

S.No	Date	Concept	Meeting
1	11.012.2021	Alumni Meet Department of Food Service Management Dietetics	Alumnae Talk
2	04.12.2021	Be like a Butterfly	Guest Lecture
3	25.10.2021	Stress Management and Personality Development through Yoga Practices	Yoga



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

DEPARTMENT OF FOOD SERVICE MANAGEMENT AND DIETETICS

AND

ALUMNAE ASSOCIATION

CORDIALLY INVITE YOU

FOR

ALUMNAE MEET

PLATFORM: GOOGLE MEET

MEET LINK [HTTPS://MEET.GOOGLE.COM/OAA-XUAQ-JOQ?HS=224](https://meet.google.com/OAA-XUAQ-JOQ?hs=224)

DATE: 11.12.2021

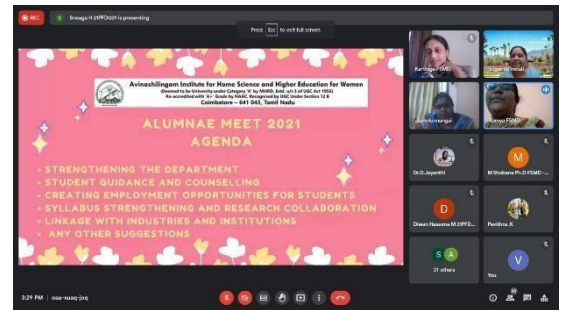
TIME: 3.00PM-4.00PM

ALUMNAE MEET – 11.12.2021

DEPARTMENT OF FOOD SERVICE MANAGEMENT AND DIETETICS

An online meet was organized by the Alumnae of the Department of Food Service Management and Dietetics on 11.12.2021 in which the following points were taken for discussion.

- Strengthening the department
- Student guidance and counselling
- Creating employment opportunities for students
- Syllabus strengthening and research collaboration
- Linkage with industries and institutions
- Any other suggestions.

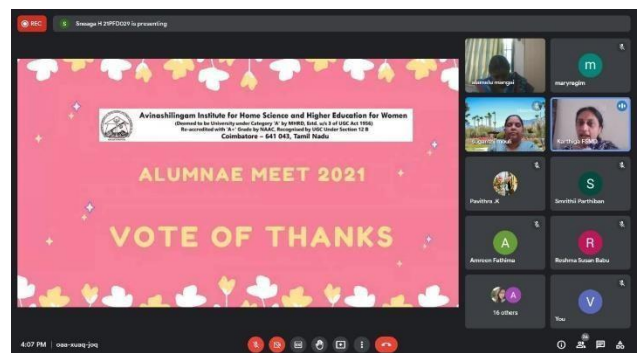


Around 35 alumni actively participated and offered their views and suggestions. More outreach programmes to schools to create awareness about the subject was suggested. Clinical Dietetics is being offered in medical colleges and this subject can be thought of as a discipline core course. In lieu with the

National Education Policy it was suggested that the courses planned should have very strong syllabus, research paper and a project proposal paper and that More Internship and practical Industrial exposure to students. The young alumnae pursuing post graduate courses in other universities suggested the introduction of research methodology and biostatistics at Under Graduate level.

It was also suggested that working committees could be organized among the alumnae for better focus of work and effective contribution in all aspects to the alma matter.

The alumnae were enthusiastic in offering their valuable suggestions and actively volunteered to contribute to the growth of the department and university.





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Coimbatore -641 043, Tamil Nadu, India

Department of Economics

Cordially invites you for the Special lecture on

“Be like a Butterfly”



Dr. A. Sangamithra,

Professor, Department of Economics,

Bharathiar University, Coimbatore - 641046

Will deliver the special lecture

Date: 14.12. 2021

Time: 10.30 a.m. to 1.30 p.m.

Google Meet: meet.google.com/nen-cjbr-pne



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Coimbatore - 641 043, Tamil Nadu, India

Special lecture on

“Be like a Butterfly”

Date: 14.12.2021

Time: 10.30 a.m. to 1.30 p.m.

Programme Schedule

Prayer : Dhakshadha.S, II B.A. Economics

Welcome Address : Yashika.P, I B.A. Economics

**Special Lecture : Dr. A. Sangamithra,
Professor, Department of Economics,
Bharathiar University,
Coimbatore - 641046**

Vote of thanks : Tamil Bharathi, I B.A. Economics



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Coimbatore -641 043, Tamil Nadu, India

Report on Special Lecture on “Be like a Butterfly”

Date & Time : 14.12.2021 & 10:30 a.m. to 1:30 p.m.

Theme : Be like a Butterfly

Guest Speaker: Dr. A. Sangamithra

Professor, Department of Economics,

Bharathiar University,

Coimbatore- 641046

Staff In- charge : Dr. M. Shanthi,

Assistant Professor,

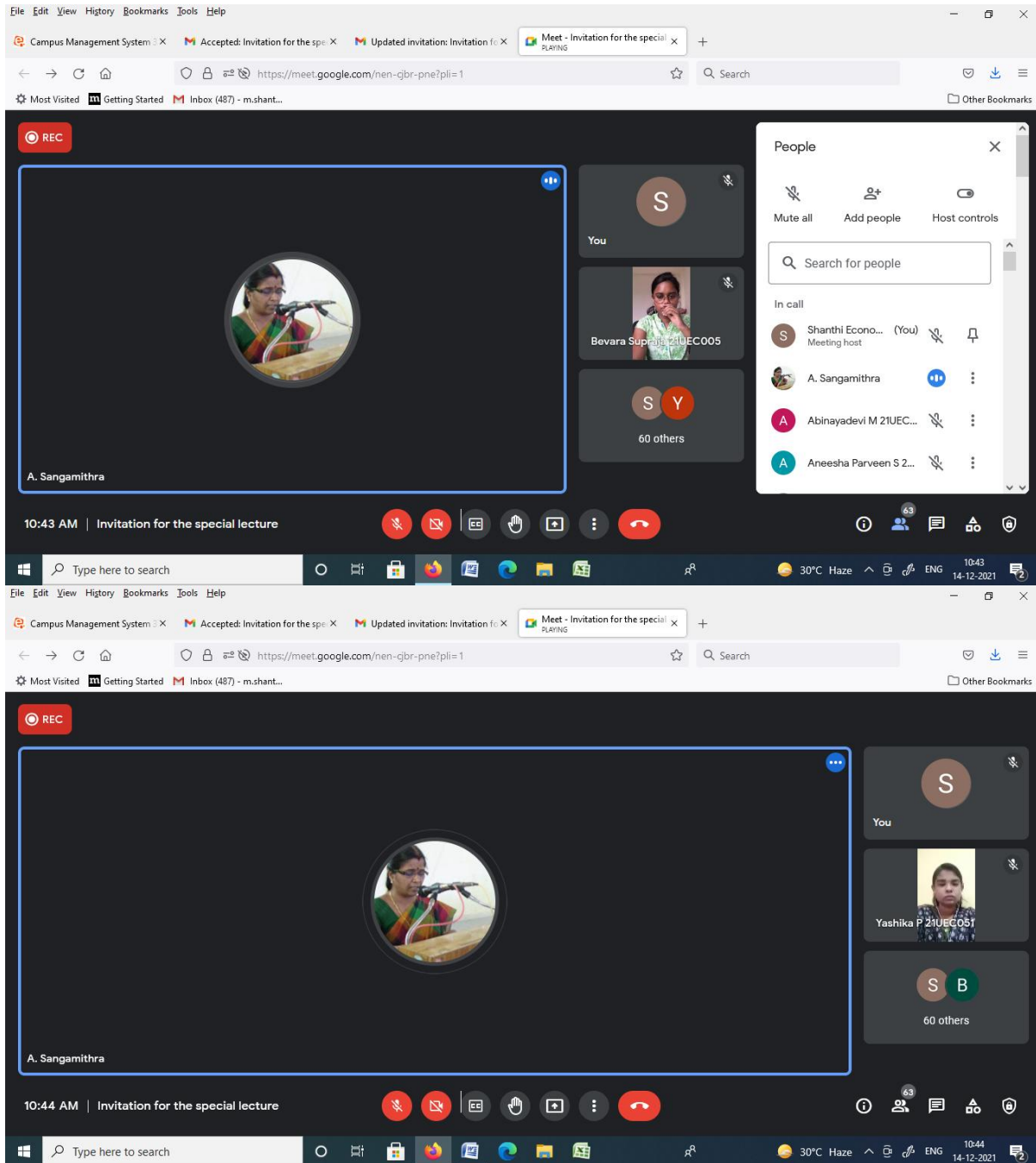
Department of Economics

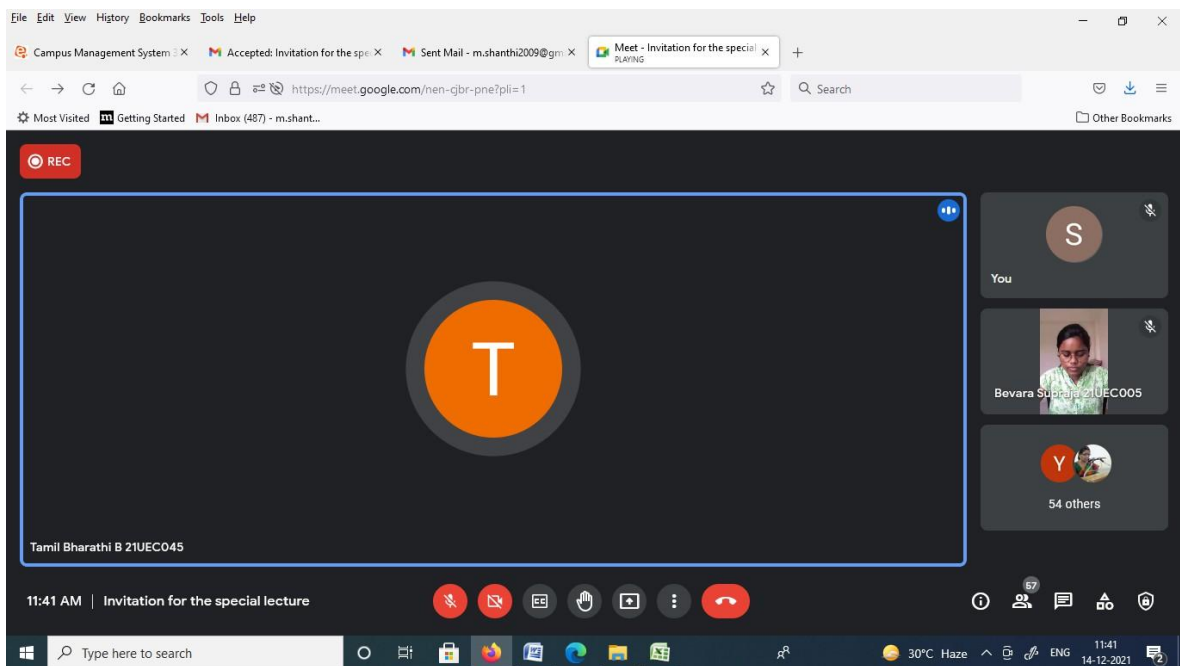
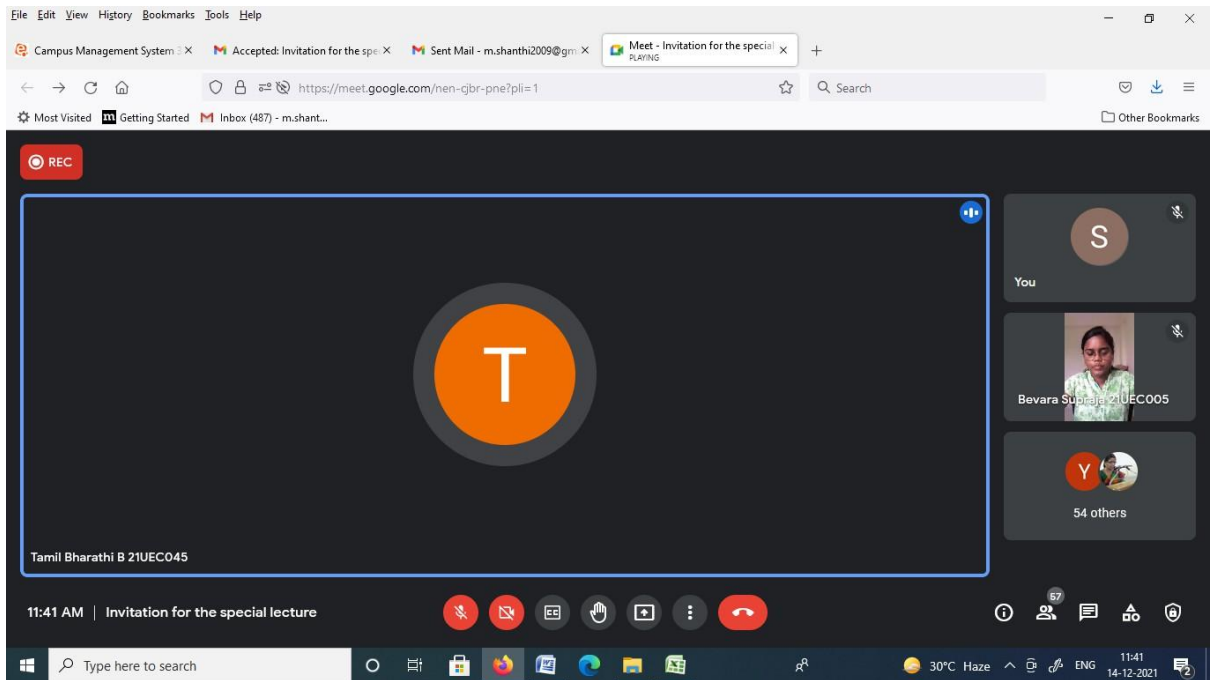
Web Plat form : Google Meet

Participants : Students of Economics Department

The Department of Economics as part of Economics Association and Alumni Association has organised a special lecture on “**Be like a Butterfly**” on 14th December 2021 at 10:30 a.m. through Google meet. The program started with a prayer. **Ms.Dhakshadha. S** of II-B.A. Economics has sung the prayer song. **Ms. Yashika. P** of I- B.A. Economics welcomed the participants of the program and gave the welcome address. The Chief Guest of the program **Dr. A. Sangamithra**, Professor, Department of Economics, Bharathiar University, Coimbatore, has delivered the special lecture on “Be like a Butterfly”. The important thing in her lecture was that every girl should be like a butterfly, pretty to watch and hard to catch. She said that Everyone should be their own kind of beautiful. The guest speaker has motivated the students by talk about the pioneering Indian Women who became role models. She narrated different stories by setting an example for the students to encourage themselves and also instructed them to find out the underlying principles of the story. She explained the importance of Education for women. Education is a power weapon for every women to be successful in her life and it cannot be destroyed. At last vote of thanks is given by **Tamil Bharathi. B** of I - B.A. Economics. The event was compeered by **Ms. Bevara Supraja** of I- B. A. Economics.

Photo clippings







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Coimbatore -641 043, Tamil Nadu, India

Department of Tourism Management 3 Days Yoga Work-shop on Stress Management and Personality Development through Yoga Practices

Department of tourism management conducted a three-day yoga workshop exclusively for the students of Tourism department. This was first offline session conducted by the department after the pandemic. Around 45 students from 2nd ug, 3rd ug and 2nd pg. combined together attended this session.

The inauguration invoking god's blessings by Harini.S, 2nd MBA Tourism. The welcome address was proposed by Dr.Bindu.V. T, HOD Department of Tourism Management. The special address was given by Dr. P. Chitramani Dean, Professor school of commerce and management. She spoke about the importance of yoga and its benefits she stressed on the matter that yoga shouldn't be done for beauty purposes but to inculcate a proper lifestyle. Then the chief guest/instructors were welcomed with bouquet by our dean.

Day 1

The first day started with,

Our chief guest Mrs. Durga Manikandan founder, Tapa Yoga Shala, Trichy who is also an alumna of our department, with her team member Ms. Moulini, Ms. Supraja and Ms. Ramya were our instructors, who guided us throughout our 3-day training programme

1. Brasthrika
2. Brahmari
3. Nadishudhi
4. Surya namaskaram
5. Facial exercises

Were our first day session consisted of. It was an amazing and interesting session. All the students had a good time and a really great exercising session.



Welcome address was proposed by **Dr.Bindu.V. T, HOD Department of Tourism Management**



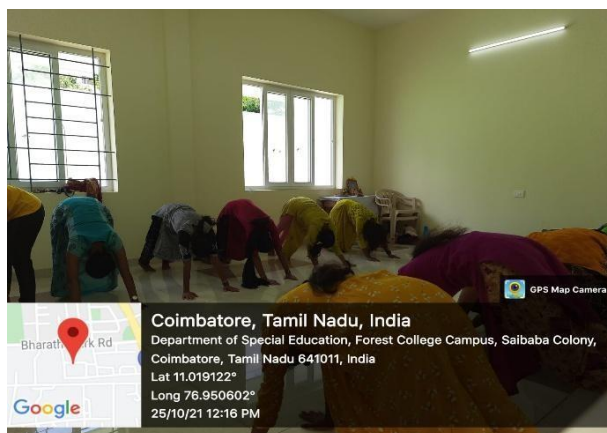
Mrs. Durga Manikandan founder, Tapa Yoga Shala, Teaching students the First step in Brasthrika



Mrs. Durga Manikandan founder, Tapa Yoga Shala, Teaching students the Second step in Brasthrika



Mrs. Durga Manikandan founder, Tapa Yoga Shala, Teaching students the Third step in Brasthrika



Mrs. Durga Manikandan founder, Tapa Yoga Shala, Teaching students the Second step in **Surya namaskar**



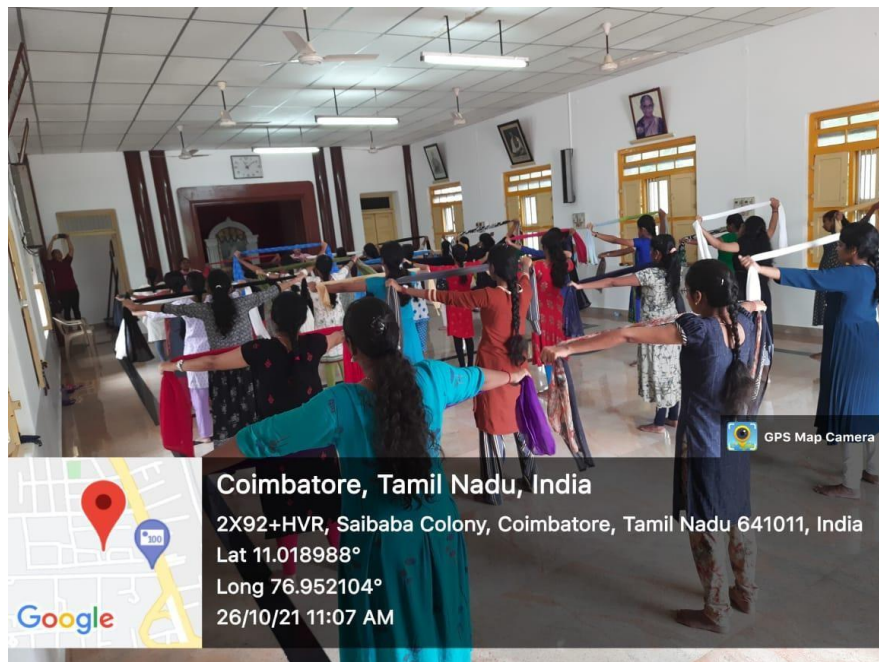
Ms. Moulini and Ms. Ramya, one of the instructors of Tapa yoga shala, Directing the students in doing Facial yoga

Day 2

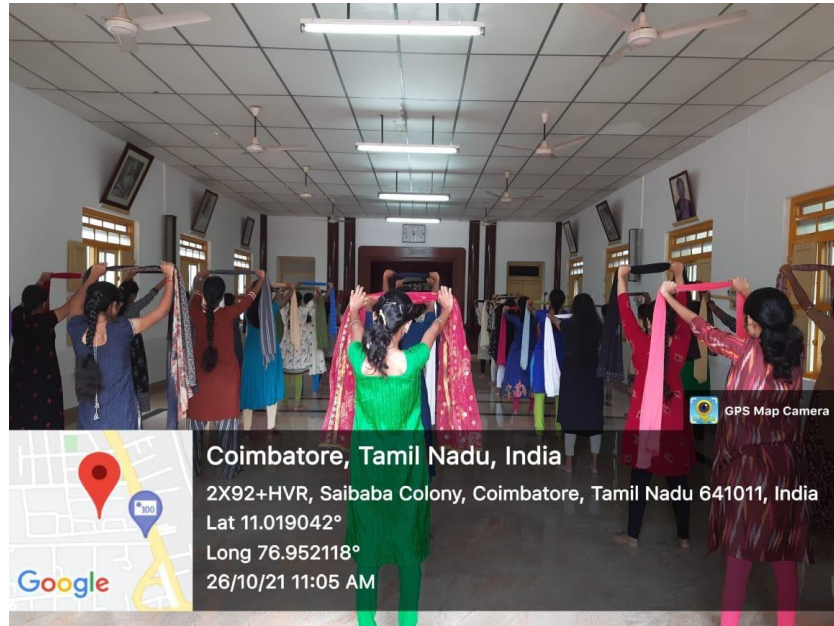
In the Second day of our yoga work-shop we learned

1. Chakra meditation
2. Relaxation

This day and session helped us to increase our energy at various sources. The instructors were very patient and taught us well. This session was led by Mrs. Durga Manikandan founder , Tapa yoga shala, Trichy with her team members Ms. Ramya, Ms. Moulini and Ms. Supraja.



Mrs. Durga Manikandan founder, Tapa Yoga Shala, Teaching the students doing yoga by using props like dupatta.



Students doing stretching exercises using Properties



Ms. Ramya and Ms. Supraja, Directing the students doing stretching exercises by using properties



Ms. Ramya , Directing students in doing Chakra meditation

Day 3

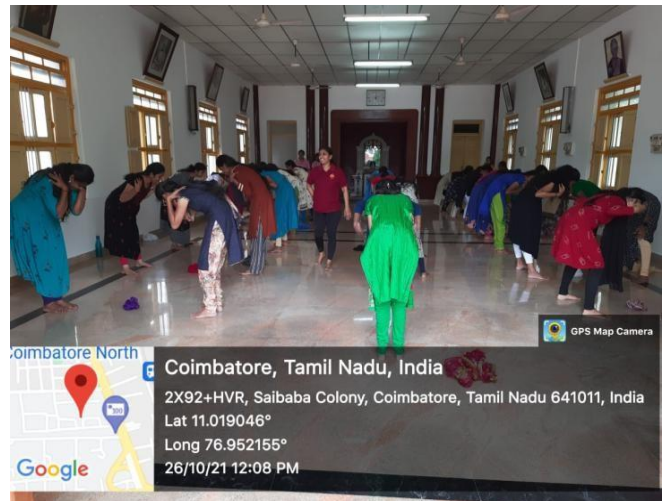
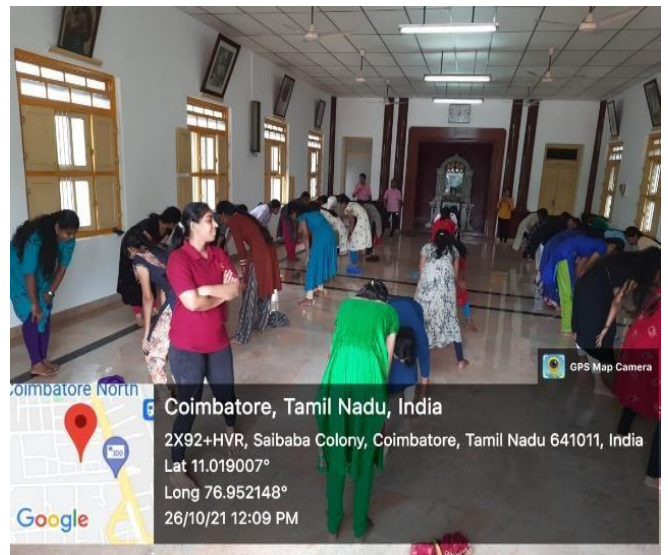
We came to the end of our 3 days yoga workshop programme. In the 3rd of our yoga work-shop we learned

1. Yoga with props
2. learning to stretches.

This was a final day, it was a fun 3 days with much knowledge acquired by the students, regarding yoga and its benefits. Hoping to have another session similar to this one.

The final day ended with a memento given by Dr. Bindu V.T HOD Tourism Management to Mrs. Durga and her team of experts for their exceptional 3days work shop.

Mrs. Durga Manikandan founder, Tapa Yoga Shala, and her team member **Ms. Ramya** and **Ms. Supraja** Teaching students doing various steps involved in Chakra meditation





Dr.Bindu.V. T, HOD Department of Tourism Management giving Memento to **Mrs. Durga Manikandan** founder, Tapa Yoga Shala, and her team members Ms. Ramya, Ms. Moulini and Ms. Supraja



Final glimpse of our 3days yoga work shop