

V.V.VANNIAPERUMAL COLLEGE FOR WOMEN

(Belonging to Virudhunagar Hindu Nadars)

An Autonomous Institution Affiliated to Madurai Kamaraj University, Madurai

Reaccredited with 'A++' Grade (4th Cycle) by NAAC

VIRUDHUNAGAR

Quality Education with Wisdom and Values



Internal Quality Assurance Cell

&

Inner Wheel Club of Virudhunagar

&

Inner Wheel Club of Sivakasi

Administrative Development Programme

Title : Stress Management Techniques

Resource Person :



Yogashree T. Gnanvani

Date : 27.09.2024

Time : 2.30 p.m.

Venue : Library Downstairs

Mrs. Meenakumari Jeyakumar (PRESIDENT)

Inner Wheel Club of Virudhunagar

Mrs. Manju Sudhakar (PRESIDENT)

Inner Wheel Club of Sivakasi

Mrs. V. Queen Jemila

Dr. R. Hemalatha

(STAFF IN-CHARGE)

Dr. M. Ponnien Selvi

(IQAC COORDINATOR)

Dr. S. Cinthana

PRINCIPAL

From

Dr. M. Ponnien Selvi
Coordinator, IQAC
Associate Professor and Head
Department of Commerce
V.V.Vanniaperumal College for Women
Virudhunagar



To

The Secretary
V.V.Vanniaperumal College for Women
Virudhunagar

Through

The Principal
V.V.Vanniaperumal College for Women
Virudhunagar

Respected Sir / Madam,

Subject: Seeking Permission to organize an Administrative Development Program for the Teaching and Non-teaching Faculty.

Reference: Letter from Inner Wheel Club of Virudhunagar dated: 20.09.2024.

We wish to bring to your kind notice that the Internal Quality Assurance Cell of our College & Inner Wheel Club of Virudhunagar have planned to organize an Administrative Development Program on “**Stress Management Techniques**” for Teaching and Non-teaching faculty on 27.09.2024 at 2.00 p.m. in Jegathambal Rajendran Meeting Hall (Library Downstairs). Yogashree. T. Gnanavani has kindly consented to be the resource person. Kindly permit us to invite them and conduct the program.

Thank You.

Virudhunagar

24.09.2024

Yours Faithfully,

M. Ponnien Selvi
24/09/2024

Forward

c/c Dr M. Chenu
24/9/24

M. Ponnien Selvi
24/9/24



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Date: 25.09.2024

CIRCULAR

Internal Quality Assurance Cell

The Internal Quality Assurance Cell in connection with Inner Wheel Club of Virudhuangar & Inner Wheel Club of Sivakasi have planned to organise an **Administrative Development Program** on “**Stress Management Techniques**” for the Teaching and Non-Teaching Faculty of our College on 27.09.2024 at 2.00 p.m. in Jegathambal Rajendran Meeting Hall (Library Downstairs). **Yogashree T. Gnanavani** will be the Resource Person.

All are cordially invited.

R.H. 
Organisers

M. Pannien Selvi
IQAC Coordinator
25/09/24

Ch...
PRINCIPAL
25/9/24

Enclosure: The list of teaching faculty members who are expected to attend the program.



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INTERNAL QUALITY ASSURANCE CELL



ADMINISTRATIVE DEVELOPMENT PROGRAMME

on

STRESS MANAGEMENT TECHNIQUES

AGENDA

Date: 27.09.2024

Time: 2.00 p.m.

- Prayer Song : IQAC Members
- Welcome Address : Mrs. V. Queen Jemila
Assistant Professor of Computer Applications
V.V.Vanniaperumal College for Women
Virudhunagar
- Introducing the Chief Guest : Mrs. V. Queen Jemila
Assistant Professor of Computer Applications
V.V.Vanniaperumal College for Women
Virudhunagar

Honoring the Guest

Special Address	:	Yogashree. T. Gnanavani Asvika Healing Care System Sivakasi.
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Topic : **Stress Management Techniques**

Feedback

Vote of Thanks : Dr. R. Hemalatha
Assistant Professor of Physics
V.V.Vanniaperumal College for Women
Virudhunagar

Internal Quality Assurance Cell
&

Inner wheel club of Sivakasi & Inner wheel club of Virudhachari

Administrative Development Programme
on
"Stress Management Techniques"

Date : 27.09.2024

Time : 2.00.P.m

Venue : Jegathambal Rajendran Meeting Hall (Library Downstairs)

Resource person : yogashree T. Gnanavani
ASVika Healing care system
Sivakasi.

List of Participants :

S.No	Name of the Faculty	Designation	Signature
<u>Department of English</u>			
1.	Dr. V. Navaneethamani	Head & Associate Professor	V. Navaneethamani 27/9/24
2.	Dr. T. Ganga Parameswari	Associate Professor	T. Ganga 27/9/24
3.	Dr. S. Sharmelee	Assistant Professor	S. Sharmelee
4.	Mrs. P. Amirtha Yogam	Assistant Professor	P. Amirtha 27.9.24
<u>Department of Tamil</u>			
5.	Dr. T. Velmayil	Head & Associate Professor	T. Velmayil 27/9/24
6.	Dr. V. Prabhavathi	Assistant Professor	V. Prabhavathi 27.9.24
<u>Department of History</u>			
7.	Dr. M. Babyrani	Head & Associate Professor	M. Babyrani 27.9.24
8.	Dr. S. Lalitha	Associate Professor	S. Lalitha 27/9/24
9.	Dr. P. Malavizhi	Associate Professor	P. Malavizhi 27/9/24
10.	Dr. V. Natchathira Selvakumari	Associate Professor	V. Natchathira 27.9.24
<u>Department of Mathematics</u>			
11.	Dr. M.C. Maheswari	Head & Associate Professor	M.C. Maheswari

S.No	Name of the Faculty	Designation	Signature
12.	Dr. P. Greetha	Associate Professor	P. Greetha 27/9/24
13.	Department of Physics		
13.	Dr. I. Rathinamala	Assistant Professor	I. Rathinamala 27/9/24
14.	Dr. R. Hemalatha	"	R. Hemalatha 27/09/24
	Department of Chemistry		
15.	Dr. M. Dhana Lakshmi	Head & Associate Professor	M. Dhana Lakshmi 27/9/2024
16.	Dr. M. Amutha	Associate Professor	M. Amutha 27-9-24
	Department of Bio-Chemistry		
17.	Dr. P. Armapoorani	Head & Associate Professor	P. Armapoorani 27.09.2024
18.	Dr. R. Renuka	Associate Professor	R. Renuka 27/09/24
	Department of Zoology		
19.	Dr. J. Rani	Head & Associate Professor	J. Rani 27/9/24
20.	Dr. M. Tamilselvi	Associate Professor	M. Tamilselvi 27/9/24
21.	Dr. P. Veeramuthumari	Assistant Professor	P. Veeramuthumari 27/9/24
	Department of Botany		
22.	Dr. B. Karunai Selvi	Head & Associate Professor	B. Karunai Selvi 27/09/2024
	Department of Home Science		
23.	Dr. D. Vijayarani	Head & Associate Professor	D. Vijayarani 27/9/24
24.	Mrs. S. Balasaraswathi	Assistant Professor	S. Balasaraswathi 27/9/24
25.	Mrs. B. Ameena Beebi	"	B. Ameena Beebi 27/9/24
	Department of Computer Science		
26.	Dr. M. Chamundeeswari	Associate Professor	M. Chamundeeswari 27/9/24
27.	Dr. R. Barani	Associate Professor	R. Barani 27/9/24
	Department of Commerce		
28.	Dr. M. Ponnien Selvi	Head & Associate Professor	M. Ponnien Selvi 27/9/24
29.	Dr. J. Mahamayi	Associate Professor	J. Mahamayi 27/9/24
30.	Dr. P. Saritha	Assistant Professor	P. Saritha 27/9/24
	Physical Education		
31.	Dr. K. Jamila Jothibai	Physical Director	K. Jamila Jothibai
	Library		
32.	Dr. P. Clara Jeyaseeli	Librarian	P. Clara Jeyaseeli 27/9/24
	Department of Tamil (SF)		
33.	Dr. B. Nagajothi	Head & Associate Professor	B. Nagajothi 27/9/24
34.	Dr. J. Kaveri	Assistant Professor	J. Kaveri 27/9/24

S.NO	Name of the Faculty	Designation	Signature
35	Department of English(SF)		
35.	Mrs. C. Vijayalakshmi	Head & Associate Professor	C. Vijayalakshmi 25/11/2024
36.	Mrs. A. Poornima devi	Assistant Professor	A Poornima Devi
	Department of Mathematics(SF)		
37.	Mrs. K. Anitha	Head & Assistant Professor	K. Anitha
	Department of Physics(SF)		
38.	Mrs. P. Kanmani	Head & Assistant Professor	P. Kanmani
	Department of Chemistry(SF)		
39.	Dr. J. Kavitha	Head & Associate Professor	J. Kanmani
	Department of Microbiology		
40.	Mrs. M.M. Fatima Mangoor	Head & Assistant Professor	M. Mangoor 27/11/24
	Department of Biotechnology		
41.	Dr. V. Jeya Sima	Head & Assistant Professor	V. Jeya Sima
42.	Dr. R. Gloria Jemmi Christobel	Assistant Professor	R. Gloria Jemmi Christobel
	Department of Computer Application (PG)		
43.	Dr. N. Santhi	Head & Assistant Professor	N. Santhi
44.	Mrs. V. Queen Jemila	Assistant Professor	V. Queen Jemila
	Department of Computer Application (UG)		
45.	Mrs. J. Porikodi	Head & Associate Professor	J. Porikodi
46.	Dr. K.S. Jeyalakshmi	Assistant Professor	K.S. Jeyalakshmi
	Department of CS (SF)		
47.	Mrs. P. Aruna devi	Head & Assistant Professor	P. Aruna Devi 27/9/24
	Department of IT(SF)		
48.	Dr. A. Bharathi Lakshmi	Head & Assistant Professor	A. Bharathi Lakshmi 27/9/24
	Department of Commerce (SF)		
49.	Dr. C. Amirtha selvi	Head & Assistant Professor	C. Amirtha Selvi 27-9-2024
	Department of Commerce CA(SF)		
50.	Dr. P.T. Kanthimathi	Head & Assistant Professor	P.T. Kanthimathi 27/9/2024
	Department of Commerce (PA)(SF)		
51.	Dr. CMA. A. Aruna Devi	Head & Assistant Professor	A. Aruna Devi
	Department of BBA		
52.	Dr. P. Suganthi	Head & Assistant Professor	P. Suganthi 27/9/24

S. No	Name of the Faculty	Designation	Signature
Department of CDF			
53.	Mrs. J. Alhustam	Head & Assistant Professor	J. All 26/9/24
54.	Ms. S. Betsy Sherin	Assistant Professor	
Non-Teaching Faculty			
55.	Mrs. S. Preethi	Office Superintendent	S. Preethi 27.9.24
56.	Mrs. P. Vasuki	Assistant	P. Vasuki 27/9/24
57.	Mrs. P. Kasiammal	"	
58.	Mrs. K. Sumathi	Junior Assistant	K. Sumathi
59.	Mrs. A. Lakshmi	"	A. Lakshmi 27.9.24
60.	Mrs. N. Shanthy	Laboratory Assistant (S.G.)	N. Shanthy 27/9/24
61.	Mrs. S. K. Kavitha	"	S. Kavitha 27/9/24
62.	Mrs. A. Santhi	"	A. Santhi 27.9.24
63.	Mrs. C. Hema	Office Assistant	C. Hema
64.	Mrs. S. Purnitha Latha	Office Assistant	
65.	Mrs. M. Aruna Devi	Library Assistant	M. Aruna Devi
66.			

Visitors Impression

well organised meeting. Happy to visit our college as old student. with sweet memories

T. Ganavani

REPORT

The Internal Quality Assurance Cell of V.V. Vanniaperumal College for Women, Virudhunagar in collaboration with Inner Wheel Club of Virudhunagar and Inner Wheel Club of Sivakasi, organized an Administrative Development Programme on 27.09.2024 on "Stress Management Techniques". The resource person was

Yogashree T. Gnanavani, Asvika Healing Care System, Sivakasi. The Programme began with a prayer song by Dr. R. Hemalatha, followed by a welcome address by Mrs. V. Queen Jemila who introduced the resource person with a memento. The President of Inner Wheel Club of Virudhunagar Mrs. Meenakumari Jeyalumar honoured College Principal Dr. S. Cinthana and the resource person with a shawl and memento.

The resource person enumerated the stress related diseases, the causes for stress, the biological reactions and the secrets behind being healthy and feeling younger. She demonstrated the right posture in sitting, standing, walking and stepping on stairs. The participants were encouraged to attempt some simple yogasanas and yoga mudras. In feedback session faculty members expressed that they feel relieved from stress. Totally 54 teaching faculty members and 10 non-teaching faculty members, the president secretary and members of Inner Wheel Club of Virudhunagar and Sivakasi were benefitted by the programme. Dr. R. Hemalatha proposed vote of thanks and the programme ended with National Anthem.

V. Q. J.

R. H. L.
Organisers

M. Ponnien Selvi
IQAC Co-ordinator

S. Cinthana
PRINCIPAL



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REPORT OF THE PROGRAMME

Title of the Programme	:	Stress Management Techniques
Resource person	:	Yogashree. T. Gnanavani, Asvika Healing Care System, Sivakasi.
Staff –in-Charge	:	Mrs. V. Queen Jemila and Dr. R. Hemalatha
Objectives	:	To teach individuals effective ways to handle and respond to stressful situations, increasing resilience and preventing stress from becoming overwhelming.
Date and Time	:	27.09.2024 & 2:30p.m.
Venue	:	Jegathambal Rajendran Meeting Hall
No. of. Participants	:	65
Details of Beneficiaries	:	Teaching and Non-Teaching Faculty members

Report:

The Internal Quality Assurance Cell of V.V.Vanniaperumal College for Women, Virudhunagar in collaboration with Inner Wheel Club of Virudhunagar and Inner Wheel Club of Sivakasi, organized an Administrative Development Programme on 27.09.2024 on "**Stress Management Techniques**". The Resource Person was Yogashree. T. Gnanavani, Asvika Healing Care System, Sivakasi. The Programme began with a prayer song by Dr. R. Hemalatha, followed by a welcome address by Mrs V. Queen Jemila who introduced the resource person to the participants. College Principal Dr.S.Cinthana honoured the resource person with a memento. The president of Inner Wheel Club of Virudhunagar Mrs. Meenakumari Jeyakumar honoured the College Principal and the resource person with a shawl and a memento.

The resource person enumerated the stress related diseases, the causes for stress, the biological reactions and the secrets behind being healthy and feeling younger. She demonstrated the right posture in sitting, standing, walking, and stepping on stairs. The participants were encouraged to attempt some simple yogasanas and yoga mudras. The resource person shared

some tips about healthy food and drinks for being stress free. During the interaction session, she clarified the doubts raised by the participants relating to indigestion, diabetics, shoulder pain, knee pain, back pain and heart problems. In feedback session faculty members expressed that they feel relieved from stress. Totally 54 teaching faculty members and 10 non-teaching faculty members, the president, secretary and members of Inner Wheel Club of Virudhunagar and Sivakasi were benefitted by the programme. Dr.R.Hemalatha proposed vote of thanks and the programme ended with National Anthem.

Outcome of the Programme: The faculty members gain practical coping strategies, such as mindfulness, deep breathing, time management, and relaxation techniques, which can be applied to a wide range of stress-inducing situations. Stress management techniques can reduce symptoms of anxiety, depression, and mood swings, leading to better overall mental health and emotional stability.

V. O. C. - /27.9.2024
R. H. Hemalatha /27/09/2024
Staff -in-charge

M. Ponnien Selvi
IQAC coordinator
27/09/2024
Dr. M. PONNIEN SELVI
Coordinator, IQAC
Associate Professor and Head
Department of Commerce
V.V.Vanniaperumal College for Women
VIRUDHUNAGAR.

Administrative Development Programme on Stress Management Techniques

27.09.2024

