Vice Chancellor	Dr. Premavathy Vijayan, Vice Chancellor
Registrar	Dr. S. Kowsalya, Registrar

Deans of all Schools

School of Home Science	Dr. (Mrs.) N. Vasugi Dean, School of Home Science
School of Physical Sciences & computational Sciences	Dr. (Mrs.) K. Udaya Chandrika Dean, School of Physical Sciences & Computational Sciences
School of Bio Sciences	Dr. (Mrs.) A. Vijayalakshmi Dean, School of Biosciences
School of Arts & Social Sciences	Dr. (Mrs.) K. T. Geetha Dean, School of Arts & Social Sciences
School of Commerce & Management	Dr. (Mrs.) P. Chitramani Dean, School of Commerce & Management
School of Education	Dr. (Mrs.) T. Geetha Dean, School of Education
School of Engineering	Dr. (Mrs.) S. Maragatham Dean, School of Engineering

Student Induction Programme Organising Committee

Co-Ordinator	Dr. (Mrs.) S. Uma Mageshwari Dean, Student Affairs Professor & HoD Department of Food Service Management and Dietetics
Co-Coordinator	Dr. (Mrs.) Raichel M. Sylus Assistant Professor (SG), Department of English

Virtual Technical Team

Dr. (Mrs.) P. Subashini, Professor, Department of Computer Science

Mrs. G. Jayagouri, System Administrator, Computer Centre

Committee Members – All I year Class Tutors

SCHOOL OF HOME SCIENCE

Mrs. P. Sakthidevi, Assistant Professor, Department of Resource Management

Mrs. J. Sofia Jannet, Assistant Professor (Temp.), Department of Resource Management

Dr. (Mrs.) S. Thilagamani, Assistant Professor – SG, Food Service Management and Dietetics

Mrs. N. Rekha, Assistant Professor (Temp.), Food Service Management and Dietetic

Ms. A. Amreen Fathima, Assistant Professor (Temp.), Department of Food Service Management and Dietetics

Dr. (Mrs.) C. A. Kalpana, Associate Professor, Department of Food Science and Nutrition

Ms. K. Devi, Assistant Professor, Department of Food Science and Nutrition

Mrs. N. Deepa Sathish, Assistant Professor (Temp.), Department of Food Science and Nutrition

Dr. (Mrs.) S. Amsamani, Professor, Department of Textiles and Clothing

Dr. (Mrs.) U.Ratna, Assistant Professor – SS, Department of Textiles and Clothing

Dr. S. Aishwarya, Assistant Professor (Temp.), Department of Textiles and Clothing

Ms. S. Mounica, Teaching Assistant (Temp.), Department of Textiles and Clothing

Dr. Ramya Bhaskar, Assistant Professor, Department of Human Development

Mrs. S. Rajkumari, Assistant Professor (Temp.), Department of Human Development

Dr. (Mrs.) R. Jansi Rani, Assistant Professor, Department of Home Science Extension Education

Dr. P. Kalaivani, Assistant Professor (Temp.), Department of Home Science Extension Education

Mrs. S. Meenakshi, Assistant Professor (Temp.), Department of Home Science Extension Education

SCHOOL OF PHYSICAL SCIENCES & COMPUTATIONAL OF SCIENCES

Dr.(Mrs.) N. Balamani, Assistant Professor – SS, Department of Mathematics

Dr. J. Ebenesar Anna Bagyam, Assistant Professor (Temp.), Department of Mathematics

Dr. (Mrs.) Shameena H. Khan, Assistant Professor (Temp.), Department of Mathematics

Dr. (Mrs.) J. Shanthi, Professor, Department of Physics

Dr. (Mrs.) B. Nalini, Assistant Professor, Department of Physics

Dr. (Mrs.) R. Saratha, Professor, Department of Chemistry

Dr.(Mrs.) A.Prithiba, Assistant Professor – SS, Department of Chemistry

Dr. (Mrs) I.Elizabeth Shanthi, Professor, Department of Computer Science

Dr. (Mrs.) V. Srividhya, Assistant Professor – SG, Department of Computer Science

Dr. (Mrs.) S.Anitha, Assistant Professor (Temp.), Department of Computer Science

Dr. S. Visalakshi, Assistant Professor (Temp.), Department of Computer Science

Mrs. G. Menaka, Teaching Assistant (Temp.), Department of Computer Science

Mrs. J. Sangeetha Priya, Teaching Assistant (Temp.), Department of Computer Science

Dr. F. Paulin, Assistant Professor (Temp), Department of Information Technology

Mrs. D. Nethra Pingala Suthishni, Teaching Assistant (Temp.), Department of Information Technology

SCHOOL OF BIOSCIENCES

Dr. (Mrs.) S.Amutha, A Assistant Professor, Department of Botany

Dr. (Mrs.) V.Gayathri, Assistant Professor (Temp.), Department of Botany

Dr. (Ms.) K. Manimegalai, Professor, Department of Zoology

Dr. (Mrs.) M. Poonkothai, Assistant Professor-SG, Department of Zoology

Dr. (Mrs.) T.Angayarkanni, Associate Professor, Department of Biochemistry, Biotechnology & Bioinformatics

Mrs. S. Velvizhi, Assistant Professor – SS, Department of Biochemistry, Biotechnology & Bioinformatics

Dr. (Ms.) M. Rajeswari, Assistant Professor (Temp.), Department of Biochemistry, Biotechnology & Bioinformatics

Dr. S. T. Yamuna, Assistant Professor (Temp.), Department of Biochemistry, Biotechnology & Bioinformatics

Mrs. A. Umadevi, Assistant Professor, Department of Physician Assistant

SCHOOL OF ARTS & SOCIAL SCIENCES

Dr.(Mrs.)S.Gandhimathi, Professor, Department of Economics

Dr. (Ms). V. Malarvizhi, Associate Professor, Department of Economics

Dr. (Mrs.) T. Nagammal, Assistant Professor, Department of Tamil

Dr. (Mrs.) S. Bharani, Assistant Professor – SS, Department of Tamil

Dr. (Mrs.) G. Shanthi, Assistant Professor - SG and HOD (i/c), Department of Hindi

Dr.(Mrs.)G.Jeevaratnam, Assistant Professor – SG, Department of French

Dr. (Mrs) S. Christina Rebecca, Professor, Department of English

Dr. (Mrs.) S. Jayalakshmi, Assistant Professor, Department of English

Ms. R. Rubella, Assistant Professor (Temp.), Department of English

Mrs. C. Kavitha, Teaching Assistant (Temp.), Department of English

Mrs. J. R. Bindu, Assistant Professor (Temp.), Department of Music

Dr. (Mrs.) N. V.Amudhadevi, Assistant Professor, Department of Psychology

Mrs. M. Sathya, Assistant Professor, Department of Psychology

Ms. S. Janani, Teaching Assistant (Temp.), Department of Psychology

Dr. (Mrs.) E. Indira, Assistant Professor – SS & HOD (i/c) Department of Visual Communication

SCHOOL OF COMMERCE & MANAGEMENT

Dr. (Mrs.) P. Santhi, Professor, Department of Commerce

Dr. (Mrs.) K. Vidhyakala, Assistant Professor-SS, Department of Commerce

Mrs. A. R. Rihana Banu, Assistant Professor (Temp.), Department of Commerce

Mrs. R. Arul Jothi, Teaching Assistant (Temp.), Department of Commerce

Mrs. V. Yasodha, Assistant Professor (Temp.), Department of Commerce

Mrs. D. Sreemathi, Assistant Professor (Temp.), Department of Commerce

Dr. (Ms.) K. Abirami, Assistant Professor (Temp.), Department of Commerce

Mrs. P. Deepa, Teaching Assistant, Department of Commerce

Ms. S. Nithya, Teaching Assistant (Temp.), Department of Commerce

Dr. (Ms.) K. Ramya, Assistant Professor – SS, Department of Business Administration

Dr. (Mrs.)K.Sathyabamavathy, Assistant Professor, Department of Tourism Management

SCHOOL OF EDUCATION

Dr.(Mrs.)M.Chandravathana, Associate Professor, Department of Education

Mrs. R. Vaijyanthi, Assistant Professor –SG, Department of Education

Dr. (Mrs.) C. Karthik Deepa, Assistant Professor, Department of Education

Ms. A. Suryalatha, Assistant Professor (Temp.), Department of Education

Mrs. A. Mangalambigai, Assistant Professor (Temp.), Department of Education

Mrs. B. Santhamani, Teaching Assistant (Temp.), Department of Education

Dr. (Mrs.) G. Victoria Naomi, Professor &HoD Department of Special Education

Mrs. K. Kalaivani, Assistant Professor, Department of Special Education

Mrs. M. Revathi, Assistant Professor (Temp.), Department of Special Education

Dr.(Mrs)P.Vanithamani, Assistant Professor -SG, Department of Physical Education

Dr. S. Akilandeswari, Assistant Professor (Temp.), Department of Physical Education

SCHOOL OF ENGINEERING

Dr. (Mrs.).A.AyishaBegam, Associate Professor of Physics, Department of Science and Humanities

Dr. (Mrs.) S. Rani, Assistant Professor- SS of Physics, Department of Science and Humanities

Dr.(Mrs.).R.PappaAmmal, Assistant Professor of Chemistry, Department of Science and Humanities

Overall Schedule

Day 1 (16.09.2020) Wednesday		
Time	Activity	Speaker/ Person in-charge
10.00 am- 11.00 am	Welcome meeting	Authorities
11.30 am – 12.30 pm	Parents’ Meeting	Authorities
1.30 pm – 2.00 pm	a. Virtual Campus Tour	E Studio
2.00 pm- 2.30pm	b. Introduction about the Department and Introduction of staff members and students	Heads of Departments (HODs to generate their Google meet link or Google class room)
Day 2 (23.09.2020) Wednesday		
10.00 am- 11.00 am	Institutional Orientation – Genesis and Development of the institution	Dr. G.P Jeyanthi, Director, Research and Consultancy
11.30 am – 12.00 noon	Anti Ragging and Introduction to Student Council	Dr. S. Uma Mageshwari, Dean, Student Affairs
12.00 noon – 12.15 pm	Grievance Redressal and Sexual Harassment	Dr. K. T. Geetha, Dean, School of Arts and Social Sciences
12.15 pm – 12.30 pm	G-Suite Education	Dr. Subashini, Professor, Dept. of Computer Science and Dr. Jeyagowri, Computer Centre
1.30 pm – 1.50 pm	NSS	Dr. S. Rajalakshmi, NSS Co-ordinator
1.50 pm – 2.10 pm	NCC	Capt. Mrs. R. Shanthi & Lt. Dr. Malarvizhi V NCC ANOs
2.10 pm - 2.30 pm	Sports	Dr. P. Nandhini, Director, Physical Education
Day 3 (24.09.2020) Thursday		
10.00 am- 11.00 am	Lecture, Discussion and Activities on “Student Life and Positive Emotions”	Dr. Sudha- Centre for Ambitious and Resourceful Endeavours, Dept. of Psychology
11.30 am – 12.30 pm	Sports and Aerobics (FIT INDIA)	Dr. Saravana Prabha, Dept. of Physical Education

1.30 pm – 2.30 pm	Mentor-mentee session - Universal Human Values	Class tutors
Day 4 (25.09.2020) Friday		
10.00 am- 10.15 am	Photography Club	staff in charge of the respective club
10.15 am- 10.30 am	Eco Club	
10.30 am – 10. 45 am	Voyage Club	
10. 45 am – 11.00 am	Arts and Crafts Club	
11.30 am- 11.45 am	Astronomy Club	Staff in charge of the respective club
11.45am - 12.00 noon	A2I club	
12.00 noon- 12.15 pm	Antique Club	
12.15 pm- 12.30 pm	Literary Club (English)	
1.30 pm –1.45 pm	Rotary Club	Staff in charge of the respective club
1.45 pm – 2.00 pm	Dramatic Club	
2.00 pm – 2.15 pm	CII Young India Club	
2.15 pm – 2.30 pm	Quiz Club	
Day 5 (28.09.2020) Monday		
10.00 am- 10.15am	Familiarisation with Institution - E- campus orientation	Dr.C. Meena, Computer Centre
10.15am – 10.30am	Library Resources and Facilities	Dr. T. Thilagavathy, Asst. Librarian
10.30am – 10.45 am	Scholarship details	Mrs. Jamuna (Registrar’s Office)
10.45 am – 11.00 am	Placement	Mrs. S. Sudharani, Placement Liaison Officer
11.30 am – 12.30 pm	Lecture on “Youth and Environment”	Dr. Kalidasan, President, OSAI NGO
1.30 pm –2.30 pm	Fine Arts Club and Talent Hunt (Dance and Instruments)	Club in-charge and I UG class tutors
Day 6 (29.09.2020) Tuesday		
10.00 am- 11.00 am	Literary activity in Indian Languages - Tamil, Hindi, Sanskrit (General reading, writing summaries, enacting a short skit)	Depts. of Tamil, Music and Sanskrit and Literary club
11.30 am – 12.30 pm	Lecture on “Reproductive Health”	Dr, Gayathri, Gynaecologist, Ganga Women and Child

		Centre,Coimbatore.
1.30 pm –2.00 pm	Examination and Evaluation	Dr. K. Manimozhi, Controller of Examinations (i/c)
2.00 pm – 2.30 pm	Online Payment – PFMS	Mr. S. Lakshmanan. Finance Officer (i/c)
Day 7 (30.09.2020) Wednesday		
10.00 am- 11.00 am	Lecture on “Money Management and Savings”	Dr. P. Shanthi, Professor, Dept. of Commerce
11.30 am – 12.30 pm	Sports and Martial Arts (SELF DEFENSE)	Dr. P. Nandhini, Dept. of Physical Education
Day 8 (01.10.2020) Thursday		
10.00 am- 11.00 am	Lecture on “Education for Wholesome Development”	Mr. Sathyakumar, CEO & Founder of Tycoon Advisors
11.30 am – 12.30 pm	Lecture on “Women Safety”	Mrs. Masutha Begum, Inspector, All Women Police Station, Tiruppur
1.30 pm – 2.30 pm	Mentor-mentee session - Universal Human Values	Class tutors
Day 9 - 13 (05.10.2020 - 09.10.2020) Monday – Friday		
10.00 am- 12.00 noon	Yoga	Mr. Haridas, Vethathri Yoga Centre Aliyar, Coimbatore
1.30 pm – 3.30 pm	Yoga	Mr. Haridas, Vethathri Yoga Centre Aliyar, Coimbatore
Day 14 (12.10.2020)		
10.00 am- 12.00 noon	Freshers’ day	Conducted by the respective departments – Seniors welcomed the freshers
Day 15 (13.10.2020)		
10.00 am- 10.15am	Jan Andolan Campaign	Dr. Uma Mageshwari, Dean, Student Affairs
10.00 am- 12.00 noon	Healthy Mind	Department of Psychology
Day 16 (14.10.2020)		
10.00 am- 12.00 noon	Talents Day	Conducted by the respective departments – Freshers’ exhibited their talents
Day 17 (15.10.2020)		

10.00 am- 12.00 noon	Nutrition for Well Being	Department of Food Science and Nutrition
Day 18 (17.10.2020)		
10.00 am- 12.00 noon	Holistic Health World Food Day Celebration	Department of Food Service Management and Dietetics
Day 19 (19.10.2020)		
10.00 am – 11.00 am	Healthy Mind	Department of Psychology
11.00 am – 11.30am	Aerobics and Fitness	Dr.P.Nandhini, Professor, Department of Physical Education
11.30am – 12.00 noon	Fitness the fuel for Youth	Dr.T.Shanmugavalli, Associate Professor, Department of Physical Education
Day 20 (20.10.2020)		
10.00 am- 10.15 am	Orientation on Health Centre	Dr. Saraswathi, Medical Officer
10.15am – 12 noon	Healthy Mind	Department of Psychology
Day 21 (21.10.2020)		
10.00 am- 11.00 am	Inspiring Videos	Class tutors
11.00 am – 12 noon	Feedback and report	Class tutors
Day 22 (22.10.2020)		
10.00 am- 11.00 am	Incubation Centre	Dr. J. Arthi, Department of Business Administration
11.00 am – 12.00 noon	Mentor-mentee session	Class tutors
1.30 pm - 2.30 pm	Concluding Session	With authorities
Day 23 (23.10.2020)		
10.00 am- 12.00 noon	Kalaivizha	Convenors of Kalaivizha Dr. D. Geetha, Department of Commerce, Dr. G. Padmavathi, Department of Computer Science

List of activities

❖ **Physical Activity**

- Sports and Aerobics (FIT INDIA)
- Yoga
- Sports and Martial Arts (SELF DEFENCE)

❖ **Mentoring**

- Mentor Mentee sessions on 24.09.2020, 01.10.2020, 21.10.2020, 22.10.2020

❖ **Familiarization to Dept./Branch**

- Introduction about the Department and Introduction of staff members and students
- Freshers' day
- Talents Day
- Virtual Campus Tour

❖ **Creative Arts and Culture**

- Photography Club
- Eco Club
- Voyage Club
- Arts and Crafts Club
- Astronomy Club
- A2I club
- Antique Club
- Literary Club (English)
- Rotary Club
- Dramatic Club
- CII Young India Club
- Quiz Club
- Fine Arts Club and Talent Hunt (Dance and Instruments)

❖ **Literary Activity**

- Library Resources and Facilities
- Literary activity in Indian Languages - Tamil, Hindi, Sanskrit

❖ **Lectures by Eminent People**

- Lecture on "Youth and Environment" by Dr. Kalidasan, President, OSAI NGO
- Lecture on "Reproductive Health" by Dr. Gayathri, Gynaecologist, Ganga Women and Child Centre, Coimbatore
- Lecture on "Women Safety" by Mrs. Masutha Begum, Inspector, All Women Police Station, Tiruppur
- Lecture on "Education for Wholesome Development" by Mr. Sathyakumar, CEO & Founder of Tycoon Advisors
- Holistic Health World Food Day Celebration by Dr. C. Anandharamakrishnan, Director, Indian Institute of Food Processing Technology (IIFPT), Thanjavur

❖ **Extra-Curricular Activities in College**

- Freshers' day
- Talents Day
- Kalaivizha

REPORTS

Students Induction Programme Day 1 (16/09/2020)

The details of the sessions scheduled for the Day 1 (16.09.2020) of the Students Induction Programme are as follows.

Time	Activity	Speaker/ Person in-charge
10.00 am- 11.00 am	Welcome meeting	Authorities
11.30 am – 12.30 pm	Parents' Meeting	Authorities
1.30 pm – 2.00 pm	Virtual Campus Tour	E Studio
2.00 pm- 2.30pm	Introduction about the Department and Introduction of staff members and students	Heads of Departments

❖ Welcome Meeting

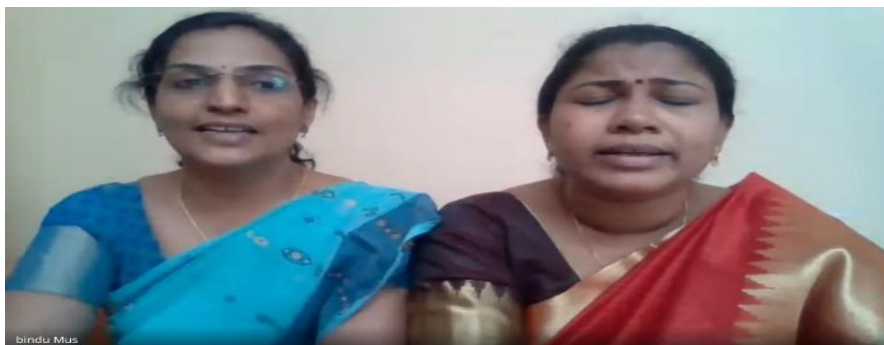
On day 1, the student induction programme commenced with a prayer song. The meeting had an amazing participation of 3000 students. The university cheerfully welcomed the first-year students of undergraduate, postgraduate, diploma and other courses.

The prayer was followed by a welcome speech by J. Jayavarnika, the secretary of the Student Council. In her words, the institute stands tall as a testimony to the transformative methods of educating women students. A smooth transition from the comfort of homes to the university was guaranteed for all. She welcomed the respected Managing Trustee - Dr. Meenakshi Sundaram Anna Avargal, the Vice Chancellor - Dr. Premavathy Vijayan, the Registrar – Dr. S. Kowsalya and the Dean of Student affairs – Dr. Uma Mageshwari. The Controller of examination, deans of various schools, directors and faculty were also greeted.

The respected Vice Chancellor, Dr. Premavathy Vijayan, talked about how the university has overcome challenges in the form of delivery of education through the online platforms. She touched upon the history of the institute from its establishment in 1957 by Padma Bhushan T. S. Avinashilingam Chettiar Ayya avargal, the rapid development under the leadership of Rajammal P. Devadas Amma avargal to the best university for women in India today. She also motivated the students to discover the untapped potential in every one of them and seize the opportunities that come their way.

The Registrar, Dr. S. Kowsalya, addressed the students next. She said that all faculty members were looking forward to meet the students in-person on campus after the pandemic situation. The students were congratulated on securing admission to the university and thanked the parents for admitting their wards here. She also added to the vice chancellor's words by describing the working of the online mode of education.

This was followed by the address of the Deans of various schools such as Engineering, Physical Sciences and Computational Sciences, Humanities, Commerce and Management etc. The welcome meet for the Induction programme concluded at 11.00 pm. This was followed by the Parents' meeting.



Prayer song by Mrs Bindu and Dr Sajini, Department of Music



Greetings by Vice Chancellor, Dr. Premavathy Vijayan



Greetings by Registrar, Dr. S Kowsalya

❖ Parents' Meeting

The parents' meeting was held from 11.30 am – 12.30 pm. The Dean of Student Affairs – Dr. Uma Mageshwari gave the welcome speech. The session was presided by the Honourable Managing Trustee – Dr. T. S. K. Meenakshi Sundaram Anna avargal. The Vice Chancellor - Dr. Premavathy Vijayan, and the Registrar – Dr. S Kowsalya greeted the gathering. They spoke about the university's focus on quality education and also highlighted the best practices followed by the institute for effective teaching learning process and how it helps in placement and for higher studies. The parents of the students attended, and a selected few addressed the meet. Their words resonated with the reasons why they chose to send their wards to Avinashilingam University for higher education, some of which were - the amazing heritage of the institute which was established in 1957, the safe environment that is offered by the institute to girl students, and the outstanding academic rigour and educational standard that is maintained by every department on campus. The parents appreciated the smooth functioning of the institution. And there was a mutual exchange of suggestions with an aim to work together and improve the academic performance of their child. The meet came to an end with the conclusion that the progress and development of the students depend on the joint efforts of parents and teachers. For this purpose, parents agreed to keep a close vigilance on the actions of their child, and to keep in constant touch with the mentors. Parents expressed their gratitude and enthusiasm for this interactive session with the faculties which enabled them to get an overview of the education that their ward is going to receive.



Welcome speech by Dean of Student Affairs, Dr. S. Uma Mageshwari



Parent of a student addressing the meeting



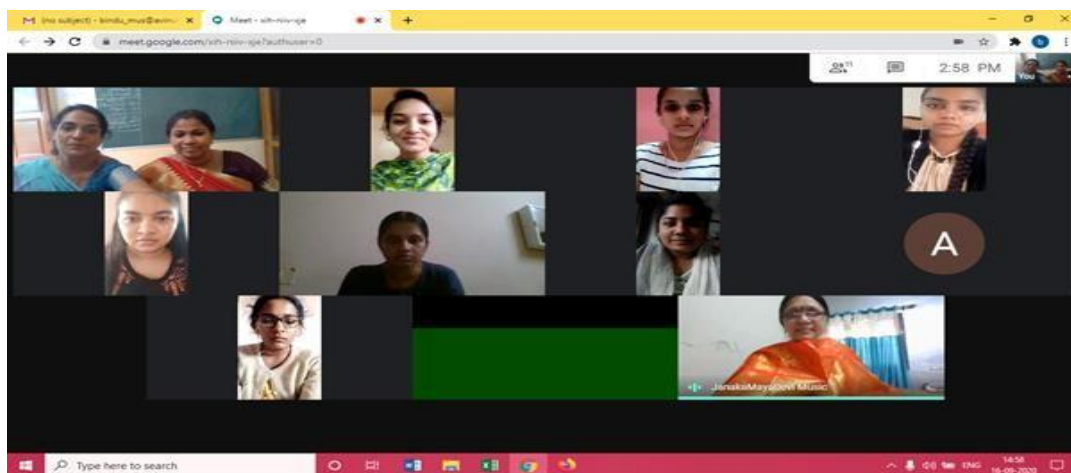
A glimpse from the virtual campus tour session

❖ **Virtual Campus Tour**

The virtual campus tour took place from 1.30 pm to 2.30 pm. The students were given a glimpse of the beautiful Avinashilingam campus spread over 111 acres in the heart of Coimbatore city. Individual department buildings, labs, library and hostels were also shown. Other buildings included the sports center, administrative block, medical center, auditorium and various galleries. This session enabled the students to get an overview of various parts of the campus.

❖ **Introduction about the Department and Introduction of staff members and students**

This series of sessions started from 2.00 pm. The HODs of each department started unique Google meetings which were attended by students of that particular department. They also introduced the staff and briefed the students on the academic curriculum and syllabus.



Music Department Introduction

Students Induction Programme Day 2 (23/09/2020)

The details of the sessions scheduled for the Day 2 (23.09.2020) of the Students Induction Programme are as follows.

Time	Activity	Speaker/ Person in-charge
10.00 am- 11.00 am	Institutional Orientation – Genesis and Development of the institution	Dr. G.P Jeyanthi, Director, Research and Consultancy
11.30 am – 12.00 noon	Anti Ragging and Introduction to Student Council	Dr. S. Uma Mageshwari, Dean, Student Affairs
12.00 noon – 12.15 pm	Grievance Redressal and Sexual Harassment	Dr. K. T. Geetha, Dean, School of Arts and Social Sciences
12.15 pm – 12.30 pm	G-Suite Education	Dr. Subashini, Professor, Dept. of Computer Science and Dr. Jeyagowri, Computer Centre
1.30 pm – 1.50 pm	NSS	Dr. S. Rajalakshmi, NSS Co-ordinator
1.50 pm – 2.10 pm	NCC	Capt. Mrs. R. Shanthi & Lt. Dr. Malarvizhi V NCC ANOs
2.10 pm - 2.30 pm	Sports	Dr. P. Nandhini, Director, Physical Education

On day 2, the student induction programme commenced with a prayer song. Dr. Rachel, Department of English, gave an introduction. The sessions scheduled for the day were

❖ Institutional Orientation – Genesis and Development of the Institution

The institutional orientation was conducted by Dr. G P Jeyanthi, Director – Research and Consultancy. Starting college can cause much anxiety in the heart of a new college student because of all the unknowns—"What should my major be? Will I make any friends? Whom do I ask if I have a question?" New student orientation programs are designed to guide students in answering all of these questions. Prior to the beginning of classes, students are given an overview of the complete realm of university life, from academics to social activities, through a period of days referred to as orientation. Avinshilingam Institute was the brainchild of Padma Bushan Dr. T S Avinashilingam and Padmashri Dr. Rajammal P. Devadas. Avinashiingam was one of the most prominent figures of the Indian

Independence movement and was a staunch Gandhian. He also took part in the Civil Disobedience Movement and the Quit India movement. He strongly advocated that reforms in agriculture and industry should complement Indian culture. The Avinashilingam Home Science College for Women in 1957 was established by him and in June 1988, this college became the Avinashilingam University for Women. The university was founded on the backbone of the principles of academic excellence, the vitality of culture and values, and social relevance. The goal of the university is to provide quality education to women students based on current developments in science, technology and societal demands, with a focus on commitment to social change, stability, harmony and national integration, based on the strong foundation of Indian values and traditions. It also upholds the highest ethical standards, honesty, and professionalism by promoting an inclusive atmosphere, where everyone can achieve their full potential and contribute to the interests of the community as a whole and perform well in their careers. There is a guarantee of non-discrimination and facilitates equality on all levels of education. Dr. Jeyanthi touched upon these principles and explored the university's rich history and heritage – with its humble beginnings in 1957 with 45 girl students to the accomplished university it is today. The institute imparts skill-based education and empowers women to venture into the world of start-ups, and holding leadership roles. The facilitation in achieving dreams by extending relevant training and industry awareness programmes, makes the students of Avinashilingam University the leaders of tomorrow.

❖ **Anti-Ragging and Introduction to the Student Council**

Dr. S. Uma Mageshwari, the Dean of Student Affairs, spoke to the students about the institute's strict Anti-Ragging policy and the affidavit that every student has to sign. They were also informed about the Anti-Ragging cell on campus and the steps that the UGC has adopted to curb ragging. The contacts of the members of the Anti- Ragging committee were also displayed.

❖ **Grievance Redressal and Sexual Harassment**

Dr. K. T. Geetha, the Dean of the School of Arts and Social Sciences briefed the students about Avinashilingam university's facilities to manage grievances of any kind. The students were familiarised with the Grievance Redressal cell and the university's extensive sexual harassment policy adopted by the Women's Studies Centre.

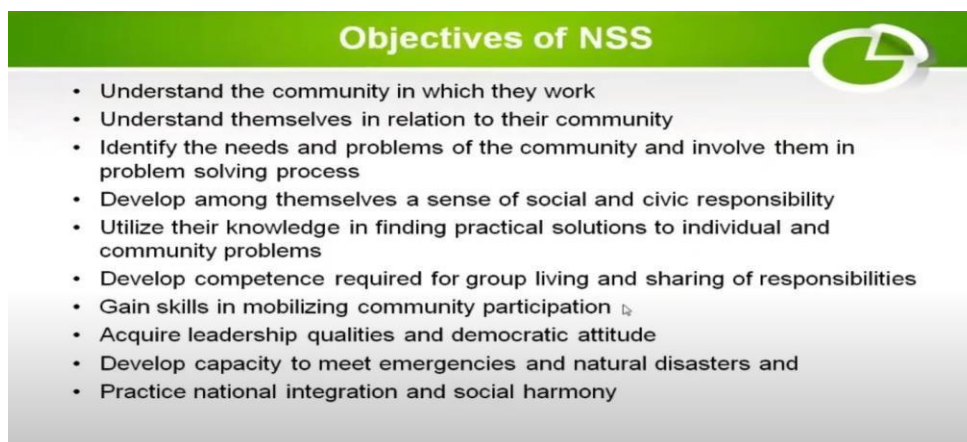
❖ **G-Suite Education**

In this trying time of the corona crisis, the university has been forced to resort to online education according to the government guidelines. The solution that is used by the university is G-Suite. The

students were given an overview of the various tools in this suite such as Docs, Sheets, Drive, Meet, Gmail etc.

❖ NSS

This session was conducted by Dr. S. Rajalakshmi, NSS Program Coordinator. She covered the overall details of the organization's objectives, activities and the benefits that students obtain on joining the National Service Scheme. The development of personality, organizational capacity and leadership skills through community service was discussed. Other aspects such as the special camp, total working hours and university-based activities of the NSS were explored.

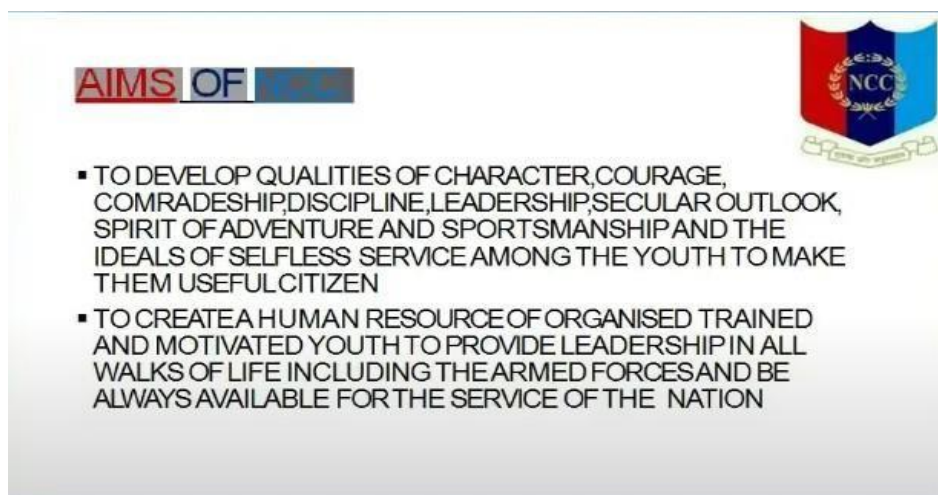


Objectives of NSS


- Understand the community in which they work
- Understand themselves in relation to their community
- Identify the needs and problems of the community and involve them in problem solving process
- Develop among themselves a sense of social and civic responsibility
- Utilize their knowledge in finding practical solutions to individual and community problems
- Develop competence required for group living and sharing of responsibilities
- Gain skills in mobilizing community participation
- Acquire leadership qualities and democratic attitude
- Develop capacity to meet emergencies and natural disasters and
- Practice national integration and social harmony

❖ NCC

Dr. R. Shanti, Department of Special Education, and Dr. Malarvizhi, Department of Economics, conducted this session. Together, they covered the cardinal principles behind the organization and the various activities undertaken by its members such as field trips, camps and other special activities – Republic day celebration, Independence day celebration etc.



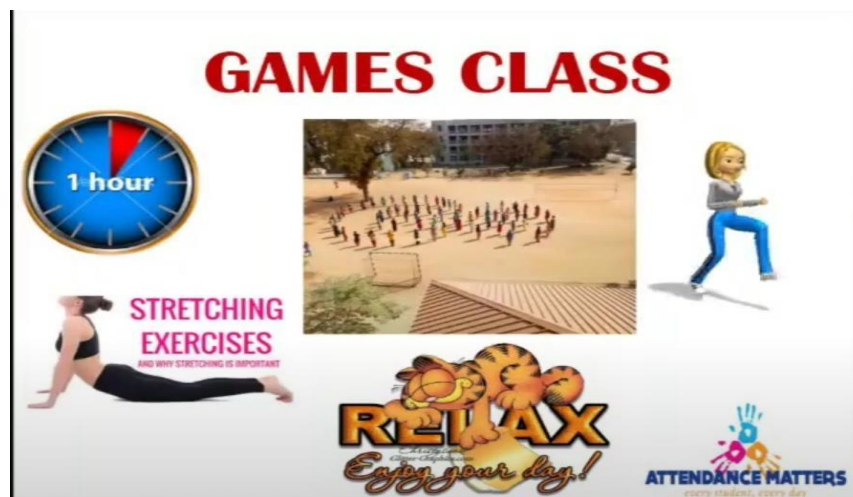
AIMS OF NCC



- TO DEVELOP QUALITIES OF CHARACTER, COURAGE, COMRADESHIP, DISCIPLINE, LEADERSHIP, SECULAR OUTLOOK, SPIRIT OF ADVENTURE AND SPORTSMANSHIP AND THE IDEALS OF SELFLESS SERVICE AMONG THE YOUTH TO MAKE THEM USEFUL CITIZEN
- TO CREATE A HUMAN RESOURCE OF ORGANISED TRAINED AND MOTIVATED YOUTH TO PROVIDE LEADERSHIP IN ALL WALKS OF LIFE INCLUDING THE ARMED FORCES AND BE ALWAYS AVAILABLE FOR THE SERVICE OF THE NATION

❖ Sports

This session on sports activities on the campus was conducted by Mrs. D. Vishnupriya, Department of Physical Education. The various infrastructure and opportunities for the same such as the gymnasium and the rules and regulations surrounding these activities were covered in detail. The various national and international competitions that students can participate in were also discussed at length.

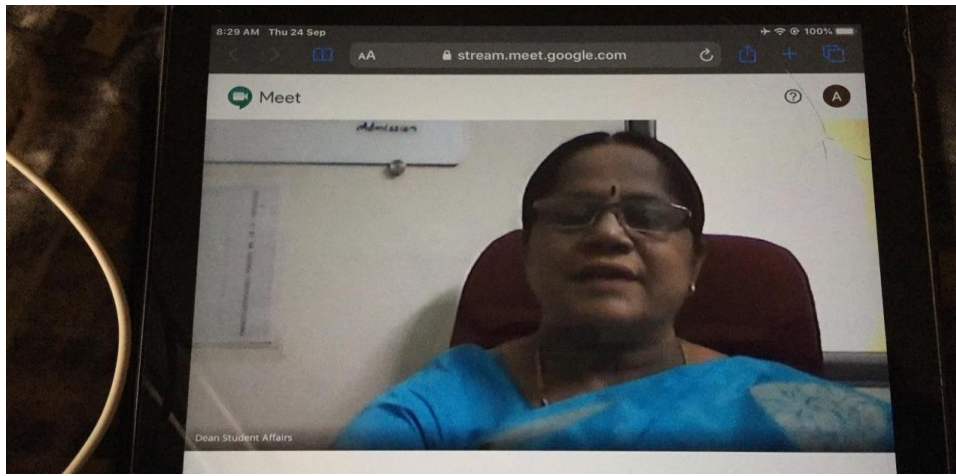


Students Induction Programme Day 3 (24/09/2020)

The details of the sessions scheduled for the Day 3 (24.09.2020) of the Students Induction Programme are as follows.

Time	Activity	Speaker/ Person in-charge
10.00 am- 11.00 am	Lecture, Discussion and Activities on “Student Life and Positive Emotions”	Dr. Sudha- Centre for Ambitious and Resourceful Endeavours, Dept. of Psychology
11.30 am – 12.30 pm	Sports and Aerobics (FIT INDIA)	Dr. Saravana Prabha, Dept. of Physical Education
1.30 pm – 2.30 pm	Mentor-mentee session - Universal Human Values	Class tutors

Day 3 Students Induction Programme started with a Prayer song. Followed by welcome address by Dr. Uma Mageshwari, Dean student’s affairs. Where madam, addressed the students about the day’s schedule. There were three sessions scheduled for the day.



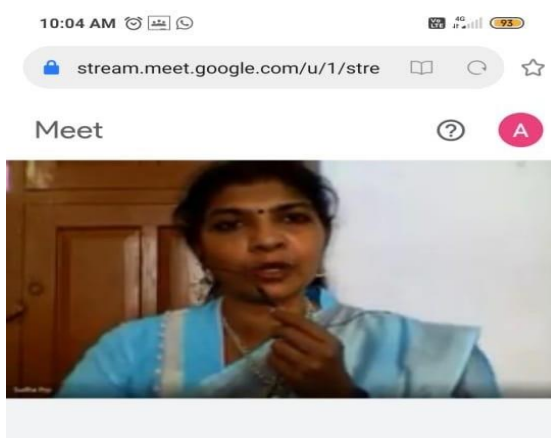
Introductory speech by Dr. Uma Mageshwari, Dean student's affairs

The program began at 10:00am. The students were addressed on the topic “ **Student Life and Positive Emotions**”. The objective of this session was to educate students about the various emotions they feel during their student life and how important it is to manage those emotions in order to have a successful life.

The lecture began by giving an introduction to the topic and why it is important to practice positive emotions in our daily life especially during adolescence and early adulthood.

The key topic discussed was **Self awareness**.

To give more emphasis on the key topic an activity was conducted in which “**OCEAN**” model was displayed by the speaker .



Session Speaker Dr. Sudha, Department of Psychology

OCEAN stands for– **openness, conscientiousness, extraversion, agreeableness and neuroticism**. These are a few types of self awareness personalities which help us realise what we are. The speaker

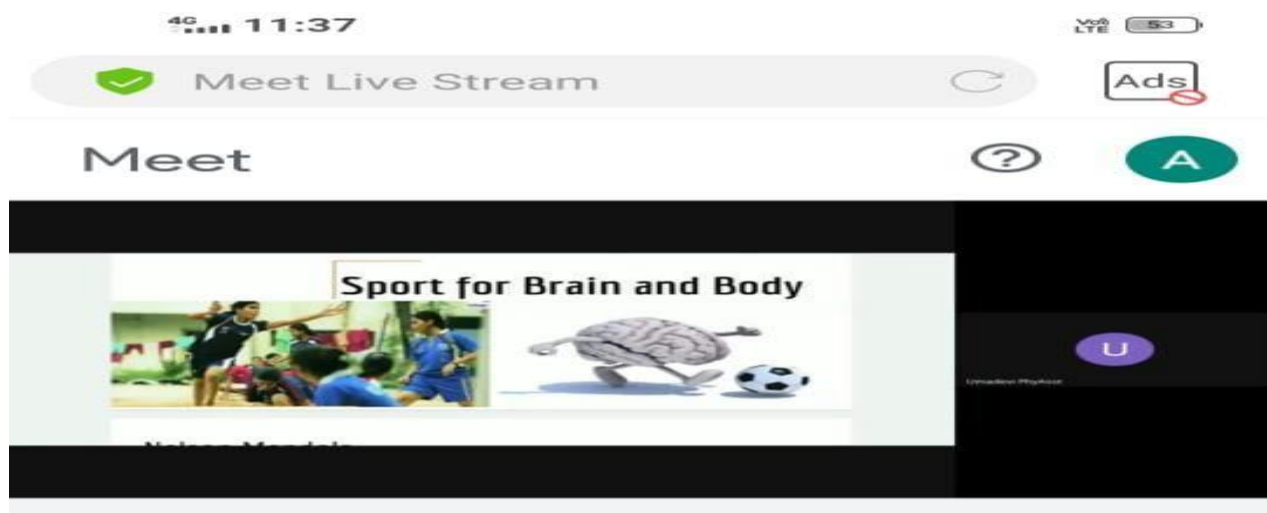
told the students that if these sub categories were developed successfully then a human has attained a type of self awareness. The speaker also dealt with psychological well being of students. She made the students measure their psychological well being through an activity. The speaker educated the students about the six major factors leading to psychological well being.

The speaker spoke about various ways as to how one can manage their emotions and have a stable psychological mindset. She also suggested a few psychological apps which would help the students to keep a healthy mental state. She said that journaling one's thoughts could help them channelize their thoughts and be tension free. The program was interesting and informative. It gave a hands on experience for measuring one's psychological well being.

❖ Sports and Aerobics (FIT INDIA)

Second session begun at 11:30am. The speaker for this session was Dr. Saravana Prabha, from the Dept. of Physical Education. The aim of this session was to show the students the growing need for sports and to introduce them to the institution's dept. of physical education.

The program begun by remembering a quote by Nelson Mandela, "Sport has the power to change the world. It has the power to inspire. It has the power to unite people. It speaks to youth in a language they understand".



Dr. Saravana Prabha, Dept. of Physical Education presentation on Sports and Aerobics (FIT INDIA)

The students were explained about the various sports policies, sport careers and how sports will help in keeping their mind and body healthy at the same time. It was also represented in the power point presentation as to how evolution of our brain and body took place over a million years. On an

average, a human being had to walk 11kms to gather food and shelter. As the search for food increased, the physical activity also increased. Thus completing the process of evolution of the brain and the body together. The need for sports in educational institutions was also addressed in this session. The students were educated about various scholarships and sports quotas available in educational institutions. These information's were provided to the students to make them understand that education is available for sports students too.

The students were informed that - Sports has many pros in career too. Other than having a sports career, an athlete can also be successful in other careers like business, administration, communication, law, medicine and many more fields. With the help of sports one can develop qualities such as teamwork. leadership qualities, coping up skills, sportsmanship, decision making, confidence, emotional control etc.

The students were also told about exercise and its importance in our day to day life. Some of the important learnings were –

- Exercise optimises mindset to improve alertness, attention and motivation.
- Exercise also prepares and encourages nerve cells to bind to one another. It also stirs the development of new nerve cells.
- The program concluded by educating the students about various research finding about the relation between exercise and development of the human brain. On the whole this session was an eye opener for the students about sports. It was interesting and informative session.

❖ **Mentor-mentee session – Universal Human Values**

As a part of the student induction program, a session on Universal Human Values was organized. The need for this session is very evident as today's youth need to be educated on the values of life. A value is a universal value if it has the same value or worth for all, or almost all, people. Spheres of human value encompass morality, aesthetic preference, human traits, human endeavor, and social order.

The session started with the prayer and introduction of the speaker. As per UGC guidelines, a power presentation was done by the class tutor explaining the Universal Human values. This session was planned with the following objectives

1. To enable the students to understand the essential components of 'VALUES' and 'SKILLS'
2. To ensure sustained happiness and prosperity, which are the core aspirations of all human beings
2. To facilitate the development of a Holistic perspective among students towards life and profession and value-based living in a natural way
3. To highlight a Holistic understanding in terms of ethical human conduct, trustful and mutually fulfilling human behavior and mutually enriching interaction with Nature

Human values include

- (1) **Integrity** –adhering to a conduct of duties in righteous manner and in accordance with the principles of honesty, trust, transparency and fairness.
- (2) **Trusteeship**- Operating in an efficient, ethical and true manner while ensuring group participation and a system of check and balances within an institution.
- (3) **Harmony**- Balancing the diversity and difference through a culture of tolerance, discussion and forgiveness among stakeholders
- (4) **Accountability** - Enabling the environment of openness and trust to accommodate mistake and to encourage individual in taking the responsibility of one’ action.
- (5) **Inclusiveness** – adopting standards, policies and procedure to promote and ensure equal opportunity, without any discrimination against an individual or a group, for education, employment, promotion and other activities in an institution
- (6) **Commitment** – Dedicating to the vision and mission of the institution while cultivating one’s knowledge, skill and attitudes to achieve excellence in due time and regulatory boundaries.
- (7) **Respectfulness** – Creating an environment of mutual respect, trustworthy and quality interaction as well as fair participation by functionaries and beneficiaries of the institution.
- (8) **Belongingness**- fostering a shared vision of institute to make everyone feel secure, supported, accepted and included.
- (9) **Sustainability** – Ensuring optimal resource utilization-economic, environmental and social-to achieve long lasting and safe future.

During the session, the students were explained about the above said human values in order make their professional and personal life happier and more peaceful. Relevant examples were quoted to make them understand concept easily.

The session ended with an interaction between the students and the tutor. Overall appraisal of the session revealed that it was interesting and informative for the students. The students expressed through their feedback that the session was well organized and executed.

Students Induction Programme Day 4 (25.09.2020)

The details of the sessions scheduled for the day 4 (25.09.2020) of the Students Induction Programme are as follows.

Time	Activity	Speaker/ Person in-charge
10.00 am- 10.15 am	Photography Club	Dr. V. Jayashree Department of Visual Communication
10.15 am- 10.30 am	Eco Club	Dr. M. Poonkothai Department of Zoology
10.30 am – 10. 45 am	Voyage Club	Ms.S.Sanjutha, Teaching Assistant, Department of Tourism
10. 45 am – 11.00 am	Arts and Crafts Club	Dr. V. Saraswathi Department of Resource
11.30 am- 11.45 am	Astronomy Club	Dr. N.S. Rajeswari Department of Physics
11.45am - 12.00 noon	A2I club	Dr. M. Krishnaveni Dept. of Computer Science

12.00 noon- 12.15 pm	Antique Club	Dr. C Parvathi Department of Economics
12.15 pm- 12.30 pm	Literary Club (English)	Dr. Sreeja Balakrishnan Department of English
1.30 pm –1.45 pm	Rotary Club	Dr. S. Sumathi Department of Bio Chemistry & Bio Technology
1.45 pm – 2.00 pm	Dramatic Club	Dr. S. Jayalakshmi Department of English
2.00 pm – 2.15 pm	CII Young India Club	Mrs. S. Sudharani Placement Officer
2.15 pm – 2.30 pm	Quiz Club	Dr. V. Vimala Department of Commerce

❖ **Photography Club**

Dr.(Mrs) V. Jayashree Department of Visual Communication, Assistant Professor, made a presentation about the Photography Club at 10 am. In her presentation she mentioned that the goal and purpose of the club is to relate the students who have an interest in digital photography, provide a supportive environment for interested photography students and give a high opinion for what photography can say. Club promote creativity through photography, to share and critique the photographs of peers, to educate and improve technical skills, share their creativity and to spread the love of photography.

❖ **Eco Club**

Dr.(Mrs) M.Poonkothai, Assistant Professor (SG) gave a presentation to the first undergraduate students about the eco club at 10.15 am. In her presentation, she stated that Eco Club promotes and creates awareness among stakeholders to restore a clean and green environment. It also motivates youth to organize themselves to learn more on environmental issues and triggers the mindset to actively participate and solve those problems, thereby maintaining a sustainable surrounding. The aim of the club is “Walk away from the mean team and join the green team”. At the end of the presentation, she listed the activities carried out by the club to protect the environment.

❖ **Voyage Club**

Ms.S.Sanjutha, Teaching Assistant, Department of Tourism made a presentation on 28th September 2020 at 01:30 pm about Voyage Club. In the presentation, she insisted that the Vision of the students of Voyage Club is V-Valour O-Outstanding Y-Young A-Adventure G Great E-Experience. It creates a Platform for enhancement of knowledge, experience and information. Encourage Innovations and quality information on tourism with the young community and to build friendship and cordiality among the students.

❖ **Arts and Crafts Club**

Dr.(Mrs) V.Saraswathi, Assistant Professor made a presentation about Arts and Crafts club at 10.45 am. In her presentation she mentioned that in today's academic scenario, the creative arts have entirely disappeared from the Indian education system. But she insisted that the current atmosphere of mounting academic pressure and curriculum goals has pushed Arts and Crafts to the sidelines and thus students are totally under stress and pressure. Hence, extra-curricular clubs helps the students to pursue their hobby which in turn can engage and augment a student's cognitive and critical thinking abilities immensely. She also listed the benefits of Arts and Crafts to the students.

❖ **Astronomy Club**

Dr. N.S. Rajeswari, Assistant Professor (SG and Head (i/c)) in Physics made a presentation regarding Astronomy Club at 11.30 am. In the presentation she mentioned that the Activities were culturally relevant to our student body. It is most significant contribution to society lies in the area of science education, broadly conceived to include raising public awareness of science and conveying concepts to students at all levels. Astronomy is relevant to each of these goals, and it can as a pathfinder in stimulating people's interest in all of science.

❖ **A2I Club**

Dr. M. Krishnaveni, Assistant Professor, Department of Computer Science made a presentation on Avinashilingam Artificial Intelligence (A2I) Club at 11.45 am. In the presentation, she mentioned that the DST-CURIE-AI Facility Sponsored "Avinashilingam Artificial Intelligence (A2I) Club". The club provides a friendly and supportive forum bringing together likeminded students and faculty discussing the risks and rewards of AI, the ethics of AI, and its role in our future society. The club will arrange AI experts and researchers to present their findings and thoughts to educate students, to build and to help students to do projects related to artificial intelligence, and to connect them with to do research in this field. Finally she also listed the activities and Newsletters on AI that are been carried out in the club.

❖ **Antique Club**

Dr.C.Parvathi, Associate Professor of Economics made a presentation about Antique club at 12.00 pm. In her presentation she mentioned that the India is one of the oldest civilizations in the world and gave a summary of Indian culture and the speciality of traditions and values. She insisted to the students that Antique club enables them to get creative ideas about the oldest civilization with special significance and social values. The Antique club could transform them as glowing and shining stars in manifestation abstract in existing illustrations and exhibition in the greatest success of

Avinashilingam Institute. Antique club is rooted in the life of students as arts, tradition and culture which is perpetual. This club plays a vital role in burgeoning of origins of the past to future generation.

❖ **Literary and Humour Club**

The Literary and Humour club presentation was made by Dr.(Mrs) Sreeja Balakrishnan, Assistant Professor of English at 12.15 am. In the presentation she mentioned that the Literary and Humour club of the institution endeavours to impart the literary tastes in the students by dynamically conducting various activities. The club acts as a forum for the students to meet, read, write, create, recreate and enjoy. The club has conducted various innovative initiatives to kindle and improvise the inherent creativity of the students. She also listed the activities that are been carried out in the club.

❖ **Rotary Club**

Dr. S. Sumathi Department of Bio Chemistry & Bio Technology made her presentation at 1.30 pm regarding introduction of Rotaract Club. In the presentation she quoted that the Rotaract club bring together people aging between 18 -30 to exchange ideas with Leaders in Community, develop leadership and professional skills , and have fun through service.” She insisted to the students that Rotary Club enables them to get Self Development and Fellowship through Service. It also motivates the global movement of young leaders who are developing innovative solutions to the world’s most pressing challenges. Rotaractors decide how to organize and run their club, manage their own funds and plan and carryout activities and service projects. It is a platform for networking. She also listed the activities that are been carried out in the club.

❖ **Dramatic Club**

Dr. S. Jayalakshmi, Assistant Professor, Department of English presented at 1.45 pm about the Dramatic Club, which encourages the students to explore their acting skills in the form of skits, mime, plays etc. The club also hosts the Annual Inter-collegiate Drama competition. Eminent theatre personalities are invited to give lectures on the new trends in theatre.

❖ **CII Young India Club**

Mrs. S. Sudharani Placement Officer made her presentation at 2.00 pm regarding introduction of Yi Yuva Club - CII Club Initiatives is a leadership Development Program, which provide Learning modules on communication, inculcate entrepreneurship development, personal brand building, business awareness etc. In the presentation she mentioned that Yi Yuva Cultural Summit, Opportunity to involve in Yi Coimbatore Chapter initiatives and projects, Opportunity to network with

Coimbatore's Leading Entrepreneurs and Business Houses, Opportunity to participate in National level Leadership Summit and Career Mentorship Programs, Internship and Job possibilities and Science and Technologies. Club concentrates about Awards and Recognitions and provides certificates to all yuva members.

❖ Quiz Club

Dr.V.Vimala, Assistant Professor in Commerce made a presentation about the quiz club at 2.15 pm. In her presentation she insisted that it is the game form which improves the subject and general knowledge of the students. She also mentioned that the students are placed in the right attitude for learning. It builds the confidence and improves their grades. She also listed many quiz games in her presentation.

Students Induction Programme Day 5 (28.09.2020)

The details of the sessions scheduled for the Day 5 (28.09.2020) of the Students Induction Programme are as follows.

Time	Activity	Speaker/ Person in-charge
10.00 am - 10.15am	Familiarisation with Institution - E-campus orientation	Dr.C. Meena, Computer Centre
10.15am – 10.30am	Library Resources and Facilities	Dr. T. Thilagavathy, Asst. Librarian
10.30am – 10.45 am	Scholarship details	Mrs. Jamuna (Registrar's Office)
10.45 am – 11.00 am	Placement	Mrs. S. Sudharani, Placement Liaison Officer
11.30 am – 12.30 pm	Lecture on "Youth and Environment"	Dr. Kalidasan, President, OSAI NGO

🌈 Familiarisation with Institution - E- campus orientation

Dr.C. Meena, Director of Computer Centre gave a presentation to the first undergraduate students about the Familiarisation with Institution - E- campus orientation at 10 am. In her presentation she stated that centre facilitates with internet access, Intranet, University website, E campus portal, Biometric attendance for staff Online payment through e-campus portal, NCDRC centre in computer centre and provide additional support to the computer related activities of the students. Centre also provides NCDRC Skill Based Training, Internships and Real time projects in the domain of cyber security and it was inaugurated in association with (NCSSS) on 5th oct-2018 by Dr.E.Khaliraj, Additional. Director General, National Cyber Safety & Security Standards.

Library Resources and Facilities

Dr. T. Thilagavathy, Assistant Librarian gave a brief note on university Library at 10.15 am and she states that Library provides high quality scientific information resources and services to support the research and development of the Institute. It explore and implement innovative technologies and services to deliver information and scholarly resources that can be accessed by anyone any time anywhere in the world. In her presentation she insisted about the benefits of reading that Increases creativity and imagination, makes you smarter, Improves memory, Improves Vocabulary and English, Increases desire towards achieving goals, Encourages positive thinking, Stimulates your mind, Lowers stress level and Gives new way to life, gives different perspective to life.

Scholarship details

Mrs. Jamuna (Registrar's Office) made a presentation at 10.30 am regarding the various scholarships available for the students and scholars. In the presentation she mentioned price money award for students, those who score High marks in final Year and elaborates about National scholarship portal website.

Placement

Mrs. S. Sudharani, Placement Liaison Officer present her presentation at 10.45 am regarding students placement. In her presentation, she mentioned that the cell gives training and guide students on career related matters and assists in exploring new opportunities. It provides training on soft skills, communication skills and aptitude. Placement cell provides Industry orientation, personality development programme, motivational sessions, workshops and seminars, career awareness programmes in banks, civil services, guide to higher education and career Counselling Internship. She insisted in her presentation that the cell also gives training for competitive exams to meet the interviews in IT, Banking and Government sectors.

Lecture on "Youth and Environment"

Dr. Kalidasan, President, OSAI NGO gave a fruitful presentation at 11.30 am regarding the environmental degradation and students part in the environmental concern for sustainable development. He Insisted that today's youth will become tomorrow's leaders and as their form of guidance it is our responsibility to provide them with educational experiences, for them to make knowledgeable decisions regarding the environment. Students have a role to play in environmental

conservation efforts that will improve livelihoods. Engaging the students in environmental protection not only creates direct impact on changing youth behavior and attitudes, but possibly influence their parents, relatives and friends.

Fine Arts Club and Talent Hunt (Dance and Instruments)

Music And Dance Club & Fine Arts Dr. A.V. Sajini Department of Music present her presentation at 1.30 pm. Fine arts club is open for any student interested in Music, dance and other arts. It is a great place to meet different people and to encourage students to express their thoughts, feelings and creativity through the various audio visual art forms. In the presentation she mention about that our institution intends to uphold the relative merits of the students and to expose them to the higher order society who would in turn bring laurels to the institution by constant motivation and encouragement.

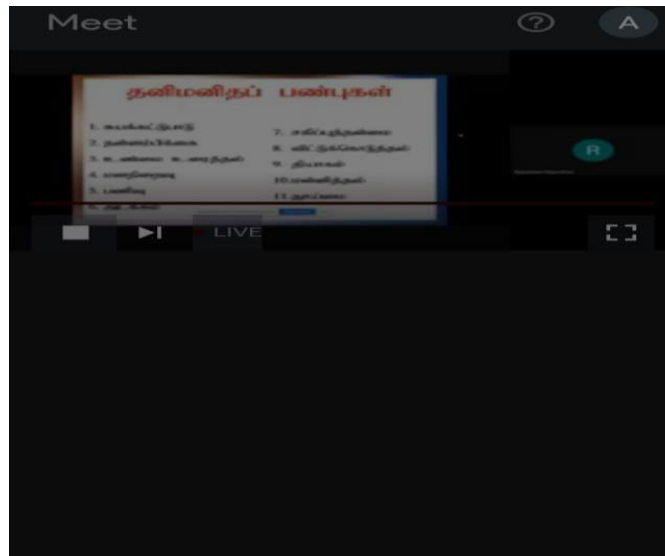
Students Induction Programme Day 6 (29.09.2020)

The details of the sessions scheduled for the Day 6 (29.09.2020) of the Students Induction Programme are as follows.

Time	Activity	Speaker/ Person in-charge
10.00 am - 11.00 am	Literary activity in Indian Languages - Tamil, Hindi, Sanskrit (General reading, writing summaries, enacting a short skit)	Depts. of Tamil, Music and Sanskrit and Literary club
11.30 am – 12.30 pm	Lecture on “Reproductive Health”	Dr, Gayathri, Gynaecologist, Ganga Women and Child Centre, Coimbatore.
1.30 pm – 2.00 pm	Examination and Evaluation	Dr. K. Manimozhi, Controller of Examinations (i/c)
2.00 pm – 2.30 pm	Online Payment – PFMS	Mr. S. Lakshmanan. Finance Officer (i/c)
10.00 am- 11.00 am	Literary activity in Indian Languages - Tamil, Hindi, Sanskrit (General reading, writing summaries, enacting a short skit)	Depts. of Tamil, Music and Sanskrit and Literary club
11.30 am – 12.30 pm	Lecture on “Reproductive Health”	Dr, Gayathri, Gynaecologist, Ganga Women and Child Centre, Coimbatore.

❖ **Literary Activity in Indian Languages - Tamil, Hindi, Sanskrit, General Reading, Writing, Summaries, Enacting a Short Skit**

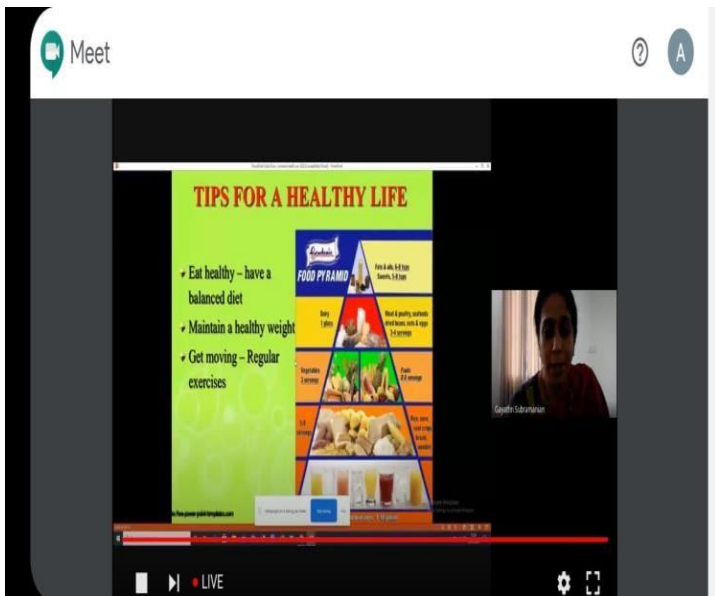
Students are given opportunities to show case the talents in Literary activities like Debate, Drama, Varthai Vilayattu, Kavithai etc., They created an environment that stimulated the student community to learn new language. They explained the principles underlying pedagogy of Hindi as a new language. The students were encouraged with the cognitive of observation of data, pattern spotting, classification, hypothesizing etc. Providing opportunities for using the language in real situations like draw the main character from the book you have recently read and enacting a short skit.



Literary Activity in Indian Languages - Tamil

❖ **Lecture on Reproductive Health**

Dr.R.Gayathri gave a special talk on the topic “Lecture on Reproductive Health” where she talked on vaginitis, Vulvovaginitis, puberty condition, methods to make our periods regular and tips for healthy life. She explained the conditions of vaginitis and its effects in a body of women. Generally women should follow a hygienic life style to escape from a few sensitive infections which severely affects women. If there is any swelling, burning, itching or infection in vagina, it should be taken under notice without delay. This is a very common problem in females of all age.

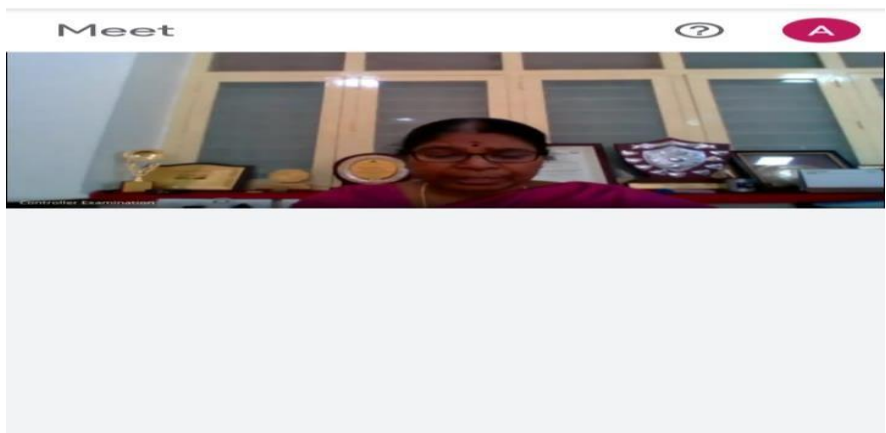


Dr.R.Gayathri explaining about puberty

Periods is one another taboo which every women needs to break out. Irregular periods, over bleeding, severe pain and mood swings all can be cured through healthy diet, proper exercise and advised medication if needed.

❖ **Lecture on Examination and Evaluation**

Dr. Manimozhi gave a special talk on the topic “Lecture on Examination and Evaluation” which is about the procedures and the significance of Examination. She added the flavor of exams quoting the importance of CIA and the CE exams. She elaborated on the impact of marks and how it reflects upon the profile of students and their life. In this technologically advanced life, she talked on how exams have become online and how it is conducted and evaluated in online mode. She differentiated the virtual and normal exams and evaluation processes and how far it is maintained and taken forward in the institution.



Dr.Manimozhi explaining the procedural aspects of Examination and Evaluation

❖ Online Payment-PFMS

Mr.S.Lakshmanan gave a special talk on the topic “Online Payment-PFMS”. Online payment enables a safest and comfort mode of paying money to the institution. This method overcomes all the obstacles which a parent face to make payment. Online payment can be done from any part of the world through your credit card, debit card, net banking and UPI. This method reduces the chances of delayed payment and risks in accessibility to all. Finance section of the university is receiving all the money, making payments and keeping records of it with intense care and sincerity.

Students Induction Programme Day 7 (30.09.2020)

The details of the sessions scheduled for the Day 7 (30.09.2020) of the Students Induction Programme are as follows.

Time	Activity	Speaker/ Person in-charge
10.00 am - 11.00 am	Lecture on “Money Management and Savings”	Dr. P. Shanthi, Professor, Dept. of Commerce
11.30 am – 12.30 pm	Sports and Martial Arts (SELF DEFENSE)	Dr. P. Nandhini, Dept. of Physical Education

❖ Money Management and Savings

Students learnt how to use resources such as community event listings to find free or low cost events to reduce entertainment spending and taught to cancel, subscriptions and memberships that students don’t use especially if they renew automatically. She talked about the importance of goal setting. She also explained how to maintain emergency funds, securities such as stocks or mutual funds. She created awareness on bank offers automated transfers between checking and savings accounts.

❖ Sports and Martial Arts (Self defense)

Games and sports teach students to cooperate with others and achieve success in life. Sports bring discipline in life; play and work in a team. Students pursuing study need healthy body and mind. Self- defense is a reality that is faced by everyone and Martial Arts training provides necessary skills to increase chances of survival. Students learned risk avoidance and fighting skills that they can apply. The knowledge in martial arts and its practice can have a crucial role in the concept of general national defense and social self- defense.

Students Induction Programme Day 8 (01.10.2020)

The details of the sessions scheduled for the Day 8 (01.10.2020) of the Students Induction Programme are as follows.

Time	Activity	Speaker/ Person in-charge
10.00 am - 11.00 am	Lecture on “Education for Wholesome Development”	Mr. Sathyakumar, CEO & Founder of Tycoon Advisors
11.30 am – 12.30 pm	Lecture on “Women Safety”	Mrs. Masutha Begum, Inspector, All Women Police Station, Tiruppur
1.30 pm – 2.30 pm	Mentor-mentee session – Universal Human Values	Class tutors

❖ Lecture on “Education for Wholesome Development”

The 8th day of students Induction Programme on 01.10.2020 started with the blessings of Almighty God and followed by welcome speech delivered by Professor, Dean Dr.Umamaheshwari, Students Affair. Dr.Saratha, Professor, Department of Chemistry, delivered an introductory speech, in her introduction she welcomed the resource person and all the participants on behalf of the Institution. The day started with the session on ‘education for wholesome development’ by Mr.Sathya Kumar, **CEO & Founder of Tycoon Advisors**. He mentioned the vision of Ayya Avl and expressed the greatness of ayya avl. In his address, he highlighted value of Avinashilingam University in shaping the future of students on desirable lines. In addition, he insisted about various sacrifice of our first education minister Thiru. Avinashilingam Ayya Avl.

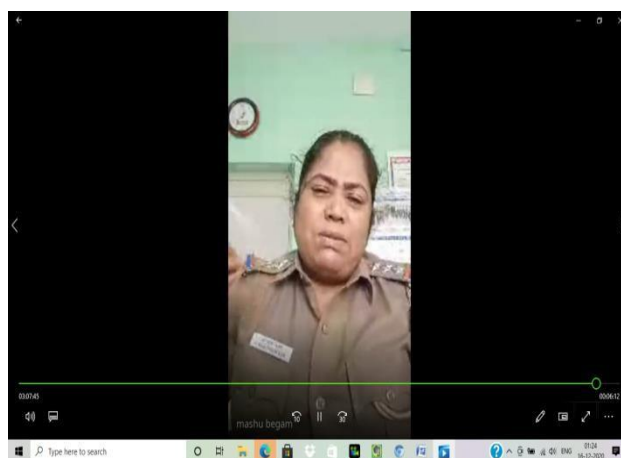
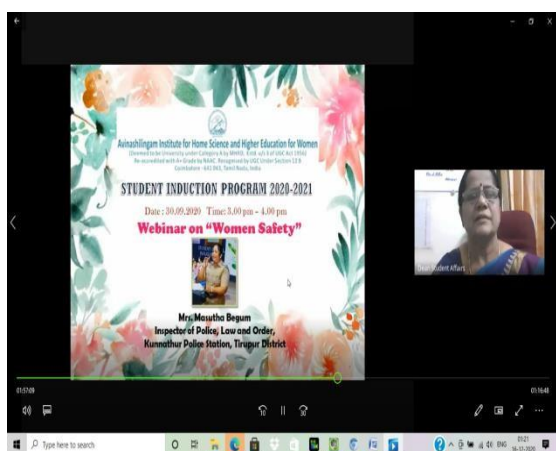


Mr.Sathya Kumar, CEO & Founder of Tycoon Advisors

He gave prominence to five dimensions like physically, mentally, intellectually, emotionally and spiritually which exist in our University for the betterment growth of the students. In his address, he explained about current educational policy and it was framed only on the vision of Ayya Avl. He emphasized about spiritual quality and he says that it has unique quality. He spoke about harmony and rationality. He insisted the utilization of education by way of creating vision, along with which he insisted that the students change society. He insisted about Viveka and Virakia, embrace the higher quality and renounce the lower quality. He said that sacrifice is work on the basis of Higher thought and leave the lower thought. He stated that you feel God is in yourself. He expressed the importance of Tamil for holistic education. Statements of Ramakrishna and Vivekanandha paving the way for balanced personality and Human development that will contribute to enrich the society.

❖ Lecture on “Women Safety”

Mrs.Masutha Begum, Inspector of police, Law and Order, Coimbatore delivered her generic talk on women safety. In this session, Dr.Uma maheshwari, Dean of Student Affairs gave an introduction about resource person followed by Dr.Vaijyanthi, Dept of Education gave a welcome to the resource person and gave a brief profile of Mrs.Masutha Begum. She started her lecture with Abirami Anthathi and spoke about ‘live yourself’. She advised to each and every student to live for themselves but not for others. It was explained with real life example by her. She quoted another example for equilibrium thinking and she insisted that the feelings should not be taken very deep, because it may lead to serious consequences. In her speech, she told that if the students choose to study according to their interest, it will surely bring the success. She advised the students do the good deeds that will be helpful to other people and students themselves are responsible for success of life. She spoke about the importance of Madha, Pitha, Guru and Theivam. She also stressed the need and importance of KAVALAN APP.



Mrs.Masutha Begum, inspector of police

In her speech, she pointed out the inner beauty of female children and insisted that duty makes beauty. She focused on delinking of photos and videos sharing from others. The speaker mentioned the importance of value based education and its impact on our society. She also told that every student should obey the laws, to parents and to teachers. She also highlighted to the students about the word CAR, change the changeable, accept the unchangeable and remove unrespectable. She motivated the students to learn Karathe, dance and read books. This session was ended with Vote of thanks by Dr.Amudha, Assistant Professor, Department of Psychology.

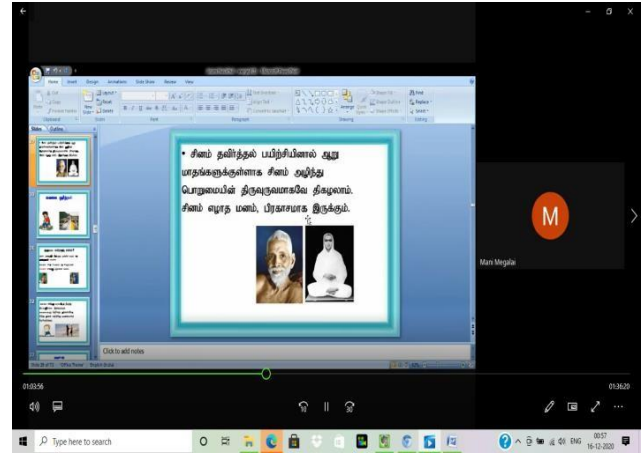
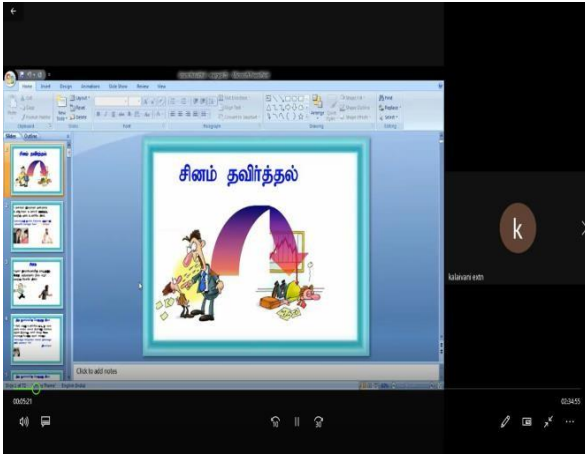
Students Induction Programme Day 9 – Day 13 (05.10.2020 - 09.10.2020)

Students Induction Programme for day 9 to day 13 (05.10.2020 – 09.10.2020) was scheduled as Yoga sessions. The day schedule is as follows

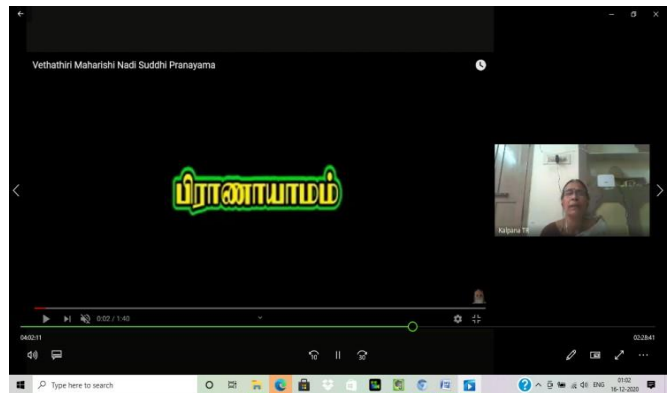
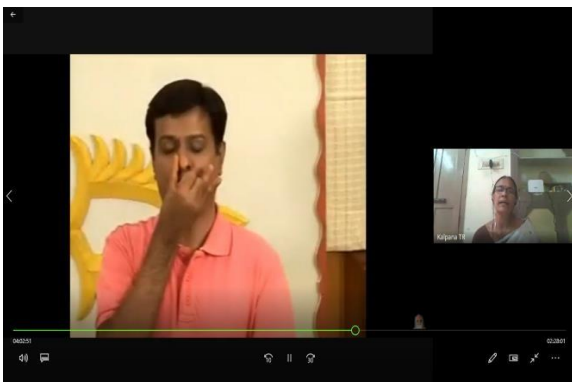
Time	Activity	Speaker/ Person in-charge
10.00 am - 12.00 noon	Yoga	Mr. Haridas, Vethathri Yoga Centre Aliyar, Coimbatore
1.30 pm – 3.30 pm	Yoga	Mr. Haridas, Vethathri Yoga Centre Aliyar, Coimbatore

As a part of Students Induction Programme Yoga session was conducted for a week. The sessions were held by Mr. Haridas, Vethathri Yoga Centre, Aliyar, Coimbatore. Under the guidance of Mr.Haridas, students were addressed by other tutors of Vethathri yoga centre. Importance of Yoga was thought,

On day one, a representative from Vethathri Yoga Centre gave an elaborate lecture to the students on anger, which is the prime reason for most of the problems in the world. Anger is a natural and an emotion characterized by a strong feeling of annoyance. Anger is caused by one's desire that is not fulfilled and it may come both by external and internal events. It affects the persons, the person who is anger and the person on whom the anger is exposed. If a person is anger, it will also lead him to take adverse actions on others and it makes even death also that she says in her presentation. Anger in due course destroys, while forgiveness is the only solution to all. If a person can control his anger, then they can become a successful and happy person.

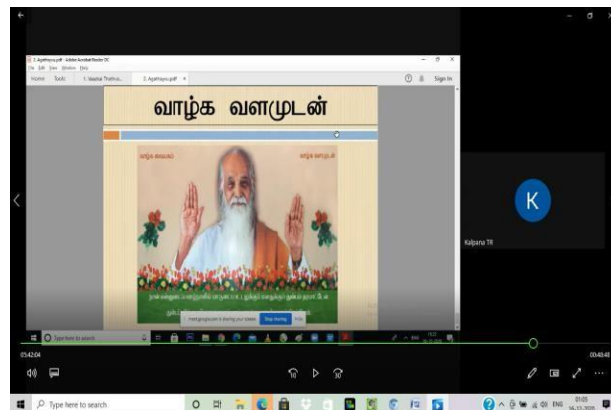
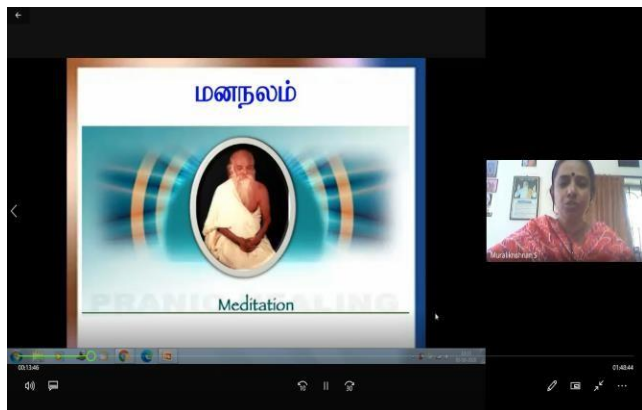


Next day, session started with prayer song and followed by the representative of Vethathri Yoga Centre explained about Philosophy of kayakalpa yoga. In kayakalpa yoga, body divides three parts and this yoga maintains that body temperature. In her presentation, she explained about food intake because if people takes wrong food intake that will affect the health. She talks about Good sleep that it will makes good health then it maintains nervous system. Every day morning we should practice the kayakalpam training. Followed by next representative talks about Pranayamam and it control our mind. In the session, the practical was conducted but it makes before meditation. She explained about Vision for Wisdom and she says that every activity has an effect and it may bring sad, happy, silence and happiness. Life should have aim and it maintains some principles. People should know about principles of life that should be related to individual, society and environment and people should change their attitude for good posture.



In the subsequent session, the issues and the problems related to worry were expressed to the students. Worry is the gap between expectation and practical, then need and availability. Worries were raised by way of anger, deception, jealousy, hate, greed and contempt. Students get worried that it will create so many disadvantages like problems cannot be rectified and blunts the people for solving the problems. People save money if so it can eliminate the worries.

In the next session, the importance of memory was articulated mentioning that the memory can be strengthened by practicing and following few simple techniques like Learn with understanding, Learn with interest, Question yourself and Recite, Repeat and Revise. Memories can be classified into sensory memory, short term memory and long term memory. In this session, representative from Vethathri Yoga Centre insist to students about the importance of planning and it is essential for everyday life.



In the next session, Dr.Raichel, Department of English, welcome the representative from Vethathri Yoga Centre and it followed by speech on meditation to keep mind in well done. In her presentation, she said that students should do good things it will result good them and done things in opposite way it will create bad. Meditation is the best to our mind relaxation, peace and concentration. One can bring the mind in a perfect path and improve thinking capacity only by way of meditation. In her speech, she told that exercise to enrich the mind and take internal training for peace of mind. People reduce the mental wave spiral by way of Penance. She expresses that combination of mind and life is worship. She told all the Levels of penance and characteristics of penance.

Students Induction Programme Day 14 (12.10.2020)

The details of the sessions scheduled for the day 14 (12.10.2020) of the Students Induction Programme are as follows.

Time	Activity	Speaker/ Person in-charge
10.00 am - 12.00 noon	Freshers' day	Conducted by the respective departments – Seniors welcomed the freshers

"Freshers Day Celebration" in any college is an event which every student eagerly awaits from the time of admission. The 12/10/2020 was a memorable day in the life of every fresher of Botany batch 2020 at Avinashilingam Institute for Home Science and Higher Education for women

(via - google meet). The purpose of freshers day party was to make every new student feel connected as an integral part of the avinuty family and be ready to take on the challenges of the year ahead. The Online Freshers Day meet was meticulously planned and conducted by all the Department for their new batch of students on the 12th of October 2020 between 10 a.m. and 12 noon, as a part of the Students Induction Programme. The participants included the Undergraduate and Postgraduate students and the faculty members of the respective department. The first year UG and PG students were welcomed by Charu of II B.A. English. After that, the I UG and PG students got themselves introduced. Haritha of III B.A. English gave a brief introduction to the course and explained the course prospects. She also encouraged the students by providing a long list of job opportunities an English graduate can opt for. Following this, the I B.A. Students displayed their talents through songs and paintings. Soundary of I B.A. made a powerpoint presentation of the Covid-19 pandemic, reiterating the need to honour the frontline workers to fight away the deadly virus. Kavya of I M.A. English conducted a mini interactive quiz session on literature through paintings. Sahana Safrin of I B.A. navigated through the program with her accentuated Master of Ceremony. The program was made very lively with these activities and it came to an end with the vote of thanks.

Students Induction Programme Day 15 (13/10/2020)

The details of the sessions scheduled for the day 15 (13.10.2020) of the Students Induction Programme are as follows.

Time	Activity	Speaker/ Person in-charge
10.00 am - 10.15am	Jan Andolan Campaign on Covid-19	Dr.UmaMageshwari, Dean, Student's affairs
10.15am – 12.00pm	Lecture Program on Mindful Mind	Dr.R.Sudha, Assistant Professor, Department of Psychology

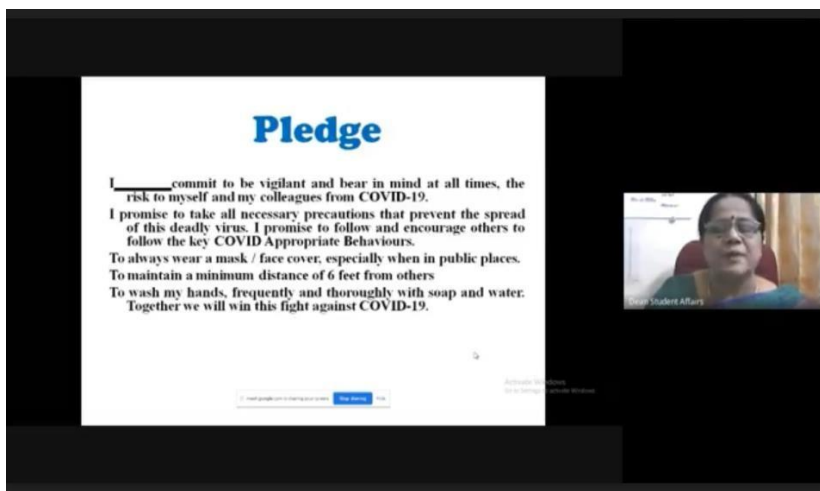
The sessions for the Students Induction Programme started at 10.a.m. Dr.UmaMageshwari, Dean, Student's affairs welcomed the gathering and addressed the students about the day's schedule.

❖ Jan Andolan Campaign on Covid-19

Jan Andolan Campaign mainly focusses on Public Health Response to COVID-19. The Ministry of AYUSH ministry in collaboration with Central Council of Indian Medicine and the Central Council Of Homoeopathy took initiative to activate the network of about 750 AYUSH medical colleges for promoting COVID appropriate behavior, adding momentum to the Jan Andolan campaign against the infectious disease. In view of the upcoming festivals and winter season, this campaign was

launched by Prime Minister Narendra Modi to make people across the country to adopt COVID appropriate behavior.

In accordance with this, Jan Andolan campaign was initiated in the Avinashilingam Institute campus. Dr.Uma Mageswari addressed this campaign wherein she insisted the students follow the three important Covid-19 preventive measures namely wearing mask, sanitizing hands and maintaining social distance. She also insisted the students to take the Jan Andolan pledge that has been given in the UGC portal and receive the E-certificate for the same and submit it to the Class tutors.



Dean Insisting students to undertake Jan Adolan for Covid 19 Pledge in UGC Portal

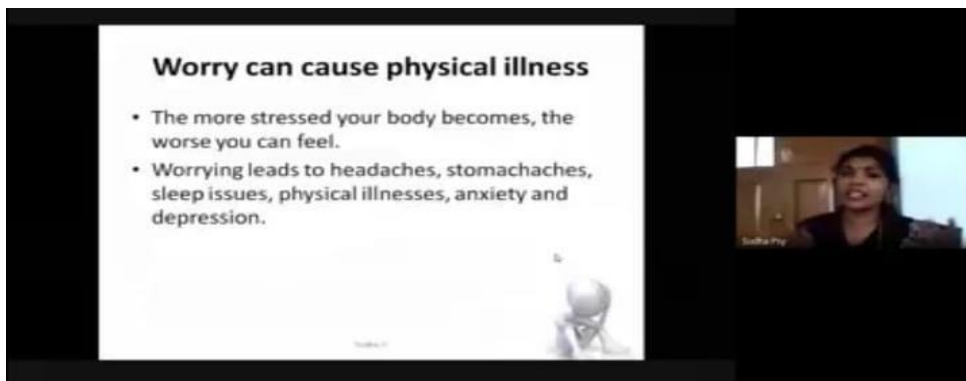


E certificate issued for Jan Andolan for Covid-19 Pledge

❖ Lecture on “Mindful Mind”

Dr.Sudha gave a special talk on the topic “Mindful mind” which is about overcoming worries and stress in our daily life through simple and mindful techniques. She started her speech by listing out the major worries of everyone such as being alone, studies, family etc. She elaborated how many

thoughts would roam in a head. She also explained whether worrying alone would help one to achieve their goal or tasks. Too many thoughts will ruin oneself and health in a harmful way and hence she insisted that it is completely useless.



Dr.Sudha delivering her lecture on Mindful mind

She also explained how unnecessary thoughts could cause physical illness and discussed the difference between being real and hypothetical worries and the steps to overcome hypothetical worries. The major solution that she recommended was being mindful which means focusing “Here and Now”, being non-judgmentally observant and filling oneself with positivity. Dr.Sudha also taught simple and mindful techniques to overcome hypothetical worries, to build resilience and to overcome fear.

Students Induction Programme Day 16 (14.10.2020)

The details of the sessions scheduled for the Day 16 (14.10.2020) of the Students Induction Programme are as follows.

Time	Activity	Speaker/ Person in-charge
10.00 am - 12.00 noon	Talents Day	Conducted by the respective departments – Freshers’ exhibited their talents

The Talents Day meet was meticulously planned and conducted by all the Departments to boost the self-esteem, confidence and assurance of fresher’s, on the 14th of October 2020 between 10 a.m. and 12 noon, as a part of the Students Induction Programme. The talents Day celebration of the Department of Human Development was conducted virtually through the platform of Google meet from 10.30am – 1.00pm on 14.10.2020. The event was witnessed by the IUG, IIUG, IIIUG, IPG and IIPG students as well as the research scholars of the Department. The overall programme was organised by the newcomers (I UG and I PG students) of the department under the guidance of the class tutors - Mrs. Rajkumari and Dr. Ramya Bhaskar. The talents day programme was a platform for

the new students who have joined our institute to showcase their talents. The show was to nurture the intrinsic qualities of students and remove the fear of entering a new institution and to encourage freshers of the academic year 2020-2021 to develop a familiarity with the department and build rapport with the faculty.

The virtual celebration started by invoking the blessings of God almighty followed by a warm welcome note by the students. Following the welcome address, the I UG students presented their talents. A total of 20 students from I UG displayed their talents. Students exhibited their talents in singing, dancing, reciting poetry written by them and reciting Thirukkural, some displayed their videos of photography, cake baking, face painting etc which captivated the attention of the viewers. The students also presented their craft work out of waste materials and a speech was delivered by a student on APJ Abdul Kalam which was interesting and inspiring. They also presented pencil sketching and kolam/rangoli designs which showed their focus and patience in creating them. Next, the I PG students displayed their talents in various activities uniquely. A total of 8 students came up with their talent show. They presented their self-written poetry with beautiful video, a graceful hoopla ring dance was presented which mesmerised the viewers, and a traditional Bihu dance was also presented exquisitely, a beautiful dance show was presented and they also presented their talent of spectacular sketching/drawing.

The research scholars of the department also spoke and fortified the new students. They shared their experiences about college and hostel life and the memories they have made with friends and teachers as well as the encouragement they get for academic growth and development. They also spoke about the facilities that are available to boost their academic growth. Overall, the talents day programme was one of the best virtual programmes that left the viewers awestruck and was indeed a memorable one. Finally, the event was concluded with the appreciation and encouraging words of the staff members of the department.

Students Induction Programme Day 17 (15/10/2020)

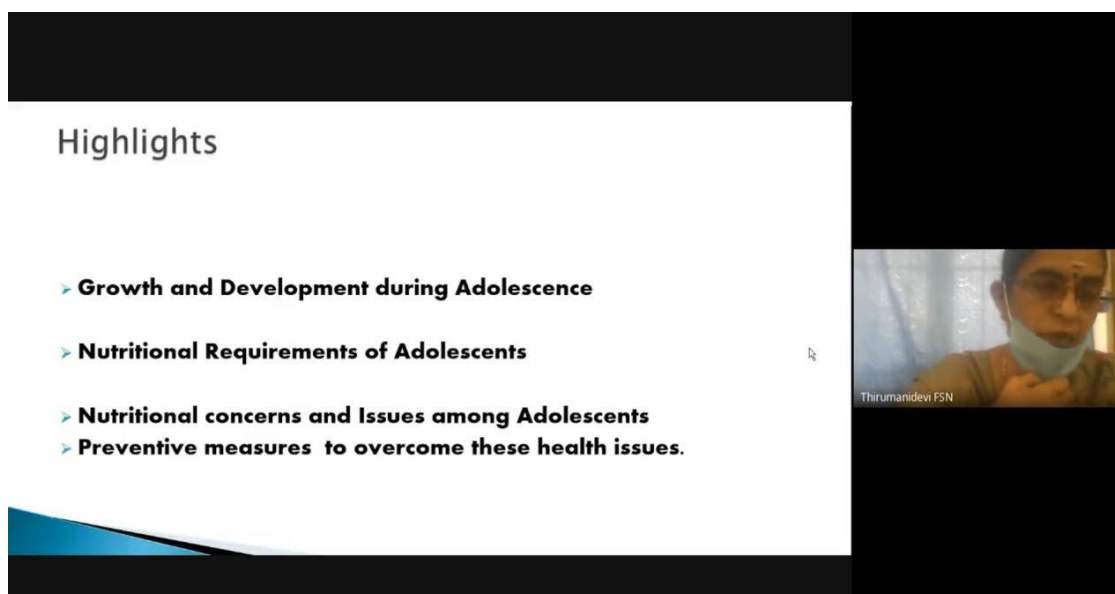
The details of the sessions scheduled for the day 17 (15/10/2020) of the Students Induction Programme are as follows.

Time	Activity - Lecture Program	Speaker/ Person in-charge
10.00 am - 10.45am	Nutritional Importance during Adolescence	Dr.A.Thirumani Devi, Professor and Head, Department of Food Science and Nutrition

10.45am – 11.15am	Power of Women	Dr.M.Sylvia Subapriya, Professor, Department of Food Science and Nutrition
11.30am – 12.00 pm	Mindful Eating	Dr.C.A.Kalpna, Associate Professor, Department of Food Science and Nutrition
12.00 pm – 12.30 pm	Get Fit with Good Food	Dr.PA.Raajeswari, Associate Professor, Department of Food Science and Nutrition

❖ **Lecture on “Nutritional Importance during Adolescence”**

The sessions for the Students Induction Programme Day 17 begun at 10:00 am. The program started with a prayer song by Mrs.J.R.Bindu, Assistant Professor, Department of Music. Dr.Uma Maheshwari, Dean, Student’s Affairs delivered the welcome address. The speaker of the first session was Dr.A.Thirumani Devi, Professor and Head, Department of Food Science and Nutrition. She gave a special lecture on “Nutritional Importance during Adolescence”. In her lecture, Dr.Thirumani explained in detail about the growth and development during adolescence, nutritional requirement, concerns, issues of adolescence and the preventive measures to overcome the health issues.



Dr.A.Thirumani Devi highlighting the important facts of the nutrition for adolescence

She started her speech by explaining about why adolescence stage is considered as a nutritionally critical period of life cycle by explaining in detail about the changes that occur in height, weight, and body composition. She also elaborated why it is essential to fulfill the nutritional demands in terms of physiological functions. She elaborated in detail about energy, proteins and various nutrients requirement and their role in adolescent health.

In addition, she also explained the recommended dietary allowance as per the ICMR guidelines. At the end of session, she talked about various health issues caused due to both malnutrition and over nutrition during this period such as immune deficiency diseases, obesity, diabetes etc and factors affecting food choices of adolescents. She also discussed about premenstrual problem and its management and requested the students to maintain a healthy dietary pattern in their lifestyle.

❖ **Lecture on “Power of Women”**

In the second lecture program, Dr.Sylvia discussed about the need for women empowerment. She explained how woman can balance her career and personal responsibilities smoothly. At the start of her lecture, she elaborated about the origin of women, how women are powerful and successful in various fields and different role played by them, especially the significance of motherhood which is recognised as the cumulative power of mankind.



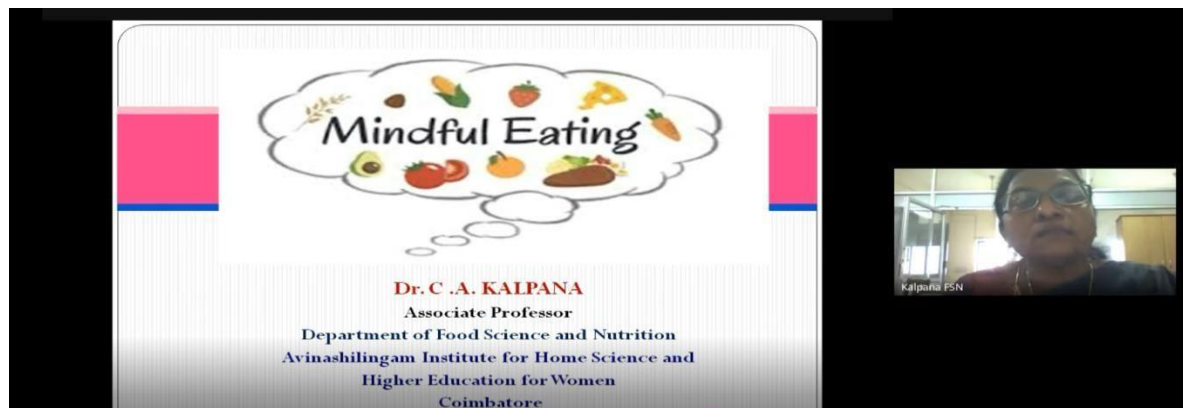
Dr.Sylvia delivering the lecture on “Power of Women”

Dr.Sylvia also discussed about gender disparity, crimes against women, tenets of women empowerment and the evolution of women role in labour force. She explained about global status of women and crimes against them with statistical evidence. She also elaborated about the health requirement for women insisted on following the Gandhian Food pyramid to achieve it. At the end of her lecture, she discussed about the challenges of women empowerment such as gender bias, restriction to participate and also points need to be followed for self-empowerment.

❖ **Lecture on “Mindful Eating”**

In the third session, Dr.Kalpana discussed about “Mindful eating”. She started her talk by explaining why it is necessary to have a mindful eating by explaining that eating intelligently is an art.

She explained about the influence of modern era food on people which resulted in the neglect of our traditional foods. She also discussed about the prevalence of obesity that leads to various health hazards and diseases. She explained how to practice mindful eating and to avoid binge eating.



Dr.C.A.Kalpana discussing about mindful eating

Dr.Kalpana in this lecture taught the students about how to eat right, habits of mindful eating and things not to be done during eating to avoid binging. At the end of the speech, she also made the student aware of various health hazards causing due to the consumption of transfat-rich food items. She advised to get adopt to healthy lifestyle by following all these recommendations.

❖ **Lecture on “Get Fit with Good Food”**

In the final session of the forenoon, Dr.PA.Raajeswari delivered a speech on “Get Fit with Good Food”. She started her talk by explaining about the influence of food industry on food habits of the people wherein not much importance given for their health.



Dr.PA.Raajeswari discussing about how to get fit by eating good food

She discussed in detail about different factors that enable one to get fit and healthy such as socialization, balanced diet, mental well-being, physical exercise, sound sleep and meditation. She also talked about various nutrients required for good health. She explained how to plan your diet by

explaining the concept called “Paint your plate” wherein one need to add foods with different colours. At the end, Dr.Raajeswari also elaborated the relationship between the mood and the food colour, how food influences hormone levels and functions etc. The student Induction program of the day 15 came to an end with the vote of thanks, delivered by Raichel M. Sylus, Associate Professor, Department of English.

Students Induction Programme Day 18 (17/10/2020)

The details of the sessions scheduled for the day 18 (17.10.2020) of the Students Induction Programme are as follows.

Time	Activity - Lecture Program	Speaker/ Person in-charge
10.00 am - 12.00 noon	Holistic Health World Food Day Celebration	Department of Food Service Management and Dietetics

The world food day 2020 was celebrated on **17th October 2020** by *Department of Food Service Management and Dietetics* on the theme of “ *Grow Nourish and Sustain Together*” . Around 250 members (student and faculties) participated in this programme. Dr.S.Uma Mageshwari, Dean, Student affairs, Professor, Department of Food Service Management and Dietetics, delivered Welcome address. Report Presentation was done by Momota Jain, II MSc, Dept of FSMD. A total of 166 participants from undergraduate students, postgraduate students and research scholars from the various schools of Avinuty.

For video making, the title was "Nourishing foods for sustenance", the participants were asked to prepare one recipe comprising all the food groups, the method of preparation fireless cooking, and with the display of the recipe the participant should talk about the recipe for one minute. The time limit for the video was maximum 3 minutes. The total respondents were 44.

For e-poster designing, the title was "Way forward to kitchen garden". The rules for posters were to display the posters in A3 size and submit it via the link which was provided in the brochure . The total respondents for posters were 81. Let's see few posters from the competition. These are some of the best posters taken for presentation. A kitchen garden is where herbs and vegetables are grown around the house for household use. Since early times a small plot near to the house has been used for growing a variety of vegetables according to the season. The organisers also organized virtual debate competition, both in English and Tamil. The topic for debate was on Online food delivery system with group 1: Online food delivery system - need of hour and group 2 : Online food delivery system -not a

sustainable solution. The total responses to the event were 41. All the competitions were conducted by the group of department association organizing committee and these responses were submitted to them via Google Drive and email ID that was provided in the brochure. These were compiled and we're sent to a panel of judges, the staff members from the department of Tamil, English, botany and visual communication evaluated the competition materials and the best e-posters designing, video making, and debate and e-certificates for all the participants and the prize winners of the competitions conducted and the certificates sent via email

Dr. S. Kowsalya, Registrar, Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore ; delivered the presidential address in which she promoted traditional way of cooking as well as eating. She also said, Dr. M.S. Swaminathan started to celebrate this day to promote food and nutritional security. Dr. N. Vasugi, Dean, School of Home Science , Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore ; greeted the gathering by saying “ help who suffer from hunger”. Dr.PL.Sridevi Sivakami, Associate Professor, Department of Food service management and dietetics, introduced the guest speaker about his exploration in several fields.

Dr. C. Anandharamakrishnan, Director, Indian Institute of Food Processing Technology (IIFPT), Thanjavur, Speaker of the event .



Dr. C. Anandharamakrishnan, addressing the participants

He clearly explained about the trends and future prospects of food processing. These are the new emerging food processing techniques.

Dr. V. Premala Priyadharsini, Professor, Department of Food service management and dietetics , announced the prize winners for the competitions conducted. Dr. S. Thilagamani, Assistant Professor (SG), Department of Food service management and dietetics, delivered the vote of thanks . Master of Ceremony, was by Poun Mari.T II MSc, Food Service Management and dietetics.

Students Induction Programme Day 19 (19.10.2020)

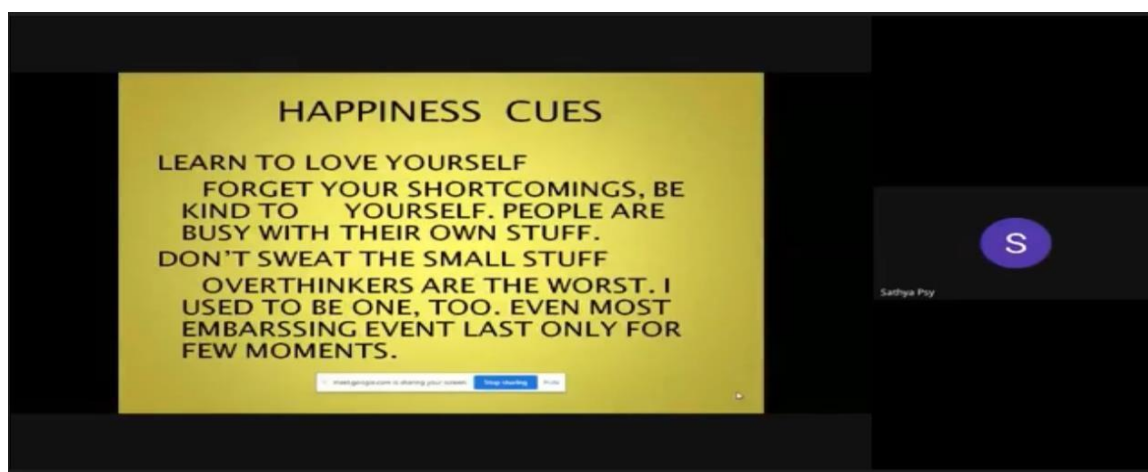
The details of the sessions scheduled for the day 19 (19.10.2020) Monday of the Students Induction Programme are as follows.

Time	Activity	Speaker/ Person in-charge
10.00 am- 11.00 am	Healthy Mind	Department of Psychology
11.00 am – 11.30am	Aerobics and Fitness	Dr.P.Nandhini, Professor, Department of Physical Education
11.30am – 12.00 noon	Fitness the fuel for Youth	Dr.T.Shanmugavalli, Associate Professor, Department of Physical Education

❖ Lecture on “A Step towards Happiness”

The sessions for the Students Induction Programme Day 19 begun at 10:00 am. The program started with a prayer song by Mrs.J.R.Bindu, Assistant Professor, Department of Music. Dr.Uma Maheshwari, Dean, Student’s Affairs delivered the welcome address and introduction of the speaker.

Dr.Sathya gave a special talk on the topic “A Step towards Happiness” which is about searching and finding happiness within yourself but not outside. She started her speech saying how the current pandemic corona situation and lock down had made the people to develop depression. As a solution for this, Dr.Sathya explained how one can keep themselves happy by finding the true happiness from their own company rather than from others by living in harmony with our body, mind and soul. She enlisted the major reasons for being unhappy both physically and psychologically.



Dr.Sathya explaining the simple ways to find the true happiness

Dr.Sathya elaborated the simple ways to be happy such as avoiding overthinking, not holding grudges and get struck with the past etc. She insisted to make time for the right things and prioritize them according to one's requirement and should be ready to move on and always be positive, be gratitude to small things, kind and optimistic. She explained how maintaining good health is also essential to keep oneself happy. She also insisted to do at least one favorite hobby and even a small exercise to keep relaxed and to boost your positivity.

❖ **Lecture on “Aerobics and Fitness”**

The speaker of the session was Dr. P. Nandhini, Professor, Department of Physical Education. The aim of the session was to make awareness among the students about the importance and benefits of aerobics and fitness.



Session Speaker Dr.P.Nandhini, Professor, Department of Physical Education

It was a complete practical session, performed by Dr. P. Nandhini. She gave an introduction about aerobic dance and explained that aerobics is a form of physical exercise that combines rhythmic aerobic exercise with stretching and strength training routines with the goal of improving all elements of fitness (flexibility, muscular strength, and cardio-vascular fitness). The session was started with a simple warm-up exercise like simple stretching of legs and hands to free up the muscles, by neck stretch, biceps and triceps stretch etc.

After warm-up, she taught easy and basic six aerobic dance exercises. Usually, the aerobics is done with Western music. But Dr. P. Nandhini had performed it with Tamil songs, that made the students more attentive. The exercises were very easy to do, even old age people can also do, but they are very effective. Aerobics that had performed will increase the heartbeat, digestion capacity. After

completion of the exercises, we have to relax our muscles by few warm-ups. She said that it was not only an exercise but also keeps our mind relax, like other forms of exercise, step aerobics helps burn calories and fat. The number of calories burned depends on the speed of movements, step height, length of exercise, and the person's height and weight. At the end of this session, Dr.Nandini insisted the students to do exercise regularly and develop it as a habitual routine.

❖ Lecture on “FITNESS THE FUEL FOR YOUTH”

The session begun with formal introduction about the speaker, Dr T Shanmugavalli

The Speaker began her talk by conveying us the importance of fitness and health followed by the need of physical fitness in our life. The main objective of this session was to educate students regarding the need of physical activity in one’s life. The speaker fore ground the importance of fitness by “PHYSICAL ACTIVITY PYRAMID”. Lecture was so inspiring and motivating us to follow simple exercise and make ourselves healthier.



Dr. T. Shanmugavalli delivering the lecture

Dr. T. Shanmugavalli defined us the parts of physical fitness into health and skill to make us understand clearly. She explained the physical activity pyramid in the different levels like level 1, level 2, level 3 and level 4. Your physical fitness can be started from level 1 on the basis of activity, time, intensity. The Speaker spoke about the government initiatives regarding the health and fitness and launching of FIT INDIA YOUTH CLUB PROGRAMMES and KHELO INDIA especially for the youth to engage in physical activities. She concluded the session by saying that “**Key to a healthy lifestyle comes from having a good healthy diet, regular exercises, adequate rest and a healthy weight**”.

Students Induction Programme Day 20 (20/10/2020)

The details of the sessions scheduled for the day 20 (20.10.2020) of the Students Induction Programme are as follows.

Time	Activity	Speaker/ Person in-charge
10.00 am- 10.15am	Orientation on Health Centre	Dr. Saraswathi, Medical Officer
10.15 am – 12.00 noon	Healthy Mind	Department of Psychology

❖ Orientation on Health Centre

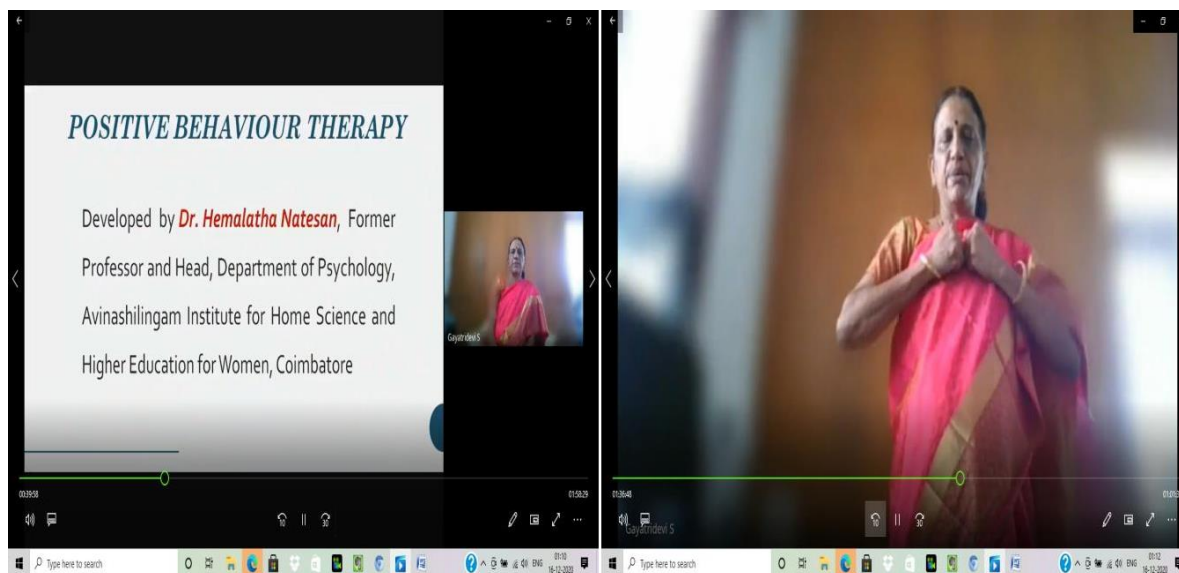
The day started with prayer song and followed by our dean Dr.Umamaheshwari, Students affairs, introduce the resource person. Dr. Saraswathi, Medical Officer speaks about university Health Centre. In her speech, she mentioned that the health centre provides all the facilities related to medical. She explained about medical check up and it was done by her for each and every student with the help of assistant. She makes arrangements for those who effect by diseases and gives advice on the basis of observation. Special camp has been conducted by her for the welfare of the students. In her speech, she insists precautions for Covid19 for the improvement of immunity power and told to students about the instruction given by state and central government regarding Covid19.



❖ Healthy Mind

Next session started by Dr.Gayathri Devi, Associate Professor and Head, Department of Psychology talks about positive behaviour therapy. She told that positive behaviour therapy and it was developed by former professor and Head, Hemalatha Natesan. In her presentation, she insists about the

importance of positive behaviour therapy. She persists about benefits of techniques on relaxation. She shows about the reasons for stress and based on stress, physical symptoms and cognitive symptoms exist then it brings many disorders. If one wants to practice positive behaviour it should be practiced by different activities like deep breathing and relaxation training. She told in her presentation that the positive directions makes positive behaviour therapy and it feels by way of auto suggestions. In this session, she also talks about tension releasing exercise.



The session followed by Ms.Srinithi, Assistant Professor, Department of Psychology and she explained about self awareness and Observation. She also talks about benefits of self awareness and it will leads to emotional intelligence. In her presentation she express about low emotional intelligence and high emotional intelligence. She brings about various types of self care activities in her presentation. She says that self care activities paves the way for improved resistance to disease and enhanced self esteem. Session was end with vote of thanks and it was given by Dr.Raichel, Department of English.

Students Induction Programme Day 21 (21/10/2020)

The details of the sessions scheduled for the day 21 (21.10.2020) of the Students Induction Programme are as follows.

Time	Activity	Speaker/ Person in-charge
10.00 am - 11.30am	Inspiring Videos	Class tutors
11.30am – 12.30pm	Feedback and report	Class tutors

The sessions for the Students Induction Programme started with a prayer song. Dr.Uma Mageshwari, Dean, Student's affairs welcomed the gathering and addressed the students about the day's schedule.

❖ **Mentor –mentee session – Inspiring videos, Feedback and report**



As a part of the student induction program, the mentor-mentee session on inspiring videos, feedback and individual department report was organized. During this session, inspiring videos that showcase women empowerment and being bold were played for the students. This session was followed by a discussion session regarding the feedbacks received from students. At the end of this session, the mentor -mentee report was submitted.

Students Induction Programme Day 22 (22/10/2020)

The details of the sessions scheduled for the day 22 (22.10.2020) of the Students Induction Programme are as follows

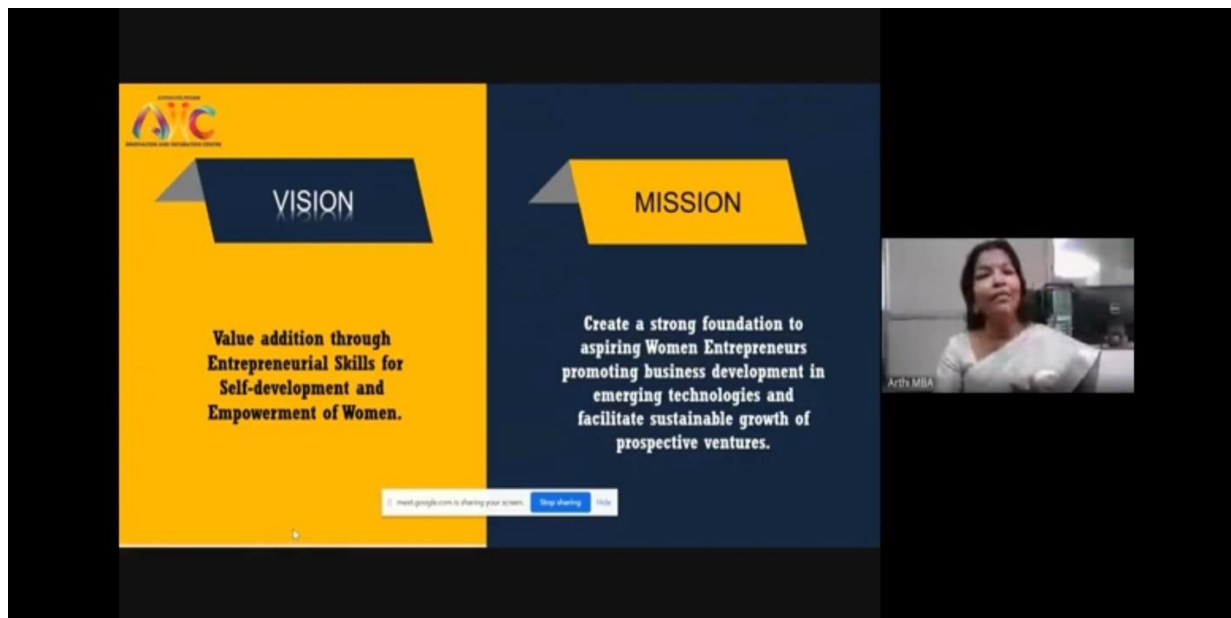
Time	Activity	Speaker/ Person in-charge
10.00 am- 11.30am	Lecture on Innovations and Startups	Dr.Aarthi, Incubation Centre
11.30am – 12.30pm	Mentor-mentee session	Class tutors
1.30 pm – 2.30 pm	Concluding Session	With authorities

The day's sessions started with a prayer song. Dr.Uma Mageshwari, Dean, Student's affairs welcomed the gathering and addressed the students about the day's schedule.

❖ **Lecture on “Innovations and Startups”**

The session began with a formal introduction about the speaker Dr Aarthi. The program began at 10:00a.m. The speaker addressed the students on the topic “Innovation & Startups”. The Major objective of this session was to motivate students about the vision and mission of Avinasilingam Innovation and Incubation center. The speaker began the session by giving an introduction to the topic

and about the achievements of the achievers. The key topic discussed was becoming an entrepreneur. With a positive quote “**Anything is possible, If you have got enough nerve to do it**”, students were motivated to face the challenges in life and not to run over it .It was expound by an inspirational video about Daisy , a 9 years old girl who is affected with Fibular Hemimelia but she is unphased and became a model for many different brands. The speaker spoke about the vision and mission of Avinasilingam Innovative and Incubation center deliberately.



The speaker also listed out the objectives of the centre: Creating awareness ,Frostering Entrepreneurial spirit ,Intra structure funding sources, In-house facilitation ,capacity building ,creation of new enterprises and idea generation. In-between the speaker played the videos about Stephen Hawkings , Nick Vujicic etc and motivated the students. She explained about the infra structure of the Innovation and incubation center, how the students enroll themselves in it and displayed the works done by the students and the faculty members. The speaker concluded her orientation with the message of Gaur Gopal Das “**Life is a sculptor, wants to make a masterpiece out of you**”. The program was very motivating and inspiring to the students.

❖ **Mentor –mentee session**

As a part of the student induction program, the mentor-mentee session was conducted to communicate more with students and to clarify students doubts about the varies activities that they have experiencing for past one month. This session was followed by a discussion session regarding the feedbacks received from students.

❖ Concluding Session

The concluding session of Students Induction Programme 2020 was held with the authorities of our esteemed Institute.

The Vice Chancellor, Dr. Premavathy Vijayan gave the presidential address in which she inspired the new commers on the life skills they could develop during their period of study in the institution. She motivated the students to give their best and utilise the time they spent in the campus towards holistic learning and attaining knowledge in their respective subjects. Following the Vice Chancellor, the function was addressed by the registrar Dr. S. Kowsalya. Ma'am had motivated the students and insisted that one should possess knowledge, skill and value in their life.

Next students representatives from I UG and I PG; were given an opportunity to express their thoughts about the induction program as well as how they felt about joining the institution. Both the students expressed their thoughts positively. They said that they enjoyed the induction programme thoroughly. One of the student expressed her excitement on seeing the virtual campus tour. She said that she was gladly waiting to join the institution in person. While the other student mentioned her happiness she gained because of the freshers day and talents day. A few parents were also given an opportunity to express their views. Where one parent stressed upon the facilities, the departments as well as the faculty. Even though the program was conducted in an online platform, it went on smoothly without any technical problems. The entire student induction program was a grand success.