



V.V.VANNIAPERUMAL COLLEGE FOR WOMEN

(Belonging to Virudhunagar Hindu Nadars)

An Autonomous Institution Affiliated to Madurai Kamaraj University, Madurai

Re-accredited with 'A' Grade (3rd Cycle) by NAAC

VIRUDHUNAGAR



Internal Quality Assurance Cell



Health Awareness Programme Women's Health and Menopause

13.01.2020

Resource Person : Dr. S. Banumathy

MBBS.,M.S(Obstetrics & Gynaecology)

**Consultant Gynaecologist,
Sushrushah Medicare Centre,
Nagercoil.**

Venue: T.V.M.A. Meeting Hall

Time : 01.30 p.m.

Dr. R. Barani
IQAC Coordinator

Dr. S.M. Meena Rani
PRINCIPAL

V.V.VANNIAPERUMAL COLLEGE FOR WOMEN

(An Autonomous Institution Affiliated to Madurai Kamaraj University)

Virudhunagar – 626001

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Date : 09.01.2020

Circular

Internal Quality Assurance Cell has planned to organize a Health Awareness Programme for the Faculty Members of our college on 13.01.2020 at 1.30 p.m.

Venue : T.V.M.A. Meeting Hall

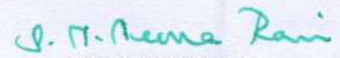
Guest Speaker : Dr. S. Banumathy MBBS.,M.S(Obstetrics & Gynaecology)
Consultant Gynaecologist,
Sushrushah Medicare Centre, Nagercoil.

Topic : Women’s Health and Menopause Awareness

The faculty members in the list enclosed are asked to attend the meeting without fail.



IQAC Co-ordinator


PRINCIPAL

Enclosure : List of Participants

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Internal Quality Assurance Cell

Health Awareness Programme for Faculty Members

Date : 13.01.2020

Time : 01.30 p.m.

- Prayer Song : Dr. P.T. Kandhimadhi
Assistant Professor of Commerce (SF)
- Welcome Address : Dr. B. Nandhini
Assistant Professor of Commerce (SF)
- Resource Person : Dr. S. Banumathy MBBS.,M.S.(Obstetrics & Gynaecology)
Consultant Gynaecologist,
Sushrushah Medicare Centre, Nagercoil.
- Topic : **Women’s Health and Menopause Awareness**
- Vote of Thanks : Dr. B. Subasini
Assistant Professor of Computer Application (PG)
- National Anthem



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VIRUDHUNAGAR



Health Awareness Programme

WOMEN'S HEALTH AND MENOPAUSE AWARENESS

IQAC organized a **Health Awareness Programme** for the teaching faculty members on the topic "Women's Health and Menopause Awareness" on 13.01.2020. The Programme exclusively focused on the faculty members above forty years of age encountering the risk of menstrual problems. Dr. B. Nandhini, Assistant Professor of Commerce (SF) welcomed the special guest Dr. S. Banumathy MBBS., M.S (Obstetrics & Gynaecology) Consultant Gynaecologist, Sushrushah Medicare Centre, Nagercoil & trained colposcopist in the International Federation of Cervical Pathology and colposcopy (IAARC – WHO). The guest speaker highlighted the role of oestrogen in women's body and insisted that oestrogen is the sole cause for women's strength and power. She clearly explained the menstrual cycle and the significance of hygiene during menses period. She emphasized the need and importance of undergoing screening test for cancer, practising regular exercise & balanced diet. She discouraged the removal of uterus and explicated the complications that may result due to hysterectomy. The programme came to an end with the vote of thanks proposed by Dr. B. Subasini, Assistant Professor of Computer Application (PG).

IQAC Coordinator



INTERNAL QUALITY ASSURANCE CELL (IQAC)

Health Awareness Programme

Date : 13.01.2020

Time : 01.30 P.m.

Resource Person:

Dr. S. Banumathy M.B.B.S., M.S.,
(Obstetrics & Gynaecology)
Consultant Gynaecologist,
Sushrushah Medica Centre,
Nagercoil.

Topic :

Women's Health and Menopause Awareness

Venue:

T.V.M.A. Meeting Hall

Members Present:

S.No.	NAME	DESIGNATION	SIGNATURE
1.	Dr. (Mrs) R. Barani H.C.A, M.B.A, H.Phil, Ph.D	Co-ordinator of IQAC	R. Barani 13/1/2020
2.	Dr. (Mrs) B. Nandhini M.Com., H.Phil., PGDCA, Ph.D	Senior Administrative Officer of IQAC	B. Nandhini
3.	Dr. (Mrs) S. Sharmelle M.A., H.Phil., Ph.D	Senior Administrative Officer of IQAC	S. Sharmelle
4.	Dr. (Mrs) R. Hepzi Pramila Devamani M.Sc., M.Phil., Ph.D, PGDCA	Senior Administrative Officer of IQAC	R. Hepzi Pramila 13.1.2020

S.No.	NAME	DESIGNATION	SIGNATURE
5.	Dr. (Mrs.) B. Subasini M.C.A., M.Phil., Ph.D	IRAC Member	B. Subasini
6.	Mrs. M. Rajakeemari M.Sc., M.Phil	IRAC Member	M. Rajakeemari
7.	Dr. (Mrs.) V. Navaneethamani M.A., B.Ed., M.Phil., Ph.D	IRAC Member	V. Navaneethamani
8.	Mrs. S. Rajapriya M.S (IT)	IRAC Member	S. Rajapriya
9.	Selvi. A. Sujatha M.Sc., M.Phil., P.G.DCA,	IRAC Member	S. Sujatha
10.	Dr. (Mrs.) P. Sooriyakala M.Sc., M.Phil., Ph.D	IRAC Member	P. Sooriyakala 13/01/2020
11.	Dr. (Mrs.) A. Anitha M.Sc., M.Phil., Ph.D	IRAC Member	A. Anitha
12.	Dr. (Mrs.) R. Malathi M.A., B.Ed., M.Phil., Ph.D	IRAC Member	R. Malathi 13.1.2020
13.	Mrs. R. Atheeswari M.Com., M.Phil	IRAC Member	R. Atheeswari 13/1/20
14.	Selvi. N. Malathi M.Sc	IRAC Member	N. Malathi
15.	Mrs. P. Sudha M.C.A., M.Phil	IRAC Member	P. Sudha 13/1/2020

S.No.	Name of the Staff members	Signature
Department of Mathematics		
1.	Dr. (Tmt). M.C. Maheswari	M.C. Maheswari
2.	Dr. (Tmt). P. Geetha	P. Geetha
3.	Tmt. P. Gietchial Pon Packiavathi H.Sc., H.Phil	Gietchial/
4.	Dr. (Tmt). P. Sooriyakala	P. Sooriyakala
Department of Tamil		
5.	Dr. (Tmt). P. Vinthiya Gowni	P. Vinthiya Gowni
6.	Dr. (Tmt). S. Uma Devi	S. Uma Devi
7.	Dr. (Tmt). N. Amuthavalli	N. Amuthavalli
8.	Dr. (Tmt). C. Nagajothi	C. Nagajothi
9.	Dr. (Tmt). J. Nalina Devi	J. Nalina Devi
10.	Dr. (Tmt). D. Priya	D. Priya
11.	Dr. (Tmt). M. Tamil Selvi	M. Tamil Selvi
Department of English		
12.	Dr. (Tmt). S. Cinthana	S. Cinthana
13.	Dr. (Tmt). V. Navaneethamani	V. Navaneethamani
14.	Dr. (Tmt). T. Ganga Parameswari	T. Ganga Parameswari
15.	Dr. (Tmt). S. Anitha	S. Anitha
16.	Dr. (Tmt). S. Sharmelee	S. Sharmelee
17.	Tmt. P. Amirthayagam H.A., H.Phil	P. Amirthayagam
18.	Tmt. B. Karagalakshmi H.A., H.Phil	B. Karagalakshmi
19.	Tmt. K. Kavittha H.A., H.Phil	K. Kavittha
20.	Dr. (Tmt). K. Malarvizhi	K. Malarvizhi
21.	Dr. (Selvi). V. Thaiyal Nayakie	V. Thaiyal Nayakie

Sl.No.	Name of the staff members Department of History	Signature
22.	Dr. (Tmtty). S. Lalitha	S. Lalitha 13.1.2020
23.	Dr. (Tmtty). P. Malavizhi	P. Malavizhi 13.1.2020
24.	Dr. (Tmtty). N. Arutha	N. Arutha 13.1.2020
25.	Tmtty. M. Maheswari M.A., M.Phil	M. Maheswari
26.	Tmtty. B. Amutha M.A., M.Phil	B. Amutha 13.1.2020
27.	Dr. (Tmtty). H. Bavani	H. Bavani 13.1.2020
28.	Dr. (Tmtty). R. Malathi	R. Malathi 13.1.2020
Department of Economics		
29.	Dr. (Tmtty). S. Vaidehi	S. Vaidehi 13/1/2020
Department of Physics		
30.	Dr. (Tmtty). A. Azhagu Parvathi	A. Azhagu Parvathi 13.1.2020
31.	Dr. (Tmtty). R. Hepzi Pramila Devamani	R. Hepzi Pramila Devamani 13.1.2020
Department of Chemistry		
32.	Tmtty. H. Dhanalakshmi M.Sc., B.Ed., ^{M.Phil.}	H. Dhanalakshmi 13/1/2020
33.	Dr. (Tmtty). H. Amutha	H. Amutha
34.	Tmtty. R. Nagasathya M.Sc., M.Phil	R. Nagasathya 13.1.2020
35.	Dr. (Tmtty). J. Kavitha	J. Kavitha
36.	Dr. (Tmtty). A. Arutha	A. Arutha
Department of Zoology		
37.	Dr. (Tmtty). H. Tamilselvi	H. Tamilselvi 13/1/2020
38.	Dr. (Tmtty). R. Radhalakshmi	R. Radhalakshmi
39.	Dr. (Tmtty). P. Vijaya	P. Vijaya

S.No.	Name of the staff members	Signature
Department of Botany		
40.	Dr. (Tmt). B. Karunai Selvi	<i>[Signature]</i> 13/01/2020
41.	Dr. (Tmt). R. Murugalakshmi Kumari	<i>R. Murug</i> 13/1/20
Department of Home Science		
42.	Tmt. S. Balasaraswathi H.Sc., H.Phil, HCA, PGDCA	<i>S - r</i> 13/1/2020
Department of Commerce		
43.	Dr. (Tmt). J. Mahamayi	<i>J. Mahamayi</i> 13/01/20
44.	Dr. (Tmt). R. Panchavarnam	<i>R. Panchavarnam</i> 13/01/20
45.	Dr. (Tmt). P. Thenrathi	<i>P. Thenrathi</i> 13/01/20
46.	Tmt. R. Atheeswari H.Com., H.Phil	<i>P. Athena</i> 14/1/20
Librarian		
47.	Dr. (Tmt). P. Clara Jayaseeli	<i>P. Clara</i> 13/1/2020
Department of Physical Education		
48.	Dr. (Tmt). K. Tamila Jothibai	—
Department of English (SF)		
49.	Dr. (Tmt). M. Bhawitha	<i>M. Bhawitha</i> 13/1/20
50.	Tmt. C. Vijaya Lakshmi H.A., H.Phil	<i>C. Vijaya Lakshmi</i>
51.	Dr. (Tmt). S. Kavitha Rani	<i>S. Kavitha Rani</i> 13/1/2020
52.	Tmt. S. Malathi H.A., B.Ed., H.Phil, Ph.D	

S.No.	Name of the staff members	Signature
Department of Mathematics (SF)		
53.	Tmt. K. Chitra Lakshmi M.Sc., H.Phil	K. Anitha
54.	Tmt. K. Anitha M.Sc., H.Phil	
55.	Tmt. G. Nagalakshmi M.Sc., H.Phil	P. Kalaiselvi
56.	Tmt. P. Kalaiselvi M.Sc., H.Phil	
Department of Physics (SF)		
57.	Tmt. M. Sankareswari M.Sc., H.Phil	M. Sankareswari
58.	Dr. (Tmt.) R. Vidhya	Vidhya - 8
59.	Tmt. G. Shanmuga Priya M.Sc., H.Phil	G. Shanmuga Priya
Department of Biochemistry (PGI)		
60.	Tmt. K. Sudha Rameshwar H.Sc., H.Phil, PGI DBT, H.O.	Sudha 13/11/2020
61.	Tmt. R. Gloria Jemmi Christobel H.Sc., H.Phil	R. Gloria 13/11/2020
62.	Tmt. M. Rajakumari M.Sc., H.Phil	M. Rajakumari 13/01/2020
Department of Microbiology		
63.	Tmt. J. Jeya M.Sc., H.Phil	J. Jeya 13/1/2020
64.	Tmt. M.M. Fathima Mansoor M.Sc., H.Phil	M.M. Fathima Mansoor 13/11/2020
Department of Biotechnology		
65.	Dr. (Tmt.) V. Jeya Simha	V. Jeya Simha 13/11/2020
66.	Tmt. Sinthia Ganesan M.Sc., H.Phil	Sinthia 13/11/2020

S.No.	Name of the staff members	Signature
Department of Zoology		
67.	Dr. (Tmtg). V. Anisha Devi	D. Anisha
Department of Computer Applications (PG)		
68.	Tmtg. R. Nagajothi B.E., MCA, H.Phil, PGICA	R. Nagajothi
69.	Tmtg. V. Rudra Jemila H.C.A., H.Phil	V. Rudra
70.	Tmtg. M. Priya Varu H.C.A., H.Phil., D.C.H.N.	M. Priya
71.	Tmtg. V.G. Jyothi Hari H.C.A., H.Phil	V.G. Jyothi
72.	Dr. (Tmtg). B. Subashini	B. Subashini
73.	Tmtg. B. Sakthi H.C.A., H.Phil	B. Sakthi
Department of Computer Applications (UG)		
74.	Tmtg. R. Umasekari H.C.A., H.Phil	R. Umasekari
75.	Tmtg. E. Synthiya Judith Gnanasekari H.C.A., H.Phil	E. Synthiya Judith 13/11/2020
Department of Computer Science (SF)		
76.	Tmtg. P. Aruna Devi H.Sc., H.Phil	P. Aruna Devi 13/11/2020
Department of Information Technology		
77.	Tmtg. G. Chandea Prabha M.Sc., H.Phil	G. Chandea Prabha 13/11/2020
78.	Tmtg. S. Rajapriya H.Sc.IT	S. Rajapriya
79.	Tmtg. K. Kasthuri H.Sc., H.Phil, H.Tech	K. Kasthuri 13/11/2020
Department of Commerce (SF)		
80.	Dr. (Tmtg). P.T. Kanthimathi	P.T. Kanthimathi 13/11/2020
81.	Dr. (Tmtg). B. Nandhini	B. Nandhini

Sl No.	Name of the staff members	Signature
82.	Dr. (Tmtg). B. Suganya Department of Commerce (PA)	B. Sugul
83.	Dr. (Tmtg). A. Aruna Devi	A. Aruna Devi
84.	Dr. (Tmtg). G. Bala Saraswathi Department of Commerce (CA)	G. Balasaraswathi
85.	Dr. (Tmtg). C. Amirtha Selvi Department of Business Administration	C. Amirtha Selvi. 13-1-2020
86.	Tmtg. P. Suganthi H.B.A., H.Phil	P. Suganthi
87.	Tmtg. L.M. Mahalakshmi H.B.A. Department of Costume Design & Fashion	L.M. Mahalakshmi 13/1/20
88.	Tmtg. J. Athiraman H.Sc., D.C.D.D.H., H.Phil	J. Athiraman 13/01/2020

Feedback from Resource Person:

I am Dr. S. Banumathy, Gynaecologist from Sankarabho Hospital
Nagpur.
Excellent response.
Enjoyed the session very much.

S.B. TS

R. Anuradha
14/1/2020
ICAC Co-ordinator

A. Aruna Devi
Principal



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Internal Quality Assurance Cell

Health Awareness Programme for Teaching Faculty Members

FEEDBACK

Date: 13.01.2020

Guest Speaker : Dr. S. Banumathy MBBS., M.S(Obstetrics & Gynaecology)
Consultant, Gynaecologist,
Sushrushah Medicare Centre, Nagercoil.

Topic : Women's Health and Menopause Awareness

S. No.	Particulars	Excellent	Very Good	Good	Moderate	Fair
1	Focus on the objectives of the programme	✓				
2	Information and Knowledge acquired		✓			
3	Encouragement to participate and interact		✓			
4	Usefulness of the programme	✓				
5	Organization of the programme	✓				
	Any other suggestions: This meeting is more informative We learn a lot related to women health.					

S. Sankar
13.1.2020

Signature with Date



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1	Focus on the objectives of the programme	✓				
2	Information and Knowledge acquired	✓				
3	Encouragement to participate and interact		✓			
4	Usefulness of the programme		✓			
5	Organization of the programme		✓			
	Any other suggestions: more valuable suggestions are gathering at this stage of menopause. and how to overcome?					

D. Mahalingam
Signature with Date
13/01/2020



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FEEDBACK ANALYSIS

Date: 13.01.2020

Guest Speaker : Dr. S. Banumathy MBBS., M.S.(Obstetrics & Gynaecology)
Consultant, Gynaecologist,
Sushrushah Medicare Centre, Nagercoil.

Topic : Women's Health and Menopause Awareness

S. No.	Particulars	Excellent	Very Good	Good	Moderate	Fair
1	Focus on the objectives of the programme	32	7	1	-	-
2	Information and Knowledge acquired	30	10	-	-	-
3	Encouragement to participate and interact	26	12	2	-	-
4	Usefulness of the programme	31	9	-	-	-
5	Organization of the programme	26	12	2	-	-

