



V.V.VANNIAPERUMAL COLLEGE FOR WOMEN
(Belonging to Virudhunagar Hindu Nadars)
An Autonomous Institution Affiliated to Madurai Kamaraj University
Re-accredited with 'A' Grade (3rd cycle) by NAAC
Virudhunagar-626 001



INTERNAL QUALITY ASSURANCE CELL



Personality Development and Health Awareness Programme

26.02.2022

Resource Person	Topic	Venue	Participants
Dr. Renugadevi Perumalsamy Acupuncture Specialist Virudhunagar	Health and Hygiene	V.V.V Muthumammal Library Meeting Hall (upstairs)	II UG I B.Com(Aided) I B.Com(Self) I B.Com CA(Aided) I B.Com CA(Self)
Yogashree T. Gnanavani Trainer in Personality Development Sivakasi	My Future is in My Hands	M.C.A Meeting Hall	I UG
Mrs. Archana, B.A.,B.Ed., Trainer in Personality Development Sivakasi	Responsibility	O.M.S.S.S. Rajamanicka Nadar O.M.S.R. Ganesan Multipurpose Hall	III UG I PG II PG

Dr. R. Barani
IQAC Coordinator

Dr. S.M. Meena Rani
PRINCIPAL



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VIRUDHUNAGAR - 626 001



Personality Development and Health Awareness Programme: 26.02.2022



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INTERNAL QUALITY ASSURANCE CELL



Date: 25.02.2022

CIRCULAR

The Internal Quality Assurance Cell of our College organizes a Personality Development and Health Awareness Programme on 26.02.2022 for the students residing in our college hostel from 10.00 a.m. to 1.00 p.m.

Resource Person	Topic	Venue	Participants
Dr. Renugadevi Perumalsamy Acupuncture Specialist Virudhunagar	Health and Hygiene	V.V.V Muthammal Library Meeting Hall	II UG I B.Com(Aided) I B.Com(Self) I B.Com CA(Aided) I B.Com CA(Self)
Yogashree T. Gnanavani Trainer in Personality Development Sivakasi	My Future is in My Hands	M.C.A Meeting Hall	I UG
Mrs. S.Archana, B.A.,B.Ed., Trainer in Personality Development Sivakasi	Responsibility	O.M.S.S.S. Rajamanicka Nadar - O.M.S.R. Ganesan Multipurpose Hall	III UG I PG II PG

All are cordially invited

S. R. Senthil
Senthil
S. Senthil Seli.
K. Esuari
Staff-in-charge

R. Arun
IQAC Coordinator

S. H. Rama Rani
PRINCIPAL



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Personality Development Programme

Date & Time: 26.02.2022 & 10.00 a.m. – 01.00 p.m.

Internal Quality Assurance Cell of our college organized a Personality Development and Health Awareness Programme for the hostel students of our college on 26.02.2022 at three halls with two different sessions in our campus.

Venue: V.V.V.Muthammal Library Meeting Hall (Upstairs)

All the hostellers of II UG and I B.Com (Aided & SF), I B.Com CA (Aided & SF), I B.Com PA were assembled in V.V.V.Muthammal Library Meeting Hall (Upstairs). Dr.P.Malarvizhi, Deputy Warden and Assistant Professor of History, V.V.Vannaperumal College for Women, Virudhunagar directed the program in a pleasant way. Ms.P.Devadharshini, II B.Com (SF) welcomed the gathering and introduced the guest speaker of the first session Dr. Renugadevi Perumalsamy, Acupuncture Specialist, Virudhunagar who delivered the speech on the topic "Health & Hygiene". About 425 students were participated. The guest speaker interacted with the students and explained the importance of personal hygiene. She demonstrated the acupuncture points for various ailments such as Headache, Stomachache, Back Pain, Balanced Body Temperature, hair fall, Gastric Problems, Acne Problems, *etc.* She also answered the queries which raised by the students participants.

Ms.P.Devadharshini, II B.Com (SF) introduced the guest speaker of the second session Yoghasree.T.Ganavani, Trainer in Personality Development, Sivakasi who delivered the speech on the topic "My future is in my hands". The guest speaker interacted with the students and insisted the importance of hard work. She shared some real life incidents which insisted the following morals "Be Positive", "Accept Your Weakness", "Learn Lessons from the Hard Situations", "Don't Give-up" which motivated the students. Finally, she congratulated all the students to shine their life.

Venue: M.C.A Meeting Hall

Ms. P.Soundarya, I B.Sc. (Mathematics) welcomed the gathering. Yogashree. T.Gnanavani, Trainer in Personality Development, Sivakasi gave personality development to the students on the topic 'My Future is in My Hands'. 238 hostel students participated in the Personality Development Programme. Student took active participation and they were trained that their future is in their hands.

Second session began at 11.30 a.m. Mrs.S.Archana, B.A.,B.Ed., Trainer in Personality Development, Sivakasi gave personality development to the students on the topic 'Responsibility'. Students enjoyed the session, more activity was given and students gained more knowledge about their responsibility. At the end of the session students gave their valuable feedback. Ms.A. Sangeetha, I B.Com (SF) proposed vote of thanks.

Venue: O.M.S.S.S.Rajamanicka Nadar - Multipurpose Hall

All the residential students of III UG, I & II PG (445 students) were assembled in O.M.S.S.S.Rajamanicka Nadar - Multipurpose hall at 10.00 a.m. Ms.P.Revathi, I M.A., English welcomed the gathering and introduced the guest speaker, Mrs.S.Archana, B.A., B.Ed., Trainer in Personality Development, Sivakasi. She addressed the students on the topic "Responsibility". The guest speaker insisted that responsibility is the main part of human life and character. She also pointed out that personal or individual responsibility is crucial because it helps us to regulate our life properly and prevents us from upsetting our mental and physical health.

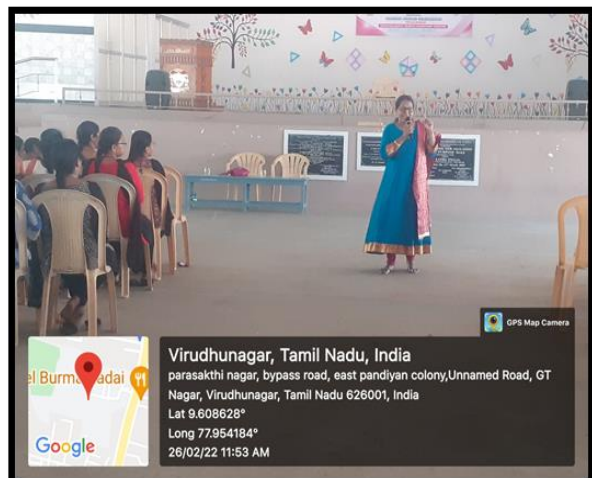
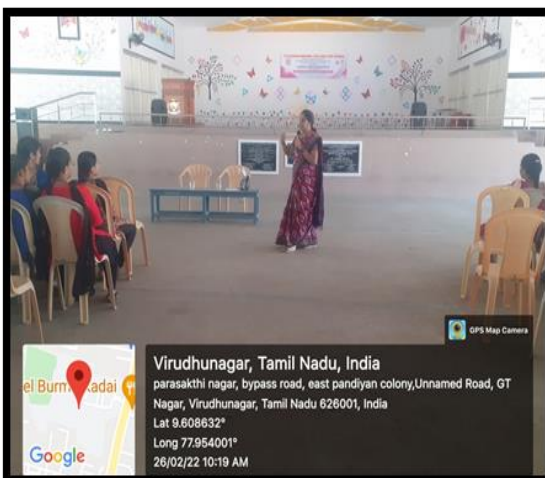
The second session begins at 11.30 a.m., Ms.Sumathi, III B.Com., PA introduced the guest speaker. Dr. Mrs. Renugadevi Perumalsamy, Acupuncture Specialist, Virudhunagar addressed the students on the topic "Health & Hygiene". The resource person interacted with the students and explained the importance of personal hygiene that is one of the best ways to protect ourself from getting infectious diseases. She also motivated the students keeping good practices that prevent disease and lead to good health, especially cleanliness, proper disposal of wastewater and drinking water supply. Ms.Edith Agnes, III B.A., English (SF) proposed the vote of thanks.


S. Swathi
Staff In-Charge


R. Arun
IQAC Coordinator

Swathi Swathi

Photo Gallery



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To

25.02.2022

Dr. Renugadevi Perumalsamy
Acupuncture Specialist
Virudhunagar

Dear Sir,

Warm Greetings!

We take immense pleasure in inviting you as a resource person to conduct a Health Awareness Programme for the students of our College on 26.02.2022 on the topic, **Health and Hygiene**.

We keenly look forward to your benign presence and support to make this Health Awareness Programme a great learning experience.

Thanking You,


IQAC Coordinator


PRINCIPAL

From

Dr. R. Barani,
IQAC Coordinator & Associate Professor of Computer Science,
V.V.Vanniaperumal College for Women (Autonomous),
Virudhunagar.

To

The Secretary,
V.V.Vanniaperumal College for Women (Autonomous),
Virudhunagar.



Through

The Principal,
V.V.Vanniaperumal College for Women (Autonomous),
Virudhunagar.

Respected Sir / Madam,

I wish to bring to your kind notice that the Internal Quality Assurance Cell has planned to organize a Personality Development Programme and Health Awareness Programme for the students residing in our college hostel on 26.02.2022. We request you to permit us to arrange the same by inviting professional trainers.

Thank You

Virudhunagar

25.02.2022

Recommend
25.2.22

Yours faithfully,

R. Barani

25/2

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To

25.02.2022

Mrs.Archana, B.A.,B.Ed.,
Trainer in Personality Development
Sivakasi

Dear Sir,

Warm Greetings!

We take immense pleasure in inviting you as a resource person to conduct a Personality Training Programme for the students of our College on 26.02.2022 on the topic, **Responsibility**.

We keenly look forward to your benign presence and support to make this Personality Training Programme a great learning experience.

Thanking You,


IQAC Coordinator


PRINCIPAL

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website : www.vvvccollege.org

25.02.2022

To

Mrs.Yogashree.T.Gnanavani
Trainer in Personality Development
Sivakasi

Dear Sir,

Warm Greetings!

We take immense pleasure in inviting you as a resource person to conduct a Personality Training Programme for the students of our College on 26.02.2022 on the topic, **My Future is in My Hands**.

We keenly look forward to your benign presence and support to make this Personality Training Programme a great learning experience.

Thanking You,

IQAC Coordinator

S.M. Meena Rani
PRINCIPAL

Internal Quality Assurance Cell

A One-Day Personality Development Programme

Date : 26.02.2022

Time : 10.00 A.M

Topic : Health & Hygiene

Venue : V.V.V. Muthammal Library Meeting Hall [Upstairs]

Trainer : Dr. Perugadevi Perumalsamy
Acupuncture Specialist,
Virudhunagar.

Participants: Hostellers of all the I UG & I B.Com Aided & SF,
I-B.Com (CA) Aided & SF and I B.Com (PA)

Visitors Impression: It is good responsible
of students. I am proud of our students
good respects. Clean and green Campus
good and well Disciplined administration by
the college management. I wish all
success to the future endeavours!!

P. 1. 22.

Internal Quality Assurance Cell

A One-Day Personality Development Programme

Date : 26.02.2022

Time : 10.00 AM.

Topic : Responsibility

Venue : Multipurpose Hall

Trainer : S. Archana, B.A., B.Ed.,
Zone Trainer in JCI India,
Sivakasi.

Participants : Hostellers of ^{all} III UG Students and PG Students

Visitor's Impression :

I am very happy to be a part of this personality development program. Students are very active. Thank you for this wonderful opportunity.

S. Archana.

Internal Quality Assurance Cell

A One-Day Personality Development Programme

Date : 26.02.2022

Time : 10.00 AM

Topic : My future is in my hands

Venue : MCA Seminar Hall

Trainer : Yogshree T. Gnanavani

Trainer in Personality Development
Sivakasi.

Participants : Hostallers of all I UG students except
I B.Com (Aided & SF), I B.Com (CA) (Aided & SF)
and I B.Com (PA)

Visitor's Impression : It's a golden opportunity
for me to do this programme. Very happy
for me as an old student of my college
T. J. J.

R. J.

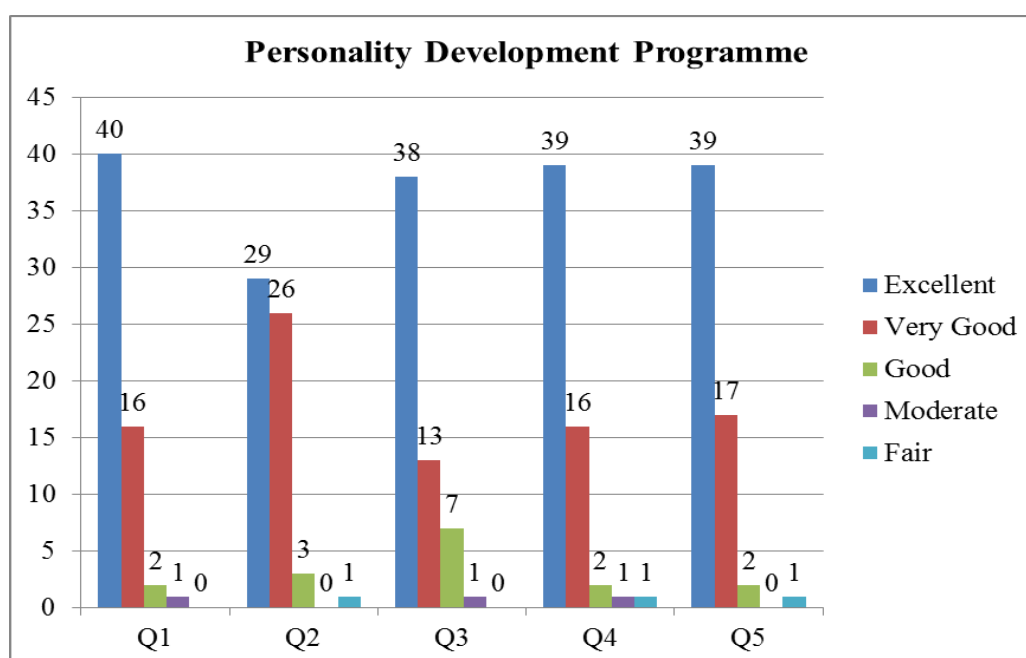
IQAC Coordinator

S. M. Thuma Rani

PRINCIPAL

Feedback Analysis

	Platform to analyse my strength and weakness	Shape my personality	Beneficial to maintain our physical and mental health	Motivating	Sessions were useful
Excellent	40	29	38	39	39
Very Good	16	26	13	16	17
Good	2	3	7	2	2
Moderate	1	-	1	1	-
Fair	-	1	-	1	1
Total	59	59	59	59	59







Inference

- It is clear from the above analysis, the conducted programme offers the platform to analyse most of the students' strength and weakness and also it was useful to maintain their physical and mental health.
- Nearly 60 % of the students insisted that the personality development and health awareness programme were motivating and useful.

Suggestions: Nil

Thanking Letter

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Dr. (Tmt) S.M. Meena Rani, M.Sc., M.Phil., P.G.D.C.A., Ph.D., Principal Mobile : 89033 00236 e-mail : principalvvvc@gmail.com officevvvc2014@gmail.com	Ph : 04562 - 243133 Fax : 04562 - 248694 Cell : 94890 88703 website : www.vvvccollege.org
<p>To</p> <p>03.03.2022</p> <p>Mrs. Archana, B.A.,B.Ed., Trainer in Personality Development Sivakasi.</p> <p>Respected Madam,</p> <p>Warm Greetings!</p> <p>We feel happy to express our sincere thanks to you for grooming the personality of our students through your inspiring talk on the topic Responsibility on 26.02.2022.</p> <p> IQAC Coordinator</p> <p> PRINCIPAL</p>	