

KASTHURBA COLLEGE FOR WOMEN, VILLIANUR

(Run by the Pondicherry Society for Higher Education & Fully Funded by the Government of Puducherry)

Phone: 0413-2661627

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AQAR 2020-2021

Report of Workshops and Seminars organized during the year

Event 1 National Level Online Quiz on "The History of Yoga" organised by the Dept. of Physical Education and Dept. of History, Kasthurba College for Women

G4 88%										
	A	B	C	D	E	F	G	H	I	J
1	Timestamp	Email	Full Name	Other Identifier	Other Identifier 2	Total Score	Percent Score	Passed?	Certificate ID	
2	04/29/2021 15:11:01	prabhakar.kcw@gmail.com	Dr.J.Prabakaran	Assistant professor of History	Kasthurba College for Women-Villianur	100	100.0%	TRUE	O9VD3E-CE000001	
3	04/29/2021 20:23:49	venkataraman00206@gmail.com	venkataraman R	PG Student	Pondicherry University	100	100.0%	TRUE	O9VD3E-CE000002	
4	04/29/2021 20:43:44	silentshutter206@gmail.com	Venkataraman R	Msc.Electronic Media	Pondicherry University	88	88.0%	TRUE	O9VD3E-CE000003	
5	04/30/2021 10:40:20	prabakaran1975@dhdpdy.edu.in	Dr.J.Prabakaran	Assistant professor of History	Kasthurba College for women,Villianur,Puducherry	100	100.0%	TRUE	O9VD3E-CE000004	
6	05/03/2021 12:13:38	sk2256045@gmail.com	SANTHOSH KUMAR R	student	Perunthalivar kamarajar arts college madagadipet	52	52.0%	TRUE	O9VD3E-CE000005	
7	05/03/2021 12:21:11	vidhyashree1428@gmail.com	Vidhyashree MS	Student	Theivanai Ammal College for women	44	44.0%	FALSE		
8	05/03/2021 12:31:55	prasannasobi2612@gmail.com	Prasanna	B.tech	Pondicherry engineering college	72	72.0%	TRUE	O9VD3E-CE000006	
9	05/03/2021 12:37:02	abi2sociology@gmail.com	Abiraman K	Assistant Professor	KCW Villianur, Puducherry	68	68.0%	TRUE	O9VD3E-CE000007	
10	05/03/2021 12:42:11	adhilakshmi6063@gmail.com	N.Adhilakahmi	Collage student	Kasthurba collage for women	68	68.0%	TRUE	O9VD3E-CE000008	
11		isukalai4859@gmail.com			Theivanai ammal					

prabhakar J Google விரிதானைப் பயன்படுத்தி இந்த கைபைப் பகர்ந்துள்ளார்
Certify'em Records - History of Yoga

உள்ளமைக திருத்தவதற்குப் பதிலெய்க

1	Timestamp	Email	Full Name	Other Identifier	Other Identifier 2	Total Score	Percent Score	Passed?	Certificate ID
257	05/10/2021 20:50:54	yprahlad4019@gmail.com	Prahlad singh	Teacher	Rajshree Institute of Management and technology ,bareilly	76	76.0%	TRUE	O9VD3E-CE000219
258	05/10/2021 21:01:24	it'syadav585@gmail.com	Pratiksha	Student	Sardar Vallabhbhai Patel degree college, Bareilly	100	100.0%	TRUE	O9VD3E-CE000220
259	05/10/2021 21:09:05	gurubaba701@gmail.com	Gaurav yadav	Business man	Baba traders	100	100.0%	TRUE	O9VD3E-CE000221
260	05/10/2021 23:52:18	deepikadeepikas0503@gmail.com	S.Deepika	Student	Bharadhasan govt. College for women	88	88.0%	TRUE	O9VD3E-CE000222
261	05/16/2021 18:25:48	sprasathsan@gmail.com	S Prasath	Assistant professor	Perunthalaivar kamarajar arts college, madhagadipet	88	88.0%	TRUE	O9VD3E-CE000223
262	05/24/2021 10:20:32	yernauidugolagana999@gmail.com	Goalagana Yernauidu	Student	Pondicherry University	68	68.0%	TRUE	O9VD3E-CE000224
263	05/24/2021 13:22:41	arun1998kkl@gmail.com	ARUN S	student	Pondicherry university	76	76.0%	TRUE	O9VD3E-CE000225
264	06/20/2021 23:54:15	gmmurugan6@gmail.com	Dr.G.MURUGAN	Assistant Processer	Charan College of Physical Education	76	76.0%	TRUE	O9VD3E-CE000226
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Event 1: Webinar on Environmental Studies.

The webinar was organized by the Green Club on 3rd and 4th June 2020.

Kasthurba College for Women and Women's Polytechnic College, Pondicherry, collaborated in this venture. The Principal, Dr.Cheryl-Ann Shivan welcomed the participants and inaugurated the webinar. The various topics covered in the webinar included

- Environmental Protection: Value Addition Based on Case Studies
- Biodiversity Conversation, Pollution, and Environmental Laws
- Solid Waste Management
- Women and Child Welfare

Teaching Faculty, Students, Research scholars and environmental activist (412) across India participated and interacted with the resource persons from different walks of life. Dr. K. Bhuvaneswari, Co-ordinator for the Green Club moderated the sessions for the two day webinar. Feedback forms were collected through google forms and the participants were given e-certificates.

Online Webinar
ENVIRONMENTAL STUDIES
 03rd - 04th June 2020
 (04.00 p.m To 05.00 p.m)

Topics to be covered

Environmental Protection: Value Addition Based on Case Studies.

Biodiversity Conservation, Pollution, Environmental Laws.

Solid Waste Management.


Women and Child Welfare.

Free Registration

[Click here to Register](#)

Who can attend
Only Teachers from Universities/Colleges/Schools

Reach us
 workshop@wptcpdy.in
 9443434972
 9486023434



IITB Remote Centre (RCI400)
Women's Polytechnic College, Puducherry
 in association with
Green Club
Kasthurba College for Women, Puducherry

Note: Due to limited number of seats, the participants are allowed on first come first serve basis

WOMEN'S POLYTECHNIC COLLEGE, PUDUCHERRY & KASTHURBA COLLEGE FOR WOMEN, PUDUCHERRY

Online Webinar on
ENVIRONMENTAL STUDIES

Programme Schedule
 June 03rd-04th, 2020

Date & Time	Topic & Speakers
03.06.2020 04.00pm To 04.30pm	Environmental Protection: Value Addition Based on Case Studies. Dr.R. Rajamanikam, CO-Director, Kodaikanal International School, Centre for Environmental and Humanity (KISGEH), Kodaikanal
03.06.2020 04.30pm To 05.00pm	Biodiversity Conservation, Pollution, Environmental Laws. Mr.P.Vipin Babu, Scientist, ENVIS Co-ordinator, Department of Science, Technology and Environment (DSTE), Pondicherry Pollution Control Committee (PPCC), Govt. of Puducherry
04.06.2020 04.00pm To 04.30pm	Solid Waste Management. Er.S.Sudalai, Assistant Professor, Centre for Pollution Control and Environmental Engineering, Pondicherry University
04.06.2020 04.30pm To 05.00pm	Women and Child Welfare. Dr.Vidyaa Ramkumar, Chairperson, District Local Complaints Committee, (Sexual Harassment at Workplace), Former Chairperson, Child Welfare Committee, Govt. of Puducherry.

Event 2: International Webinar on "Young Minds Matter - Towards the Mental Health and Well-being of Youth".

The International Webinar was organised by the Department of Psychology, Kasthurba College for Women

**INTERNATIONAL WEBINAR
ON**

**YOUNG MINDS MATTER:
TOWARDS THE MENTAL HEALTH
&
WELL-BEING OF YOUTH**

29TH & 30TH JUNE 2020

THE WEBINAR AIMS TO PROVIDE:
AN UNDERSTANDING OF THE MAJOR PSYCHOLOGICAL
ISSUES AMONG YOUTH
EARLY IDENTIFICATION AND INTERVENTION STRATEGIES
WITH AN AIM TO BUILDING STRONG YOUNG MINDS
METHODS TO PROMOTE HEALTHY RELATIONS BETWEEN
TEACHERS AND THEIR STUDENTS

WHO CAN PARTICIPATE:
TEACHERS,
STUDENTS
&
PARENTS

**CLICK HERE TO REGISTER
OR
SCAN QRC**


REACH US :
9443434972 & 9486025434
workshop@wptcpdy.in

CO-ORDINATORS:
DR. J GANDHI MOHAN
DR. K BHUVANESHWARI

ITB Remote Centre (RC1400)
Women's Polytechnic College, Puducherry
in association with
Department of Psychology
Kasthurba College for Women, Puducherry

**29TH JUNE 2020
11.15AM TO 11.30AM**


KEYNOTE ADDRESS



SHRI. A. ANBARASU, I.A.S.
DEVELOPMENT COMMISSIONER-CUM-
SECRETARY TO GOVERNMENT
GOVT. OF PUDUCHERRY

**29TH JUNE 2020
11.30AM TO 12.30PM**


LET'S KEEP TALKING: RAISING
AWARENESS OF YOUNG PEOPLE'S WELL-
BEING FROM A MENTAL HEALTH
PERSPECTIVE



MS. SASHA RUTH BIPIN,
B.A.(HONS) PSYCHOLOGY AND SPECIAL &
INCLUSIVE EDUCATION, M.SC. PSYCHOLOGY
MEMBER OF THE BRITISH PSYCHOLOGICAL SOCIETY
ENGAGEMENT OFFICER, UNITED KINGDOM

**29TH JUNE 2020
3.00PM TO 4.00PM**


EMANCIPATION FROM ADDICTION
- ROLE OF STUDENTS AND
TEACHERS



DR. P. ARUL VARMAN, M.D.(PSYCHIATRY)
ASSISTANT PROFESSOR
DEPARTMENT OF PSYCHIATRY
INDIRA GANDHI MEDICAL COLLEGE AND
RESEARCH INSTITUTE, PONDICHERRY, INDIA

**30TH JUNE 2020
11.30AM TO 12.30PM**


MENTAL HEALTH AND WELL-BEING:
AN OVERVIEW OF MOOD DISORDERS
IN YOUNG PEOPLE



DR. BIPIN RAVINDRAN,
M.B.B.S., MRCPsych(LONDON), DGM(LONDON)
CONSULTANT PSYCHIATRIST
NATIONAL HEALTH SERVICE,
UNITED KINGDOM

**30TH JUNE 2020
3.00PM TO 4.00PM**

PROMOTION OF STUDENTS' MENTAL
WELL-BEING - ROLE OF TEACHERS



MR. S. SARAVANAN, M.Phil.
ASST. PROF. OF CLINICAL PSYCHOLOGY
DEPT. OF PSYCHIATRY
PONDICHERRY INSTITUTE OF MEDICAL SCIENCES
PONDICHERRY, INDIA

The International webinar started with a Welcome Address by the Principal, Dr.Cheryl-Ann Shivan followed by the keynote address by Shri.A.Anbarasu, Secretary to Government of Puducherry. Teachers, research scholars, students and parents from all over India, and a few participants from Pakistan, the U.A.E. and the U.S. (number of registered participants 764) registered and actively participated in the webinar and the discussions help after each session.

The session was very interactive as many of the points that were raised concerned the teacher's role in students' mental health, coping with COVID-19, challenges in using mobile phone, managing behavioral issues of adolescents, rehabilitation process of substance abuse, and internet addiction.

Dr.K.Bhuvaneshwari, Asst. Prof of Psychology proposed the Vote of Thanks to all the resource persons from India and the United Kingdom, as well as to the participants. Feedback was collected and e-certificates provided to those who attended all the sessions.

Event 3: National Level Online Quiz on "Socio Political and Cultural History of Sangam Age" organised by the Dept. of History and Dept. of Tamil, Kasthurba College for Women.

The quiz was organized to instill self-learning among college students. Around 92 students and teachers took part in the online quiz and were given e-certificates with their scores.

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Certify'em Records - Socio - Political and Cultural History of Sangam Age

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A1	Timestamp	Email	Full Name	Other Identifier	Other Identifier 2	Total Score	Percent Score	Passed?	Certificate ID
1	08/03/2020 20:15:50	venkataraman00206@gmail.com	Venkataraman	Pondicherry University Community College		22	88.0%	TRUE	NFDHGG-CE000001
2	08/03/2020 20:20:48	venkataraman00206@gmail.com	Venkataraman	Pondicherry University Community College		24	96.0%	TRUE	NFDHGG-CE000002
3	08/03/2020 20:24:06	venkataraman00206@gmail.com	Venkataraman	Pondicherry University Community College		25	100.0%	TRUE	NFDHGG-CE000003
4	08/03/2020 20:29:54	venkataraman00206@gmail.com	Venkataraman	Pondicherry University Community College		25	100.0%	TRUE	NFDHGG-CE000004
5	08/03/2020 20:38:21	venkataraman00206@gmail.com	Venkataraman	Pondicherry University Community College	Student	25	100.0%	TRUE	NFDHGG-CE000005
6	08/03/2020 20:45:45	venkataraman00206@gmail.com	Mr.Venkataraman	Pondicherry University Community College	Student	24	96.0%	TRUE	NFDHGG-CE000006
7	08/06/2020 20:05:28	venkataraman00206@gmail.com	Venkataraman.R	Pondicherry University Community College	Student	25	100.0%	TRUE	NFDHGG-CE000007
8				Pondicherry University Community College					NFDHGG-CE000008

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prabhakar J Google விரிதாளைப் பயன்படுத்தி இந்த கைபைலைப் பதிர்ந்துள்ளார்
Certify'em Records - Socio - Political and Cultural History of Sangam Age

உள்ளுமைக திருத்தவதற்குப் பதிவுசெய்க

A1	Timestamp	Email	Full Name	Other Identifier	Other Identifier 2	Total Score	Percent Score	Passed?	Certificate ID
89	08/13/2020 19:27:23	babiyarani2000@gmail.com	Babyola Pushpa Rani.I	Kasturba collage for women	Student	21	84.0%	TRUE	NFDHGG-CE0000057
90	08/15/2020 9:35:35	senthamilselviapa@gmail.com	Dr.M.SENTHAMILS ELVI	Arulmigu palanlandavarArtscollege forWomen palani	Faculty	15	60.0%	TRUE	NFDHGG-CE0000058
91	08/17/2020 17:56:17	priyadharshini282017@gmail.com	B priyadharshini	Kasturba collage for women	Student	25	100.0%	TRUE	NFDHGG-CE0000059
92	08/17/2020 17:58:53	kalaisaravanan2020@gmail.com	K. KALAISELVY	House	Others	24	96.0%	TRUE	NFDHGG-CE0000060
93	08/18/2020 14:30:53	keerthanakarunanith1035@gmail.com	keerthana Karunanithi	House	Faculty	25	100.0%	TRUE	NFDHGG-CE0000061
94	08/25/2020 19:39:06	sowndharyaramesh88@gmail.com	Ishwarya Lakshmi. R	Kasturiba govt collage for women	Student	5	20.0%	FALSE	
95									
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Event 4: Webinar on "Mental Health Care" as part of World Mental Health Day on 10thOctober 2020 organised by Dept. of Psychology, Kasthurba College for Women.

Dr.M.Gajalakshmi, Psychiatrist, explained in detail about the ways and means to take care of the mental health of students. She gave an overall view on the identification of major mental health

disturbances and the importance of early intervention for better health outcome. The programme was organized exclusively for the students of Kasthurba College for Women.

World Mental Health Day
10th October 2020
3.00 - 4.00 p.m.



**"Mental Health for All
Greater Investment – Greater Access"**

Dr. M.Gajalakshmi, M.B.B.S., D.P.M
Psychiatrist & Program Manager,
National Mental Health Program,
Puducherry

will deliver the guest lecture on "Mental Health Care"

Registration Link: <https://forms.gle/PF8c7QHLJsNyWP9T7>

Lecture Link: <https://meet.google.com/chq-ykvb-oab>

organised by
Kasthurba College for Women,
&
National Mental Health Program, Pondicherry.

Contact: 94860 25434, 95859 78968

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Event 5: A Workshop on Life Skill Training by Dr. Ilamurugu, Asst. Professor, Department of Social Work, Pondicherry University.

The Recourse person conducted various activities in order to explain the life skill strategies and techniques as listed by WHO. The students of III B. A. Social Work were able to learn from the workshop with hands on experience.

Event 6: Seminar on "Gender Sensitization" on 13th & 14th Feb 2019.

1. Mrs. Vijayalakshmi, Asst. Director, Department of Women and Child Development, Government of Puducherry, gave the key note address on gender equity. She spoke to the students about gender parity prevalent in accessing basic opportunities like education, employment, health services etc. she also spoke about the gender specific issues like differences in pay, glass ceiling effect etc.,



2. Dr. Francis Sagayaraj, Sensitization healthy and safe use of social media. He explained about threats involved in use of social media like Facebook, Whatsapp, Instagram, Etc., and how the students especial girls have to be aware in order to safely use the same. He also shared some practical solutions to problems shared by the students regarding use of Social Media. The students were given a right perspective regarding use of social media through this programme.



3. Mrs. JanazFarri, Law Officer, Government of Puducherry, enlightened the students on Legal Rights of Women she spoke about varies rights against social evils like Dowry, Domestic Violence, Child Abuse and Sexual Harassment at work Place etc., she asked the students to spread awareness regarding the use of legal service in order to seek speedy Redressal.



4. Certificate of Participation was distributed among the students.



Event 7: World Water Day 2019 was absorbed with the theme leaving no one behind on 22nd March 2019.

Students of I Year Social Work displayed news cuttings on various issues like ill-effects of single use plastics, problem of Waste Management in Urban Areas, Deforestation, Rain Water Harvesting etc.,



The display was thought provoking and also an eye opener to the present environmental issues prevalent in the society.

Event 8: Observation of “World Wetland Day” Wetland and Climate Change on 02.02.2019 in collaboration with ENVIS Hub Centre, Pondicherry Pollution Control Committee.

Mr. Bhupendra Singh, Resource Person from an NGO, working for environment conservation took a seminar on the importance of conserving wet-lands.





He explained with a power point presentation, the various wet-land in Indian and also the flora and fauna inhabiting these wet-lands the seminar was highly informative and instrumental in sensitisation the students regarding wet-land Eco-System.

Event 9: Inter-Collegiate Competition on "SwachhataPondicherry" on 28.09.2018.

1. The students from Indira Gandhi College of Arts And Science, Kathirkamam, Rajiv Gandhi Arts and Science College, Thavalakuppam, PerunthalaivarKamarajar Arts College, Kalitheerthalkuppam, participated in the program and presented their ideas related to Cleanliness in Pondicherry through Power Point Presentation





2. Winners were rewarded and Participants were given consolidation prizes.



Event 9: World Mental Health Day was observed on 10.10.2018.

Dr.Cheryl Ann Shivan, Principal Kasthurba College, introduces the concept of mental health and need for destigmatisation,



Dr.Arul Varman, Asst. Prof of Psychiatry, Indira Gandhi College and Research Institute benefited the students about the mental illness, importance of seeking professional help and the various coping strategies that can be adopted towards stress management.

Event 10: International Day of the Girl Child.

International Day of the Girl Child was observed on 11.10.2018 the theme of the year was 'With Her: Skilled GirlForce'.



Mr. Ilango Colbert, Vice Principal, Kannagi School addressing the students



Enhancing the role of educators – Dr.K.Bhuvaneshwari, Asst. Prof. of Psychology, KCW



The students of Department of Social Work conducted classes for the students of Kannagi Girls Higher Secondary School, Villianur. On 'Good Touch and Bad Touch'.





Mrs. Elizabeth from Thannambikai Foundation, Pondicherry conducted various activities for the school students and taught them various concepts like Personal Safety, Hygiene and Nutrition through songs.

Event 11: Workshop on “Holistic Development of Adolescents” (04.03.2017) organised by Centre for Women Studies and Puducherry State Resource Centre for Women.

The workshop focused on the topic of adolescence, the physical, mental and social changes that happen during adolescence, their self-esteem issues.



The challenges that they face in order to seek approval of the society they also spoke about Peer Pressure, Love Affair, Intergenerational Problems etc., that are major problems faced during the adolescence and also how to address these issues by right parenting styles.

Event 12: A Suicide Prevention Programme "Connect, Communicate, Care" 28.09.2016 in collaboration with National Mental Health Programme.

Two psychiatrists from National Mental Health Programme, Indira Gandhi Medical College and Research Institute, Kathirkamam.

“Connect, Communicate, Care” – Suicide Prevention Programme (28.09.2016)



They explained about Suicide and the signs that the people thinking of committing suicide show. They explained that such signs can be identified even by general public and that each person in the society has the civic responsibility to be aware of their environment and be able to identify any change in the moods or emotions of people associated with them so that such early signs can be identified and counselling can be given.

Event 13: A seminar on Psychological and mental health first aid on 10.10.2017

The Department of Social work in association with Department of Psychiatry, JIPMER Pondicherry, organized a seminar on Psychological and mental health first aid. The psychiatric social workers explained about the various mental illnesses like Depression and Anxiety that requires mental health first aid when detected. They stressed on the importance of skills like Empathy, Acceptance and Non-Judgemental attitude in mental health practice

Event 14: Gender Sensitization Programme on 22.08.2017 & 23.08.2017

Dr. C. Aruna, Asst. Prof of Sociology, Pondicherry University addressed the students on Gender, Gender Issues in Society.



Ms. K. Sheetal Nayak, Counsellor, Mahatma Gandhi Medical College and Research Institute explaining the societal challenges faced by the Third Gender.



Mrs. Rehana Begum, Member, Internal Complaints Committee, sensitising the students on the ways to stay protected from sexual abuse in higher educational institutions.



Dr.Bascarane, creating awareness on cyber crime and safety measures to be taken while using social media .



Event 15: Inter-Collegiate Quiz Competition on “Environmental Studies” in collaboration with Department of Science and Technology, and Centre for Pollution Control and Environmental Engineering on 28.02.2018



Distribution of Prizes and Certificates



Event Mental Health Day 2019

Dr.M.Gajalakshmi and Dr.Stephen National Mental Health Programme, Govt. of Puducherry





Event International Girl Child Day 2019



International Girl Child Day 2019

International Girl Child Day was observed in collaboration with Kannagi Govt. Hr.Sec. School. Students were given an awareness about importance of girl child education. The staff from Childline explained about the availability of toll free number 1098 which the children can use for getting help and support.

C. Suman
PRINCIPAL
PRINCIPAL
KASTHURBA COLLEGE FOR WOMEN
VILLIANUR,
PUDUCHERRY 605 110.