



Avinashilingam Institute for Home Science and Higher Education for Women

(Deemed to be University under Category A by MHRD, Estd. u/s 3 of UGC Act 1956)

Re-accredited with A+ Grade by NAAC. Recognised by UGC Under Section 12 B

Coimbatore - 641 043, Tamil Nadu, India

Faculty Induction Programme / Student Orientation Programme

2019-20



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Coimbatore - 641 043, Tamil Nadu, India

The Internal Quality Assurance Cell (IQAC)

cordially invites you for

One Day Induction Programme for Faculty Members

Dr. Premavathy Vijayan

Vice Chancellor

will preside

Special talk by

Dr.T.Geetha	on	“Curriculum Design and Teaching Learning Methods”
Dr.G.Padmavathi	on	“Teaching-Learning and Evaluation”
Dr.G.P.Jeyanthi	on	“Quality and Improvement in Research”
Dr.Thilagavathy	on	“Library as a Learning Resource”
Dr.S.Gayatri Devi	on	“Personal and Emotional Counseling”
Dr.U.Jerinabi	on	“Strategy Development and Deployment”

Dr. S. Kowsalya

Registrar

will greet the audience

Venue : Home Science Seminar Hall

Date : 8th August 2019

Time : 10.00 a.m. |



IOAC REPORT

The Induction Programme for newly Recruited Faculty Members (08.07.2019)

An Induction Program is aimed to assist the newly recruited Faculty members to become familiar with the culture of the Institute and to develop an understanding of policies and practices at central and local level, to acquire an understanding of how the Institute works and their role contributing to the success of the Institute.

Prof. Dr. T. Geetha delivered a talk on “*Curriculum design and teaching learning methods*”

She detailed about academic programmes—from Certificate courses to UG, PG, PG Diploma, M.Phil. and Ph.D. Programmes which comes under CBCS, embedded with flexibility so that students can choose subjects according to their interests and capabilities. She clearly stated the curriculum of each academic programme is built with Foundation Courses, Major Electives, Non-Major Electives, Skill-based Electives and Modular courses with enough scope for practical and curriculum also provides space for internships, industrial/field visits and project works.

She expressed Teaching learning that pertains the efforts of an institution to serve students of different backgrounds and abilities, through effective teaching-learning experiences. Interactive instructional techniques that engage students in higher order ‘*thinking*’ and investigation, through the use of interviews, focused group discussions, debates, projects, presentations, experiments, practicum, internship and use of ICT resources are important considerations.

Prof. Dr. G.Padmavathi instructed the “*Teaching learning and evaluation*”

She expressed teaching-learning modalities of the institution are to be rendered relevant for the learner group and the learner-centric education through appropriate methodologies such as participative learning, experiential learning, collaborative learning and self-learning modes facilitate effective learning. The available vast digital resources make learning more individualized, creative and dynamic. Quality of learning provided in the institution depends largely on teacher readiness to draw upon such recently available technology supports as also the initiatives to develop such learning resources to enrich teaching-learning, teachers’ familiarity with Learning Management Systems (LMSs), other e-resources available and how to meaningfully incorporate them in the scheme of teaching-learning.

Prof. Dr. G.P. Jeyanthi delivered about “***Quality and improvement in research***”

She explained the quest for search of new knowledge is made vibrant by promoting basic and interdisciplinary research activities with focus on emerging societal needs and innovation and to develop a well defined research policy of the institute ensures smooth conduct of research activities. She detailed about more than one thousand research articles have been published in journals notified by UGC in the last five years and Consultancy services actively taken up with Food Industries and organizations like UNICEF and revenue generated is utilized as per institutional policy.

Prof. Dr. Thilagavathy explained the importance of “***Library as learning resources***”

She emphasised about three libraries housing large collection of Books, Journals, Thesis, back volumes, rare collections and non-book materials and accessibility to Electronic sources such as IEEE Xplore Digital Library, ASTM, ASCE, JET, Shodh Ganga, e-Shodh Sindhu, INFLIBNET, SCOPUS, EBSCO, JSMS, Web of Science and DELNET. Recent development in the field due to availability of digital technologies is in the functioning of the library which has undergone a drastic change. Automation of library using the ILMS, use of e-journals and books, providing remote access to e-resources in the library have become a matter of necessity. Providing for these and other such developments as well as utilizing them well are important indicators of the quality of an academic institution.

Prof. Dr. S.Gayathridevi gave the importance of “***Personal and emotional counselling***”

She highlighted the importance of value education endorsed in each and every activity of the Institute and how values are promoted through Strategic statements of Vision and Mission, Institute. She detailed about the Centre for Ambitious and Resourceful Endeavours (CARE) which promotes the mental well being of all the members and provides clinical psychological and extended support system. It rejuvenates young minds to shape them to lead a life full of achievements. The centre personalized counselling sessions are conducted for needy students.

Prof. Dr. U. Jerinabi gave lecture on “***Strategy development and deployment***”

She explained that every institution would like to be recognized for certain attributes which make it ‘*distinct*’, or, one of its kinds. Such attributes characterize the institution and are reflected in all its activities in focus and practice. She also clearly stated that the Leadership provides clear vision and mission to the institution that are governed by the principles of participation and transparency. Formulation of development objectives, directives and guidelines with specific plans for implementation, by aligning the academic and administrative aspects improves the overall quality of the institutional provisions.



Dr.T.Geetha addressing the participants



Dr. U. Jerinabi addressing the participants

Avinashilingam Institute for Home Science and Higher Education for Women,
Coimbatore

Induction Programme Attendance Sheet 08.06.2019

S. No	Faculty Name	Department	Signature
1.	K.Padhamini	Food Service Management and Dietetics	K. Padmini
2.	Dr.Parboti Prasad Raout	Home Science Extension Education	Parboti
3.	Dr.P.Nithya Jeniffer	Zoology	Nithya
4.	R. Maraia Jenifer Zita	English	Maraia
5.	Dr.Mereena Alexander	English	Mereena
6.	K. Jisha	Visual Communication	Jisha
7.	G.V. Neelambari	Visual Communication	Neelambari
8.	M. Revathi	Special Education	Revathi M.
9.	Ms.S.Mounica	Textiles and Clothing	Mounica.S
10.	Dr.Shameena H.Khan	Mathematics	Shameena
11.	Dr.C.Antony Crispin Sweety	Mathematics	Antony.C.
12.	Mrs.P.Loganayaki	Mathematics	Loganayaki
13.	Dr.J.Ebenesar Anna Bagyam	Mathematics	Ebenesar
14.	Dr.V.Vaishnavy	Mathematics	Vaishnavy.V.
15.	Mrs.V.Bhuvaneshwari	Physics	Bhuvaneshwari
16.	Ms.G.Induja	Physics	G.Induja
17.	Ms.V.Sumithradevi	Physics	Sumithradevi
18.	Dr.Ali Fathima Sabirneeza	Chemistry	Ali
19.	Ms. S Priyanka	Biomedical Instrumentation Engineering	S. Priyanka
20.	Ms.S. Keerthana	Biomedical Instrumentation Engineering	S. Keerthana
21.	Mrs.N.Suryaprabha	Food Processing And Preservation	Suryaprabha
22.	Ms.B.Janani	Food Processing And Preservation	B. Janani
23.	Mrs.M.Aghalya	Electronics And Communication	Aghalya
24.	Mrs.G.Aswini	Civil Engineering	Aswini
25.	Ms.T.Miruthubashini	Printing Technology	Miruthubashini

S. Kousalya

Registrar
Avinashilingam Institute for Home Science
and Higher Education for Women
(University Estd. u/s. 3 of UGC Act 1956)
Coimbatore - 641 043

P. Ravi

Director - IQAC
Avinashilingam Institute for Home Science
and Higher Education for Women
Coimbatore - 641043, Tamil Nadu, India



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Coimbatore - 641 043, Tamil Nadu, India

Student Induction Programme

Invitation :



**AVINASHILINGAM INSTITUTE FOR HOME SCIENCE AND
HIGHER EDUCATION FOR WOMEN**
(DEEMED TO BE A UNIVERSITY UNDER CATEGORY 'A' BY MHRD, ESTD. U/S 3 OF UGC ACT 1956)
RE-ACCREDITED WITH 'A+' GRADE BY NAAC. RECOGNISED BY UGC UNDER SECTION 12B
COIMBATORE-641043, TAMIL NADU, INDIA

Chancellor, Vice Chancellor, Registrar, Staff and Students
cordially invite you to the

STUDENT INDUCTION PROGRAMME 2019 - 2020

Dr. P.R. Krishna Kumar
Chancellor
will inaugurate

Dr. (Mrs.) Premavathy Vijayan
Vice Chancellor
will greet

Dr. (Mrs.) S. Kowsalya
Registrar
will greet

Date : 24th June 2019

Time : 10.00 am

Venue : Thiruchitrambalam Auditorium

Student Induction Programme for I year Undergraduate Students

Day 1		Date: 24.06.2019	
Time	Activity	Audience	Venue
9.00 am - 9.30 am	Welcoming the Freshers by Senior Students	--	--
9.30 am - 9.45 am	Attendance	All first year Undergraduate students	Thiruchitrambalam auditorium
9.45 am - 11.00 am	Welcome meeting and Inauguration	All first year Undergraduate students	Thiruchitrambalam auditorium
11.00 am - 12.45 pm	Parents' Meeting	Parents of I yr Undergraduate Students	Thiruchitrambalam auditorium
	Orientation in the respective departments	Respective I yr Undergraduate students	Respective I yr class rooms
12.45 pm - 1.30 pm	Lunch break		

1.30 pm - 2.30 pm	General Orientation, Rules and Regulations about the Institution - Dr. Uma Mageshwari, Dean, Student Affairs	All first year Undergraduate students	Thiruchitrambalam auditorium	
2.30 pm - 3.30 pm	Campus tour	All first year students in batches (refer batch list)	Campus	
3.30 pm - 4.30 pm	Orientation to Class Tutors on Universal Human Values - Mentoring	Class Tutors of I yr Undergraduate Courses	Thiruchitrambalam auditorium	
Day			2	
Date: 25.06.2019				
Time	Activity	Resource Person / Organiser	Audience	Venue
9.45 am - 10.45 am	Institutional Orientation - Genesis, development of the institution	Dr. G.P. Jeyanthi, Director (R and C)	All first year Undergraduate students	
10.45 am - 11.00 am	Anti-Ragging	Dr. Uma Mageshwari, Dean, Student Affairs		

11.00 am - 11.30 am	Grievance Redressal and Sexual Harassment Library	Dr. K. T. Geetha, Dean, School of Arts and Social Sciences		Thiruchitr-ambalam auditorium
11.30 am - 12.15 am	NSS	Dr. Rajalakshmi, Dept.of Extension		
12.15 pm - 12.30 pm	Attendance	Volunteers		
12.30 pm - 12.45 pm	E-campus	Dr. Meena, Computer Centre		
12.45 pm - 1.30 pm	Lunch break			
1.30 pm - 3.30 pm	Talent Hunt - Dance, Folk, Drama, Instruments	Depts. of Tamil and Music	All first year students in batches	Thiruchitr-ambalam Auditorium
Day				3
Date: 26.06.2019				
Time	Activity	Resource Person	Audience	Venue
10.30 am - 11.00 am	Sports	Dr. Saravana Prabha, Dept.of Physical Education	All first year Undergraduate students	Thiruchitr-ambalam auditorium

11.00 am - 11.30 am	NCC	Dr. Malarvizhi, NCC Officer		
11.45 am - 12.45 pm	Universal Human Values - Mentoring	Class tutors of other departments	Respective batches	I yr class rooms
12.45 pm - 1.30 pm	Lunch break			
1.30 pm - 2.30 pm	Lecture on "Women Safety: Nation's Safety"	Mrs. A. Mashutha Begam, Inspector of East WPs, Crime Against Women and Children, Coimbatore	All first year Undergraduate students	Thiruchitrambalam auditorium
2.30 pm - 3.30 pm	Lecture on "Saving Environment: Role of Youth"	Mr. Senthil Kumaran, Advisor - Strategic Planning, PEACE Group of Institutions, Dindigul,		
Day 4		Date: 27.06.2019		
Time	Activity	Organiser	Audience	Venue

9.45 am - 11.00 am	Creative Arts (display, ppt, competitions... enrolment of students for each club)	All club coordinators	All first year Undergraduate students	Thiruchitrambalam auditorium
11.00 am - 12.45 pm	Literary activity (General reading, writing summaries, debating, enacting a play)	Depts. of Tamil, Hindi, Sanskrit		
12.45 pm - 1.30 pm	Lunch break			
1.30 pm - 3.30 pm	Yoga	All batches		Thiruchitrambalam auditorium
Day5				
Date: 28.06.2019				
Time	Activity	Audience	Venue	
9.45 am - 12.45 pm	Yoga	All batches	Thiruchitrambalam auditorium	
12.45 pm - 1.30 pm	Lunch break			
2.30 pm - 3.30 pm	Yoga	All batches	Thiruchitrambalam Auditorium	
Day				
Date: 29.06.2019				
Time	Activity	Audience	Venue	
9.45 am - 12.45 pm	Yoga	All batches	Thiruchitrambalam auditorium	
12.45 pm - 1.30 pm	Lunch break			
1.30 pm - 3.30 pm	Yoga			

2019 -2020 Schedule

DAY 1

Programme

Time: 10.00 am

Prayer : Shwetha and Padmapriya, Department of Music

Welcome: B.Niranjani, Chairperson

Lighting the Lamp : The authorities lighted the lamp.

Introduction of Deans of various schools.

Greetings : Dr.T.S.K.Meenakshi Sundaram, Managing Trustee

: Dr.P.R.Krishna Kumar, Chancellor

: Dr.Premavathy Vijayan, Vice Chancellor

: Dr.S.Kowsalya, Registrar

Vote of Thanks: N.Maalavika, Co - Chairperson



Authorities lighting the lamp

Time: 11:00 am

Prayer : Shwetha and Padmapriya, Department of Music

Welcome: Dr. S.Uma Mageshwari; Dean, Student Affairs

Presidential Address: Dr. T.S.K. Meenakshi Sundaram, Managing Trustee

Dr. Saroja Prabhakaran, Director, Halls of Residence

Greetings: Dr. P.R. Krishna Kumar, Chancellor

Dr. Premavathy Vijayan, Vice Chancellor

Dr. S. Kowsalya, Registrar

Discussion with parents

Vote of Thanks: Dr. Priyadharshini; Head, Department of Tamil



Discussion with parents

STUDENT COUNCIL WELCOMING THE FRESHERS'

Welcoming freshers is a great way to meet incoming students and an important avenue to know more about our Institution. On behalf of the students and authorities, the Freshers' and Parents' Meeting was organised in Campus-1. One thousand two hundred and six students and One thousand parents attended the meeting.

9:45 am to 10:45am



Welcoming the freshers

Senior students welcomed all the freshers by sharing chocolates and flowers to express their happiness. Dr.P.R. Krishna Kumar-Chancellor, Dr. Premavathy Vijayan-Vice Chancellor, Dr.S.Kowsalya-Registrar, and Dr.S.Uma Mageshwari- Dean, Student Affairs greeted the freshers in the Thiruchitrabalam auditorium. B. Niranjani-Chairperson, welcomed the gathering. Chancellor greeted the freshers. Vice Chancellor spoke about the uniqueness and qualities of our Institution and the value education it offers. Registrar highlighted the educational excellence that the university offers and wished the freshers a wonderful future.

Dr.S.Uma Mageshwari-Dean, Student Affairs gave a brief explanation about the Student Council activities and introduced the members of Student Council. The deans of various schools introduced themselves and the respective departments they hold. Dr.N.Vasugi-Dean, School of Home Science, Dr. K.UdayaChandrika-Dean, School of Physical Sciences & Computational Sciences, Dr.P.R.Padma-Dean, School of Biosciences, Dr.K.T.Geetha-Dean, School of Arts and Social Science, Dr.U.Jerinabi-Dean,

School of Commerce and Management, Dr.T.Geetha-Dean, School of Education. N. Maalavika, Co-Chairperson, rendered the vote of thanks.



Chancellor-Dr.P.R. Krishna Kumar sir greeted the Freshers

11.00 am to 12.45pm

Parents were seated in the Multi-purpose Hall and refreshment was offered to them. The parents meeting provided an opportunity to express their opinion about the institution and also to clarify the queries.



Managing Trustee-Dr.T.S.K.MeenakshiSundaram

greeted the Parents

The Managing Trustee, The Chancellor, The Vice Chancellor and The Registrar addressed the gathering and interacted with parents. Doubts regarding courses, accommodation, placements, transport, scholarships, sports, extra-curricular activities, online fee payment, prayer, and the use of mobile phones inside the campus etc., were explained in detail by the authorities. Later, the class tutors and the respective Heads of the Departments met the freshers in their departments.



Interaction with Parents

1.30 pm to 3.30 pm

In the afternoon session the freshers were oriented regarding the Rules and Regulations in the campus, by Dr.S.Uma Mageshwari - Dean, Student Affairs. Later, B. Niranjani, Chairperson gave a friendly talk to make freshers comfortable inside the campus.

2.30 pm to 3.30 pm

The first year Undergraduate students were divided into batches and senior volunteers from various departments accompanied the students for the campus tour



Campus tour Campus tour map

Day :2

Orientation regarding the genesis, development of the institution, Anti-Ragging, Grievance Redressal, Sexual Harassment, Library and NSS.

9.45 am to 10.45am

Dr. G.P. Jeyanthi, Director, Research and Consultancy spoke about the Institution - Genesis, development of the Institution. She emphasised on the Vision and Mission of the Institute and also mentioned the objectives of the Institution and gave an overview about both the campus.



**Dr. G. P. Jeyanthi oriented about the development of
our institution**

10.45 am to 11.00 am

Dr. Uma Mageshwari, Dean, Student Affairs spoke about Anti-Ragging and gave awareness to the students about the consequences of ragging. She also introduced the members of Anti-Ragging Committee.



**Dr. S. Uma Mageshwari oriented about
Anti-Ragging**

11.00 am to 11.30 am

Dr. K. T. Geetha, Dean, School of Arts and Social Sciences spoke about sexual harassment and introduced the committee to the students. She also gave a brief introduction about the library which is fully automated with wi-fi connectivity.



**Dr. K. T. Geetha oriented about Sexual Harassment
and Library**

11.30 am -12.15 pm

Dr. Rajalakshmi, Department of Extension and NSS Programme Officer oriented about NSS activities in the campus. She asked the students to be compassionate and confident to develop their personality. She introduced the need to opt for NSS and benefits of serving the downtrodden and the society.



Dr. Rajalakshmi oriented about NSS

12:20 pm-12:45pm

The wi-fi enabled campus is a boon to all the students and the members of the faculty in the campus. Dr. Meena, from the computer centre oriented the freshers about the e-campus which is easily maintainable with reliable technical support. The Staff, students and scholars have access to this wi fi connectivity all the days.



Dr. Meena oriented about e-campus

01:30pm-3:30pm

Talent Hunt

Talent Hunt was an opportunity for freshers to showcase their talent. Fifty students took part in various activities like dancing, singing and playing variety of musical instruments. This also brought out their literary skills through elocution.



Playing Instrument



Elocution



Classical dance

Day :3

9:30 am -10:30 am

Students from the Department of English started with Prayer, thought for the day and News.Mrs. R.Sudha, from the Department of Psychology oriented and interacted with the students regarding C.A.R.E Centre (Centre for Ambitious and Resourceful Endeavours). C.A.R.E is an exclusive centre for catering the psychological needs of students, which is open from 3:30 pm to 5:30 pm. Students were asked to share their problems without any hesitations in order to find a solution to their problems.



Mrs. R. Sudha oriented about C.A.R.E

10:30 am-11:30 am

Dr. Saravana Prabha, Department of Physical Education oriented the freshers about various Sports activities and the need of physical fitness. Mrs .D. Vishnupriya, Department of Physical Education introduced the office bearers of both the campus and motivated the freshers to take part in sports activities. Freshers who were enrolled in sports quota came forward to share their achievements.



Dr. Saravana Prabha oriented about Sports

11:00am-11:30am

Dr. Malarvizhi, Associate NCC Officer oriented the freshers about NCC activities. Also she introduced the Army and Airwing. NCC Cadets from both Army and Airwing shared their experience and encouraged the students to join NCC.



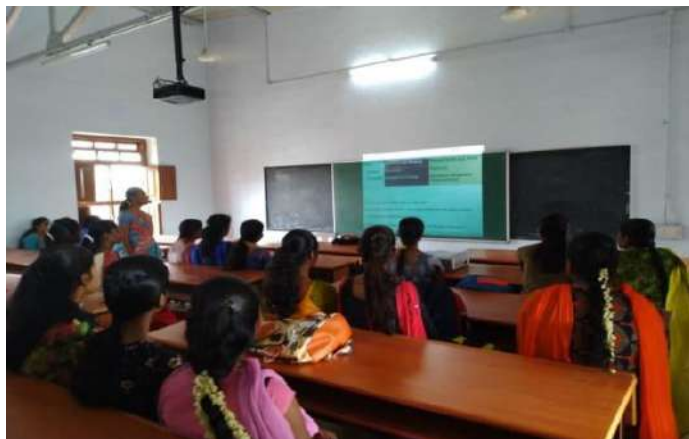
NCC Cadets oriented about NCC

11:45am-12:45pm

Students were sent in batches to different departments to be mentored regarding the Universal Human Values by class tutors of other departments.



Mentoring sessions



The five proposals of Human Being are Co-existence of Self (I) and Body, Basic Human Aspiration is to be Happy & Prosperous, To live in Harmony is the Natural Acceptance of Every Human Being, Education is the basis for Human Being's Conduct, Understanding 4 Levels for Continuous Happiness & Prosperity were discussed.

Name of the Staff	Staff in-charge from department	Class Mentored
Dr. Parvathi	Economics	RM
Dr. Vani	RM	Maths
Dr. Vimala	B.Com	Botany
Dr. Leena Lavanya	Botany	Economics
Dr. Geetha	Maths	B. Com
Dr. Kavitha	Tamil	Physics
Mrs. Arthi	Tourism	Zoology
Dr. V. Sasi Rekha	Physics	Vis. Com
Dr. Annapoorani	Zoology	Tourism
Dr. Revathi	Spl .Ed	FSN
Dr. Rajeswari	FSN	Chemistry
Dr. Sarulatha	Chemistry	Hindi
Dr. P. Deivanai	B.Com (PA)	Textile
Mrs. N. Shaba	Physician Assistant	Computer Science
Dr. Sreeja Balakrishnan	English	Physician Assistant
Dr. B. Sarojini	Computer Science	English
Dr. Prabha	B. Voc (Textile)	B.Com (PA)

Dr.P.Sasi Rekha	B.Com(CA)	BC / BT
Mrs .J. R .Bindhu	Music	B.Com(CA)
Mrs. V. Yezilarasi	Visual Communication	Tamil
Dr. G. Sheefna	Extension	Sanskrit& Music
Dr. Radha	FSMD	Psychology
Dr .E. Nithya	BC/BT	Extension
Mrs. P. Jagathambal	HD	FSMD
Dr. Sudha	Psychology	BC/BT

1:30pm- 2:30pm

Mrs. A. Mashutha Begum, Inspector of East WPs, Crime against Women and Children, Coimbatore, shared her experience in the field of Women and Crime and the aspects of Emotional Intelligence. She also shared few snippets with regards to a healthy and happy living. She created an awareness about Cyber-crime which in today's scenario is one of the major problems faced by the society. Various questions like "How should a human be?" "Who balances the society with their character?" "Who empathizes?" "Who balances both their body and mind equally?" were posed to the audience. According to her, "A freedom with discipline is a blessing, and freedom without discipline is a curse".



Mrs. A. Mashutha Begum Inspector of East WPs, Crime against Women and Children oriented the Freshers

2:30pm-3:30pm

Mr .Senthil Kumaran, Advisor - Strategic Planning, PEACE Group of Institutions, Dindigul, gave a detailed view on nature and the unconditional love for tradition. He spoke about nuclear families and how in our ancient times people led a happy and beautiful life when they lived as a joint family. Also he quoted, "Most endangered species in the world is joint family". He also spoke on the four laws of ecology and how they play a vital role in everyone's life.



Mr. Senthil Kumaran Advisor - Strategic Planning, PEACE Group of Institutions oriented the Freshers

Day : 4

9:30am-11:00am

The day started with the Prayer song, Thought for the day and News. Dr. E. Indira Overall Club Coordinator greeted the Freshers and the respective Club Coordinators. She introduced the 14 clubs and the club coordinators. Each club showcased the work done by their club members.



Dr. E. Indira greeted the gathering

- ❖ Dr.V.Vimala gave an orientation about Quiz Club and explained the types and rules of each stage of activities.
- ❖ Dr.B.Rani and Dr.Sreeja Balakrishnan gave an orientation about Literary club and motivated the students to join in the club.

- ❖ Dr.V.Saraswathi gave an orientation about the Arts and Craft club and showed various models that were exhibited by the students.
- ❖ Dr.S.Sumathi orientated about Rotaract Club and how it provides young people with opportunities to foster leadership, responsible citizenship, and promote International Peace and Understanding
- ❖ Dr.A.V.Sajini gave an orientation about Music, Dance and Fine Arts and gave an idea about how it provides opportunity to students to develop talents in different forms of art like music and dance.
- ❖ Dr.Poonkothai introduced the Eco Club and explained how it will work to instill Environmental awareness among student through various activities, thereby ensuring an environmentally conscious and friendly community in future
- ❖ Dr.N.S.Rajeswari gave an orientation about Astronomy Club and induced a scientific temper and love for science and astronomy amongst the students.
- ❖ Dr.C.Parvathi gave an orientation about Antique Club and spoke about the value of ancient objects and explained the beauty and artistic of the objects
- ❖ Mrs.S.Sudharani gave an orientation about C.I.I.Young India Club and motivated the youth to participate in various activities
- ❖ Dr.S.Jayalakshmi and Dr.M.Kavitha gave an orientation about Dramatic Club. They encouraged the students to participate in drama.
- ❖ Dr.V.T.Bindhu gave an orientation about Voyage Club and explained lot about the different voyages she had experienced

11:00 am - 12:45 pm

In the literary activity all the students were oriented about the Indian languages (Tamil, Hindi and Sanskrit) and its importance. Later the students were separated according to their languages.

Tamil department organised activities like Tamil speech, enacting a roll, debate. The first year students actively participated. Simultaneously, Hindi and Sanskrit departments also organised speech, song and poems in Hindi. Students volunteered and took active participant in all activities.



Teachers oriented the Students to participate in Literary Activities

**Student Induction Programme for I year Undergraduate Students-2019-2020
Feedback Form**

Name of the Student: **Ist UG**

Major: **All major.**

1.	Was the induction programme welcoming, informative and relevant?	Very Good	Good	Average
		939	326	-
2.	Did you get sufficient information regarding the rules and regulations about the institution?	Yes		No
		1265		-
3.	Was the campus tour helpful in knowing about the facilities available in the campus?	Yes		No
		1265		-
4.	What are the universal human values you learnt through the mentoring sessions? (Specify any three)	Women Safety		
		Save environment		
		Values of tradition		
5.	How useful was the NSS, NCC and sports orientation?	Very Useful	Useful	Not useful
		840	425	-
6.	Did the Genesis, development of the institution help you understand more about the institution and its structure?	Yes		No
		1265		-
7.	Was Talent Hunt a good platform to exhibit your talent?	Excellent	Good	Average
		1007	258	
8.	The Orientation given on usage of Library and E-Campus was clear and easy to understand	Satisfactory		Not Satisfactory
		1265		-
9.	How did the Anti-ragging, Grievance Redressal and Sexual Harassment sessions provide you valuable information?	Satisfactory		Not Satisfactory
		1265		-
10.	How was the quality of information provided on "Women safety and saving environment"?	Excellent	Good	Average
		896	369	-
11.	Was the information given on creative arts and club literary activity adequate?	Satisfactory		Not Satisfactory
		1265		
12.	How useful was the induction programme?	It is very useful to know about the institution and other extra curricular activities		
13.	What are the other components (not included in these) which could be of benefit to you?	Orientation about NSS/NCC/ sports and club activities are very useful.		

SAMPLE FEEDBACK FORM

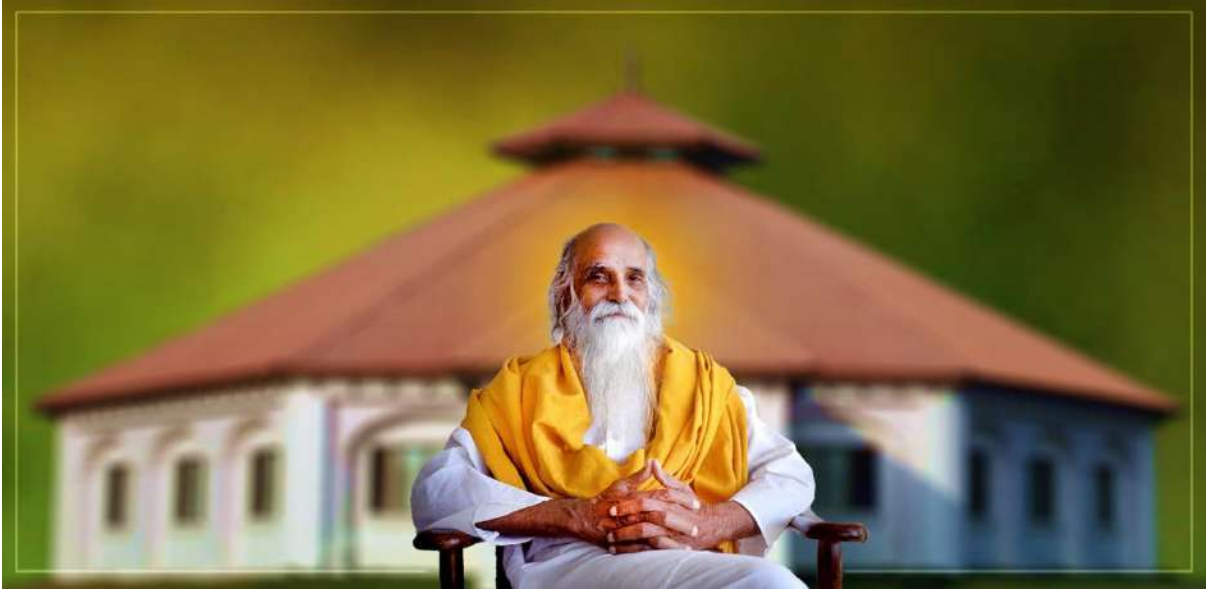


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REPORT OF YOGA FOR YOUTH EMPOWERMENT PROGRAMME 2019-2020

(27.06.2019-29.06.2019)

Date: 27.06.2019

Venue: Thiruchitrambalam Auditorium

Time: 1.30 pm

Prayer: Prof.Kalpana

Welcome Address: Dr.Manimozhi - Controller of Examination

2 pm- 2.30 pm

Introduction of Yoga:asst Prof. R. Suguna

A brief introduction on health and its various aspects was discussed. The importance of Yoga for this generation was emphasized. The existing issue of women's safety, lack of happiness in the current society and the growing need of Yoga in this scenario was explained.

2.30 pm - 3.15 pm

Initiation of Agna Meditation: Prof. Banumathi



A brief idea of Agna (Eyebrow Centric) Meditation and its benefits were discussed. The students were initiated and given practice of the said meditation. At last, the students were able to calm their mind and focus more.

3.15 pm - 4.30

Practice of Simplified Physical Exercise: Aruna (Asst. Prof)

The following exercises and their benefits were taught.

- Hand exercise
- Leg Exercise
- Neuro-muscular breathing
- Eye exercise
- Kabalapathy.

They were demonstrated and the students were made to practice.

Date: 28.06.2019

Venue: Thiruchitrambalam Auditorium

9.45 am - 10.15 am

Prayer: Prof. Kalpana

Meditation: Prof. Ramani

10.15 am - 11 am

Explanation of Genetic Centre and its initiation -Asst. Prof.Suguna. R

The necessity and benefits of Genetic Centre Meditation was discussed following which the students were taught how and when to practice the same.

11 am - 12.45 pm

Simplified Physical Exercise, Suriya Namaskar and Mudras

-Prof. Samathuvarani

The exercises that were taught on the first day were practiced again by the students. The following exercises and their benefits were taught.

- Magarasana (part 1 & 2)
- Massage
- Accu pressure
- Relaxation
- Surya Namaskar
- Mudras
- Asanas

They were demonstrated and the students were made to practice.



1.30 pm - 2 pm

Genetic Centre Meditation - Practice

The students practiced the meditation to help them

2 pm - 2.30 pm

Classification of Mind

The various types of mind frequencies were briefed. Also, the meditations that could be practiced to attain the said frequency were explained theoretically.

2.30 pm - 3 pm

Benefits of meditation

The five major benefits of practicing meditation were explained in detail.

3 pm - 3.30 pm

Benefits of Blessing

The impact of blessing, on oneself and on those associated with the person was discussed. The wave theory and its association with blessing was scientifically explained. The indispensability of "Vazhga Valamudan" was emphasized. Also, the students were taught how and who to bless.

3.30 - 4.30

Promotion of Human Values

The following heads associated with human values were discussed.

- Patriotism
- Contentment
- Equality
- Tolerance
- Adjustment
- Sacrifice
- Forgiveness
- Orderliness
- Honesty
- Time management

Date: 28.06.2019

Venue: Thiruchitrambalam Auditorium

9.45 am - 10.15 am

Prayer: Prof. Kalpana

Meditation: Nithya (Asst. Prof)

10.15 - 11

Explanation and initiation of Thuriya



The Crown centre meditation was given a brief introduction and its benefits on memory power enhancement were discussed. The meditation was initiated to the students who were made to practice the same.

11 am - 12.45 pm

Simplified Physical Exercise, Suriya Namaskar and Mudras

The exercises that were taught in the first two days were practiced by the students. This was done in order to inculcate them in students' routine.



1.30 pm - 2 pm

Practice of Thuriya Meditation

The teachers briefed again about the meditation and the students were made to practice

2 pm - 3 pm

Purpose and Philosophy of Life

A detailed explanation on Philosophy of life was given. The main goal of human life and the way to live a happy and content life was discussed.

3 pm - 4.30 pm

Importance of introspection and manoeuvrement of Six temperaments

An introduction on introspection and its importance on the purification of mind were briefed. The six bad qualities of human beings and the ways to turn them into good qualities were explained.

Dr. Uma Mageshwari

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