



## **5.1 STUDENT SUPPORT**

### **5.1.3 CAPACITY BUILDING AND SKILLS ENHANCEMENT**

#### **3. LIFE SKILLS (YOGA, PHYSICAL FITNESS, HEALTH AND HYGIENE)**

Life skills are abilities and behaviours that enable individuals to effectively handle the challenges and demands of everyday life. These skills are essential for personal development, social interaction, and overall well-being. Life skills encompass a broad range of capabilities.

1. **Yoga** : Yoga is a holistic practice that integrates physical postures (asanas), breathing techniques (pranayama), meditation, and relaxation to promote physical, mental, and spiritual well-being. The benefits of yoga include improved flexibility, strength, balance, stress reduction, and overall vitality. Practicing yoga regularly can enhance self-awareness, mindfulness, and inner peace.

2. **Physical fitness** : Physical fitness encompasses various aspects of health-related fitness, including cardiovascular endurance, muscular strength, muscular endurance, flexibility, and body composition. Engaging in regular physical activity, such as aerobic exercise, strength training, and flexibility exercises, is essential for maintaining optimal physical fitness. Physical fitness not only improves physical health but also enhances mood, cognitive function, and quality of life .

3. **Health**: Health encompasses physical, mental, and social well-being. Maintaining good health involves adopting healthy lifestyle habits, such as eating a balanced diet, staying physically active, getting enough sleep, managing stress, and avoiding harmful substances.

4. **Hygiene** : Hygiene refers to practices that promote cleanliness and prevent the spread of illness and disease. Personal hygiene habits include washing hands regularly, bathing or showering daily, brushing and flossing teeth, and maintaining clean clothes and surroundings. Good hygiene practices help prevent the transmission of harmful pathogens, reduce the risk of infections, and promote overall well-being.

By incorporating these life skills into daily routines and practices, individuals can enhance their physical health, mental well-being, and overall quality of life. Cultivating mindfulness, self-awareness, and self-care is key to developing and maintaining a healthy and balanced lifestyle.



# MAR GREGORIOS COLLEGE OF ARTS & SCIENCE

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Department of Computer Application

Organizing,  
One week Life Skill Training  
on Physical Fitness



Trainer: Dr. Christopher Nallarasu,  
Physical Director,  
Mar Gregorios College  
of Arts & Science



**BUILD A  
PERFECT  
BODY SHAPE**

**PARTICIPANTS**  
IIBCA & III BCA students

Date: 01.08.2022 to 05.08.2022  
Venue: College Ground

Block No. 8, College Road, Mogappair West, Chennai 600 037

Contact number: 044-26533140, Mail id: mail@mgcchennai.ac.in, Website: mgcchennai.ac.in


Dr.R.SRIKANTH, M.B.A., M.Phil., Ph.D.,  
Principal  
MAR GREGORIOS COLLEGE OF ARTS & SCIENCE  
MOGAPPAIR WEST, CHENNAI - 600 037.





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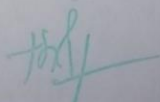
 **MAR GREGORIOS COLLEGE OF ARTS & SCIENCE**  
MOGAPPAIR WEST, CHENNAI  
A WRITABLE CERTIFICATE EDUCATIONAL INSTITUTION WITH THE STATUS OF EXCELLENCE IN EDUCATION  
APPROVED BY THE GOVT. OF TAMILNADU & AFFILIATED TO THE UNIVERSITY OF MADRAS

**DEPARTMENT OF COMPUTER APPLICATION –SHIFT I**  
Organizes  
**ONE WEEK LIFE SKILL TRAINING**  
ON  
**PHYSICAL FITNESS**  
**PROGRAM SCHEDULE**

Date: 01.08.2022 to 05.08.2022      Time: 9:00 am – 1 pm

Days	Session	Venue
Day 1	Inagural and Physical fitness	Mar Ivanios Hall
Day2	Basic Yoga	Mar Ivanios Hall
Day3	Abdomen Strengthening, Gym Exercies	College Ground
Day 4	Jogging,Practiced physical Fitness	College Ground
Day 5	Games and valedictory Function	Mar Ivanios Hall

  
Dr. M. SIVARAJAN M.B.A., M.Phil., M.A., M.Phil., Ph.D.,  
Principal  
MAR GREGORIOS COLLEGE OF ARTS & SCIENCE  
MOGAPPAIR WEST, CHENNAI - 600 037.

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MOGAPPAIR WEST, CHENNAI - 600 037.



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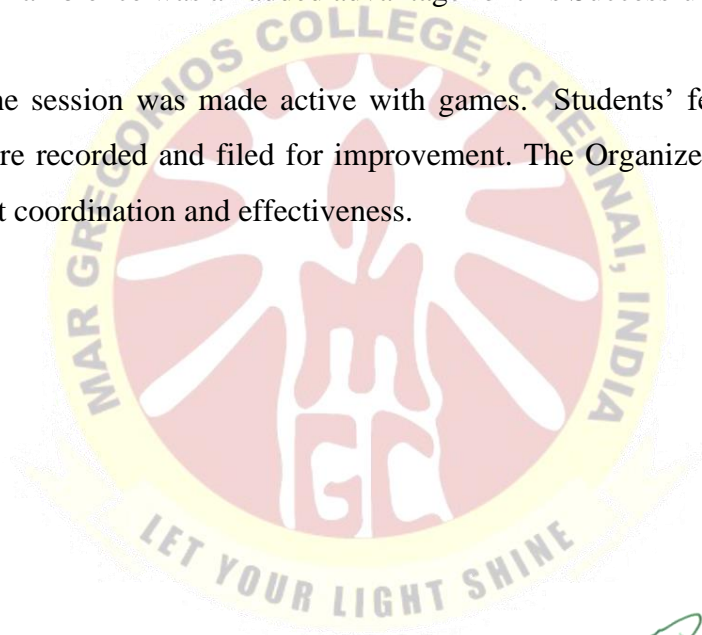
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### REPORT

The Department of Computer Application has organized a Five Days 'Life Skills Training on Physical Fitness' for II & III BCA students. The training was conducted by Physical Director, Dr.T.Christoper Nallarasu, from 1<sup>st</sup> August 2022 to 5<sup>th</sup> August 2022. The First day session was on the Basics of Physical Fitness, The Second day session was about Basic Yoga. The necessity and the purpose of doing Yoga were explained. Students actively involved and practiced Yoga. The Third day Session was on Abdomen Strengthening. Gym exercises were also a part of the session. Jogging was planned for the Fourth day. Students practiced the Life skills with a sporty spirit. The Open air ambience was an added advantage for this Successful training.

The last day of the session was made active with games. Students' feedbacks were positive. The feedbacks were recorded and filed for improvement. The Organizers and the Trainer were thanked for perfect coordination and effectiveness.



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**MARGREGORIOS COLLEGE OF ARTS & SCIENCE  
DEPARTMENT OF COMPUTER APPLICATIONS- SHIFT I  
ONE WEEK LIFE SKILL TRAINING ON PHYSICAL FITNESS  
ATTENDANCE SHEET**

S.NO	REGISTER NUMBER	STUDENT NAME	CLASS	1.8.22	2.8.22	3.8.22	4.8.22	5.8.22	6.8.22	8.8.22
1	212002947	JERALD JAMES BIJU	III BCA	Biju	Biju	Biju	Biju	Biju	Biju	
2	212002948	MAHAMMAD ASIF ALI M	III BCA	Asif	Asif	Asif	Asif	Asif	Asif	
3	212002949	SANTHOSH R	III BCA	Santhosh	Santhosh	Santhosh	Santhosh	Santhosh	Santhosh	
4	212002950	MOHMED RAFI PARVEZ S A	III BCA	Rafi	Rafi	Rafi	Rafi	Rafi	Rafi	
5	212002951	SANJAY B	III BCA	Sanjay	Sanjay	Sanjay	Sanjay	Sanjay	Sanjay	
6	212002952	THOMAS SEBASTIAN	III BCA	Thomas	Thomas	Thomas	Thomas	Thomas	Thomas	
7	212002953	ARUN KUMAR D	III BCA	Arun	Arun	Arun	Arun	Arun	Arun	
8	212002954	ASBAN SIJO S	III BCA	Asban	Asban	Asban	Asban	Asban	Asban	
9	212002955	AVINASH S	III BCA	Avinash	Avinash	Avinash	Avinash	Avinash	Avinash	
10	212002956	BABU G	III BCA	Babu	Babu	Babu	Babu	Babu	Babu	
11	212002957	DEVA R	III BCA	Deva	Deva	Deva	Deva	Deva	Deva	
12	212002958	DHANUSH SURYA	III BCA	Dhanush	Dhanush	Dhanush	Dhanush	Dhanush	Dhanush	
13	212002959	GNANAMUTHU A	III BCA	Gnanamuthu	Gnanamuthu	Gnanamuthu	Gnanamuthu	Gnanamuthu	Gnanamuthu	
14	212002960	HARISH GOKUL B	III BCA	Harish	Harish	Harish	Harish	Harish	Harish	
15	212002961	JAGADEESWARAN A R	III BCA	Jagadeeswaran	Jagadeeswaran	Jagadeeswaran	Jagadeeswaran	Jagadeeswaran	Jagadeeswaran	
16	212002962	JEBIN GNANA KAMALESH J	III BCA	Jebin	Jebin	Jebin	Jebin	Jebin	Jebin	
17	212002963	MADHAN KUMAR G	III BCA	Madhan	Madhan	Madhan	Madhan	Madhan	Madhan	
18	212002964	MANIKANDAN E	III BCA	Manikandan	Manikandan	Manikandan	Manikandan	Manikandan	Manikandan	
19	212002965	MICHAEL D NETTO	III BCA	Michael	Michael	Michael	Michael	Michael	Michael	
20	212002966	S POORNESH	III BCA	S Poornesh	S Poornesh	S Poornesh	S Poornesh	S Poornesh	S Poornesh	
21	212002967	ROHITH M	III BCA	Rohith	Rohith	Rohith	Rohith	Rohith	Rohith	
22	212002968	RUPANRAJ M	III BCA	Rupanraj	Rupanraj	Rupanraj	Rupanraj	Rupanraj	Rupanraj	

*R. Srikanth*

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23	212002969	SAKTHI MOHAN V.	III BCA	Am	Am	Am	Am	Am	
24	212002970	SANJAY S	III BCA	SP	SP	SP	SP	SP	
25	212002971	SANTHOSH G	III BCA	Sanj	Sanj	Sanj	Sanj	Sanj	
26	212002972	SARAVANAN P	III BCA	San	San	San	San	San	
27	212002974	SATHISH T	III BCA	Sath	Sath	Sath	Sath	Sath	
28	212002975	SHARAN KUMAR S	III BCA	Shan	Shan	Shan	Shan	Shan	
29	212002976	SIVA S	III BCA	Siva A	Siva A	Siva A	Siva A	Siva A	Siva A
30	212002977	SRINATH R	III BCA	Srinath	Srinath	Srinath	Srinath	Srinath	
31	212002978	SUDHARSAN S	III BCA	Sudh	Sudh	Sudh	Sudh	Sudh	
32	212002979	P SURENDAR	III BCA	P.S	P.S	P.S	P.S	P.S	
33	212002980	SURENDHAR S	III BCA	Sure	Sure	Sure	Sure	Sure	
34	212002981	SURIYA V	III BCA	Surya	Surya	Surya	Surya	Surya	
35	212002982	SURYA PRAKASH R	III BCA	S.P	S.P	S.P	S.P	S.P	
36	212002983	TAMILARASAN P	III BCA	A	A	A	A	A	
37	212002984	VETRI SELVAN S	III BCA	Vetri	Vetri	Vetri	Vetri	Vetri	
38	212002985	VICTOR ALLVIN A	III BCA	Victor	Victor	Victor	Victor	Victor	
39	212002986	XAVIER SIMSON C	III BCA	Xavier	Xavier	Xavier	Xavier	Xavier	
40	212002987	DEEPIKA SREE V	III BCA	V.Dee	V.Dee	V.Dee	V.Dee	V.Dee	
41	212002988	HANNAH CATHRIN D	III BCA	Hannah	Hannah	Hannah	Hannah	Hannah	
42	212002989	KALAISELVI S	III BCA	Kalai	Kalai	Kalai	Kalai	Kalai	
43	212002990	MADHUMITHA R	III BCA	Madhu	Madhu	Madhu	Madhu	Madhu	
44	212002991	PRIYA M	III BCA	Priya	Priya	Priya	Priya	Priya	
45	212002992	REENA R	III BCA	Reena	Reena	Reena	Reena	Reena	
46	212002993	SHARON JENIFER D	III BCA	Sharon	Sharon	Sharon	Sharon	Sharon	
47	212002994	SRIGAAYATHRI R	III BCA	Sriga	Sriga	Sriga	Sriga	Sriga	
48	212002995	K VIJAYALAKSHMI	III BCA	K.Vij	K.Vij	K.Vij	K.Vij	K.Vij	
49	212004772	SHANMUGAM A	III BCA	Shan	Shan	Shan	Shan	Shan	
50	212103399	ARCHANA P	II BCA	Arch	Arch	Arch	Arch	Arch	

*R. Srikanth*

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51	212103400	MEGHNA K	II BCA							
52	212103401	DINESH KUMAR K	II BCA	Rohit	Rohit	Rohit	Rohit	Rohit	Rohit	Rohit
53	212103402	SATHISH KUMAR V	II BCA	WGP	WGP	WGP	WGP	WGP	WGP	WGP
54	212103403	WILLIAM GIFTSON S	II BCA	Sathy	Sathy	Sathy	Sathy	Sathy	Sathy	Sathy
55	212103404	ABDUL KHADER S	II BCA	D.P.	D.P.	D.P.	D.P.	D.P.	D.P.	D.P.
56	212103405	ABISHEK D	II BCA	PK	PK	PK	PK	PK	PK	PK
57	212103406	AKASH S	II BCA	Shanmuga	Shanmuga	Shanmuga	Shanmuga	Shanmuga	Shanmuga	Shanmuga
58	212103407	ALWIN JOSHVA A	II BCA	Abh	Abh	Abh	Abh	Abh	Abh	Abh
59	212103408	ASHEN BASHA J	II BCA	Bala	Bala	Bala	Bala	Bala	Bala	Bala
60	212103409	BALA MUKESH J	II BCA	Shanmuga	Shanmuga	Shanmuga	Shanmuga	Shanmuga	Shanmuga	Shanmuga
61	212103410	BHUVANESHWARAN S	II BCA	chett	chett	chett	chett	chett	chett	chett
62	212103411	CHANDRUL	II BCA	hul	hul	hul	hul	hul	hul	hul
63	212103412	DEEPAK KRISHNAN R	II BCA	chh	chh	chh	chh	chh	chh	chh
64	212103413	DHANUSH S	II BCA	Pank	Pank	Pank	Pank	Pank	Pank	Pank
65	212103414	DINESH E	II BCA	gott	gott	gott	gott	gott	gott	gott
66	212103415	DINESH KUMAR S	II BCA	gott	gott	gott	gott	gott	gott	gott
67	212103416	EASTERINBARAJ J	II BCA	gott	gott	gott	gott	gott	gott	gott
68	212103417	ESHWAR N K	II BCA	gott	gott	gott	gott	gott	gott	gott
69	212103418	FAIZUR RAHMAN K	II BCA	Siva	Siva	Siva	Siva	Siva	Siva	Siva
70	212103419	IMRAN S	II BCA	gott	gott	gott	gott	gott	gott	gott
71	212103420	JANEETH R J	II BCA	gott	gott	gott	gott	gott	gott	gott
72	212103421	JEEVA KUMAR R	II BCA	gott	gott	gott	gott	gott	gott	gott
73	212103422	JERISH JEROMIAH S	II BCA	gott	gott	gott	gott	gott	gott	gott
74	212103423	KANNABIRAN M	II BCA	Mika	Mika	Mika	Mika	Mika	Mika	Mika
75	212103424	KEERTHIVASAN K	II BCA	hul	hul	hul	hul	hul	hul	hul
76	212103425	LOKESH KUMAR S	II BCA	hul	hul	hul	hul	hul	hul	hul
77	212103426	MANIKANDAN M	II BCA	gott	gott	gott	gott	gott	gott	gott
78	212103427	MANOJ KUMAR P	II BCA	Priya	Priya	Priya	Priya	Priya	Priya	Priya

*R. Srikanth*

Dr.R.SRIKANTH, M.B.A., M.Phil., Ph.D.,  
Principal  
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79	212103428	MARIRAJA B	II BCA	B. Mar 1	B. Mar 2	B. Mar 3	B. Mar 4	B. Mar 5
80	212103429	MOHAN G	II BCA	G. Moh 1	G. Moh 2	G. Moh 3	G. Moh 4	G. Moh 5
81	212103430	NARENDRAN B	II BCA	N. Naren 1	N. Naren 2	N. Naren 3	N. Naren 4	N. Naren 5
82	212103431	NARENDRAN P	II BCA	P. Naren 1	P. Naren 2	P. Naren 3	P. Naren 4	P. Naren 5
83	212103432	NAVEEN B	II BCA	N. Naveen 1	N. Naveen 2	N. Naveen 3	N. Naveen 4	N. Naveen 5
84	212103433	NIRMAL PRASANTH K	II BCA	K. Nirmal 1	K. Nirmal 2	K. Nirmal 3	K. Nirmal 4	K. Nirmal 5
85	212103434	PRAVEEN KUMAR R	II BCA	R. Praveen 1	R. Praveen 2	R. Praveen 3	R. Praveen 4	R. Praveen 5
86	212103435	RAJESH E	II BCA	E. Rajesh 1	E. Rajesh 2	E. Rajesh 3	E. Rajesh 4	E. Rajesh 5
87	212103436	SAMUVEL NELSON S	II BCA	S. Samuvel 1	S. Samuvel 2	S. Samuvel 3	S. Samuvel 4	S. Samuvel 5
88	212103437	SANJAY A	II BCA	A. Sanjay 1	A. Sanjay 2	A. Sanjay 3	A. Sanjay 4	A. Sanjay 5
89	212103438	SREE VIGNESH C	II BCA	C. Sree 1	C. Sree 2	C. Sree 3	C. Sree 4	C. Sree 5
90	212103439	VIGNESH S	II BCA	S. Vignesh 1	S. Vignesh 2	S. Vignesh 3	S. Vignesh 4	S. Vignesh 5
91	212103440	VIGNESH V	II BCA	V. Vignesh 1	V. Vignesh 2	V. Vignesh 3	V. Vignesh 4	V. Vignesh 5
92	212103441	VINOTHRAJ V	II BCA	V. Vinothraj 1	V. Vinothraj 2	V. Vinothraj 3	V. Vinothraj 4	V. Vinothraj 5
93	212103442	YUVARAJ D	II BCA	D. Yuvaraj 1	D. Yuvaraj 2	D. Yuvaraj 3	D. Yuvaraj 4	D. Yuvaraj 5
94	212103443	ANITHA K	II BCA	K. Anitha 1	K. Anitha 2	K. Anitha 3	K. Anitha 4	K. Anitha 5
95	212103444	CHARULATHA P T	II BCA	T. Charulatha 1	T. Charulatha 2	T. Charulatha 3	T. Charulatha 4	T. Charulatha 5
96	212103445	JABURUNISHA J	II BCA	J. Jaburunisha 1	J. Jaburunisha 2	J. Jaburunisha 3	J. Jaburunisha 4	J. Jaburunisha 5
97	212103446	RAMYADEVI G	II BCA	G. Ramyadevi 1	G. Ramyadevi 2	G. Ramyadevi 3	G. Ramyadevi 4	G. Ramyadevi 5
98	212103447	SARADHA PRABHA H	II BCA	H. Saradha 1	H. Saradha 2	H. Saradha 3	H. Saradha 4	H. Saradha 5
99	212103448	SHERIN N	II BCA	N. Sherin 1	N. Sherin 2	N. Sherin 3	N. Sherin 4	N. Sherin 5

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*R. Srikanth*

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**Silver Jubilee Year**  
Love is my Light

**Department of Electronics and  
Communication Science**  
In association with IQAC  
Organizes a Program  
**Impact of Mental Health on  
Academics**

Resource Person  
Date: **17/08/2022**  
**SR.Celin Maria, D.M.**  
Councillor  
Mar Gregorios College  
of Arts & Science

**Mrs.V.Savithri** Head of the Department  
**Dr.M.Sivarajan** Principal  
**Rev.Fr.Philip Pulipra** Secretary

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Ph.no : 044 2653 3140 www.mgcchennai.ac.in Mail@mgcchennai.ac.in

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## **LIFE SKILL PROGRAM**

**17/08/22**

### **PROGRAMME SCHEDULE**

Master of Ceremony M. Shalini of III ECS.

- 9.30 A.M Prayer Mrs. Maxin Poppy Rose
- 9.35 A.M Welcome & Introduction to Chief Guest  
Ms. Shalini III ECS
- 9.40 A.M Session by RESOURCE PERSON  
Sr.Celine Maria  
(Counsellor Mar gregorios college of arts & Science)
- 1.00 P.M Vote of Thanks S.SPOOJA II ECS

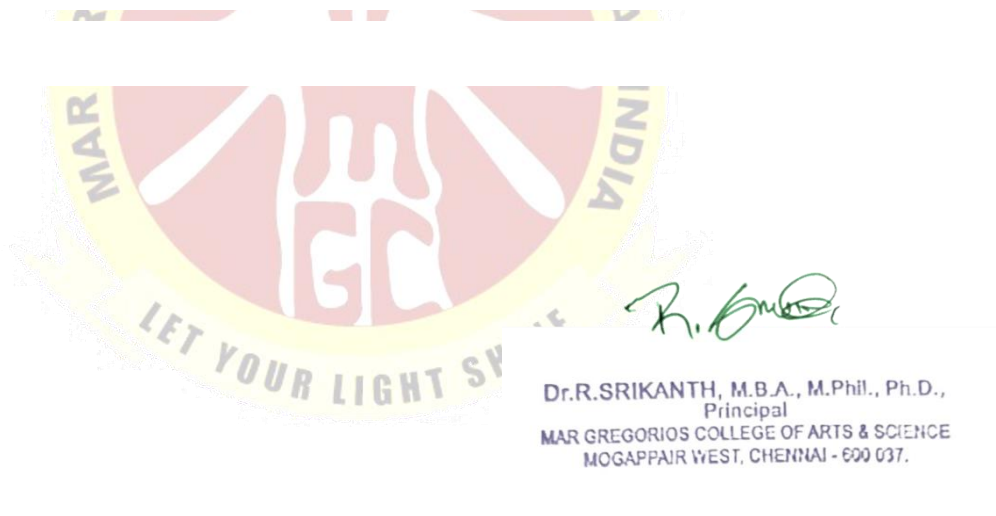
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## REPORT

Workshop on “**IMPACT OF MENTAL HEALTH IN ACADEMICS**” was conducted on 10<sup>th</sup> August 2022. The main objective of this programme was to give awareness about Mental Health. Poor mental health can affect students at all stages of life, as they are facing loneliness, anxiety and even depression. Mental health difficulties can have a significant impact on a student’s ability to engage with their studies, make friends etc.

The Program started at around 11.30a.m with a prayer and a lecture by Sr.Celine Maria. She explained the importance of mental health in our day-to-day activities as well as motivated us to achieve our goals. She also conducted games and made the session very interactive. Around 45 students were benefited.





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**Dr.R.SRIKANTH, M.B.A., M.Phil., Ph.D.,**  
Principal  
**MAR GREGORIOS COLLEGE OF ARTS & SCIENCE**  
MOGAPPAIR WEST, CHENNAI - 600 037.



# MAR GREGORIOS COLLEGE OF ARTS & SCIENCE

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Mogappair West, Chennai-600 037

AQAR  
2022-23

Electronics & Communication Science  
Impact of Mental health in Academics  
Date : 17/08/2022  
VENUE: Mar Ivanios Hall.

NO	REG.NO	NAME	YEAR	BATCH	Signature
	222006983	VISHAL.T	III B.Sc ECS	2020 -2023	
	222006984	KRITHIVASAN.N	III B.Sc ECS	2020 -2023	
	222006985	JAIVIGNESH.S	III B.Sc ECS	2020 -2023	N. Parthiban
	222006986	ABIDEEN.P.S	III B.Sc ECS	2020 -2023	
	222006987	ABISHMON.S.K	III B.Sc ECS	2020 -2023	
	222006987	CHERAN.V	III B.Sc ECS	2020 -2023	Abid Mon S.K
	222006988	KIRANKUMAR.S	III B.Sc ECS	2020 -2023	V. Chitra
	222006989	MANIKANDAN.M	III B.Sc ECS	2020 -2023	
	222006990	MOHAMED IBRAHIM.A	III B.Sc ECS	2020 -2023	
	222006991	PRAVEEN.K	III B.Sc ECS	2020 -2023	
	222006992	VENKATESH.C	III B.Sc ECS	2020 -2023	Ravi
	222006993	JEEVITHA.S	III B.Sc ECS	2020 -2023	Vedant C
	222006994	SHALINI.M	III B.Sc ECS	2020 -2023	Sourav
	222006995	KARAN KUMAR S	III B.Sc ECS	2020 -2023	
	222010046	SONA A	III B.Sc ECS	2020 -2023	Sona
	222010047	PRAKASH J	III B.Sc ECS	2020 -2023	
	222107168	ABDUS SAMAD A	II B.Sc ECS	2021-2024	
	222107169	NANDHA KUMAR G L	II B.Sc ECS	2021-2024	
	222107170	SARAVANAN S S	II B.Sc ECS	2021-2024	
	222107171	BAGATH G A	II B.Sc ECS	2021-2024	
	222107172	BHUVANESHWAR P	II B.Sc ECS	2021-2024	
	222107173	HEMATH KUMAR S	II B.Sc ECS	2021-2024	
	222107174	JAYAKRISHNAN M	II B.Sc ECS	2021-2024	S. Hemath Kumar
	222107175	NARESH KUMAR R	II B.Sc ECS	2021-2024	Absent
	222107176	NITHISH K R	II B.Sc ECS	2021-2024	Nithish Kumar
	222107177	RAHUL G	II B.Sc ECS	2021-2024	
	222107178	SEEYALA SELVAN S	II B.Sc ECS	2021-2024	
	222107179	SHAKTHIVEL V	II B.Sc ECS	2021-2024	
	222107180	SIVA KUMAR G	II B.Sc ECS	2021-2024	
	222107181	SUSINDAR S	II B.Sc ECS	2021-2024	
	222107182	VIJAYAN S	II B.Sc ECS	2021-2024	
	222107183	YABESH RAJ S	II B.Sc ECS	2021-2024	S. Yabesh Raj
	222107184	GEETHA N	II B.Sc ECS	2021-2024	
	222107185	GOTHAVARI M	II B.Sc ECS	2021-2024	N. Anji Gothavari M
	222107186	POOJA P	II B.Sc ECS	2021-2024	P. Pojic
	222107187	SHOBANA R	II B.Sc ECS	2021-2024	R. Shobana
	222107188	SNEHA S	II B.Sc ECS	2021-2024	gloves
	222107189				

R. Srikanth

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Principal  
MAR GREGORIOS COLLEGE OF ARTS & SCIENCE  
MOGAPPAIR WEST, CHENNAI - 600 037.



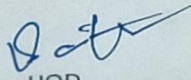



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**AQAR  
2022-23**

RAJ KUMAR B	I B.Sc ECS	2022- 2025	B. Raj Kumar
AHAMED K	I B.Sc ECS	2022- 2025	Ahamed K
TUPRIN PRABHU M	I B.Sc ECS	2022- 2025	Tuprin Prabhu M
SHARMILA S	I B.Sc ECS	2022- 2025	Sharmila S
LAKSHMI S	I B.Sc ECS	2022- 2025	Lakshmi S
RAJESH P	I B.Sc ECS	2022- 2025	RAJESH P
THABISHHUSSIAN I	I B.Sc ECS	2022- 2025	I. Thabish H
KISHORE V	I B.Sc ECS	2022- 2025	Kishore V
HEMALATHA V	I B.Sc ECS	2022- 2025	Hemalatha V
ARUL RAJ S	I B.Sc ECS	2022- 2025	Arul Raj S
VISHAAL T	I B.Sc ECS	2022- 2025	Vishaal T
CHITRA P	I B.Sc ECS	2022- 2025	Chitra P
ASHA RANI A	I B.Sc ECS	2022- 2025	Asha Rani A
ARUL S	I B.Sc ECS	2022- 2025	Arul S
SAKTHIVEL K	I B.Sc ECS	2022- 2025	Sakthivel K
SANJAY SHARMA R	I B.Sc ECS	2022- 2025	Sanjay Sharma R
SEETHARAMAN S	I B.Sc ECS	2022- 2025	Seetharaman S
MANIKANDAN P	I B.Sc ECS	2022- 2025	Manikandan P
MALINI P	I B.Sc ECS	2022- 2025	Malini P
AARTHI S	I B.Sc ECS	2022- 2025	Aarthi S
RAKESH P	I B.Sc ECS	2022- 2025	Rakesh P

  
HOD

  
PRINCIPAL

Dr. M. SIVARAJAN M.B.A., M.Phil., M.A., M.  
Principal  
MAR GREGORIOS COLLEGE OF ARTS & SCIENCE  
MOGAPPAIR WEST, CHENNAI - 600 037

LET YOUR LIGHT SHINE



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**AQAR  
2022-23**

**DEPARTMENT OF ELECTRONICS AND COMMUNICATION SCIENCE**

**LIFE SKILL PROGRAM**

**(ZOOMBA AND AEROBICS)**

**MAR GREGORIOS COLLEGE OF ARTS & SCIENCE**  
MOGAPPAIR WEST, CHENNAI-37.  
Approved by the Government of Tamilnadu & Affiliated to the University of Madras  
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Managed by Malankara Syrian catholic Trust  
Silver Jubilee Year  
Love is my Light

**Department of Electronics and Communication Science**  
In Association with IQAC  
Organizes a  
**Life Skill Program on Zumba & Aerobics**

**10 to 12 AUGUST**  
MAR IVANIOS HALL

**RESOURCE PERSON**  
**R. Amutha** M.Com, M.Phil, B.Ed.  
Dept of Commerce MGR university,  
zumba Trainer, Chennai.

**FEEL THE MUSIC OF FITNESS ON ZUMBA & AEROBICS**

**Mrs. V. Savithri**  
Head of the Department  
Let your Light Shine

**Dr. M. Sivarajan**  
Principal

**Rev. Fr. Philip Pulipra**  
Secretary  
MGC Thanks Chennai

Dr. R. SRIKANTH, M.B.A., M.Phil., Ph.D.,  
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**AQAR  
2022-23**

**DEPARTMENT OF ELECTRONICS AND COMMUNICATION SCIENCE**

**Life skill program**

**(Zoomba and Aerobics)**

**10/08/2022 To 12/08/2022**

**Programme schedule (DAY1,2 and Day3)**

Master of Ceremony M. Shalini of III ECS.

9.30 A.M Prayer Mrs. Maxin Poppy Rose

9.35 A.M Welcome & Introduction to Chief Guest

Ms. Shalini III ECS

9.40 A.M Session by Resource Person

R. AMUTHA M.com, M. Phil, B.Ed.,

Assistant Professor Dept of Commerce

MGR University Chennai and Zoomba and Aerobics Trainer

1.00 P.M Vote of Thanks S.Sneha II ECS

Dr.R.SRIKANTH, M.B.A., M.Phil., Ph.D.,  
Principal  
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**AQAR**  
**2022-23**

## **REPORT**

A Life Skill Program on “ZUMBA & AEROBICS” was conducted from 10<sup>th</sup> August to 12<sup>th</sup> August 2022 in Mar Ivanios Hall. The major objective of the programme is to enrich the curriculum with Health & Nutrition programs, equipping Students with active exercises helping them to improve the quality of their life. Ms. Amutha, Department of Commerce, MGR University, Chennai & Zumba trainer was the resource person. Zumba involves movement of the entire body with a full-body workout. An effective Zumba provides health benefits and social benefits in a group workout.

The Program started daily at 10.00am with a prayer song, followed by the welcome address by M. Shalini of III BES. The Session started with warm up exercises followed by ZUMBA dance. Students showed interest to learn and practice ZUMBA.

The program ended with vote of thanks recited by S. Sneha, a Student of IIECS.



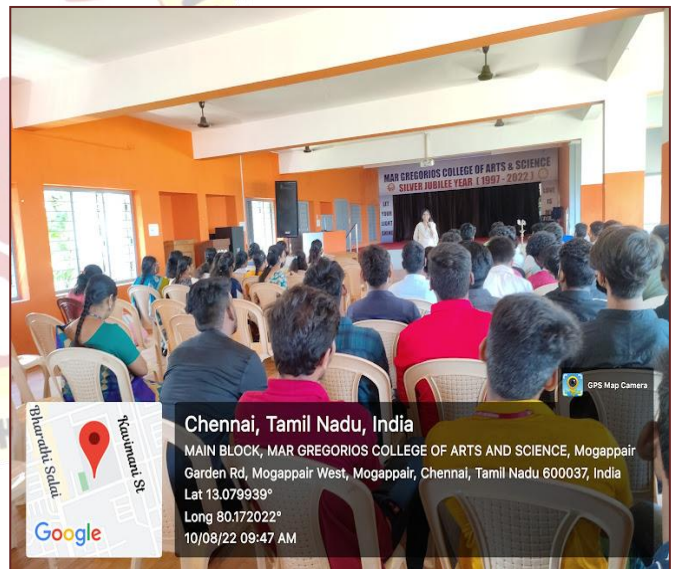
Dr. R. SRIKANTH, M.B.A., M.Phil., Ph.D.,  
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**AQAR  
2022-23**



**Dr.R.SRIKANTH, M.B.A., M.Phil., Ph.D.,**  
Principal  
MAR GREGORIOS COLLEGE OF ARTS & SCIENCE  
MOGAPPAIR WEST, CHENNAI - 600 037.



MAR GREGORIOS COLLEGE OF ARTS & SCIENCE  
 DEPARTMENT OF ELECTRONICS & COMMUNICATION SCIENCE  
 LIFE SKILL PROGRAM ON ZOOMBA AND AEROBICS"  
 Date: 10/08/2022 to 12/08/2022 VENU: Mar Ivanios Hall.

S.NO	REG.NO	NAME	YEAR	BATCH	SIGNATURE		
					10/08/2022	11/08/2022	12/08/2022
1	222006983	VISHAL.T	III B.Sc ECS	2020 -2023	[Signature]	[Signature]	[Signature]
2	222006984	KRITHIVASAN.N	III B.Sc ECS	2020 -2023	[Signature]	[Signature]	[Signature]
3	222006985	JAIVIGNESH.S	III B.Sc ECS	2020 -2023	[Signature]	[Signature]	[Signature]
4	222006986	ABIDEEN.P.S	III B.Sc ECS	2020 -2023	[Signature]	[Signature]	[Signature]
5	222006987	ABISHMON.S.K	III B.Sc ECS	2020 -2023	[Signature]	[Signature]	[Signature]
6	222006988	CHERAN.V	III B.Sc ECS	2020 -2023	[Signature]	[Signature]	[Signature]
7	222006989	KIRANKUMAR.S	III B.Sc ECS	2020 -2023	[Signature]	[Signature]	[Signature]
8	222006990	MANIKANDAN.M	III B.Sc ECS	2020 -2023	[Signature]	[Signature]	[Signature]
9	222006991	MOHAMED IBRAHIM.A	III B.Sc ECS	2020 -2023	[Signature]	[Signature]	[Signature]
10	222006992	PRAVEEN.K	III B.Sc ECS	2020 -2023	[Signature]	[Signature]	[Signature]
11	222006993	VENKATESH.C	III B.Sc ECS	2020 -2023	[Signature]	[Signature]	[Signature]
12	222006994	JEEVITHA.S	III B.Sc ECS	2020 -2023	[Signature]	[Signature]	[Signature]
13	222006995	SHALINI.M	III B.Sc ECS	2020 -2023	[Signature]	[Signature]	[Signature]
14	222010046	KARAN KUMAR S	III B.Sc ECS	2020 -2023	[Signature]	[Signature]	[Signature]
15	222010047	SONA A	III B.Sc ECS	2020 -2023	[Signature]	[Signature]	[Signature]
16	222107168	PRAKASH J	II B.Sc ECS	2021-2024	[Signature]	[Signature]	[Signature]
17	222107169	ABDUS SAMAD A	II B.Sc ECS	2021-2024	[Signature]	[Signature]	[Signature]
18	222107170	NANDHA KUMAR G L	II B.Sc ECS	2021-2024	[Signature]	[Signature]	[Signature]
19	222107171	SARAVANAN S S	II B.Sc ECS	2021-2024	[Signature]	[Signature]	[Signature]
20	222107172	BAGATH G A	II B.Sc ECS	2021-2024	[Signature]	[Signature]	[Signature]
21	222107173	BHUVANESHWAR P	II B.Sc ECS	2021-2024	[Signature]	[Signature]	[Signature]
22	222107174	HEMATH KUMAR S	II B.Sc ECS	2021-2024	[Signature]	[Signature]	[Signature]
23	222107175	JAYAKRISHNAN M	II B.Sc ECS	2021-2024	[Signature]	[Signature]	[Signature]
24	222107176	NARESH KUMAR R	II B.Sc ECS	2021-2024	[Signature]	[Signature]	[Signature]
25	222107177	NITHISH K R	II B.Sc ECS	2021-2024	[Signature]	[Signature]	[Signature]
26	222107178	RAHUL G	II B.Sc ECS	2021-2024	[Signature]	[Signature]	[Signature]
27	222107179	SEELYA SELVAN S	II B.Sc ECS	2021-2024	[Signature]	[Signature]	[Signature]
28	222107180	SHAKTHIVEL V	II B.Sc ECS	2021-2024	[Signature]	[Signature]	[Signature]
29	222107181	SIVA KUMAR G	II B.Sc ECS	2021-2024	[Signature]	[Signature]	[Signature]
30	222107182	SUSINDAR S	II B.Sc ECS	2021-2024	[Signature]	[Signature]	[Signature]
31	222107183	VIJAYAN S	II B.Sc ECS	2021-2024	[Signature]	[Signature]	[Signature]
32	222107184	YABESH RAJ S	II B.Sc ECS	2021-2024	[Signature]	[Signature]	[Signature]
33	222107185	GEETHA N	II B.Sc ECS	2021-2024	[Signature]	[Signature]	[Signature]
34	222107186	GOTHAVARI M	II B.Sc ECS	2021-2024	[Signature]	[Signature]	[Signature]
35	222107187	POOJA P	II B.Sc ECS	2021-2024	[Signature]	[Signature]	[Signature]
36	222107188	SHOBANA R	II B.Sc ECS	2021-2024	[Signature]	[Signature]	[Signature]
37	222107189	SNEHA S	II B.Sc ECS	2021-2024	[Signature]	[Signature]	[Signature]

*R. Srikanth*

Dr.R.SRIKANTH, M.B.A., M.Phil., Ph.D.,  
 Principal  
 MAR GREGORIOS COLLEGE OF ARTS & SCIENCE  
 MOGAPPAIR WEST, CHENNAI - 600 037.



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**AQAR  
 2022-23**

38	RAJ KUMAR B	I B.Sc ECS	2022-2025			
39	AHAMED K	I B.Sc ECS	2022-2025	Ahamed.k	Ahamed.K	Ahamed.k
40	TUPRIN PRABHU M	I B.Sc ECS	2022-2025	M.Tuprin	M.Tuprin	M.Tuprin
41	SHARMILA S	I B.Sc ECS	2022-2025	S.Sharmila	S.Sharmila	S.Sharmila
42	LAKSHMI S	I B.Sc ECS	2022-2025	Lakshmi.S	Lakshmi.S	Lakshmi.S
43	RAJESH P	I B.Sc ECS	2022-2025	RAJESH.P	Rajesh.P	Rajesh.P
44	THABISHHUSSIAN I	I B.Sc ECS	2022-2025	I.Thabish	I.Thabish	I.Thabish
45	KISHORE V	I B.Sc ECS	2022-2025	K	K	K
46	HEMALATHA V	I B.Sc ECS	2022-2025	Hemalatha.V	Hemalatha.V	Hemalatha.V
47	ARUL RAJ S	I B.Sc ECS	2022-2025	S.Arulraj	S.Arulraj	S.Arulraj
48	VISHAAL T	I B.Sc ECS	2022-2025	Vishal.T	Vishal.T	Vishal.T
49	CHITRA P	I B.Sc ECS	2022-2025	P.Chitra	P.Chitra	P.Chitra
50	ASHA RANI A	I B.Sc ECS	2022-2025	A.A.P	A.A.P	A.A.P
51	ARUL S	I B.Sc ECS	2022-2025	A.S	A.S	A.S
52	SAKTHIVEL K	I B.Sc ECS	2022-2025	K.Sakthivel	K.Sakthivel	K.Sakthivel
53	SANJAY SHARMA R	I B.Sc ECS	2022-2025	R.Sanjay	R.Sanjay	R.Sanjay
54	SEETHARAMAN S	I B.Sc ECS	2022-2025	S.Seetharaman	S.Seetharaman	S.Seetharaman
55	MANIKANDAN P	I B.Sc ECS	2022-2025	P.Manikand	P.Manikand	P.Manikand
56	MALINI P	I B.Sc ECS	2022-2025	P.Malini	P.Malini	P.Malini
57	AARTHI S	I B.Sc ECS	2022-2025	S.Arathi	S.Arathi	S.Arathi
58	RAKESH P	I B.Sc ECS	2022-2025	P.Rakesh	P.Rakesh	P.Rakesh

S  
HOD

*[Handwritten Signature]*

PRINCIPAL

Dr. M. SVARAJAN M.B.A., M.Phil., M.A., M.Phil., Ph.D.,  
 Principal  
 MAR GREGORIOS COLLEGE OF ARTS & SCIENCE  
 MOGAPPAIR WEST, CHENNAI - 600 037.

*[Handwritten Signature]*

Dr. R. SRIKANTH, M.B.A., M.Phil., Ph.D.,  
 Principal  
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**Silver Jubilee Year**  
Love is my Light

**Department of Electronics and  
Communication Science**  
In Association with IQAC

Organises a  
**Health & Hygeine Awareness  
Program**

Resource person  
**Miss. Arshi Siyal**  
(Hindustan Unilever Limited - Program Trainer)

DATE : 10/08/2022  
TIME : 10AM

**Mrs.V.Savithri**  
Head of the Department

**Dr.M.Sivarajan**  
Principal

**Rev.Fr.Philip Pulipra**  
Secretary

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Principal  
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## REPORT

An Awareness Program on “HEALTH & HYGEINE” was conducted on 10<sup>th</sup> August 2022. The main objective of the programme was to give awareness about HEALTH & HYGEINE. Personal hygiene is essential for several reasons personal well-being, social health, psychological health and simply as a way of life. Keeping good hygiene, not only safeguards those around us from suffering illnesses, but also it will prevent the spread of infections, illnesses, and bad odors.

The Program Started at around 9..30a.m. with a prayer song played followed by Talk on HEALTH &HYGEINE by Resource Person Ms.Arshi Siyal, Program trainer (Hindustan Unilever Limited). She highlighted the harmful effects of sweat and its consequences like the sweat trapped in the underarms feeds bacteria to cause 90% of body odour. She also gave remedies such as deodorants to stop body odour at its source. Rexona products were also distributed to all students as it has sweat guard technology which prevents odour from sweat and bacteria.

The program ended at 12.10 noon &vote of thanks was proposed by P.Pooja of II BES.



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AQAR  
2022-23

### Programme schedule

Master of Ceremony M. Shalini of III ECS

9.30 A.M Prayer Mrs. Maxin Poppy Rose

9.35 A.M Welcome & Introduction to Chief Guest

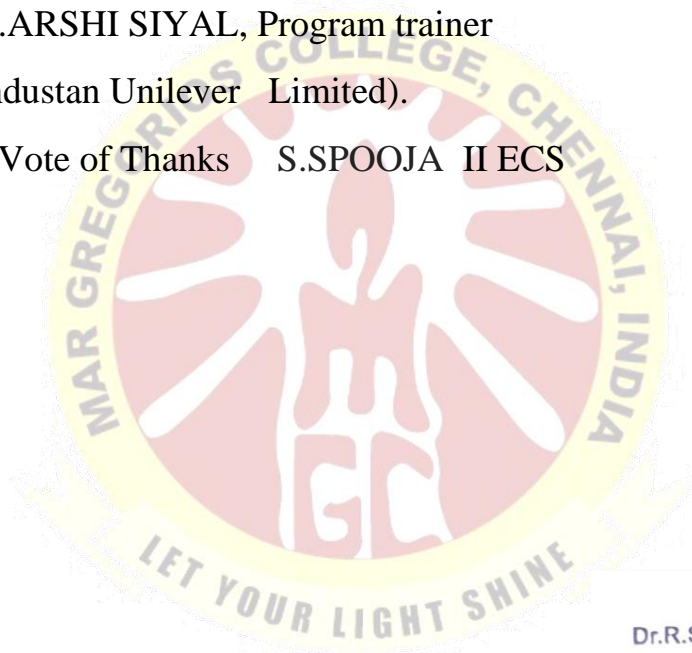
Ms. Shalini III ECS

9.40 A.M Session by RESOURCE PERSON

MS.ARSHI SIYAL, Program trainer

(Hindustan Unilever Limited).

12.10 P.M Vote of Thanks S.SPOOJA II ECS



Dr.R.SRIKANTH, M.B.A., M.Phil., Ph.D.,  
Principal  
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**AQAR  
2022-23**



Chennai, Tamil Nadu, India

MAIN BLOCK, MAR GREGORIOS COLLEGE OF ARTS AND SCIENCE, Mogappair  
Garden Rd, Mogappair West, Mogappair, Chennai, Tamil Nadu 600037, India

Lat 13.080021°

Long 80.172406°

10/08/22 10:20 AM

**Dr.R.SRIKANTH, M.B.A., M.Phil., Ph.D.,**  
Principal  
**MAR GREGORIOS COLLEGE OF ARTS & SCIENCE**  
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**AQAR  
2022-23**

S.NO	REG.NO	NAME	YEAR	Remarks
1	222110392	MARIAN IGNACIUS RICHARD S	III CSC	Present
2	222110391	GOKULAKRISHNAN S	III CSC	Present
3	222107200	KOLA DEVARAJU	III CSC	Present
4	222107201	MANOJ K	III CSC	Present
5	222107202	JAYA PRAKASH N	III CSC	Present
6	222107203	JAGANATH E	III CSC	Present
7	222107204	YESHWANTH R	III CSC	Present
8	222107205	ANBAZHAGAN K	III CSC	Present
9	222107206	ARAVIND KUMAR M	III CSC	Present
10	222107207	BALAYOGI S	III CSC	Present
11	222107208	DANNY HUBERT L	III CSC	Present
12	222107209	DEEPAK KUMAR S	III CSC	Present
13	222107210	HARI PRASATH S	III CSC	Present
14	222107211	JAISURYA P	III CSC	Present
15	222107212	A. JAYA PRAKASH	III CSC	Present
16	222107213	MUTHUKUMAR.S	III CSC	Present
17	222107214	PALLIPATI ASHOK	III CSC	Present
18	222107215	PRAVEEN KUMAR R	III CSC	Present
19	222107217	PRAWIN KUMAR R U	III CSC	Present
20	222107219	SIVA M	III CSC	Present
21	222107220	TAMILSELVAN M	III CSC	Present
22	222107221	VIJAYARAJ A	III CSC	Present
23	222107222	VISHNU E	III CSC	Present
24	222107223	AISHWARIYA.R	III CSC	Present
25	222107224	LIBNA JASMINE S	III CSC	Present
26	222107225	MADHAVI L	III CSC	Present
27	222107226	R.MONISHA	III CSC	Present
28	222107227	SAVITHA S	III CSC	Present
29	212103449	P JARALD JOSE PAUL	III BCA	Present
30	212103450	ALLEN ISSAC RAJ A	III BCA	Present
31	212103451	JOSHUA EDWIN ABRAHAM J	III BCA	Present
32	212103452	KUMAR.R	III BCA	Present
33	212103453	ADRIAN CEDRIC WESSLEY	III BCA	Present
34	212103454	ANAND R	III BCA	Present
35	212103455	ANDREW ARUL PRAGASAM R	III BCA	Present
36	212103456	ARAVIND CHAKRAVARTHY	III BCA	Present
37	212103457	A.BAKKIYA SUDHARSAN	III BCA	Present
38	212103458	BALA KUMAR M	III BCA	Present
39	212103459	CHEPURI KOWSIC KUMAR J	III BCA	Present



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40	212103460	CHINRASU E	III BCA	Present
41	212103461	DENSING DANIEL E	III BCA	Present
42	212103462	DEVAPRAKASH S	III BCA	Present
43	212103463	DINESH S	III BCA	Present
44	212103464	JANARTHANAN E	III BCA	Present
45	212103465	JASON ABISHEK.N	III BCA	Present
46	212103466	KARTHIKEYAN V	III BCA	Present
47	212103467	LOKESH.N	III BCA	Present
48	212103468	MANIKANDAN J	III BCA	Present
49	212103469	MELKI RAJA. E	III BCA	Present
50	212103470	PHILIP D	III BCA	Present
51	212103471	PRASATH V	III BCA	Present
52	212103472	QUINTIN NIRLASE V	III BCA	Present
53	212103473	RAGAVENDRAN S	III BCA	Present
54	212103474	RAGUL M	III BCA	Present
55	212103475	RAMESH K	III BCA	Present
56	212103476	RITESH S	III BCA	Present
57	212206643	HARISH RAGAVENDRA V	I BCA	Present
58	212204026	ALAGAPPAN S	I BCA	Present
59	212204027	ASWIN G	I BCA	Present
60	212204028	ASWIN RAJA K	I BCA	Present
61	212204029	BALA GANESH V	I BCA	Present
62	212204030	BHARATHI E	I BCA	Present
63	212204031	DEEPAK R	I BCA	Present
64	212204032	DHAKSHINAA MURTHI N	I BCA	Present
65	212204033	DHANUSH A	I BCA	Present
66	212204034	DHINESH KUMAR S S	I BCA	Present
67	212204035	EVANSON BRADMAN J	I BCA	Present
68	212204037	GOKULNATH N	I BCA	Present
69	212204038	GOWTHAM S	I BCA	Present
70	212204039	HARIN K	I BCA	Present
71	212204040	JEFFREY JOSHUA T	I BCA	Present
72	212204041	JOEL JAMES	I BCA	Present
73	212204042	JOEL JEBASINGH J	I BCA	Present
74	212204043	JOEL PRABAKAR A	I BCA	Present
75	212204044	JOSHUA A	I BCA	Present
76	212204045	KUMARESH R	I BCA	Present
77	212204046	LOGESH R	I BCA	Present
78	212204047	MANOJ B	I BCA	Present
79	212204048	NAVEEN D	I BCA	Present
80	212204049	NAVEEN KUMAR M	I BCA	Present
81	212204050	RAGUL RAGAVENDIRAN H	I BCA	Present
82	212204051	SAM R	I BCA	Present
83	212204052	SANJAY R	I BCA	Present
84	212204053	SARAN V	I BCA	Present



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85	312012445	KISHOR RAMANA B	III BCOM	Present
86	312012446	HARINI S	III BCOM	Present
87	312012447	DHANA SELVAN B	III BCOM	Present
88	312012448	HARISH KUMAR J	III BCOM	Present
89	312012449	JIM ELLIOT E	III BCOM	Present
90	312012450	MARCUS JOSEPH D SILVA	III BCOM	Present
91	312012451	YUVARANI S	III BCOM	Present
92	312012452	ABINS D	III BCOM	Present
93	312012453	AMALRAJ A	III BCOM	Present
94	312012454	ARUL SHANKAR S	III BCOM	Present
95	312012455	ARUN S	III BCOM	Present
96	312012456	BALACHANDAR G	III BCOM	Present
97	312012457	DEEPAK A	III BCOM	Present
98	312012458	DEEPAK S	III BCOM	Present
99	312012459	DHANASEKAR N	III BCOM	Present
100	312012460	DHANASEKARAN G	III BCOM	Present
101	312012461	DHIVAKARAN M	III BCOM	Present
102	312012462	ELTON JAFFARSON E L	III BCOM	Present
103	312012463	GOKUL S	III BCOM	Present
104	312012464	GOWTHAM J	III BCOM	Present
105	312012465	HARI HARAN S	III BCOM	Present
106	122103137	BIJU R	II BCOM(CS)	Present
107	122103138	SANDEEP M	II BCOM(CS)	Present
108	122103139	ESWAR E	II BCOM(CS)	Present
109	122103140	GABREAL W	II BCOM(CS)	Present
110	122103141	MANI KANDAN V	II BCOM(CS)	Present
111	122103142	AMARNATH N	II BCOM(CS)	Present
112	122103143	ARVIND KUMAR V K	II BCOM(CS)	Present
113	122103144	BASKARAN J	II BCOM(CS)	Present
114	122103145	DISHANTH M	II BCOM(CS)	Present
115	122103146	EDWIN MATHEWS N	II BCOM(CS)	Present
116	122103147	GAJENDRAN K	II BCOM(CS)	Present
117	122103148	GALWIN J	II BCOM(CS)	Present
118	122103149	GOPINATH G	II BCOM(CS)	Present
119	122103150	JAYA PRAKASH M	II BCOM(CS)	Present
120	122103151	JETSON D	II BCOM(CS)	Present
121	122103152	JOSHUA L	II BCOM(CS)	Present
122	122103153	KAMAL S	II BCOM(CS)	Present
123	122103154	KARTHICK K	II BCOM(CS)	Present
124	122103155	KARTHIK R	II BCOM(CS)	Present
125	122103156	KISHORE P	II BCOM(CS)	Present
126	122103157	KISHORE S	II BCOM(CS)	Present

Dr.R.SRIKANTH, M.B.A., M.Phil., Ph.D.,  
Principal  
MAR GREGORIOS COLLEGE OF ARTS & SCIENCE  
MOGAPPAIR WEST, CHENNAI - 600 037.



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**Accredited by NAAC with B++ Grade**

"SILVER JUBILEE YEAR"  
LOVE IS MY LIGHT



**MGC Youth Red Cross**

in Association with IQAC  
organizes

**AN ANTI - DRUG AWARENESS PROGRAM**



Chief Guest:

**Mr. C. VIJAYKUMAR IPS,**  
Deputy Commissioner of Police,  
Anna Nagar District



Special Guest:

**Film Actor. DHAMU**  
Recipient of National Pride Award  
for Educational Services  
Rashtriya Shiksha Puraskar - 2021

**DATE :13-08-2022  
TIME: 10:00 AM**

**Dr. G. GAYATHRY**  
VICE PRINCIPAL SHIFT-I  
**Dr. M. SIVARAJAN**  
PRINCIPAL

Block No.8, College Road, Moggappair West, Chennai-37

044-26533140

[www.mgcchennai.ac.in](http://www.mgcchennai.ac.in)



**Dr. S. SHALINI MAHER**  
VICE PRINCIPAL SHIFT-II  
**Rev. Fr. PHILIP PULIPRA**  
SECRETARY

[mail@mgcchennai.ac.in](mailto:mail@mgcchennai.ac.in)

**MGC THANKS CHENNAI**

**Dr. R. SRIKANTH, M.B.A., M.Phil., Ph.D.,**  
Principal  
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**AQAR  
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**MGC YOUTH RED CROSS Organizes “AN ANTI – DRUG AWARENESS  
PROGRAM”**

**DATE: 13<sup>th</sup> August 2022**

**VENUE: Mar Ivanios Hall**

**PROGRAMME SCHEDULE**

**MASTER OF CEREMONY-** Mr. Jachin Christopher & Ms. Manisha, III B.Com

10:00am -Prayer song

10:01am - Tamil Thai Vazhthu

10:02am – Lighting of kuthu vilakku (Secretary, Principal, Chief Guest, Vice-Principals’)

10:04am - Welcome address- Mr B.Hariswaran, Convener

10:06am - Blessings- Secretary – Rev. Fr.Philip Pulipra

10:07am - The Guest of Honour

10:08am – Felicitation by Principal – Dr. M.Sivarajan

10:10am – Address by the Chief Guest – Mr. C. Vijayakumar,  
Deputy Commissioner of Police

Address by the Special Guest – Dr. Dhamu,

Film Actor

10:57am -Vote of thanks – Dr.M. Venkatesan, Co- Convenor

11:00 am – National Anthem

Dr.R.SRIKANTH, M.B.A., M.Phil., Ph.D.,  
Principal  
MAR GREGORIOS COLLEGE OF ARTS & SCIENCE  
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## MGC YOUTH RED CROSS

### “AN ANTI –DRUG AWARENESS PROGRAM on 13th August 2022

### REPORT

Mar Gregorios College of Arts & Science, Youth Red Cross in Association with IQAC has conducted An Anti-Drug Awareness program on 13<sup>th</sup> August 2022, at Mar Ivanios Hall between 10 a.m and 1 p.m.

The main purpose of conducting this program is to create drug awareness among the students. In this program, 250 students have participated from Youth Red Cross students and other department students.

The program started with a Prayer Song, Tamil Thai Valthu and Lighting of Kuthu Vilaku, The welcome address was given by **Mr. B. Hariswaran, Convener** of the program, and Felicitation address was given by **Dr. M. Sivarajan, Principal – MGC, Dr. M. Venkatesan, Co – Convener**, introduced the chief guest to the gathering. The chief guest of the day was **Mr. C. Vijayakumar I.P.S.**, Deputy Commissioner of Police, Anna Nagar District in absentia. On his behalf of **Mr. Sathish, Assistant Commissioner of police & Mr. Sivakumar, Inspector of Police** has made their presence and conveyed the importance of avoiding the drugs and advised the student Community to be aware of the evil effects of Drugs to the individual health and for the society. Special Guest - **Film Actor, Dr. Dhamu**, Recipient of National Pride Award for Educational Services, Rashtriya Shiksha Puraskaar – 2021. He has explained the bad effects of drugs in a human body and he taught the students to do yoga. He appreciated the student community to be the most productive part of the society.

The special thanks to **Dr. G. Gayathry**, Vice – Principal, Shift I and **Dr. S. Shalini Maher**, Vice – Principal, Shift II for their presence in the celebration. **Mr. Jachin Christopher** and **Ms. Manisha** (III B.Com, Sh -I) for their Master of Ceremony. The program has ended with Vote of Thanks by **Dr. M. Venkatesan**, followed by National Anthem.



# MAR GREGORIOS COLLEGE OF ARTS & SCIENCE

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MAR GREGORIOS COLLEGE OF ARTS AND SCIENCE  
MGC - YOUTH RED CROSS in association with IQAC organizes  
"AN ANTI-DRUG AWARENESS PROGRAM on 13th August 2022

**ATTENDANCE SHEET**

S.No	Reg.No	Name	Class	Shift	Cell No	Signature
1	312113410	M. ARUN KUMAR	II <sup>nd</sup> AF	I	9361069772	Ar
2	312113434	ANNAI. T. V	II <sup>nd</sup> AF	I	9773071918	An
3	312113474	SUNDHARESMAI A	II <sup>nd</sup> AF	I	9867429595	A.S.M
4	312113450	ABHINAVAN. C	II <sup>nd</sup> AF	I	98100020014	Abhinav
5	312113460	NARAYANAN. P	II <sup>nd</sup> AF	I	9344282637	P.Nar
6	312113463	FRAGADESHWARH	II <sup>nd</sup> AF	I	9791166710	Fr
7	312113444	K. DEVA PRIYAN	II <sup>nd</sup> AF	I	6374764517	K.D.P
8	312113453	JOHN Jeyaraj P	II <sup>nd</sup> AF	I	6381923475	John
9	312113467	A SAM JOSHUA	II <sup>nd</sup> AF	I	9566271537	A.Sam
10	312113459	S.MOHAMMED ABE	II <sup>nd</sup> AF	I	9344217016	S.M
11	312113482	V. Vignesh	II <sup>nd</sup> AF	I	9542198171	Vignesh
12	312113466	RISHIKESH G.R	II <sup>nd</sup> AF	I	9176716302	Rishikesh
13	312113471	SHARAN	II <sup>nd</sup> AF	I	960080668	Sharan
14	312113478	Surya S	II <sup>nd</sup> AF	I	9160000000	Surya
15	312113462	SANTHOSH	II <sup>nd</sup> AF	I	9200054693	Santhosh
16	312113476	TONY JOHN	II <sup>nd</sup> AF	I	9176215195	Tony
17	312012313	P. ABISHEK	III <sup>rd</sup> BBA	I	8122976166	P. Abishek
18	122003003	A Dinesh	III <sup>rd</sup> BBA	I	7368299217	A Dinesh
19	412202174	ASHWATHI A	I BBA	I	7395900279	Ashwathi
20	412202777	KARUNYA A	I BBA	I	9840991443	Karunya
21	412202775	Divya. D	I BBA	I	7343223255	Divya
22	412202778	KRISHIKA. V	I BBA	I	9822182180	Krishika
23	412202780	Somanya. M	I BBA	I	68103210048	Somanya

*R. Srikanth*



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"AN ANTI-DRUG AWARENESS PROGRAM on 13th August 2022

**ATTENDANCE SHEET**

S.No	Reg.No	Name	Class	Shift	Cell No	Signature
24	222107126	BASKAR. P	I Year BSc Computer Science	I		
25	222107165	HARINI S	II BSc CS	I	7305561914	F. Baskar
26	222107164	A Deepika	II BSc CS	I	9150925928	S. H.
27	222107164	Kautiliko .K	II BSc CS	J	9940404571	A. D.
28	222107119	G. Angelin Benita	II BSc CS	I	9363337936	S. H.
29	222107167	S pavithra	II BSc CS	I	9884360470.	G. Angelin
30	222107121	A. BHISHKE K	II BSc CS	I	8778673464	S. pavithra
31	222107163	N. Chaitanyam	II BSc CS	I	7200332859	N. Chaitanyam
32	222107160	THANUSH R	II BSc CS	I	9710162574	Thanush R
33	222107159	S. Swaga	II BSc CS	I	7815892818	S. Swaga
34	222107133	V. Jeeva Mathiram	II BSc CS	I	8072625104	V. Jeeva
35	222107143	S. Mathan Babu	II BSc CS	I	8925141120	S. Mathan
36	222107156	C. SRIDHAR	II BSc CS	I	8939278884	C. Sridhar
37	222107155	S. SELVAM	II BSc CS	I	6383572583	S. Selvam
38	222107153	A. SUBRAMANIAN	II BSc CS	I	8778948756	A. Subramanian
39	222107141	A. Vignesh Kumar	II BSc CS	I	8754449825	A. Vignesh
40	222107151	R. RUBAN RAJ	II BSc CS	I	9361695038	R. Ruban Raj
41	222107152	A. Sadhasivam	II BSc CS	I	9361272052	A. Sadhasivam
42	222107132	R. BHARATH	II BSc CS	I	9150560952	R. Bharath
42	222107127	BHARATH	II BSc CS	I	7397322992	B. Bharath
44	222107162	YUWARAJ .J	II BSc CS	I	9363328732	S. Bharath
45	222107136	Hoodah Krishna k	II BSc CS	I	9342565543	J. Yuwaraj
46	222102601	E. ANGEL	II BSc CS	I	6380411005	E. Angel
			II BSc CS	I	7358656673	F. Baskar

Dr. R. SRIKANTH, M.B.A., M.Phil., Ph.D.,  
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S.No	Reg.No	Name	Class	Shift	Cell No	Signature
47	212103412	Deepak Krishnan R	II BCA	I	9176310083	[Signature]
48	212103416	AKASH.S	II BCA	I	7352554060	[Signature]
49	212103422	Toulik S	II BCA	I	9003217765	[Signature]
50	212103405	A. Arinmesh	II BCA	I	9778022066	[Signature]
51	212103435	E.P.A.P.S.H	II BCA	I	9787065033	[Signature]
52	212103407	ALWIN JOSHVA A	II BCA	I	809916549	[Signature]
53	212103434	VINESH S	II BCA	I	8610356479	[Signature]
54	212103415	DINESH KUMAR.S	II BCA	I	9838031855	[Signature]
55	212103432	B.NAVEEN	II BCA	I	892501078	[Signature]
56	212103431	P.NARENDRAAN	II BCA	I	8015141039	[Signature]
57	212103414	S.Easter Subbaraj	II BCA	I	7397048770	[Signature]
58	212103404	S.ABDUL KHADER	II BCA	I	8925402278	[Signature]
59	212103437	A. Shajoy	II BCA	I	8006079891	[Signature]
60	212103426	Mansi Kandan. M	II BCA	I	7605876318	[Signature]
61	212103403	SATHISH KUMAR.V	II BCA	I	9345765977	[Signature]
62	212103428	MHRIRAJA. B	II BCA	I	9566183001	[Signature]
63	212103400	MEGHANA.K	II BCA	I	8610643396	[Signature]
64	212103337	ARCHANA.P	II BCA	I	9550165881	[Signature]
65	212103447	SARADHA PRAKASH	II BCA	I	8538740453	[Signature]
66	212103448	SHERIN . N	II BCA	I	9884697148	[Signature]
67	212103446	RAMYADEVI . G	II BCA	I	9363098474	[Signature]
68	212103445	JABURUNISHA J	II BCA	I	9368601182	[Signature]
69	212103444	CHARULATHA .P.T	II BCA	I	7200720510	[Signature]

[Handwritten Signature]

Dr.R.SRIKANTH, M.B.A., M.Phil., Ph.D.,  
Principal  
MAR GREGORIOS COLLEGE OF ARTS & SCIENCE  
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S.No	Reg.No	Name	Class	Shift	Cell No	Signature
70	212103443	K. Anitha	II Bcom	I	7200619964	K. Anitha
71	222208614	RITHA	I BSC	I	8946052114	RITHA
72	222208614	SEETHA RAJAN	I BSC	I	9494015913	Seetha
73	222208684	P. RAJESH	II BSC	I	8667021668	P.R.
74	222208688	THEODOSI MURDAIN	I BSC	I	74088844	Theod.
75	222208683	P. RAJESH	I BSC	I	6383445194	P.R.
76	222208690	T. VISHAL	I BSC	I	8610502620	T. Vishal
77	222208677	Ahamed.k	I BSC	I	9080474738	Ahmed
78	222208688	S. Anandraj	I BSC	I	8925268909	S. Anand
79	222208684	P. MALINI	I BSC	I	9952280799	P. Malini
80	222208673	P. CHITRA	I BSC	I	998300769	P. Chitra
81	222208695	Lakshmi. S	I BSC	I	9094102240	Lakshmi
82	222208677	Sharmila S	I BSC	I	9490256912	Sharmila
83	222208694	V. Hemalatha	I BSC	I	8989695203	V. Hemalatha
84	312012335	DINESH RAMAN	III Bcom	I	9176782756	Dinesh
85	312012369	MATTHEW WILLIAMS	III Bcom	I	9952954819	Matthew
86	312012360	KESAVAN N	III Bcom	I	9940465116	Kesavan
87	312012366	MOHAJ. D	III Bcom	I	9962724224	Mohaj. D
88	312012351	JAMES. W	III Bcom	I	7206699131	James
89	312012364	MADAIAN M.	III Bcom	I	9445429528	Madaiam. M
90	312012357	KRUTHIKA. M	III Bcom	I	9094066641	Kruthika. M
91	312012343	HARI PRASAD. A	III Bcom	I	9790755312	Hari Prasad
92	312012361	KISHORE K	III Bcom	I	9080524289	Kishore

*R. Srikanth*



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S.No	Reg.No	Name	Class	Shift	Cell No	Signature
93	312012372	S. MURELIDHARAN	M B Com	I	7200727323	S. Murel
94	22220849	B. PANJAM	B.A (CS)	I	8877809922	B. Panjam
95	222208636	E. HARIKRISHNAN	I BSc (CS)	I	9789955812	E. Hari
96	222208113	YOUNA S RAJ	I BSc (CS)	I	934511238	Youna S Raj
97	272208650	G. JANNA	S BSc (CS)	I	9361522176	G. Janna
98	222208643	R. MANIKANDAN	I BSc (CS)	I	7377796020	R. Mani
99	222208646	RAGHUN A	I BSc (CS)	I	7397276021	R. Raghun
100	222208656	K. SACHIDHARANANDHAM	I BSc (CS)	I	9080879122	K. Sachin
101	222208635	R. GOWTHAM	I BSc (CS)	I	6382447445	R. Gowtham
102	312113414	S. RAJESWARAN	S B Com (A&F)	I	9840102899	S. Rajeswar
103	312113412	G. S. LATHIKA	S B Com (A&F)	I	9003699356	Lathika
104	312113497	S. SIVADHARSHINI	S B Com (A&F)	I	6369358792	S. Sivadhar
105	312113501	B. VANITHA	S B Com (A&F)	I	9361389770	B. Vanitha
106	312112491	B. LAKSHMI	S B Com (A&F)	I	7805878178	B. Lakshmi
107	312113495	V. RAJESWREE	S B Com (A&F)	I	8925024613	V. Rajeswree
108	312113499	N. SRIVANI	S B Com (A&F)	I	8838062359	N. Srivani
109	312113438	S. SREBA RAJ	S B Com (A&F)	I	9962389071	S. Sreba Raj
110	312113476	M. KEETHAVAN	S B Com (A&F)	I	6374582489	M. Keethava
111	312113486	C. ANGELINA MARCY	S B Com (A&F)	I	9363116585	C. Angelina
112	312113472	S. SRIYAN	S B Com (A&F)	I	9514356636	S. Sriyan
113	312113432	A. KARTHIKEYAN	S B Com (A&F)	I	9840545366	A. Karthey
114	312113452	JESHURAN SIVASUBRAMANIAM	S B Com (A&F)	I	9152869311	J. Jeshuran
115	912202771	C S DRISYA	I BBA	I	9405391499	C. S. Drisya

*R. Srikanth*

Dr. R. SRIKANTH, M.B.A., M.Phil., Ph.D.,  
 Principal  
 MAR GREGORIOS COLLEGE OF ARTS & SCIENCE  
 MOGAPPAIR WEST, CHENNAI - 600 037.



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**ATTENDANCE SHEET**

S.No	Reg.No	Name	Class	Shift	Cell No	Signature
116	412102608	A. + Ponia	II BBA	I	950030264	A. Ponia
117	412102602	V. Buvaneshwari	II BBA	I	9600013721	V. Buvaneshwari
118	412102605	D. Yamini	II BBA	I	9363182890	D. Yamini
119	412102605	T. LATHIVASREE	II BBA	I	9941317318	T. LATHIVASREE
120	412102602	C. Anushuya	II BBA	I	7560004117	C. Anushuya
121	412102511	R. MOHAN	II BBA	I	7200910099	R. MOHAN
122	412102545	Abdul Razzak A	II BBA	I	9940339184	Abdul Razzak A
123	412102558	Daniel .F	II BBA	I	9151412702	Daniel .F
124	412102520	PRANISHA HARINI.F	II BBA	I	8939077709	PRANISHA HARINI.F
125	412102595	VIJAY. D	II BBA	I	9176637470	VIJAY. D
126	412102597	PRASANNA kumar.P	II BBA	I	9057139385	PRASANNA kumar.P
127	412102556	Caleb. M	II BBA	I	8939011172	Caleb. M
128	412102600	Yuvraaj .D.A	II BBA	I	7397406057	Yuvraaj .D.A
129	412102607	Su sandas	II BBA	I	6371101203	Su sandas
130	412102552	Anthony Soyalan	II BBA	I	9840986429	Anthony Soyalan
131	412102596	Roodeep Srinivas	II BBA	I	8778373166	Roodeep Srinivas
132	312012338	Daniel Joshua S	III B.Com	I	9094110078	Daniel Joshua S
133	31201233	DHARAN KUNJA A	III B.Com	I	8247259282	DHARAN KUNJA A
134	312012337	ERRA. R	III B.Com	I	9841347197	ERRA. R
135	312012336	GNORAK H T	III B.Com	I	8148992110	GNORAK H T
136	312012340	GURU. J	III B.Com	I	90611221439	GURU. J
137	312012338	GORU. A	III B.Com	I	9062225489	GORU. A
138	312012347	HARSH. S	III B.Com	I	9941663460	HARSH. S

*R. Srikanth*





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S.No	Reg.No	Name	Class	Shift	Cell No	Signature
135	312211872	Chandh. G	I B Com	I	9845988805	[Signature]
140	312211898	SRITESH P	I B Com	I	8652935124	[Signature]
141	312211892	Sanjeevi S	I B Com	I	7352634234	[Signature]
142	312211899	Ge. S. Aron	I B Com	I	7305614272	[Signature]
143	312211861	E. Anishak	I B Com	I	812493417	[Signature]
144	312211862	S. Aray	I B Com	I	801775211	[Signature]
145	312211861	Khaja. N	I B Com	I	8282530412	[Signature]
146	312211890	Yash. R	I B Com	I	9259306122	[Signature]
147	312211898	Siva Sankar.	I B Com	I	9498027212	[Signature]
148	312211921	SANTHOSH KUMAR S	I B Com	I	6374303230	[Signature]
149	122202868	MURKAN KUMAR S	I B Com	I	6200305018	[Signature]
150	122202864	JANAPRIYA M	I B Com	I	7305664396	[Signature]
151	122202867	MOHANA SUNDARI S	I B Com	I	9762353198	[Signature]
152	122202878	MAHANA PRNA S	I B Com	I	7200988668	[Signature]
153	122202862	GIYATHRI S	I B Com	I	9150855571	[Signature]
154	122202873	SANJANA V	I B Com	I	7200451863	[Signature]
155	122202859	S. L Manojan	I B Com	I	7712424111	[Signature]
156	122202798	NITHESH.	I B Com	I	9290717113	[Signature]
157	122202792	S.Monish Bharan	I B Com	I	7806857663	[Signature]
158	122202789	Srinikanta Kathanan	I B Com	I	8072020170	[Signature]
159	122202766	ARUN KUMAR	I B Com	I	9342246110	[Signature]
160	122202793	S.Sudhakar	I B Com	I	9065169058	[Signature]
161	122202794	Dharsani	I B Com	I	9840334007	[Signature]

[Handwritten Signature]



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S.No	Reg.No	Name	Class	Shift	Cell No	Signature
162	122202762	S. Deepak	I. Com (C.S)	I	8148903333	Deepak
163	122202777	Nithil S	I Bcom (C.S)	I	8686867777	Nithil
164	122202803	Rasmi Kumar	I Bcom (C.S)	I	2610978576	Rasmi
165	122202807	Rasmi Kumar	I Bcom (C.S)	I	0100119569	Rasmi
166	312113612	Kumudha P	III Bcom (C.S)	I	7200202323	Kumudha P
167	312012297	Abhishek K.A	III Bcom (C.S)	I	9710581082	Abhishek
168	312012304	Balaji R	III Bcom (C.S)	I	8680838916	Balaji
169	312012310	Bhavin Reji	III Bcom (C.S)	I	9884588478	Bhavin
170	312014496	Priyanka Y T	III Bcom (C.S)	I	628324415	Priyanka
171	312012332	Gayil maxious J	III Bcom (C.S)	I	9940242852	Gayil
172	312012309	Ramkumar R	III Bcom (C.S)	I	9551341043	Ramkumar
173	312012341	J. Rajesh	III Bcom (C.S)	I	9789976656	J. Rajesh
174	312012348	Arjit Kumar P	III Bcom (C.S)	I	9840187165	Arjit Kumar
175	312012322	Arson Sheriff A	III Bcom (C.S)	I	9941426656	Arson Sheriff
176	312012338	Bharani R	III Bcom (C.S)	I	9080827078	Bharani
177	312012321	BIBIN Alex P	III Bcom (C.S)	I	9884513391	BIBIN
178	312113603	Carinaya P	III Bcom (C.S)	I	8905230006	Carinaya
179	312112314	Balaji R	III Bcom (C.S)	I	8680835916	Balaji
180	312012328	Pharath e	III Bcom (C.S)	I	8870693673	Pharath e
181	312012320	Falath Subraman	III Bcom (C.S)	I	8056040289	Falath
182	312012322	Gayil maxious J	III Bcom (C.S)	I	9940242852	Gayil
183	312012330	Bhuvaneshwar S	III Bcom (C.S)	I	9791099840	Bhuvaneshwar
184	312012303	Rasmi S	III Bcom (C.S)	I	9549072163	Rasmi

*R. Srikanth*

Dr. R. SRIKANTH, M.B.A., M.Phil., Ph.D.,  
Principal  
MAR GREGORIOS COLLEGE OF ARTS & SCIENCE  
MOGAPPAIR WEST, CHENNAI - 600 037.



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S.No	Reg.No	Name	Class	Shift	Cell No	Signature
185	212204021	P-SHILLY	IBCA	1	812A ATE044	P-shilly
186	212204024	A.YOGALAKSHMI	IBCA	1	7397380955	A.yog
187	212204001	MAVEEN.F	2BCA	1	9344361458	Maveen.F
188	212204005	PANGIANATHAN.P	IBCA	1	63821905332	P.Pangianathan
189	212204000	V.MUTHUSIVA	IBCA	1	9176515368	v.muthusiva
190	212203989	B.HEMANANTH	IBCA	1	9884056634	B.hemananth
191	212204011	G. SRINIVAS	IBCA	1	7397408302	G.srinivas
192	212203983	Charan kumesh J.	IBCA	I	9380056853	Charan
193	212204003	PRADEEP.V	IBCA	I	6381422051	v.praadeep
194	212203986	Fancy laurell	IBCA	I	8925232399	fancy
195	212204009	SARVESH .M	IBCA	I	9428905444	M.sarvesh
196	212204007	Y.Santhosh	IBCA	2	9150159663	y.santhosh
197	212204010	A.SHRIVATCHAN.	IBCA	I	805604678	A.shrivath
198	212203996	MANUEL PHILIPS J	IBCA	2	8189861300	J.manuel
199	212204015	MOHAMED AMIR .M	IBCA	I	7397226506	M.Amir
200	212204014	VISMAL.V	IBCA	I	8935407958	V.vishal
201	212203976	S.ANANDH	IBCA	I	9003255239	S.A.A.
202	212203982	N.BALAJI	IBCA	I	9344168214	N.Balaji
203	212204011	D.PRAVEENA	IBCA	I	9150268152	D.praaveena
204	212204005	S.YUGIRTHA SRJ	IBCA	I	9348156609	S.yugirtha
205	212204020	S.SANDHIYA	IBCA	I	9840508769	S.sandhiya
206	212204008	S.SURUTHIKA	IBCA	I	7050009298	S.suruthika
207	212204032	G. SANJAY	IBCA	I	9025532507	G.sanjay

*R. Srikanth*

Dr.R.SRIKANTH, M.B.A., M.Phil., Ph.D.,  
Principal  
MAR GREGORIOS COLLEGE OF ARTS & SCIENCE  
MOGAPPAIR WEST, CHENNAI - 600 037.



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S.No	Reg.No	Name	Class	Shift	Cell No	Signature
20f	112204727	YOGESH VARMA.S	I B.A Eng	I	7010685683	Yogesh.
20f	112204725	S. SURIYA	I B.A Eng	I	93244976260	S.Suriya
210	112204729	C. JASON JANK	I B.A Eng	I	9708846577	C. Jason
211	112204719	JENIFER HEPERAN.J	I B.A Eng	I	6368601055	Jenifer Heperan
212	112204714	SHREE JAI SUPRVA M	I B.A Eng	I	7550324345	Shree
213	112204744	NEEMALATHA.S	I B.A Eng	I	8925622479	Neemalatha
214	122202002	TANMIE SELVAN M	I B.Com Eng	I	9344424910	Tanmie
215	122202004	PRASANA.M	I B.Com Eng	I	7397172506	Prasana
216	122202810	R.ABIN.R	I B.Com Eng	I	984102016	Rabin
217	122202857	ROBERT.S	I B.Com Eng	I	879328536	Robert
218	122202801	NITHIK KURUM	I B.Com Eng	I	9840556305	Nithik
219	122202802	RANIBURMA	I B.Com Eng	I	637972695	Raniburma
220	122202832	V.SURAJI	I B.Com Eng	I	7358726971	V.Suraji
221	122202818	SABRIGNESH	I B.Com Eng	I	7800055496	Sabrignesh
222	122202802	C. PALKAYAPPAN	I B.Com Eng	I	7905949216	Palkayappan
222	122202838	V. THARUN	I B.Com Eng	I	6364632251	Tharun
224	182202821	D. SAJJAJ KUNNA	I B.Com Eng	I	6015010506	Sajja
225	122202844	R. SURESH	I B.Com Eng	I	994008164	Suresh
226	312012375	NAREEN.B	III B.Com (a)	I	99405941780	Nareen
227	312012376	NAREEN.C	III B.Com (a)	I	9840242033	Nareen
228	312012377	NISHANTH.K	III B.Com (a)	I	950028555	Nishanth
229	312012382	PRAYASH.T	III B.Com (a)	I	9345779387	Prayash
230	312012384	P. PRAKASH P.	III B.Com (a)	I	9840775122	Prakash

*R. Srikanth*

Dr. R. SRIKANTH, M.B.A., M.Phil., Ph.D.,  
Principal  
MAR GREGORIOS COLLEGE OF ARTS & SCIENCE  
MOGAPPAI WEST, CHENNAI - 600 037.



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S.No	Reg.No	Name	Class	Shift	Cell No	Signature
231	31221912	Mahabubkumi, P	I. B.com A+F	I	9080545496	Mahabu
232	31221911	JENIFER, M	I. B.com A+F	I	8778613989	Jenifer
233	31221916	Saritha Lakshmi	I. B.com A+F	I	8072261136	G
234	31221913	Shaline	I. B.com A+F	I	9002023200	V. Shaline
235	31221917	Poojitha D	I. B.com A+F	I	8122320700	Poojitha
236	31221910	Amrita Vasanth	I. B.com A+F	I	7200190627	Amrita
237	31221910	AMURTA NARSHAN	I. B.com A+F	I	6381662448	Amurta
238	31221921	VENKATA D	I. B.com A+F	I	7845510762	Venkata
239	31221907	VAISILVARA, R	I. B.com A+F	I	90413561152	Vaisilvara
240	12220215	AINESH KUMAR	I. B.com C.S	I	9062707500	Ainash
241	12220277	MAA DEGH, J	I. B.com C.S	I	7094601690	Maa
242	12220271	MAGESH KUMAR	I. B.com C.S	I	91502221133	Magesh
243	12220272	MIDHUN RAJ, G	I. B.com C.S	I	222591032	Midhun
244	12220273	SANITHA SHRI	I. B.com C.S	I	7202595205	Sanitha
245	12220274	Shalini Kumari	I. B.com C.S	I	735235620	Shalini
246	12220275	P. Sowmya	I. B.com C.S	I	91764116610	Sowmya
247	12220276	R. Tharun Kumar	I. B.com C.S	I	9025535220	R. Tharun
248	12220277	J.S. Jugitha	I. B.com C.S	I	936129122	Jugitha
249	12220278	K. Manoj	I. B.com C.S	I	6379937420	K. Manoj
250	12220279	D. Nithya S	I. B.com C.S	I	9865551660	D. Nithya

Dr. R. SRIKANTH, M.B.A., M.Phil., Ph.D.,  
Principal  
MAR GREGORIOS COLLEGE OF ARTS & SCIENCE  
MOGAPPAIR WEST, CHENNAI - 600 037.



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## MAR GREGORIOS COLLEGE OF ARTS & SCIENCE



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Accredited by NAAC with B++ Grade  
An ISO 9001:2015 Certified Institution  
Managed by the Malankara Syrian Catholic Trust

### Department of Tamil in association with IQAC

Organizes,  
Life Skill Training on  
Physical Fitness



**Trainer : Dr. T. Christopher Nallarasu**  
Physical Director  
Mar Gregorios College of Arts &  
Science ,Chennai -37

### PARTICIPANTS

I,II,III B.A Tamil Students  
DATE : 16/08/2022 TO 18/08/2022  
VENUE: College Premises  
TIMING : 12:00 Noon

Mr. k.Rajavelu  
Mr. A.Bharathkumar  
Convener

Dr.T.Prema  
Head of the Department

Dr.G.Gayathry  
Vice Principal Shift -I

Dr.M.Sivarajan  
Principal

Rev.Fr.Philip Pulipra  
Secretary

Block No 8 College Road Mogappair West Chennai 600 037  
Contact Number 044-26533140, Mail Id:mail@mgcchennai.ac.in, Website:mgcchennai.ac.in

Dr.R.SRIKANTH, M.B.A., M.Phil., Ph.D.,  
Principal  
MAR GREGORIOS COLLEGE OF ARTS & SCIENCE  
MOGAPPAIR WEST, CHENNAI - 600 037.



## DEPARTMENT OF TAMIL

### LIFE SKILL PROGRAMME

#### PROGRAM SCHEDULE

**Date: 16.08.2022    Venue: T20    Time:12PM To 1PM**

**MC: 1.R. Ajith- III B.A Tamil  
2. S. Sandhiya-I B.A Tamil**

Tamizh Thaaai Vazhthu

Prayer Song

Prayer - Dr .D. Jemila

Welcome Address - Dr. A. Kannaki

Blessing - Rev. Fr. Philip Pulipra- Secretary

Felicitation - Dr.M.Sivarajan– Principal

Introduction of Chief Guest - Dr. T.Prema  
Head, Department of Tamil.

Honoring the Chief Guest - Secretary & Principal

Chief Guest Address - Dr.T.Christopher Nallarasu

Life Training Theory Class

Vote of Thanks - V.Anandhi– II B.A. Tamil



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2022-23**

## DEPARTMENT OF TAMIL

### LIFE SKILL PROGRAMME

#### PROGRAM SCHEDULE

**Date: 17.08.2022    Venue T20    Time:12PM To 1PM**

**MC: 1.-J.Sharmi III B.A Tamil**

**2. k. Sandhiya-III B.A Tamil**

Tamizh Thaaai Vazhthu

Prayer Song

Welcome Address

- Dr. C.Magendiran

Blessing

- Rev. Fr. Philip Pulipra- Secretary

Felicitation

- Dr.M.Sivarajan- Principal

Chief Guest Address

- Dr.T.Christopher Nallarasu

Lifeskill Training Class,Body Fitness

Vote of Thanks

- S.Hemalatha- II B.A

Dr.R.SRIKANTH, M.B.A., M.Phil., Ph.D.,  
Principal  
MAR GREGORIOS COLLEGE OF ARTS & SCIENCE  
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**DEPARTMENT OF TAMIL**

**LIFE SKILL PROGRAMME**

**PROGRAM SCHEDULE**

**Date: 18.08.2023**

**Venue: T20 Time:12PM To 1PM**

**MC: 1.R. Elumalai- II B.A Tamil**

**2. S. Sandhiya-I B.A Tamil**

Tamizh Thaaai Vazhthu

Prayer Song

Welcome Address

- Dr. V.Iyappan

Blessing

- Rev. Fr. PhilipPulipra- Secretary

Felicitation

- Dr.M.Sivarajan– Principal

Chief Guest Address

- Dr.Christopher Nallarasu

Body Fitness Program

Vote of Thanks

- J.Guruprasath– I B.A Tamil

**Dr.R.SRIKANTH, M.B.A., M.Phil., Ph.D.,**  
Principal  
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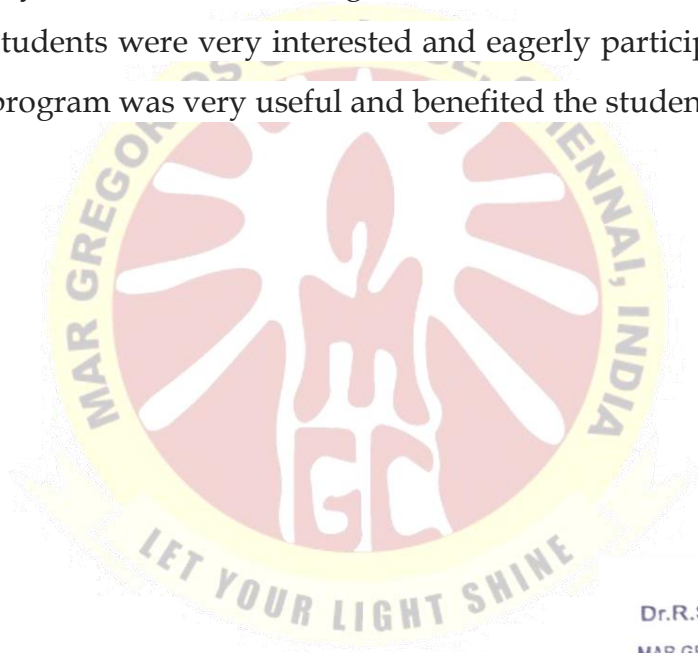


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## REPORT

The Department of Tamil, in association with IQAC, organized three days ' Life skill Training on Physical Fitness program from 16.8.2022 to 18.8.2022. The resource person for the program was Dr. T. Christopher Nallarasu, Physical Director, Mar gregorios College, provided training to the students and explained how to keep the body, mind calm and fit with Demo. He also highlighted the importance and uses of Physical Fitness and Yoga for better Health and wellbeing of the students. The students were very interested and eagerly participated in the training program. The program was very useful and benefited the students.

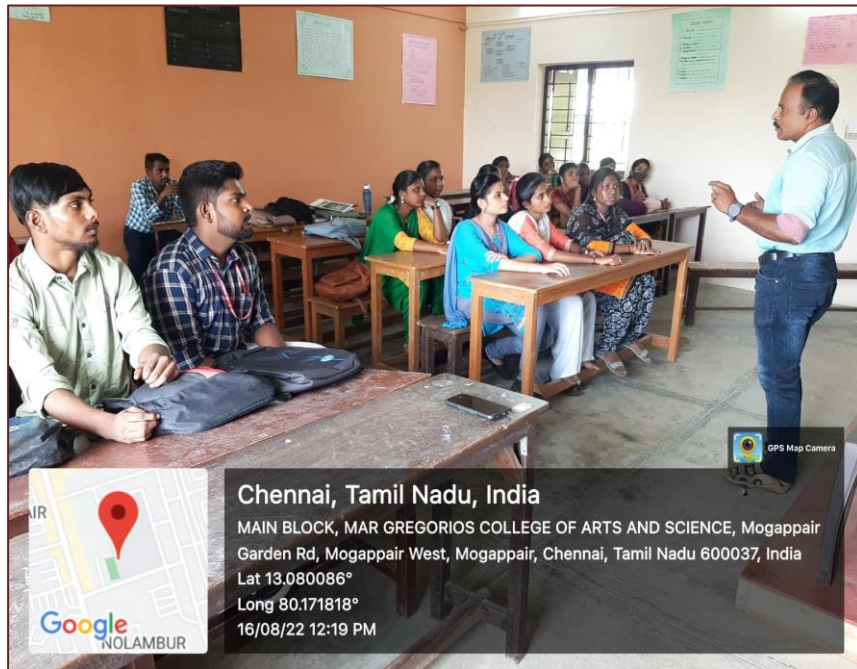


Dr.R.SRIKANTH, M.B.A., M.Phil., Ph.D.,  
Principal  
MAR GREGORIOS COLLEGE OF ARTS & SCIENCE  
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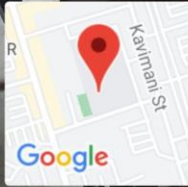


**Dr.R.SRIKANTH, M.B.A., M.Phil., Ph.D.,**  
Principal  
MAR GREGORIOS COLLEGE OF ARTS & SCIENCE  
MOGAPPAIR WEST, CHENNAI - 600 037.



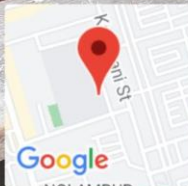
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**Chennai, Tamil Nadu, India**

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Garden Rd, Mogappair West, Mogappair, Chennai, Tamil Nadu 600037, India  
Lat 13.08018°  
Long 80.172006°  
17/08/22 12:42 PM



**Chennai, Tamil Nadu, India**

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Long 80.172733°  
17/08/22 12:36 PM

**Dr.R.SRIKANTH, M.B.A., M.Phil., Ph.D.,**  
Principal  
**MAR GREGORIOS COLLEGE OF ARTS & SCIENCE**  
MOGAPPAIR WEST, CHENNAI - 600 037.



## STUDENTS FEED BACK

Timestamp	Email	Name	Department	Year	Mobile Number	Feedback about the Training programme
8/26/2022 11:48:18	loheshwaran527@gmail.com	Loheshwaran	BA Tamil	III Year	7358629336	My dream is athletics
8/26/2022 11:49:14	loheshwaran527@gmail.com	Loheshwaran.s	BA TAMIL	III Year	7358629336	My dream is athletics
8/26/2022 12:09:37	vishvasiva653@gmail.com	Mr.R.Elumalai	BA Tamil	II Year	9344986792	Super
8/26/2022 12:55:34	Svajayanthi04@gmail.com	Svajayanthi	B. A. Tamil	III Year	9360413848	Dr. Christopher nallarasa
8/26/2022 12:58:55	s1saranyatamil06@gmail.com	ksaranya	B.A.tamil	III Year	9150804080	Dr.christopher nallarasa
8/26/2022 13:02:41	s1saranyatamil06@gmail.com	ksaranya	B.A Tamil	III Year	9150804080	Dr.christopher nallarasa
8/26/2022 22:37:15	thoufika2827@gmail.com	M.Thoufika Fathima	B.A Tamil	III Year	7092198342	Good
8/26/2022 22:41:29	thoufika2827@gmail.com	M.Thoufika Fathima	B.A Tamil	III Year	7092198342	Good
8/26/2022 22:41:34	s1rajarajeshwaritamil03@gmail.com	V.Rajarajeshwari	B.A Tamil	III Year	8925117022	Peaceful mind ☺ energetic body good healthy everything is perfect Thank you for your Training sir ☺
8/26/2022 22:41:52	rojarss1812000@gamil.com	Roja.V	BA tamil	II Year	7305749231	Good
8/26/2022 22:42:27	bharathiramesh2307@gmail.com	R.Bharathi	B.A Tamil	III Year	7305838878	Good
8/26/2022 22:45:21	thoufika2827@gmail.com	M.Thoufika Fathima	B.A Tamil	III Year	7092198342	Good
8/26/2022 22:49:39	loheshwaran527@gmail.com	Loheshwaran.d	BA TAMIL	III Year	7358629336	It's very useful to us. thank you...
8/27/2022 8:28:04	m.aj9655@gmail.com	Ajith.M	B.A Tamil	III Year	9655197330	Satisfied
8/27/2022 11:28:11	Shift1boopathirajatamil02@gmail.com	Boopathi Raja	BA TAMIL	III Year	6369 683 707	Super
8/27/2022 12:21:29	maankumar0552@gamil.com	K.Saraswathi	BA Tamil	II Year	7505857759	Gud
8/27/2022 16:08:31	iyappanmgc@gmail.com	Dr.V.Iyappan	Tamil	III Year	9789044728	Goof
8/27/2022 19:06:13	Kowsalyavelu78@gmail.com	V.kowsalya	BA Tamil	II Year	7200925853	Good
8/28/2022 9:52:11	lshu.vinoth93@gmail.com	Ishwarya. S	BA Tamil	I Year	8778077911	Good
9/26/2022 11:06:07	vishvasiva653@gmail.com	Mr.R.Elumalai	BA tamil	II Year	9344986792	Use full
9/26/2022 11:07:11	dhivakarkavashkar@gmail.com	Dhivakar	BA Tamil	II Year	9345815213	Use full
9/26/2022 11:08:33	s1rajarajeshwaritamil03@gmail.com	V.Rajarajeshwari	B.A Tamil	III Year	8925117022	Peaceful mind Best teaching Everything is very nice
9/26/2022 11:08:44	S1sandhiyatamil@gmail.com	K.Sandhiya	BA tamil	III Year	9380958974	Very good
9/26/2022 11:08:54	ananthiananthi5881@gmail.com	V.Ananthi	B.A Tamil	II Year	9342115297	This program is useful to my life style
9/26/2022 11:09:06	rojarss@gamil.com	Roja.V	BA tamil	II Year	7305749231	So use full your program
9/26/2022 11:09:51	maankumar0552@gamil.com	Saraswathi	B.A tamil	II Year	7305857759	Use
9/26/2022 11:10:15	dhivakarkavashkar@gmail.com	Dhivakar	Tamil	II Year	9345815213	Ues full
9/26/2022 11:11:16	Kowsalyavelu78@gmail.com	V.kowsalya	B.A Tamil	II Year	7200925853	Usefull
9/26/2022 11:11:23	thoufika2827@gmail.com	M.Thoufika Fathima	B.A Tamil	III Year	7092198342	Good
9/26/2022 11:19:46	Svajayanthi04@gmail.com	Svajayanthi	B. A. Tamil	III Year	9360413848	Dr. Christopher Nallarasu
9/26/2022 12:34:17	shift1loheshwaran01@gmail.com	S. Loheshwaran	BA Tamil	III Year	7358629336	Super

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AQAR  
2022-23

## MAR GREGORIOS COLLEGE OF ARTS & SCIENCE

Accredited By NAAC With B++ Grade

DEPARTMENT OF TAMIL

LIFE SKILL TRAINING ON PHYSICAL FITNESS PROGRAMME

STUDENTS ATTENDANCE

### I BA TAMIL

S.NO	NAME OF THE STUDENT	16.08.2022	17.08.2022	18.08.2022
1.	DEVADHARSHINIK			
2.	ISHWARYA.S	Devadharshini.S	Devadharshini.S	Devadharshini.S
3.	NANDEESH.R	Nandeesh.R	Nandeesh.R	Nandeesh.R
4.	GURUPRASAD.J	J. Gurun	J. Gurun	J. Gurun
5.	KESAVAN.E	E.Kesavan	E.Kesavan	E.Kesavan
6.	SANDHIYA.S	S.Sandhya	S.Sandhya	S.Sandhya

### II BA TAMIL

S.NO	NAME OF THE STUDENT	16.08.2022	17.08.2022	18.08.2022
	DHIVAKAR.K	K.Dhivakar	K.Dhivakar	K.Dhivakar
	ELUMALAI.R	R.Elumalai	R.Elumalai	R.Elumalai
	ANANDHI.V	V.Anandhi	V.Anandhi	V.Anandhi
	HEMALATHA.S	S.Hemalatha	S.Hemalatha	S.Hemalatha
	KOWSALYA.V	V.Kowsalya	V.Kowsalya	V.Kowsalya
	MURSHIDHA.H	H.Murshidha	H.Murshidha	H.Murshidha
	ROJA.V	V.Roja	V.Roja	V.Roja
	SARASWATHI.K	K.Saraswathi	K.Saraswathi	K.Saraswathi

### III BA TAMIL

S.NO	NAME OF THE STUDENT	16.08.2022	17.08.2022	18.08.2022
	AJITH.M	M.Ajith	M.Ajith	M.Ajith
	BOOPATHI RAJA.G	G.Boopathi	G.Boopathi	G.Boopathi
	GANESH.K	K.Ganesh	K.Ganesh	K.Ganesh
	LOHESHWARAN.S	S.Loheshwaran	S.Loheshwaran	S.Loheshwaran
	BHARATHI.R	R.Bharathi	R.Bharathi	R.Bharathi

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STUDENTS ATTENDANCE

I BA TAMIL

NO	NAME OF THE STUDENT	16.08.2022	17.08.2022	18.08.2022
	DEVADHARSHINI.K			
	ISHWARYA.S	Devadharshini.S Ishw.S	Devadharshini.S Ishw.S	Devadharshini.S Ishw.S
	NANDEESH.R	Nandeeshr.R	Nandeeshr.R	Nandeeshr.R
	GURUPRASAD.J	J. Gurusu.	J. Gurusu.	J. Gurusu.
	KESAVAN.E	E. Kesavan.	E. Kesavan	E. Kesavan
	SANDHIYA.S	S. Sandhya	S. Sandhya	S. Sandhya

II BA TAMIL

NO	NAME OF THE STUDENT	16.08.2022	17.08.2022	18.08.2022
	DHIVAKAR.K	K. Dhivakar	K. Dhivakar	K. Dhivakar
	ELUMALAI.R	R. Elumalai.	R. Elumalai.	R. Elumalai.
	ANANDHI.V	V. Anandhi	V. Anandhi	V. Anandhi
	HEMALATHA.S	Hemlath	Hemlath	Hemlath
	KOWSALYA.V	V. Kousalya	V. Kousalya	V. Kousalya
	MURSHIDHA.H	H. Murshidh	H. Murshidh	H. Murshidh
	ROJA.V	V. Roja	V. Roja	V. Roja.
	SARASWATHI.K	K. Saraswathi	K. Saraswathi	K. Saraswathi

II BA TAMIL

NO	NAME OF THE STUDENT	16.08.2022	17.08.2022	18.08.2022
	AJITH.M	M. Ajith	M. Ajith	M. Ajith
	BOOPATHI RAJA.G	G. Boopathi	G. Boopathi	G. Boopathi
	GANESH.K	K. Ganesh	K. Ganesh	K. Ganesh
	LOHESHWARAN.S	S. Loheshwaran	S. Loheshwaran	S. Loheshwaran
	BHARATHI.R	R. Bharathi	R. Bharathi	R. Bharathi

*R. Srikanth*



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**SILVER JUBILEE CELEBRATION**

DEPARTMENT OF PHYSICAL EDUCATION ORGANIZES

**PHYSICAL FITNESS PROGRAMME**

**DATE: 26/08/2022**

**TIME : 04:30 PM**

**VENUE: MGC PLAYGROUND**

**Dr.T.C.NALLARASU** **Dr.M.SIVARAJAN** **Rev.Fr.PHILIP PULIPRA**  
PHYSICAL DIRECTOR PRINCIPAL SECRETARY

**MGC THANKS CHENNAI**

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- NAME OF THE EVENT: Fitness Programme
- DATE&VENUE: 26.08.2022
- AIM: To aim to encourage students to inculcate physical activities and sports in their everyday lives and daily routine.
- INAUGURAL ADDRESS: Physical Director -Dr.T.CChristopher Nallarasu
- PRESIDENTIAL ADDRESS: Secretary – Rev.Fr.Mathew Pallikunnel
- OUTCOME: Through this Program the students of Physical Education were created awareness among the students about Physical Activities.
- NUMBER OF PARTICIPANTS: - 150.

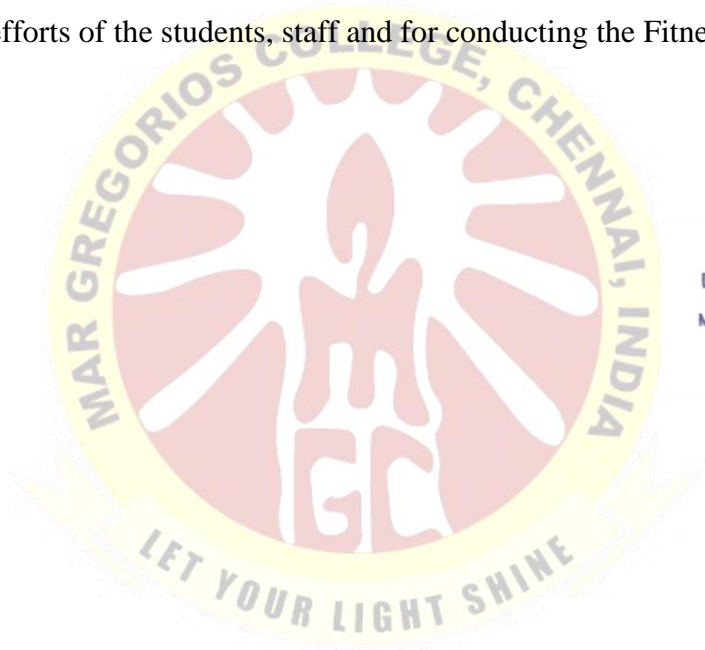


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## REPORT

The students of MGC which includes the students of Dept. of Physical Education(150) participated in the Fitness Program and emphasized on the modalities through which students could take care of their health and remain fit. This program also helps them out to increase their basic fitness components thereby minimizing injury so that they can stay fit in their lifetime. Physical activity or exercise will improve their health and reduce the risk of developing several diseases. Mainly the participants motivated to do any type of physical activities regularly to improve the quality of life. The College management and the Principal appreciated the efforts of the students, staff and for conducting the Fitness Program.



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**Silver Jubilee Year**

Love is my Light

**Department of Corporate Secretaryship, Shift - II**  
**In association with IQAC**

**Organizes a Webinar**  
**On How to Overcome Stress Post Pandemic by**  
**Sr.Celin Maria D.M**  
**Councillor**  
**Mar Gregorios College of Arts & Science**

Date: 18/8/2022

Venue: KCGSJ Memorail Hall

Time : 4:pm to 5:00 pm

**Dr. Shalini Maher**  
Vice Principal & Head

**Dr. M. Sivarajan**  
Principal

**Rev. Fr. Philip Pulipra**  
Secretary

Let your Light Shine

MGC Thanks Chennai

Block.no:,8 College Road, Mogappair West, Chennai-37

Ph.No: 044 26533140 [www.mgcchennai.ac.in](http://www.mgcchennai.ac.in) Mail:@mgcchennai.ac.in

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2022-23**

MAR GREGORIOS COLLEGE OF ARTS & SCIENCE, CHENNAI – 37

DEPARTMENT OF COMMERCE (CORPORATE SECRETARYSHIP) – SHIFT – II

DATE: 18/08/2022

TIME: 4:00 pm – 5:00 pm

VENUE: KCGSJ Hall

Master of Ceremony - D Jetson - III BCS


**PROGRAM SCHEDULE:**

- 4.00 PM: - Prayer song  
4.05 PM: - Welcome address – PRAISY JANETTE.K of II.B.com (C.S)  
4.10 PM: - Chief Guest Introduction - PRIYADHARSHINI.R of II.B.com (C.S)  
4.15 PM: - Felicitation – Principal, DR. M SIVARAJAN  
4.22 PM: - Honoring the Chief Guest – SR. CELIN MARIA D.M  
4.25 PM: - Chief Guest address - "HOW TO OVERCOME STRESS POST PANDEMIC"  
5.00 PM: - Vote of Thanks – DEEPIKA.V of II.B.com (C.S)

  
HEAD OF THE DEPARTMENT

  
PRINCIPAL

Dr. M. SIVARAJAN M.B.A., M.Phil., M.A., M.Phil., Ph.D.,  
Principal  
MAR GREGORIOS COLLEGE OF ARTS & SCIENCE  
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Dr. R. SRIKANTH, M.B.A., M.Phil., Ph.D.,  
Principal  
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## **REPORT**

Department of Corporate Secretaryship Shift II in association with IQAC organized a guest lecture on the topic “HOW TO OVERCOME STRESS POST PANDEMIC” on 18<sup>th</sup> August 2022 from 4:00 pm to 5:00 pm. The Resource person of the day was SR. CELIN MARIA D.M, the Councillor of Mar Gregorios College of Arts and Science.

The Speaker was introduced by Dr Shalini Maher, Head, Department of Corporate Secretaryship, Shift II. The welcome address was given by PRAISY JANETTE.K of II.B.com (C.S), followed by the chief guest introduction by PRIYADHARSHINI.R of II.B.com (C.S). Then the session was handed over to the speaker. The speaker began with a fun activity and taught us a new style of clapping our hands which brought laughs and happy cheer among the students. She then went on to present pictures on the PowerPoint and connected them to an individual’s life and how as a student they must look up to those personalities and equip themselves to be better individuals. She created an interesting story line which helped all the students to respond and ensured better interaction among them and the speaker.

Sr. Celin included various activities while narrating the story which gave the students a clear understanding on how to deal with the situations that are presented towards them, she also helped engaged students to come forward during activities and presented them with gifts for their appreciation. The session was conducted with lots of laughs and built-up motivation among the students in which they sang together and felt content. Sr. Celin was then presented with a memento as our appreciation for accepting our invitation. Later, the program was brought to an end by the vote of thanks given by DEEPIKA.V of II.B.com (C.S).

Last but not the least a recognition to the events MC, JETSON.D of II.B.com (C.S) who carried out the session flawlessly.

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Attendance list I YEARS:

1. Aarthi R
2. Mariya Jaya Rose
3. Sanjai A
4. Paul Jaswanth
5. Karthikeyan E
6. Kamalesh S
7. Dig Vijay
8. Mohanapriyan
9. Dhanush Karthikeyan
10. Kamalesh S
11. Ranjith D
12. Sohail Ahamed N
13. Ranjit D
14. Kevin Antony
15. Rajesh Kumar J

II YEAR:

1. Ram Kumar
2. Naveen Kumar S
3. Arvind Kumar V K
4. Sandeep
5. Naresh
6. D Vishwa
7. S Manikandan
8. Kishore
9. Yuvan Shankar
10. S Srinivasan
11. K Ram Kumar S Sanjai Kumar
12. Dishanth
13. Gabriel W
14. L. Ramesh Kumar
15. R Thirumalai
16. Vasu M
17. S Sanjai Kumar
18. K Keerthana
19. riyadharshini
20. Sachin
21. Amarnath
22. A vigneshwaran
23. Melvin I
24. Jetson D
25. Baskaran J
26. Biju
27. A SanthaSivam

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## MAR GREGORIOS COLLEGE OF ARTS & SCIENCE

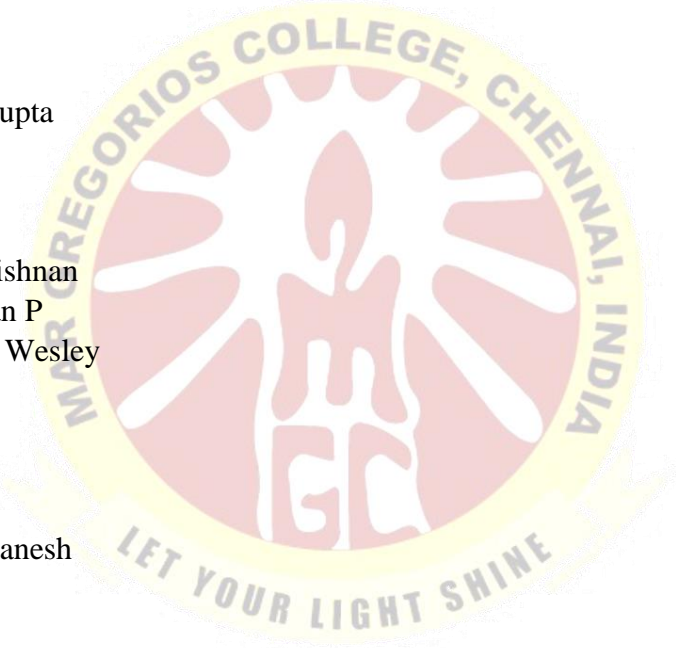
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28. Lakshmi Narayanan
29. Ramesh Kumar L
30. R Vignesh Kumar
31. Gopika R.K
32. Priyadharshini
33. Praisyanettee
34. Vaishnavi
35. Vaithegi K
36. Gopika
37. Vaishnavi
38. Sandhya
39. Suganya
40. Valarmathi
41. Deepika
42. Prakash D

### III YEAR:

1. Pujashree
2. Siddarth Gupta
3. Kailash D
4. Saran
5. Vishal K
6. Gokula Krishnan
7. Karthikeyan P
8. Jabes John Wesley
9. B Mosses
10. E Jothi
11. Bharath L
12. Teja D
13. V Mouli Ganesh
14. Anusha
15. K Ramya
16. Preetha S
17. K C Kavinetthra
18. P Monika
19. E Sangeetha
20. Tharani A
21. Vanitha P

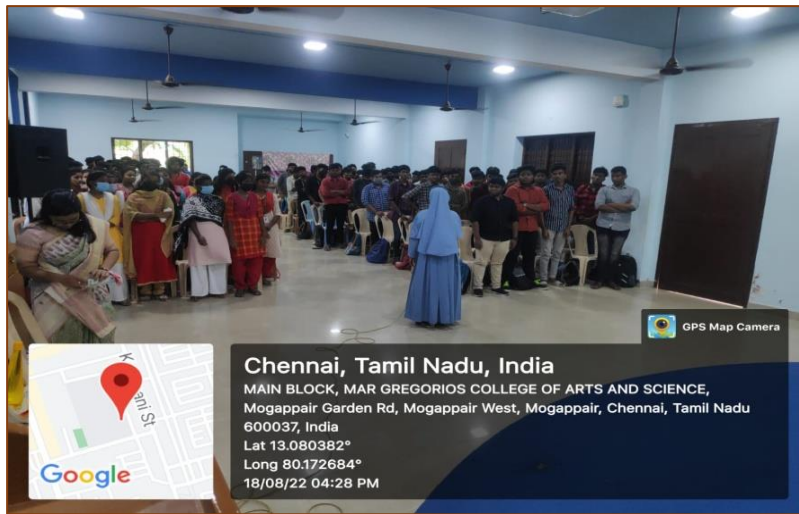


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**Silver Jubilee Year**  
Love is my Light

Silver Jubilee Social Committee  
in Association with IQAC  
Organizes

**Awareness Program on  
Hair Donation for Cancer Patients**

Resource person  
**Mr.D.Udaykumar,**  
Director of Hair Donation, Hyderabad

Venue : KCGSI Hall  
Date : 3-9-2022  
Time : 11 am

**Dr.S.Fabbiyola**  
Social Committee Convenor  
**Dr.M.Sivarajan**  
Principal

**Dr.T.Prema**  
Silver Jubilee Convenor  
**Rev.Fr.Philip Pulipra**  
Secretary

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Ph.no : 044 2653 3140      www.mgcchennai.ac.in      Mail@mgcchennai.ac.in

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## **REPORT**

The Awareness Program on “HAIR DONATION FOR CANCER PATIENTS ”was organised by “Silver Jubilee Social Committee” for the hair donors, NCC cadets & NSS students at “Mar Gregorios College of Arts & Science” on 03<sup>rd</sup> September 2022.

The awareness talk started at around 12noon with a word of prayer by Sr.Celene which was followed by the welcome address by Dr.S.Fabbiyola (Social Committee Incharge). The resource person, Mr .D. UdayKumar, Director of Hyderabad Hair Donation started the session. He explained about the importance of hair donation and the process involved after donating hair, the minimum length needed etc. He was honoured by Sr.Celene with a gift. As a mark of appreciation all the hair donors were gifted with saplings.

The program came to an end with a thanks giving to the resource person and the gathering by Dr.S.Fabbiyola.



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**SILVER JUBILEE CELEBRATION - 2022**

**Hair Donors for Cancer Patients**

S.No	Name	Class	Year	Shift	Signature
1	A.R. Jagadeeshwaran	BCA	II	I	Jagadeeshwaran
2	R.V. Krishnarjun	BCom G 'A'	III	I	R.V. Krishna
3	H. Sajjathkhan	BCom G 'B'	III	I	H. Sajjathkhan
4	R. Bharath	BCom G 'A'	III	I	R. Bharath
5	D. Keerthi Vasan	BCS 'A'	II	I	D. Keerthi Vasan
6	N. Naveender	BCS 'A'	II	I	N. Naveender
7	S. Lavanya	BCS 'A'	II	I	S. Lavanya
8	D. Yuvanesh	BBA	III	I	D. Yuvanesh
9	M. Vasanth	BBA	II	I	M. Vasanth
10	S. Kiran Kumar	BES	III	I	S. Kiran
11	G. Srinam	BCom (A&F)	II	I	G. Srinam
12	P. Dwarakesh	BCom (A&F)	III	I	P. Dwarakesh
13	S. Devandran	BA Eng	II	I	S. Devandran
14	Sarath	MSW	II	I	Sarath
15	Emmanuel Irudhaya Dass	BA Eng	III	I	Emmanuel Irudhaya Dass
16	M. Paul Daniel	MSW	II	I	M. Paul Daniel
17	K. Surya Prakash	MSW	II	I	K. Surya Prakash
18	S. Markandeyan	BA Eng	III	I	S. Markandeyan
19	S. S. Prasanna K	BCom G 'B'	III	I	S. S. Prasanna K
20	K. Nishanth	BCom G 'B'	III	I	K. Nishanth
21	L. Sujith	BBA	III	I	L. Sujith
22	Santhanam	BCom G 'B'		I	Santhanam
23	M. Sandeep	BCom CS	II	II	M. Sandeep
24	S. Srinivasan	BCom CS	II	II	S. Srinivasan
25	V. Deepika	BCom CS	II	II	V. Deepika
26	M. Santhosh Sabapathy	BCom CS	II	II	M. Santhosh Sabapathy
27	S. Madhan Kumar	BCom CS	II	II	S. Madhan Kumar

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MANAGED BY THE MALANKARA SYRIAN CATHOLIC TRUST

**ACCREDITED BY NAAC WITH B++ GRADE**

**DEPARTMENT OF SOCIAL WORK**

**GREGORIAN ASSOCIATION OF SOCIAL WORKERS**

**ORGANIZES**

**AN AWARENESS PROGRAMME ON**

**WOMEN'S HEALTH CARE**

**DATE:**  
16/09/2022 11 am

**Resource Persons**

**VENUE:**  
MAR IVANIOS HALL

**Dr. ARUNA ASHOK**

Clinical Director At A4 Fertility Centre

**M.VANITHA DEVI**

Child Development Project Officer -TN Government

**Prof. A. Flowerence**  
Association President & Convenor

**LT D. Moieson Thairiyam**  
Head

**Dr. G. Gayathry**  
Vice - Principal

**Dr. M. Sivarajan**  
Principal

**Rev. Fr. Mathew Pallikunnel**  
Secretary

**BLOCK NO : 08 , COLLEGE ROAD , MOGAPPAIR WEST , CHENNAI - 37**

**[www.mgcchennai.ac.in](http://www.mgcchennai.ac.in)**

**+91-44-265309780**

**[Mail@mgcchennai.ac.in](mailto:Mail@mgcchennai.ac.in)**

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Principal  
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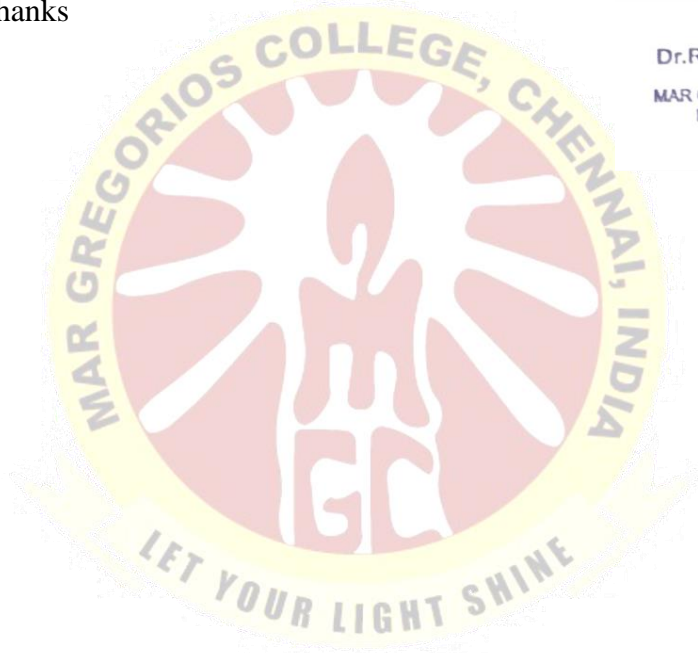
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## **PROGRAM SCHEDULE**

1. Prayer song
2. Welcome address
3. Chief guest introduction and Felicitation by Staffs
4. Awareness session by A4 Hospital
5. Campaign Introduction
6. Awareness session by ICDS
7. Interaction session
8. Vote of thanks

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## RESOURCE PERSONS

1. Dr. ARUNA ASHOK,
2. Ms. M. VANITHA DEVI

## PROFILE OF RESOURCE PERSONS

### 1. Dr. Aruna Ashok, Clinical director at A4 Hospital

Completed her MS O&G, that is, MS Obstetrics & Gynaecology

D.N.B O&G, - Diplomate of the National Board of Medical exam in Obstetrics & Gynaecology.

• She has completed her M.B.B.S at the Kilpauk Medical College, followed by her MS OG at JIPMER, Pondicherry.

• She has also been at the Infertility training which is done in the reproductive medicine division of Sri Ramachandra Medical Institute.

• Also, she has completed her Diploma in Radiation Medicine (DRM) from Keli University, Germany.

Looking at her medical career, she has been versatile in her service

- She has 17+ years of Experience in the Field of Fertility, Obstetrics & Gynaecology
- She has also been a remarkable speaker at International Conferences and has presented papers
- She is also the executive committee member of TAPISAR

### 2. M.Vanitha Devi M.Sc., M.Phil.,

CDPO (Child Development Project Officer) from Tamil Nādu state Government

M.Sc. (Nutrition) – Maharaja College for women – Perundurai

M.Phil. – Mother Teresa College for Women – Kodaikannal

Experience: In the field of ICDS Services

ICDS Main components, namely:

- Early Childhood Care Education & Development (ECCED)
- Care & Nutrition Counselling
- Health Services
- Community Mobilisation Awareness, Advocacy & Information, Education and Communication



## **INTRODUCTION**

**Gregorion association of social workers** organized a one-day Women health care awareness program on 16<sup>th</sup> September 2022(Friday) in collaboration with A4 fertility centre and ICDS.

The main objective of the program was to promote the importance of nutrition (to commemorate nutrition week) and to give awareness on women health issues.

The programme held at Mar Ivanios hall around 11:30 am. More than 100 women students attended the program along with 15 ICDS staffs

## **PROGRAMME OBJECTIVE**

The main objective is to promote women health sensitive issues

- To improve women's health
- To inform and educate the mass about their certain health issues and promote nutritious well-being.
- To create an awareness about the available wellness resources
- To share adequate information upon health and nutrition
- To help listeners and their close ones choose a lifestyle that knocks down unhealthy ambiance
- To cut down the rate of women health problems and low nutrition
- To create an awareness about sanitary waste segregation by starting a RED-DOT campaign with the theme.

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## **REPORT**

An Awareness Program On Women's Health Care And Red Dot Campaign was conducted on 16th September 2022 in MAR IVANOS HALL at MAR GREGORIOS COLLEGE. Resource Person, Dr. Aruna Ashok, the Clinical director at A4 Hospital shared some common issues faced by female students. PCOD, irregular menstruation, thyroid problems and cervical cancer were some of the issues that we readdressed. She gave insights on various problems on women's health. The Resource person warned about the serious consequences on the prevailing new fast food culture and suggested nutritious and balanced diet. Mrs.M.Vanitha Devi, Child Development Project Officer from Tamil Nadu State Government displayed charts and place cards on anemia, malnutrition and Obesity.

Nearly hundred female students and 15 ICDS staff participated. The participants were encouraged to follow healthy habits adapting themselves to a healthy lifestyle in future.

### **THE CAMPAIGN**

The campaign was named as **RED DOT CAMPAIGN**. The women students were marked with a red dot on their palms as a demonstration.

Red-dot campaign a first kind campaign was initiated to create an awareness about the sanitary segregation. The red dot campaign by SWACH cooperative is sensitizing people about the importance of proper handling and disposal of sanitary waste. The campaign was initiated in Pune 2007.

In Pune waste pickers handle about 20,000kg of dirty diapers and sanitary pads everyday, exposing themselves to diseases like staphylococcus, hepatitis, salmonella and typhoid.

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To talk about the SWACH (Solid Waste Collection and Handling) the residents were asked to wrap up their sanitary pads and diapers in paper that was marked with a red dot. This would help the SWACH workers to identify sanitary waste and treat it accordingly. And thus the RED DOT campaign was formally launched and reported that 50% of the people have started to wrap their sanitary wastes compared with 0% before the campaign.

In the end, the women students were asked to show their red dot on their palms and shout “ YES I BLEED”

### **DISCUSSIONS AND INTERACTIONS**

- Socio-cultural beliefs and taboos surrounding menstruation
- Girls understanding and gaining knowledge of menstruation
- Current menstrual hygiene practices
- Balanced food habits
- Aware of malnutrition
- Malnutrition related syndromes

### **OUTCOME OF THE PROGRAM**

The participants at the programme were encouraged to incorporate healthy habits and also take various preventive measures so that in the upcoming times they can stay safe and healthy. They also insist to integrate and maintain healthy lifestyle.

### **DEPARTMENT FEEDBACK SESSION**

- Volunteers needed for mobilizing
- Projector check
- Timings
- To have banner
- Time allotment for resource person session
- Should form committees for all the work
- Have to inform students about their roles and responsibilities
- Two resource persons in a same day should be avoided



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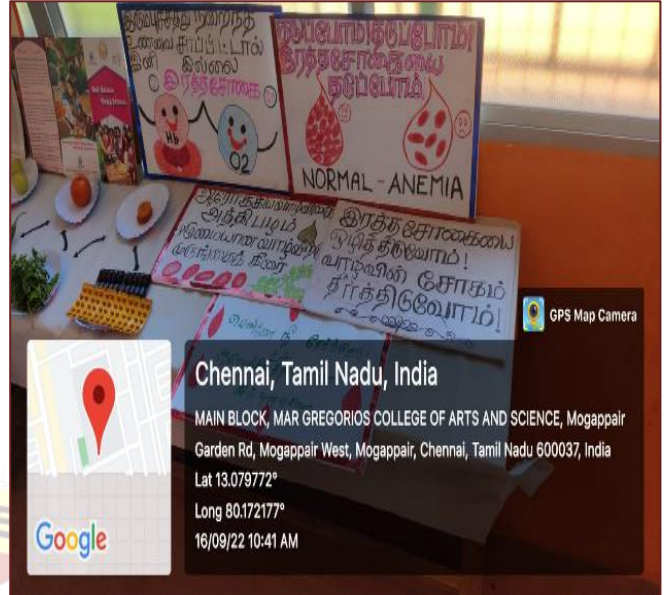


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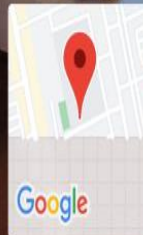


Chennai, Tamil Nadu, India

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Long 80.172116°  
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GPS Map Camera



Chennai, Tamil Nadu, India

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Nadu 600037, India  
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Love is My Light

### DEPARTMENT OF MATHEMATICS

In association with IQAC

Organizes

A SEMINAR

on

**Strengthening Mental Health Through Positive Attitude**

BY

Dr. SUJITHA

PSYCHOLOGIST

(CEO of Pupil Rhythm Counseling Centre Chennai &  
STUDENT COUNSELOR of Chennai Institute of Technology)



DATE : 19.09.2022  
TIME : 10.00am – 11.00am

Prof. S. AROCKIYA PRINCEY  
Convenor

Prof. T.N. REKHA  
Head of the Department

VENUE

A.V. ROOM

Dr. G. GAYATHRY  
Vice Principal  
(Shift – I)

Dr. M. SIVARAJAN  
Principal

Rev. Fr. MATHEW PALLIKUNNEL  
Secretary

**MGC THANKS CHENNAI**

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[www.mgcchennai.ac.in](http://www.mgcchennai.ac.in)

[mail@mgcchennai.ac.in](mailto:mail@mgcchennai.ac.in)

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**PROGRAM SCHEDULE FOR A SEMINAR**

**ON**

***SEMINOR ON STRENGTHENING MENTAL HEALTH THROUGH POSITIVE  
ATTITUDE***

**Date: 19.09.2022**

**Venue: A.V ROOM**

**M.C: R.J. Rejimol (II Maths)**

- 10:00 PM - Prayer Song (Dept. Choir)
- 10:05 PM - Welcome Address by Prof. R. Vasuki, Dept. of Mathematics
- 10:10 PM - Addressed by the Resource person Dr.Sujitha, Psychologist,  
CEO of Pupil Rhythm Counseling Centre Chennai
- 11:15 PM - Vote of Thanks by P Gnanai Priya, II Maths

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## **REPORT**

### **SEMINOR ON STRENGTHENING MENTAL HEALTH THROUGH POSITIVE ATTITUDE**

The Department of Mathematics has conducted a seminar for the department students on 19<sup>th</sup> September 2022 between 10 AM to 11 AM in AV Room on the topic “**STRENGTHENING MENTAL HEALTH THROUGH POSITIVE ATTITUDE**”. The Resource person was Dr.Sujitha, Psychologist, CEO of Pupil Rhythm Counseling Centre Chennai and Student Counselor of Chennai Institute of Technology.

The Seminar began with the prayer song by the department choir students. Prof. R.Vasuki, Department of Mathematics gave the Welcome speech and introduced the Guest. Around 20 students participated in the seminar. The resource person encouraged the students to identify their success, power, happiness, life balance and their positive attitude. She made the students to participate actively by giving the activities. She created some positive vibrations to the students. The Students were enriched by valuable ideas through this session. The Session was so effective and informative. Students acknowledged that the seminar enriched them with Positive ideas and Self-confidence. MC was done by R.M Rejimol, II Maths. The session ended with Vote of Thanks by P Gnanai Priya, II Maths. Convenor of the program was Prof. S. Arokiya Princey.

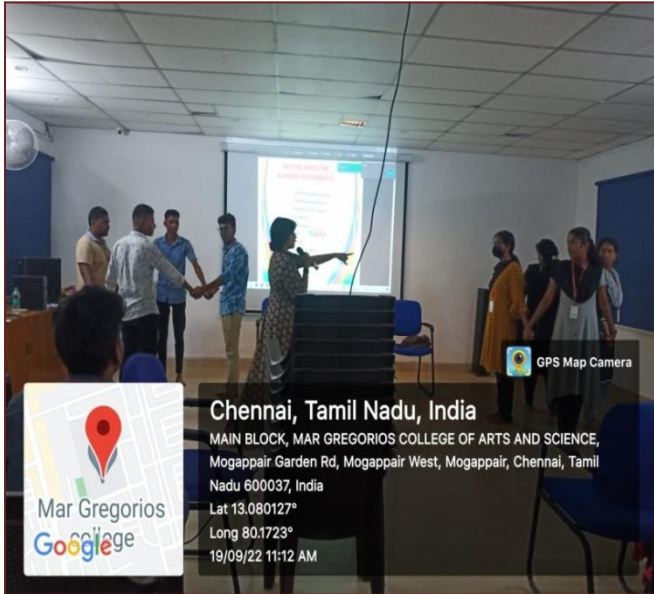
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# PROFILE



**Dr. SUJITHA**  
PSYCHOLOGIST

PROFILE

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### Dr. SUJITHA

Honorary Doctorate Award - 2019  
Completed M.Sc., Applied Psychology - 2012  
Completed B.Sc., IT - 2010  
8 Years Experienced as a Psychologist

#### CEO of Pupil Rhythm Counseling Centre Chennai

Visited Many Abroad Countries Like Singapore, Malaysia To Conduct Motivational Programs  
Counseled and Encouraged Blind People, Mentally Affected old-age People &  
Extended Social Services

#### STUDENT COUNSELOR of Chennai Institute of Technology

Vidhya Matriculation Higher Secondary School  
BVM global School, Chennai  
N.S.N Matriculation Higher Secondary School

#### CONSULTING PSYCHOLOGIST

Psychological Assessments  
Conducting Workshops & Orientation  
Report Writing  
Counseling  
Arranging Awareness Programme  
Solving Student Problems  
Encouraging Personality Development

#### Best Psychologist Award for the Year 2022



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**Dr. SUJITHA**

Got Special Education Training from MDA (Madras Dyslexia Association)  
Won Chess Tournaments in Inter-College Competitions for 2 Academic Years.  
Received Merit Medal and Certificates for 2 Times in School Academics.  
Got Many Prizes and Certificates in English Comprehension,  
Poetry Comprehension, Dance, Thirukkural Recitation Etc., at School Academics.

- Presented 4 days workshop on "Psychodiagnostics" Assessments at velachery.
- Presented two days Workshop on "Advanced Research Methodology" at Madras School of Social Work, Chennai.
- Conducted two days Workshop on "Behaviour Modification" at Madras School of Social Work, Chennai.
- Presented Paper on "First Generation Adolescent Learner's Attitude and their Socio-Economic Issues" at International Conference, Dindigul.
- Published paper on "Adolescent Attitude towards Life" in IJEPR international Journal.
- Presented and published paper on "Adolescent Nutrition & its Impact on Psychological Well-being" at National Conference, Thirupattur, Vellore district.
- Presented paper about "IT interventions" at National Conference, Coimbatore.
- Workshops on "Ethical Hacking" & "Research Methodology" and got certificates.
- Headed as Chief-Superintendent for Mother Teresa Women's University Examinations for 3 years.
- Headed as Chief-Superintendent for TNPSC Group IV Government Examinations.



*R. Srikanth*

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## EDUCATION

### Mental Health and Well – Being



Dr. R. SUJITHA



" I love myself "  
Implementing positivity &  
Importance of mental health  
@Loyola College, Chennai

" Sex Education  
& Mental Health "  
@CIT College, Chennai



Self Motivation &  
Meditation  
@Vidya Matric Hr.  
Sec. School, Chennai



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## Public Awareness on Mental Health



Creating Mental health awareness to public servants through mental health camp



Motivated Moral values to Orphanage children



Promoting Mental health awareness to drivers

## Promoting mental Health through Media



Channels like Adhitya TV, Behindwoods, IBC Mangai, IBC Health, Madhimugam ezhuchi etc..

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ATTENDANCE FOR THE SEMINAR ON

“STRENGTHENING MENTAL HEALTH THROUGH POSITIVE ATTITUDE”


DEPARTMENT OF MATHEMATICS

DATE : 19.09.2022

TIME : 10.00AM – 11.00AM

S.NO.	NAME OF THE STUDENT	YEAR	SIGNATURE OF THE STUDENT
1.	Ayokia Jennifer	I - maths	Ayokia
2.	Daniel T	I - Maths	Daniel T
3.	BEZZAM. VAMSI KRISHNA	I - MATHS	Bezzam
4.	ARUN KUMAR	II - Maths	V. Arun
5.	SEBASTIAN	II - Maths	S. Sebastian
6.	ARDRA GOPALAL	II - Maths	Ardra
7.	BEBISHA	II - Maths	Bebisha
8.	DEVYAGI	II - Maths	A. G. Sent
9.	JASMINE	II - Maths	Jasmine V
10.	JENCY JOYCE	II Maths	K. Jency Joyce
11.	REJIMOL	II Maths	R. J. Mol
12.	RENUKA DEVI	II Maths	Renuka D
13.	GNANAJ PRIYA	II Maths	Gnanaj Priya
14.	PABRIAN	III MATHS	Pabriyan
15.	H. Harisha Shifana	III Maths	Harisha Shifana
16.	J. praveen kumar	IV MATHS	J. Praveen
17.	P. Anugokumar	IV Maths	P. Anugokumar
18.	Arulha S	IV Maths	Arulha S
19.	R. PRIYANKA	V MATHS	R. Priyanka

  
S. Anuraj R.  
Convenor

  
T. N. Arulha  
H.O.D

Dr. M. SIVARAJAN M.B.A., M.Phil., M.A., M.Phil., Ph.D.,  
Principal  
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FEEDBACK FOR THE SEMINAR ON

"STRENGTHENING MENTAL HEALTH THROUGH POSITIVE ATTITUDE"

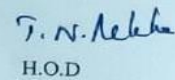
DEPARTMENT OF MATHEMATICS


DATE : 19.09.2022


TIME : 10.00AM - 11.00AM

S.NO	NAME OF THE STUDENT	YEAR	FEEDBACK ABOUT THE SESSION
1.	Arakya kumar T	I-maths	Good
2.	Daniel T	I-Maths	Good
3.	BEZZAM VAMSI KRISHNA	I-MATHS	Useful & Interesting Session.
4.	B. Subanthini	II-Maths	Interesting Session
5.	K. Jency Joyce	II MATHS	Good
6.	L. Renuka devi	II-MATHS	Good
7.	E. Beetha	II-maths	Good
8.	P. Ganai Priya	II Maths	Session was very useful
9.	Arida Gopals	II Maths	Good
10.	V. Arunkumar	II Maths	Good
11.	V. Jasmire	II Maths	GOOD
12.	A. Anisha shifana A	II Maths	Wonderful Session.
13.	Anitha S	II Maths	The session help lot to improve.
14.	Anuvin P	II Mat	Interesting Session.
15.	Namash Kumar P	II Mat	That was really useful for me
16.	J. Praveen Kumar	II mat	Very Good
17.	R.M. Rejima	II Maths	The Session help for my future.
18.	R. PRIYANKA	II MATHS	GOOD.
19.			

  
Convener

  
H.O.D

  
J. M. SIVARAJAN M.B.A., M.Phil., MA., M.P.H., Ph.D.,  
Principal  
MAR GREGORIOS COLLEGE OF ARTS & SCIENCE  
MOGAPPAIR WEST, CHENNAI - 600 037.

  
Dr. R. SRIKANTH, M.B.A., M.Phil., Ph.D.,  
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**Mar Gregorios College of Arts & Science**  
Accredited by NAAC with B++ Grade  
Affiliated to the University of Madras

**NATIONAL SERVICE SCHEME**

**“FITNESS PROGRAM”**

**SPORTS EVENT (28.10.2022)**

- PULL UPS
- SITUPS
- BOARD JUMP
- CRICKET BALL THROW
- INDIVIDUAL 1500 m
- INDIVIDUAL 600 m

**“AWARENESS RALLY”**

**IMPORTANCE ON (29.10.2022)**  
Helmet Awareness  
&  
Say No to Plastic

**Dr.V.Iyappan**      **Dr.M.Sivarajan**      **Rev.Fr.Mathew Pallikunnel**  
**NSS PROGRAMME OFFICER**      **PRINCIPAL**      **SECRETARY**

BLOCK NO.8, COLLEGE ROAD, MOGAPPAIR WEST, CHENNAI 600 037  
Contact number : 044- 26533140, Mail Id: mail@mgchennai.ac.in  
website: www.mgchennai.ac.in

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MAR GREGORIOS COLLEGE OF ARTS & SCIENCE  
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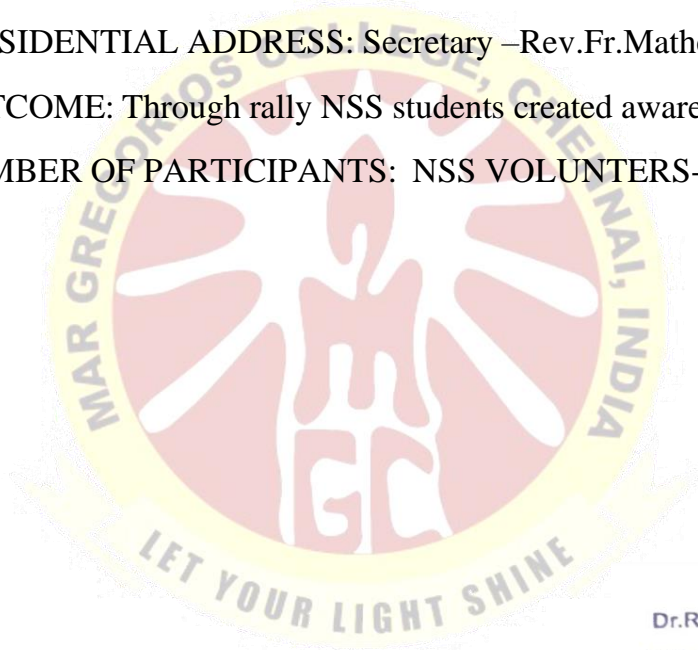


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- NAME OF THE EVENT: Plastic and Helmet Awareness Rally Drive
- DATE&VENUE: 29.10.2022
- AIM: To create awareness among public importance on wearing helmet and say no to plastic
- INAUGURAL ADDRESS: NSS P.O -Dr.V.Iyappan
- PRESIDENTIAL ADDRESS: Secretary –Rev.Fr.Mathew Pallikunnel
- OUTCOME: Through rally NSS students created awareness among public
- NUMBER OF PARTICIPANTS: NSS VOLUNTERS-35.



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### REPORT

In the commemoration to the Fit India Thematic Campaign (Azadi Ka 75 Saal ,Fitness Rahe Bermisaal), Fitness Assessment through Fit India App. Fit India Prabhatferi and Fit India Cyclothon across the country ,Standard operating procedure for Fit India Freedom Run 3.0 in collaboration with Greater Chennai Police ( Nolambur) organized Plastic And Helmet Awareness Rally Drive on 29th October 2022 at Mogappair West. Secretary Rev. Fr. Mathew Pallikunnel flagged off the rally from the premises of Mar Gregorios College in the presence of Principal Dr.M.Sivarajan and other dignitaries. Principal Dr.M.Sivarajan urged two-wheeler users to wear helmets for their safety and to ride carefully to save the lives of other motorists. The rally was taken out to Mar Gregorios College via Kavimani Street - JPC Main Road (Mogappair West Depo) - Bharathi Salai. The NSS volunteers were accompanied by Dr.V.Iyappan NSS Program Officer.

The students of MGC which includes NSS volunteers (43) participated in the rally and spread awareness to avoid plastic and wear helmet to keep our environment eco friendly and two wheelers safety .In this behaviour change intervention the objective was to emphasize on the duty as humans to avoid the usage of plastic and wear helmet and to create awareness among public. During the rally, the students spread the message of obeying traffic rules by wearing helmets, to two-wheeler riders as well as pillion riders. Students also displayed placards and posters regarding road safety. All participants were provided with appreciation certificate. The awareness rally about the importance of 'Say no to plastic' make the students and public aware of the adverse effects of polythene bags on the environment, human beings and animals. During the rally, the students displayed banners and placards emphasizing on the need for collective endeavour to eradicate the use of plastics. The college management and the principal appreciated the efforts of the students, staff and the police for conducting the awareness rally on wearing helmet and refuse reduce reuse plastics.

Dr.R.SRIKANTH, M.B.A., M.Phil., Ph.D.,  
Principal  
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2022-23



Helmet & Plastic Awareness  
Mar Gregorios College Of Arts & Science  
Date & time: 29\_10\_2022 08:33 am  
13.08072, 80.1734 (±14m)  
Address: 563, Kavimani St, Mogappair West, Mogappair, Chennai, Tamil Nadu  
600037



Helmet & Plastic Awareness  
Mar Gregorios College Of Arts & Science  
Date & time: 29\_10\_2022 08:33 am  
13.08194, 80.17295 (±15m)  
Address: 8/109, Kavimani St, Mogappair West, Ambattur Industrial Estate,  
Chennai, Tamil Nadu 600037

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**AQAR  
2022-23**



Helmet & Plastic Awareness  
Mar Gregorios College Of Arts & Science  
Date & time: 29.10.2022 09:23 am  
13.07977, 80.17243 (+9m)  
Address: 391/1, Paneer Nagar, Mogappair West, Mogappair, Chennai, Tamil Nadu 600037



Fit India Freedom Run 3.0  
Mar Gregorios College Of Arts & Science  
Date & time: 29.10.2022 12:07 pm  
13.08073, 80.17234 (+13m)  
Address: 35JC+GXQ, Goodwill Street, Mogappair West, Mogappair, Chennai, Tamil Nadu 600037



Fit India Freedom Run 3.0  
Mar Gregorios College Of Arts & Science  
Date & time: 28.10.2022 12:54 pm  
13.08042, 80.17217 (+16m)  
Address: MAIN BLOCK, MAR GREGORIOS COLLEGE OF ARTS AND SCIENCE, Mogappair Garden Rd, Mogappair West, Mogappair, Chennai, Tamil Nadu 600037

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2022-23**



Fit India Freedom Run 3.0  
Mar Gregorios College Of Arts & Science  
Date & time: 28.10.2022 12:02 pm  
13.08076, 80.17227 (utm)  
Address: 35JC+GX0, Goodwill Street, Mogappair West, Mogappair, Chennai,  
Tamil Nadu 600037



Fit India Freedom Run 3.0  
Mar Gregorios College Of Arts & Science  
Date & time: 28.10.2022 12:52 pm  
13.08022, 80.17221 (+5m)  
Address: MAIN BLOCK, MAR GREGORIOS COLLEGE OF ARTS AND SCIENCE,  
Mogappair Garden Rd, Mogappair West, Mogappair, Chennai, Tamil Nadu  
600037



Fit India Freedom Run 3.0  
Mar Gregorios College Of Arts & Science  
Date & time: 28.10.2022 12:15 pm  
13.08076, 80.17227 (utm)  
Address: 35JC+GX0, Goodwill Street, Mogappair West, Mogappair, Chennai,  
Tamil Nadu 600037

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Fit India Freedom Run 3.0  
Mar Gregorios College Of Arts & Science  
Date & time: 28.10.2022 12:37 pm  
13.08071, 80.17176 (+5m)  
Address: 35JC+CJ6, Mogappair West, Mogappair, Chennai, Tamil Nadu  
600037



Fit India Freedom Run 3.0  
Mar Gregorios College Of Arts & Science  
Date & time: 28.10.2022 12:49 pm  
13.08036, 80.17195 (+5m)  
Address: MAIN BLOCK, MAR GREGORIOS COLLEGE OF ARTS AND SCIENCE,  
Mogappair Garden Rd, Mogappair West, Mogappair, Chennai, Tamil Nadu  
600037



Fit India Freedom Run 3.0  
Mar Gregorios College Of Arts & Science  
Date & time: 29.10.2022 10:35 pm  
13.08071, 80.17176 (+5m)  
Address: 35JC+CJ6, Mogappair West, Mogappair, Chennai, Tamil Nadu  
600037

**Dr.R.SRIKANTH, M.B.A., M.Phil., Ph.D.,**  
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Fit India-Freedom Run 3.0  
Mar Gregorios College Of Arts & Science  
Date & time: 28.10.2022 12:10 pm  
13.08069, 80.17245 (43m)  
Address: MAIN BLOCK, MAR GREGORIOS COLLEGE OF ARTS AND SCIENCE,  
Mogappair Garden Rd, Mogappair West, Mogappair, Chennai, Tamil Nadu  
600037



Fit India-Freedom Run 3.0  
Mar Gregorios College Of Arts & Science  
Date & time: 28.10.2022 12:03 pm  
13.0806, 80.17233 (47m)  
Address: MAIN BLOCK, MAR GREGORIOS COLLEGE OF ARTS AND SCIENCE,  
Mogappair Garden Rd, Mogappair West, Mogappair, Chennai, Tamil Nadu  
600037

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Fit India Freedom Run 3.0  
Mar Gregorios College Of Arts & Science  
Date & Time: 28.10.2022 12:39 pm  
13.06071, 80.17176 (+6m)  
Address: 35JC+CJ6, Mogappair West, Mogappair Chennai, Tamil Nadu  
600037



Fit India Freedom Run 3.0  
Mar Gregorios College Of Arts & Science  
Date & Time: 28.10.2022 12:15 pm  
13.06071, 80.17227 (+6m)  
Address: 35JC+6XQ, Goodwill Street, Mogappair West, Mogappair Chennai,  
Tamil Nadu 600037

Dr.R.SRIKANTH, M.B.A., M.Phil., Ph.D.,  
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## MAR (GREGORIOS COLLEGE OF ARTS & SCIENCE

BLOCK NO.8, COLLEGE ROAD, MOGAPPAIR WEST, CHENNAI-37

### FITNESS PROGRAM

DATE: 28.10.2022

S.NO	NAME	DEPATMENT	YEAR	SHIFT	SIGNATURE
1	GIRISHKUMAR	BCA	I	I	
2	SHARMILA	BES	I	I	
3	AARTHI	BES	I	I	
4	SARON WALSINGH	B.COM(G)	I	I	
5	SHRUTHI	B.COM(G)	I	I	
6	KUMARESH	B.COM(G)	I	II	
7	DHINESH	B.COM(G)	I	I	
8	NIVEDHA	B.COM(A&F)	I	I	
9	ESTHER YASMINI	B.COM(A&F)	I	I	
10	JULIETGRACY	B.COM(A&F)	I	I	
11	SANTHOSHKUMAR	B.COM(G)	I	I	
12	JEEVLIN MERCIA	B.COM(G)	I	I	
13	BALAJI	BCA	I	I	
14	NAVEEN	BCA	I	II	
15	HARIN	BCA	I	II	
16	MANOJ	BCA	I	II	
17	KAMLESH	B.COM(G)	I	II	
18	PRASHANTH	B.COM(G)	I	II	
19	MANOJ	B.COM(G)	I	II	
20	ABI	BCA	I	II	
21	ARAVINTH	B.COM(G)	II	I	
22	THANUSH	B.SC	II	I	
23	MARIYA	B.COM(G)	II	I	
24	JANES KRIUBAI LUCAS	B.COM(CS)	II	I	
25	SHREE VATSVA	B.COM(CS)	II	I	
26	ASHWIMI	B.COM(G)	II	I	
27	CHINRASU	BCA	II	II	
28	DINESH	BCA	II	II	
29	APARNA	B.COM(G)	II	I	
30	ARUN KUMAR	B.COM(G)	II	I	
31	SANAY	BBA	III	I	
32	YUVENSH	BBA	III	I	
33	MOHAMED FYSAL	B.COM(G)	III	I	
34	DILLI PRASAD	B.COM(CS)	III	I	
35	GOPI	B.COM(CS)	III	I	

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## **MAR GREGORIOS COLLEGE OF ARTS & SCIENCE**

APPROVED BY THE GOVT. OF TAMILNADU & AFFILIATED TO THE UNIVERSITY OF MADRAS  
An ISO 9001:2015 Certified Institution

ACCREDITED BY NAAC with B++ Grade

Managed by the Malankara Syrian Catholic Trust

"LOVE IS MY LIGHT"

DEPARTMENT OF COMPUTER SCIENCE  
SHIFT - II

IN ASSOCIATION WITH



**GREEN BHARAT ABHIYAN PROJECT ORGANIZES  
AN EVENT BY PLANTING SAPLINGS UNDER  
HONEYWELL FOUNDATION.**

**Venue: Mar Gregorios  
college of Arts & Science  
Campus**



**Prof.R.Anitha  
HEAD**

**Dr.S.Shalini Maher  
VICE PRINCIPAL**

**Dr.M.Sivarajan  
PRINCIPAL**

**Rev.Fr.Mathew Pallikunnel  
SECRETARY**

Block No.8, College Road, Mogappair West, Chennai-37

004-26533140

[www.mgcchennai.ac.in](http://www.mgcchennai.ac.in)

✉:mail@mgcchennai.ac.in

MGC THANKS CHENNAI

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<b>Name of the Event</b>	<b>“PLANTING SAPLINGS”</b>
<b>Name and Designation of the Person participated in the Event</b>	Secretary Rev. Fr. Mathew Pallikunnel Principal Dr. M. Sivarajan, IQAC Co-ordinator Mrs. S. Shantha, Vice Principal shift-I Prof Dr.G.Gayathry, Vice Principal shift-II Prof. Dr. S. Shalini Maher, Head Prof. R. Anitha, Staff members Our Department Students
<b>Date &amp; Venue</b>	28/10/2022, Mar Gregorios College of Arts & Science Campus
<b>Aim</b>	To make our Campus more “ Green & Clean”
<b>Inaugural</b>	S. Anand Relationship Manager
<b>Outcome of the Event</b>	“ Green & Clean”
<b>Details of the Beneficiaries</b>	Computer Science Students
<b>No. of Participants</b>	15

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Principal  
MAR GREGORIOS COLLEGE OF ARTS & SCIENCE  
MOGAPPAIR WEST, CHENNAI - 600 037.

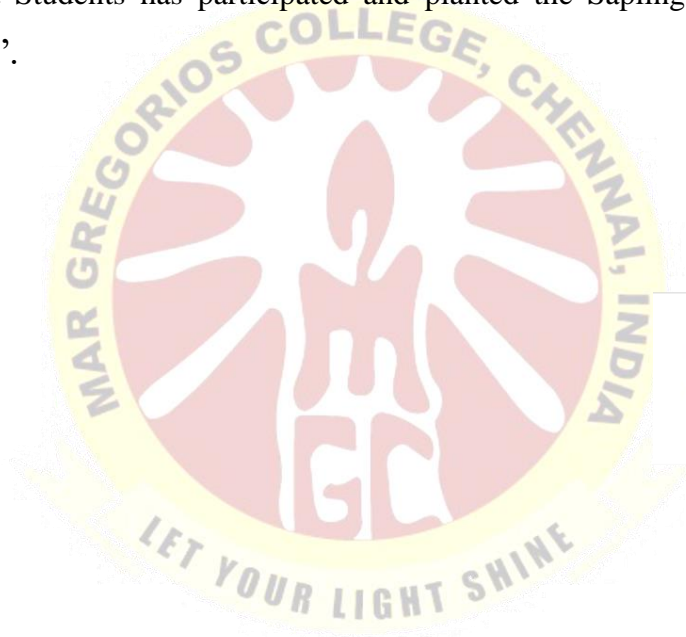


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2022-23**

## REPORT ON “PLANTING SAPLINGS”

Department of Computer Science, Shift – II in association with ICT Academy Green Bharat Abhiyan Project organized an event Planting Saplings under Honeywell Foundation in Mar Gregorios College Campus on 28-10-2022 between 11.00am and 12.00pm. Secretary Rev. Fr. Mathew Pallikunnel has planted the saplings, Principal Dr. M. Sivarajan, IQAC Co-ordinator Mrs. S. Shantha, Vice Principal shift-I Prof Dr.G.Gayathry, Vice Principal shift-II Prof. Dr. S. Shalini Maher, Head Prof. R. Anitha, Staff members and Our Department Students has participated and planted the Saplings to make the campus “Green & Clean”.



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## MAR GREGORIOS COLLEGE OF ARTS & SCIENCE

DEPARTMENT OF COMPUTER SCIENCE - SHIFT-II

ACADEMIC YEAR 2022-2023

ACTIVITY - PLANTING SAPLINGS

B.Sc CS - ATTENDANCE DATE : 28/10/2022

SNO	REG NO	NAME OF THE STUDENT	SIGNATURE
1.	222107214	PALLIPATI ASHOK	
2.	222107215	PRAVEEN KUMAR R	R. Praveen Kumar
3.	221711040	DEEPAN KUMAR K	Deepan Kumar
4.	221711041	DHARUN M	DHARUN M
5.	221711042	GLENN E	glenn
6.	221711043	GNANABRITANVIJAY	Gnanabritanvijay
7.	221711044	K HEMANTH KUMAR	K. Hemant Kumar
8.	222208736	ASHWIN KUMAR G	Ashwin Kumar
9.	222208737	LURTH NATHAN D	Lurth Nathan D
10.	222208738	SABARESH B P	Sabarish B P
11.	222208739	SHERVIN XAVI R	Xavi
12.	222208715	MONESH C	Monesh C.
13.	222107205	ANBAZHAGAN K	K. Anbazhagan
14.	221711051	ROOBANSELVAKUMAR S	Rooban Selva.
15.	221711054	SAMSON R	
16.	221711055	SAMUVEL S	Samuel S
17.	221711056	SANTHOSH BHARATHI D	Santhosh
18.	222107221	VIJAYARAJ A	Vijayaraj
19.	221711058	SATHISH M	Sathish
20.	221711060	SATHIYA MOORTHY	Sathya Moorthy
21.	221711061	SUBASH CHANDRA BOSE M	Subash chandra Bose
22.	221711062	THARUN S J	Tharun
23.	221711063	THIRUPATHI RAJ G	Thirupathi R
24.	221711064	VELMURUGAN G	Velmurugan G
25.	221711065	J VIGNESH	Vignesh

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Managed by the Malankara Syrian Catholic Trust

LOVE IS MY LIGHT



## MGC Youth Red Cross

in association with IQAC  
organizes

## Helmet & Traffic Awareness Program

Date: 10:01:2023

Venue: Wavin signal and  
Thirumangalam Signal

**EVERYONE MAKES MISTAKES,  
EVEN IF SOME ARE WORSE THAN OTHERS. ACCIDENTS HAPPEN.**

Dr. B.HARISWARAN  
Convenor

Dr.M.VENKATESAN  
Co - Convenor

Dr. G. GAYATHRY  
Vice Principal, Shift - I

Dr.S.SHALINI MAHER  
Vice Principal, Shift - II

Dr. M. SIVARAJAN  
Principal

Rev. Fr. MATHEW PALLIKUNNEL  
Secretary

Block No.8, College Road, Moggappair West, Chennai-37

☎ 044-26533140

🌐 [www.mgcchennai.ac.in](http://www.mgcchennai.ac.in)

✉ [mail@mgcchennai.ac.in](mailto:mail@mgcchennai.ac.in)

MGC THANKS CHENNAI

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2022-23**

**MGC- YOUTH RED CROSS  
HELMET & TRAFFIC AWARENESS PROGRAMME  
10<sup>TH</sup> JANUARY, 2023**

**PROGRAMMESCHEDULE**

**MASTER OF CEREMONY: CATHERINE ANGELINA G - I M.Com**

<b>Duration</b>	<b>Program</b>	
9.00a.m	Prayer Song	<b>Audio</b>
9.03a.m	Thamilthai Vaazhthu	<b>Audio</b>
9.05a.m	Prayers and Blessing	<b>Sr. Celin Sister</b>
9.07a.m	Welcome Address	<b>Ms. NIVETHA S – I M.Com</b>
9.10a.m	Felicitation	<b>Principal- DR.M.SIVARAJAN</b>
9.10a.m	Vote of thanks	<b>Ms. SUGIRTHA S – I M.Com</b>
9.10a.m	National Anthem	Audio

**Dr.R.SRIKANTH, M.B.A., M.Phil., Ph.D.,**  
Principal  
MAR GREGORIOS COLLEGE OF ARTS & SCIENCE  
MOGAPPAIR WEST, CHENNAI - 600 037.



## **PROGRAMME REPORT**

The Youth Red Cross of Mar Gregorios College of Arts & Science in association with IQAC arranged "Helmet and traffic awareness programme" on 4<sup>th</sup> March 2023. Sr.Celine Maria D.M., Students Counsellor, starts the Programme with the blessings and the Principal Dr.Sivarajan, Vice Principal, Shift -I Dr.G.Gayathry, and IQAC Coordinator Prof.S.Shantha participated in the initiation.

After the students went to Thirumangalam signal and informed the people about road traffic rules. The Objective of this Programme to educate people about the road safety and the precautions need to be taken to avoid road accidents. Students also displayed placards and posters regarding road safety and they commuted with the public about ill-effects of not following the traffic rules and regulations and motivated them to keep their vehicle documents with them. They stressed that two-wheeler and four wheeler drivers should follow the road safety rules, wear a helmet, etc., by following the safety rules the number of accidents can be avoided and further save human lives. The program also disclosed the new traffic violation fine structure.

Around 60 YRC students were benefited. Dr.Hariswaran Convenor of Youth Red Cross and co- convenor Dr.Venkatesan and Thirumangalam signal traffic inspector Mr.Ranjith , concluded the event by thanking our students, the traffic police officers and their team for the awareness program. He also requested students to be careful while driving on the roads as accidents not only bring pain to the injured but also to the loved ones.

Dr.R.SRIKANTH, M.B.A., M.Phil., Ph.D.,  
Principal  
MAR GREGORIOS COLLEGE OF ARTS & SCIENCE  
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# MAR GREGORIOS COLLEGE OF ARTS & SCIENCE

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AQAR  
2022-23



10.01.2023 09:43  
13.07998, 80.17233

MAIN BLOCK, Mogappair Garden Rd, Mogappair West, Mogappair,  
Chennai



10.01.2023 10:49  
13.08726, 80.19859

35PX+XCG Thirumangalam Flyover Bridge, Grand Northern Trunk Rd,  
Bharathi Colony, Natarajan Nagar, Asiatic Colony, Anna Nagar West  
Extension, Chennai

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MGC- YOUTH RED CROSS in association with IQAC organizes  
HELMET & TRAFFIC AWARENESS PROGRAMME  
10<sup>TH</sup> JANUARY, 2023

## ATTENDANCE SHEET

S.No	Reg.No	Name	Class	Shift	Cell No	Signature
1	412102608	A. MONISHA	II BBA	I	7200303614	A. Monisha
2	412102601	E. ANGEL	II BBA	I	73586566723	E. Angel
3	412102603	P. BHAVANESWARI	II BBA	I	9600013729	P. Bhavaneswari
4	412102602	C. ANUSHUJA	II BBA	I	7550029117	C. Anushuja
5	412102605	T. LATHIVASREE	II BBA	I	9941317318	T. Lathivasree
6	412102590	TANUJA MANI K	II BBA	I	893707709	Tanuja Mani K
7	412102577	PRASANNA KUMAR P	II BBA	I	9087139385	P. Prasantha
8	312113603	CAJINAYA	II B (com)	I	8925220526	C. Cajinaya
9	312113612	KUMUDHA P	II B (com)	I	7200202325	K. Kumudha P
10	312113593	ANES JANE K	II B (com)	I	6374081192	K. Anes Jane
11	312113638	SHALINI L	II B (com)	I	9110318160	L. Shalini
12	312113637	SARADUKHA R	II B (com)	I	8772324055	R. Saradukha
13	312113505	RIFHANA A	II B (com)	I	9843296029	A. Rifhana
14	312113601	GAYATHI M	II B (com)	I	6383311058	M. Gayathri
15	312113610	M. KALPANA	II B (com)	I	9941031132	M. Kalpana
16	312113598	T. B. CHARATA VANI	II B (com)	I	9363096902	V. Charata Vani
17	312211927	AARSH K	II B (com)	I	6379920500	K. Aarsh
18	312211973	MONESH L	II B (com)	I	9791051792	L. Monesh
19	312211936	ASVANI K	II B (com)	I	9150237705	K. Asvani
20	312212002	KANIYA N	II B (com)	I	7200147906	N. Kaniya
21	312212023	ASLINTANI W	II B (com)	I	9342542030	W. Aslintoni
22	532201090	MAUQ KANNA S	II B (com)	I	6382124178	S. Mauq Kanna
23	532201039	A. HANIKKASEKARAN	II B (com)	I	9940240922	A. Hanikkasekaran

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HELMET & TRAFFIC AWARENESS PROGRAMME  
10<sup>TH</sup> JANUARY, 2023

## ATTENDANCE SHEET

S.No	Reg.No	Name	Class	Shift	Cell No	Signature
24	312212061	M. Akash Ishwaram	I B.com	I	8015088960	
25	312212062	A. Suresh Kumar	I B.com	I	8015088961	A. Suresh
26	312212005	S. Thilak Raj	I B.com	I	9940225876	S. Thilak Raj
27	312210986	M. RITHAR	I B.com	I	8941078790	
28	312212015	S. YOGANAND	I B.com	I	7346610391	S. YOGANAND
29	122202775	J. Maadesh	I B.com	I	7074601690	J. Maadesh
30	122201757	J. Dinesh Kumar	I B.com	I	9566786743	J. Dinesh Kumar
31	122202777	S. Magesh Kumar	I B.com	I	9150882433	S. Magesh Kumar
32	172202790	V. Mohan Reddy	I B.com	I	9305635974	V. Mohan Reddy
33	100000005	S. Manikandan	I B.com	I	6800305015	S. Manikandan
34	312211562	AJAY DAVID S	I B.com	I	T200527644	A. Jay S
35	312211924	JANVISH KUMAR	I B.com	I	6874302230	J. Janvish
36	312211898	SRIJESH P	I B.com	I	8022836387	S. Srijesh
37	312211872	Ganesh P	I B.com	I	9345888805	G. Ganesh
38	312211892	Sangeetha S	I B.com	I	9782134762	S. Sangeetha
39	312211804	Yash	I B.com	I	9029726804	Yash
40	312211869	Subash	I B.com	I	7290521462	Subash
41	122202778	SATHAN AHAMED	I B.com	I	9790947869	S. Sathan
42	122202770	Yogeshwaran	I B.com	I	6379097813	Y. Yogeshwaran
43	122103167	NAVEEN	I B.com	I	9940250765	Naveen
44	022103151	Jetson	I B.com	I	7209996679	J. Jetson
45	122103196	Pranish	I B.com	I	6364202932	P. Pranish
46	122103197	Pritya Parthi	I B.com	I	9940090982	P. Pritya Parthi

Dr. R. SRIKANTH, M.B.A., M.Phil., Ph.D.,  
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MGC- YOUTH RED CROSS in association with IQAC organizes  
HELMET & TRAFFIC AWARENESS PROGRAMME

10<sup>TH</sup> JANUARY, 2023

## ATTENDANCE SHEET

No	Reg.No	Name	Class	Shift	Cell No	Signature
47	412202777	A.KARUN VA	I BBA	I	9840291443	A.K.V.
48	412202778	A.ASHWATHI	I BBA	I	9840291443	A.Ashwathi
49	412202778	V.KRISHNA	I BBA	I	8220282374	V.KRISHNA
50	412202778	M.KAMALISHWARAN	I BBA	I	8825757316	M.Kamali
51	412202778	M.KALAIMARAN	I BBA	I	7305861386	M.Kalaimaran
52	412204021	A.Yogalakshmi	I BBA	I	7397380955	A.Yogalakshmi
53	412204021	P.Shiny	I BBA	I	8124415044	P.Shiny
54	412204021	S.Yugantha Sri	I BBA	I	9348156609	S.Yugantha Sri
55	412204019	D.Paavana	I BBA	I	9150268159	D.Paavana
56	412204023	S.Sumathika	I BBA	I	71550009218	S.Sumathika
57	212204020	S.Sandhya	I BBA	I	9840508769	S.Sandhya
58	222107167	P.Pooja	II-BES	I	6380803470	P.Pooja
59	222107186	M.Gothavari	II-BES	I	7200370915	M.Gothavari
60	222107176	R.Nirash Kumar	II-BES	I	9360391319	R.Nirash Kumar

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2022-23**



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**MGC NCC ARMY**  
**Organizing an Awareness Program On  
Health and Hygiene  
On account of Indian Army Day**

Date-18-01-2023

Time -9:00 AM



**Venue : Mar Gregorios Public School  
Mogappair West ,Chennai-600 037**

Dr. S.Fabbiyola  
NCC CO-ORDINATOR

Dr. M. Sivarajan  
PRINCIPAL

Rev. Fr.Mathew Pallikunnel  
SECRETARY

ON INDIAN ARMY DAY LET US SALUTE  
ALL THE HEROES WHO BROUGHT US  
FREEDOM AND ALL THE HEROES WHO  
ARE PROTECTING IT.

**LOVE IS MY LIGHT**

**BLOCK NO.8, COLLEGE ROAD MOGAPPAIR WEST, CHENNAI -37**



[mgc.ncc\\_army](https://www.instagram.com/mgc.ncc_army)

[mail@mgcchennai.ac.in](mailto:mail@mgcchennai.ac.in)

91-44-26530978

Dr.R.SRIKANTH, M.B.A., M.Phil., Ph.D.,  
Principal  
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## **REPORT**

**An Awareness On Health And Hygiene** was organized on 18<sup>th</sup> January 2023 by **MGC NCC CADETS** at MAR GREGORIOS PUBLIC SCHOOL to give an awareness on Personal Health and hygiene to the school students.

The event began at 10.30 a.m. Welcome address was given by Cadet R.Aishwarya. The students were taught yoga and exercise for their physical and mental fitness by Cadet Rachel Jhansi Rani and Cadet Hariharan. It was followed by a power point presentation by Cadet J. Priyanka Kashyap on Health and Hygiene. Thereafter the students were asked to interact and raise questions on Health and Hygiene.

The event came to an end at 11.30 a.m. with vote of thanks by cadet S. Iswariya.



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MAR GREGORIOS COLLEGE OF ARTS & SCIENCE  
MOGAPPAIR WEST CHENNAI  
13 TN BN NCC ACTIVITIES 2022-2023  
HEALTHY LIFE - MAR GREGORIOS PUBLIC SCHOOL  
PARTICIPATION LIST

S.NO	REGIMENT NO	CADET NAME	SINGNATURE
1	TN20SDA665201	ALWIN DAVIS	
2	TN20SDA665202	HARRISH.S	
3	TN20SDA665203	JHON THOMAS PAUL	
4	TN20SDA665204	MUGESHKUMAR.V	
5	TN20SDA665205	SABARINAADHAN.E	
6	TN20SDA665206	SHYAM SOLOMAN	
7	TN20SDA665207	SANTHOSHKUMAR.B	
8	TN20SDA665208	VELMURUGAN.G	
9	TN20SDA665209	VISHAL.T	
10	TN20SDA665210	VISHWA.K	
11	TN20SDA665211	YUVARAJ.T.C	
12	TN20SWA665212	BHARATHI.R	
13	TN20SWA665213	DHARSHINI	
14	TN20SWA665214	DEVI	
15	TN20SWA665215	MONISHA	
16	TN20SWA665216	RAMYA.J	
17	TN20SWA665217	VARSHA.C.M	
18	TN20SWA665218	VUJI	
19	TN21SDA665201	R.AKASH	
20	TN21SDA665202	S.BS.BHUVANESHWARAN	
21	TN21SDA665203	G.HG.HARIHARAN	
22	TN21SDA665204	P.HP.HARIRAM	
24	TN21SDA665205	M.KANNABIRAN	

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MAR GREGORIOS COLLEGE OF ARTS & SCIENCE  
MOGAPPAIR WEST CHENNAI  
13 TN BN NCC ACTIVITIES 2022-2023  
HEALTHY LIFE - MAR GREGORIOS PUBLIC SCHOOL  
PARTICIPATION LIST

24	TN21SDA665206	H.PRAGADEESWAR	<i>H. Pragadeeswar</i>
25	TN21SDA665207	M.SIVA	<i>M. Siva</i>
26	TN21SDA665208	SUJAY BABU	<i>Sujay Babu</i>
27	TN21SDA665209	J.SUNIL KUMAR	<i>J. Sunil Kumar</i>
28	TN21SDA665210	R.AISHWARYA	<i>R. Aishwarya</i>
29	TN21SWA665211	S.ISHWARYA	<i>S. Ishwarya</i>
30	TN21SWA665212	P.MONIKA	<i>P. Monika</i>
31	TN21SWA665213	J.PRIYANKA KASHYAP	<i>J. Priyanka Kashyap</i>
32	TN21SWA665214	V.RAJESHREE	<i>V. Rajeshree</i>
33	TN21SWA665215	A.RACHEL JANSI RANI	<i>A. Rachel Jansi Rani</i>



*R. Srikanth*

Dr.R.SRIKANTH, M.B.A., M.Phil., Ph.D.,  
Principal  
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**DEPARTMENT OF TAMIL & DEPARTMENT OF MATHEMATICS**

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Managed by the Malankara Syrian Catholic Trust

Accredited with **B++** GRADE By NAAC

**Department of Tamil & Department of Mathematics**  
In association with IQAC

*Jointly Organizes*

**SKILL DEVELOPMENT PROGRAM**

Date : 23, 24,25,27 & 28 Jan 2023 Time: 10am - 11am Venue: KCGSJ Hall

**Chief Guest**  
**Prof. G. Ramesh**  
B.Com., MA (Yoga), M.sc (Yoga).  
SKY Status - SKY Professor



**Dr. T. Prema** Head, Department of Tamil  
**Ms. T. N. Rekha** Head, Department of Mathematics

**Dr. G. Gayathry** Vice Principal (Shift - I)  
**Dr. M Sivarajan** Principal  
**Rev.Fr. Mathew Pallikunnel** Secretary

**MGC Thanks Chennai!**  
**Love is my Light!**

Block No.8, College Road, Mogappair West, Chennai 600 037.  
Contact number: 044-26533140, Mail id: mail@mgcchennai.ac.in, Website: www.mgcchennai.ac.in

**Dr.R.SRIKANTH, M.B.A., M.Phil., Ph.D.,**  
Principal  
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2022-23**

### PROGRAM SCHEDULE

**Date: 23.01.2023    Venue: KCGSJ HALL    Time:11AM To 1PM**

**MC: 1.R. Elumalai- II B.A Tamil**

**2. S. Sandhiya-I B.A Tamil**

Tamizh Thaaai Vazhthu

Prayer Song

Prayer

- Dr.D. Jemila

Welcome Address

- Dr. A. Kannaki

Blessing

- Rev. Fr. Mathew Pallikunnel- Secretary

Felicitation

- Dr.M.Sivarajan– Principal

Introduction of Chief Guest

- Dr. T.Prema

Head, Department of Tamil.

Honoring the Chief Guest

- Secretary & Principal

Chief Guest Address

- Prof.G.Ramesh

Yoga Training Theory Class

Vote of Thanks

- K.Devadharshini

– I B.A Tamil

Dr.R.SRIKANTH, M.B.A., M.Phil., Ph.D.,  
Principal  
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**AQAR  
2022-23**

## PROGRAM SCHEDULE

**Date: 24.01.2023    Venue: KCGSJ HALL    Time:11AM To 1PM**

**MC: 1.G.Boobathyraja- III B.A Tamil**

**2. K. Sandhiya-III B.A Tamil**

Tamizh Thaaai Vazhthu

Prayer Song

Prayer

- Dr .D. Jemila

Welcome Address

- Dr. C.Devaraj

Blessing

- Rev. Fr. Mathew Pallikunnel- Secretary

Felicitation

- Dr.M.Sivarajan– Principal

Introduction of Chief Guest

- Dr. T.Prema

Head, Department of Tamil.

Chief Guest Address

- Prof.G.Ramesh

Yoga Training Class

Vote of Thanks

- K.Saraswathy– II B.A Tamil

Dr.R.SRIKANTH, M.B.A., M.Phil., Ph.D.,  
Principal  
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2022-23**

## PROGRAM SCHEDULE

**Date: 25.01.2023    Venue: KCGSJ HALL    Time:11AM To 1PM**

**MC: 1.S.Vaijyanthi- III B.A Tamil**

**2. V.Kowsalya -II B.A Tamil**

Tamizh Thaaai Vazhthu

Prayer Song

Welcome Address

- Dr. V.Iyappan

Blessing

- Rev. Fr. Mathew Pallikunnel- Secretary

Felicitation

- Dr.M.Sivarajan– Principal

Introduction of Chief Guest

- Dr. T.Prema

Head, Department of Tamil.

Chief Guest Address

- Prof.G.Ramesh

Yoga Training Exercise Class

Vote of Thanks

- V.Roja– II B.A Tamil

Dr.R.SRIKANTH, M.B.A., M.Phil., Ph.D.,  
Principal  
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**2022-23**

## PROGRAM SCHEDULE

**Date: 27.01.2023    Venue: KCGSJ HALL    Time:11AM To 1PM**

**MC: 1.K.Sandhiya- III B.A Tamil**

**2. K.Saraswathy -II B.A Tamil**

Tamizh Thaaai Vazhthu

Prayer Song

Welcome Address

- Dr. A.Kannaki

Blessing

- Rev. Fr. Mathew Pallikunnel- Secretary

Felicitation

- Dr.M.Sivarajan– Principal

Introduction of Chief Guest

- Dr. T.Prema

Head, Department of Tamil.

Chief Guest Address

- Prof.G.Ramesh

Yoga Training Exercise Class

Vote of Thanks

- S.Sandhya– I B.A Tamil

Dr.R.SRIKANTH, M.B.A., M.Phil., Ph.D.,  
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**2022-23**

## PROGRAM SCHEDULE

**Date: 28.01.2023    Venue: KCGSJ HALL    Time:11AM To 1PM**

**MC: 1.S.Lokeshwaran- III B.A Tamil**

**2. R.Ajith -III B.A Tamil**

Tamizh Thaaai Vazhthu

Prayer Song

Welcome Address

- Dr. V.Iyappan

Blessing

- Rev. Fr. Mathew Pallikunnel- Secretary

Felicitation

- Dr.M.Sivarajan– Principal

Introduction of Chief Guest

- Dr. T.Prema

Head, Department of Tamil.

Chief Guest Address

- Prof.G.Ramesh

Yoga Training Exercise Class

Vote of Thanks

- K.Devadharshini– I B.A Tamil

Dr.R.SRIKANTH, M.B.A., M.Phil., Ph.D.,  
Principal  
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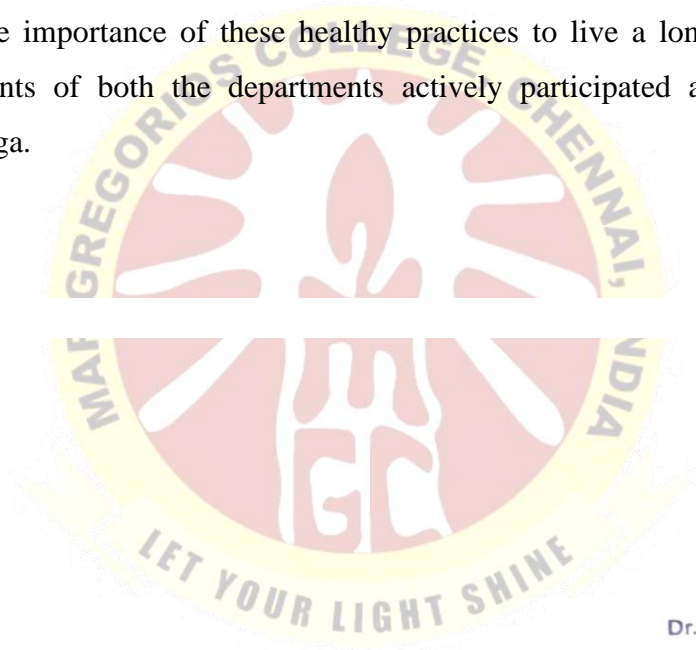
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**AQAR  
2022-23**

### REPORT

The Department of Tamil in collaboration with Department of Mathematics organized a skill development program from 23<sup>rd</sup> January to 28<sup>th</sup> January 2023. Prof.G. Ramesh, SKY Status – SKY Professor, Prof. Mrs. Jayanthi and Mrs. Umarani were the chief guests for the five days session. Prof.G.Ramesh gave an elaborate demo on yogic mudras and asanas. A special training on Kayakalpa practice was given which helps us to live an extensive and healthy life. He emphasized on the importance of these healthy practices to live a long and healthy life. The faculty and students of both the departments actively participated and gained knowledge on meditation and yoga.

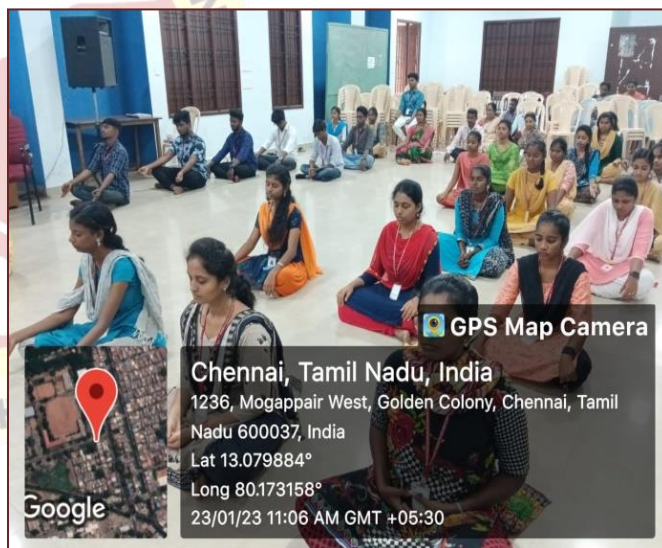


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Principal  
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GPS Map Camera

Chennai, Tamil Nadu, India

1236, Mogappair West, Golden Colony, Chennai, Tamil Nadu 600037, India

Lat 13.079884°

Long 80.173158°

23/01/23 11:06 AM GMT +05:30

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### CHIEF GUEST PROFILE

NAME : G.RAMESH

DATE OF BIRTH : 21/05/1964

AGE :58Years

ADDRESS : Plot No.91 Royal Garden, 6th Cross Street,  
Kattupakkam,  
Chennai-600056

Educational Qualification : B.com

Occupation : Reiter from Limited Company –as Asst.Manger (Taxation)  
34 year experience in accounts and taxes

Yoga Qualification : Diploma in Yoga , MA (Yoga) in Madras University and  
Msc(Yoga) in  
Tamil Nadu Sports University.

SKY Status : SKY Professor – Yoga Experience from 1994(28 years)

Contact No. : 9344301843

Email : [rameshgovindasamy75@gmail.com](mailto:rameshgovindasamy75@gmail.com)

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## MAR GREGORIOS COLLEGE OF ARTS & SCIENCE DEPARTMENT OF TAMIL SKILL DEVELOPMENT PROGRAMME ATTENDANCE SHEET

DATE : 23, 24, 25, 27 & 28.01.2023

### I BA TAMIL

NO	NAME OF THE STUDENT	23.01.23	24.01.23	25.01.23	27.01.23	28.01.23
	DEVADHARSHINI K	<i>Devadharshini</i>	<i>Devadharshini</i>	<i>Devadharshini</i>	<i>Devadharshini</i>	<i>Devadharshini</i>
	ISHWARYA S	<i>Isu</i>	<i>Isu</i>	<i>Isu</i>	<i>Isu</i>	<i>Isu</i>
	NANDEESH R					
	GURUPRASAD J	<i>Guru</i>	<i>Guru</i>	<i>Guru</i>	<i>Guru</i>	<i>Guru</i>
	KESAVAN E	<i>Kes</i>	<i>Kes</i>	<i>Kes</i>	<i>Kes</i>	<i>Kes</i>
	SANDHIYA S	<i>S.Sandhiya</i>	<i>S.Sandhiya</i>	<i>S.Sandhiya</i>	<i>S.Sandhiya</i>	<i>S.Sandhiya</i>

### II BA TAMIL

NO	NAME OF THE STUDENT	23.01.23	24.01.23	25.01.23	27.01.23	28.01.23
	ELUMALAI R	<i>Elumalai</i>	<i>Elumalai</i>	<i>Elumalai</i>	<i>Elumalai</i>	<i>Elumalai</i>
	HEMALATHA S	<i>Hema</i>	<i>Hema</i>	<i>Hema</i>	<i>Hema</i>	<i>Hema</i>
	MURSHIDHA H	<i>M</i>	<i>M</i>	<i>M</i>	<i>M</i>	<i>M</i>
	ROJA V	<i>Roja V</i>	<i>Roja V</i>	<i>Roja V</i>	<i>Roja V</i>	<i>Roja V</i>
	DHIVAKAR K	<i>Dhivakar</i>	<i>Dhivakar</i>	<i>Dhivakar</i>	<i>Dhivakar</i>	<i>Dhivakar</i>
	ANANDHI V	<i>An</i>	<i>An</i>	<i>An</i>	<i>An</i>	<i>An</i>
	KOWSALYA V	<i>v.k.</i>	<i>v.k.</i>	<i>v.k.</i>	<i>v.k.</i>	<i>v.k.</i>
	SARASWATHY. K	<i>Saraswathy</i>	<i>Saraswathy</i>	<i>Saraswathy</i>	<i>Saraswathy</i>	<i>Saraswathy</i>

### III BA TAMIL

NO	NAME OF THE STUDENT	23.01.23	24.01.23	25.01.23	27.01.23	28.01.23
	LOHESHWARAN S	<i>Lohesh</i>	<i>Lohesh</i>	<i>Lohesh</i>	<i>Lohesh</i>	<i>Lohesh</i>
	BOOPATHI RAJA G	<i>Boopathi</i>	<i>Boopathi</i>	<i>Boopathi</i>	<i>Boopathi</i>	<i>Boopathi</i>
	RAJARAJESHWARI V	<i>V.Rajarajeshwari</i>	<i>V.Rajarajeshwari</i>	<i>V.Rajarajeshwari</i>	<i>V.Rajarajeshwari</i>	<i>V.Rajarajeshwari</i>
	GANESH K	<i>Ganesh</i>	<i>Ganesh</i>	<i>Ganesh</i>	<i>Ganesh</i>	<i>Ganesh</i>
	THOUFIKA FATHIMA M	<i>N.Thoutika</i>	<i>N.Thoutika</i>	<i>N.Thoutika</i>	<i>N.Thoutika</i>	<i>N.Thoutika</i>
	SARANYA K	<i>K.Saranya</i>	<i>K.Saranya</i>	<i>K.Saranya</i>	<i>K.Saranya</i>	<i>K.Saranya</i>
	S VAIJAYANTHI	<i>S.Vaij</i>	<i>S.Vaij</i>	<i>S.Vaij</i>	<i>S.Vaij</i>	<i>S.Vaij</i>
	SANDHIYA K	<i>K.Sandhiya</i>	<i>K.Sandhiya</i>	<i>K.Sandhiya</i>	<i>K.Sandhiya</i>	<i>K.Sandhiya</i>
	BHARATHI R	<i>R.Bharathi</i>	<i>R.Bharathi</i>	<i>R.Bharathi</i>	<i>R.Bharathi</i>	<i>R.Bharathi</i>
	SHARMI J	<i>J.Sharmi</i>	<i>J.Sharmi</i>	<i>J.Sharmi</i>	<i>J.Sharmi</i>	<i>J.Sharmi</i>
	AJITH M	<i>Ajith</i>	<i>Ajith</i>	<i>Ajith</i>	<i>Ajith</i>	<i>Ajith</i>

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MAR GREGORIOS COLLEGE OF ARTS & SCIENCE  
DEPARTMENT OF TAMIL  
SKILL DEVELOPMENT PROGRAMME (23.01.2023 to 28.01.2023)  
(SHIFT-I)

STUDENTS FEEDBACK FORM

S.NO	REGISTER NO	NAME OF THE STUDENT	CLASS	FEEDBACK
1	112204754	GURUPRASAD J	I YR	Very useful to us.
2	112204755	KESAVAN E	I YR	Very Good
3	112204756	NANDEESH R	I YR	Useful information
4	112204757	DEVADHARSHINI K	I YR	Very Good
5	112204758	ISHWARYA S	I YR	Good session
6	112204759	SANDHIYA S	I YR	Interesting
7	112104595	DHIVAKAR K	II YR	useful for students.
8	112104596	ELUMALAI R	II YR	Good
9	112104597	ANANDHI V	II YR	Excellent
10	112104598	HEMALATHA S	II YR	Very Good
11	112104599	KOWSALYA V	II YR	Useful
12	112104600	MURSHIDHA H	II YR	Session was good
13	112104601	ROJA V	II YR	Excellent session.
14	112104602	SARASWATHY. K	II YR	Excellent.
15	112004313	AJITH M	III YR	nice speaker and information was good.
16	112004314	BOOPATHI RAJA G	III YR	Excellent.
17	112004315	K GANESH	III YR	VERY GOOD
18	112004316	LOHESHWARAN S	III YR	Good.

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19	112004317	BHARATHI R	III YR	Excellent session.
20	112004318	ELAYARANI M	III YR	Use-fell
21	112004319	RAJARAJESHWARI V	III YR	Good.
22	112004320	SANDHIYA K	III YR	Very useful.
23	112004321	SARANYA K	III YR	Very Good
24	112004322	SHARMI J	III YR	Good
25	112004323	THOUFIKA FATHIMA M	III YR	VERY GOOD
26	112004324	S VAIJAYANTHI	III YR	Good.

CONVENOR

HOD

LET YOUR LIGHT SHINE

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## MAR GREGORIOS COLLEGE OF ARTS & SCIENCE

### DEPARTMENT OF MATHEMATICS

#### FEEDBACK FOR SKILL DEVELOPMENT PROGRAMME

DATE: 23.01.23 – 28.01.2023

SHIFT – I

TIME: 11.00AM – 12.00NOON

S.NO.	NAME OF THE STUDENT	CLASS	FEEDBACK ABOUT THE SESSION
1.	AARIYAN P	III MATHS	Really useful session
2.	NAVEENKUMAR P	III MATHS	Interesting
3.	PRAVEEN KUMAR J	III MATHS	Good for health
4.	STEEFAN JOSEPH R	III MATHS	Useful
5.	ANISHA SHIFANA A	III MATHS	Very good.
6.	PRIYANKA R	III MATHS	Quite Interesting
7.	ARUN KUMAR V	II MATHS	It was good.
8.	SABASTIAN. S	II MATHS	Useful session
9.	ARDRA GOPALAL	II MATHS	Very effective session.
10.	BEBISHA C	II MATHS	Good.
11.	DEVAGI K	II MATHS	Very nice.
12.	GNANAI PRIYA P	II MATHS	Really helpful.
13.	JASMINE V	II MATHS	Interesting session.
14.	JENCY JOYCE K	II MATHS	Useful session.
15.	REJIMOL R.M	II MATHS	The session was really good.
16.	RENUKA DEVI.L	II MATHS	Interesting
17.	BEZZAM VAMSI KRISHNA	I MATHS	Very useful
18.	DANIEL. T	I MATHS	Excellent
19.	AROKYA JENIFER. T	I MATHS	Very good

T. N. Akhila  
Convener

T. N. Akhila  
HOD

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## MAR GREGORIOS COLLEGE OF ARTS & SCIENCE DEPARTMENT OF MATHEMATICS

SKILL DEVELOPMENT PROGRAM (23.1.2023 to 28.1.2023)  
(SHIFT-I)

### STUDENTS ATTENDANCE SHEET

S.No	NAME	REG.NO	CLASS	23.1.23	24.1.23	25.1.23	27.1.23	28.1.23
1.	Bezzam Vamsi Krishna	222208698	I MATHS	Vij	Vij	Vij	Vij	Vij
2.	Daniel .T	222208699	I MATHS	Daniel	Daniel	Daniel	Daniel	Daniel
3.	Arokya Jenifer. T	222208700	I MATHS	Arokya Jenifer	Arokya Jenifer	Arokya Jenifer	Arokya Jenifer	Arokya Jenifer
4.	Saranya. C	222213143	I MATHS	C.Sarya	C.Sarya	C.Sarya	C.Sarya	C.Sarya
5.	ARUN KUMAR V	222208698	II MATHS	V. Arun	V. Arun	V. Arun	V. Arun	V. Arun
6.	SABASTIAN. S	222208699	II MATHS	S. Sabastian	S. Sabastian	S. Sabastian	S. Sabastian	S. Sabastian
7.	ARDRA GOPALAL	222208700	II MATHS	Ardra	Ardra	Ardra	Ardra	Ardra
8.	BEBISHA C	222213143	II MATHS	C. Bebish	C. Bebish	C. Bebish	C. Bebish	C. Bebish
9.	DEVAGI K	222208698	II MATHS	K. Devagi	K. Devagi	K. Devagi	K. Devagi	K. Devagi
10.	GNANAI PRIYA P	222208699	II MATHS	P. Gnanai Priya	P. Gnanai Priya	P. Gnanai Priya	P. Gnanai Priya	P. Gnanai Priya

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11.	JASMINE V	222208700	II MATHS	V.Jasmine	V.Jasmine	V.Jasmine	V.Jasmine	V.Jasmine
12.	JENCY JOYCE K	222213143	II MATHS	H.Jency Joyce	H.Jency Joyce	H.Jency Joyce	H.Jency Joyce	H.Jency Joyce
13.	REJIMOL R.M	222208698	II MATHS	R.R.Rejimal	R.R.Rejimal	R.R.Rejimal	R.R.Rejimal	R.R.Rejimal
14.	RENUKA DEVI.L	222208699	II MATHS	L.Renuka	L.Renuka	L.Renuka	L.Renuka	L.Renuka
15.	AARIYAN P	222006996	III MATHS	A.Aariyan	A.Aariyan	A.Aariyan	A.Aariyan	A.Aariyan
16.	AKASH M	222006997	III MATHS	M.Akash	M.Akash	M.Akash	M.Akash	M.Akash
17.	NAVEENKUMA R P	222006998	III MATHS	R.P.Naveen	R.P.Naveen	R.P.Naveen	R.P.Naveen	R.P.Naveen
18.	PRAVEEN KUMAR J	222006999	III MATHS	J.Praveen Kumar	J.Praveen Kumar	J.Praveen Kumar	J.Praveen Kumar	J.Praveen Kumar
19.	STEEFAN JOSEPH R	222007000	III MATHS	R.Steefan	R.Steefan	R.Steefan	R.Steefan	R.Steefan
20.	ANISHA SHIFANA A	222007001	III MATHS	A.Anisha	A.Anisha	A.Anisha	A.Anisha	A.Anisha

T. N. Akhila  
CONVENOR

T. N. Akhila  
HOD

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**Department of Business Administration**

**Shift-I**  
Organizes

Skill Development program on  
**Yoga is a Mirror**

 **Mr. Magnell Marshall**  
Trainer : Old Folk, Arts Trainer Environment activist  
Specialized in YOGA, Boxing, self Defence.

Date : Feb 01 & 02  
Time : 10 AM - 11AM  
Venue : Mar Ivanios Hall

**Prof. Leonard Solomon**  
Head of the Department

**Dr. G. Gayathry**  
Vice Principal, Shift-I

**Dr. M. Sivarajan**  
Principal

**Rev.Fr.Mathew Pallikunnel**  
Secretary

**LOVE IS MY LIGHT**

Block No. 8, College Road, Mogappair West, Chennai - 37  
Phone : 044-26533140 Website : [www.mgcchennai.ac.in](http://www.mgcchennai.ac.in) Mail : [mail@mgcchennai.ac.in](mailto:mail@mgcchennai.ac.in)

**Dr.R.SRIKANTH, M.B.A., M.Phil., Ph.D.,**  
Principal  
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*Affiliated by NAAC with B ++ Grade*

**DEPARTMENT OF BUSINESS ADMINISTRATION ( Shift – I)**

**PROGRAM SCHEDULE FOR SKILL DEVELOPMENT PROGRAM**

**“YOGA AS A MIRROR”**

**Date: 01-02-2023**

- 10 AM : Prayer Song
- 10.05 AM : Welcome Address - M.Hashim Khan (III BBA)
- 10.08 AM : Introduction about the Chief Guest – Pavithra (II BBA)
- 10.10 AM : Father Blessing – Rev. Father Philip
- 10.15 AM : Inaugural
- 10.15 AM : Honouring the Chief Guest – Dr. Sivarajan, Principal
- 10.17 AM : Yoga Session – Mr. Magnell Marshall

**Date: 02-02-2023**

- 10.00 AM :Yoga Session – Mr. Magnell Marshall
- 11.55 AM : Felicitation
- 12.00 PM : Vote of Thanks – Mr.R.Leonard Solomon, Head of the Department

**PROGRAM  
COORDINATOR**

**HEAD OF THE DEPARTMENT**

**PRINCIPAL**

**Dr.R.SRIKANTH, M.B.A., M.Phil., Ph.D.,**  
Principal  
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**AQAR**  
**2022-23**

## **REPORT**

Department of Business Administration (Shift 1) organized a two - day Skill Development Program titled “Yoga is a Mirror” for the students of BBA department on 1<sup>st</sup> and 2<sup>nd</sup> February 2023 between 10 AM to 11 AM in Mar Ivanios Hall, Mar Gregorios College of Arts & Science. Mr.Magnell Marshall, Old Folk, Arts Trainer Environment Activistspecialized in Yoga, Boxing and Self defence trained the students promoting wellness through yoga.

The program began with a Prayer Song and Welcome address was rendered by M. Hashim Khan. Pavithra of II BBAintroduced the resource person. Honorable Principal Dr. M Sivarajan inaugurated the session and honored the guest of honor. The main objective of this program is to create awareness about the fundamentals of yoga for wellness of the students in their daily lives. Theprogram brought in peace and harmony among the students. Students practiced various Yogic Postures like Shatkarmas, Suryamaskar, Asanas, Breathing Practices and Pranayama. A total of 200 students participated in this program and expressed positive feedback.

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2022-23**



**Magnell Marshall.D**  
Trainer

## PROFILE

Magnellmarshall10@gmail.com  
9176340658

### Carrier Objective:

To contribute my best of abilities to the institution working for and also I am genuine to my responsibilities and to the management.

### Educational Qualification:

1. Diploma in Sports Teacher Training.
2. Diploma In Physical Education.
3. Bachelor of commerce from Arul Anandar college, Madurai during 2006 – 2009
4. Higher secondary education is from School, during the year 2005.
5. SSLC education is from Government school, Madurai during the year 2003.

### Field Experience:

1. Program Director in Goodwill Trust.
2. Resource person— Motivation, Folk Arts, Sports, Counseling, Environment Trainer and NSS Trainer.

- Achievements:**
1. Students participated in District Level Competitions and won the championship twice.
  2. Students participated in State Level Competitions and won the championship twice.
  3. NSS National Awarded – Cultural National Awarded.
  4. A.P.J. Abdul Kalam National Award for Best Social Worker.

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**3. Skills:**

Boxing, Yoga, Self-Defense, Varmam, Carom, Shuttle, Valley ball, Folk Dance & Environment Trainer.

**Personnel Details:**

Date of Birth & Age	10-02-1988 & 31 Years
Religion	Christian
Nationality	Indian
Hobbies	Outer Travelling & adventure trip, Reading, Cooking, listening melodious songs, Gardening & painting.
Experience	<b>Organized more than 28 NSS Camps in Colleges.</b>

**DECLARATION**

All the above information are furnished are true to my conscious and I would certainly contribute my best of abilities. And I am ready to join immediately.

Place :

Date :

MagnellMarshall.D

Signature



**Dr.R.SRIKANTH, M.B.A., M.Phil., Ph.D.,**  
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**ACCREDITED BY NAAC WITH B++ GRADE**  
**ACADEMIC YEAR : 2022 - 2023**  
**SKILL DEVELOPMENT PROGRAM - YOGA IS A MIRROR**  
**ATTENDANCE DETAILS - III BBA (BATCH : 2020 -2023)**

S.N O.	REG.NO.	STUDENT NAME	SIGNATURE
1	412002151	ABINANDH DK	<i>Abinandh DK</i>
2	412002152	AJITH G	<i>Ajith G</i>
3	412002153	AKASH P	<i>Akash P</i>
4	412002154	BALAJI S	<i>Balaji S</i>
5	412002155	BALASUBRAMANIAM K	<i>Balasubramaniam K</i>
6	412002156	DEEPAK H	<i>Deepak H</i>
7	412002157	DEVANANDHAN A	<i>Devanandhan A</i>
8	412002158	DHANASEKAR S	<i>Dhanasekar S</i>
9	412002159	G DHANUSHADITHAN	<i>G Dhanushadithan</i>
10	412002160	S DIWAKAR	<i>S Diwakar</i>
11	412002161	GANESH D	<i>Ganesh D</i>
12	412002162	GNANARAJ A	<i>Gnanaraj A</i>
13	412002163	GOVARDHAN V	<i>Govardhan V</i>
14	412002164	GURU N	<i>Guru N</i>
15	412002165	HARISHAK N	<i>Harishak N</i>
16	412002166	M HASHIMKHAN	<i>M Hashimkhan</i>
17	412002167	IMRAN NAZEER	<i>Imran Nazeer</i>
18	412002168	JEBASTINE WALTER	<i>Jebastine Walter</i>
19	412002169	JESON N	<i>Jeson N</i>
20	412002170	JHOSEPATH T	<i>Jhosepath T</i>

Dr.R.SRIKANTH, M.B.A., M.Phil., Ph.D.,  
Principal  
MAR GREGORIOS COLLEGE OF ARTS & SCIENCE  
MOGAPPAIR WEST, CHENNAI - 600 037.



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**AQAR  
2022-23**

21	412002171	KARTHICK B	B. Karthick
22	412002172	KARTHICK S	S. Karthick
23	412002173	KESAVAN	K. Kesavan
24	412002174	KESAVAN V	V. Kesavan
25	412002175	LOKESH G	G. Lokesh
26	412002176	K MELVIN	Melvin K
27	412002177	MUGESHKUMAR V	Mugesh Kumar V
28	412002178	MURUGANANDHAM A	A. Muruganandham
29	412002179	NISHANTH J K	J. K. Nishanth
30	412002180	EJ NITHISH RAJ	E. Nithish Raj
31	412002181	NITHISH S	S. Nithish
32	412002182	PAUL EBENEZER	P. Ebenezer
33	412002183	PUSHKARAN G	G. Pushkaran
34	412002184	RAJESH R	R. Rajesh
35	412002185	R RAMKUMAR	R. Ram Kumar
36	412002186	RANJITH S	S. Ranjith
37	412002187	SAISIVAN N G	G. Saisivan
38	412002188	SAKTHI GANESH R	R. Sakthi Ganesh
39	412002189	SAMSON S	S. Samson
40	412002190	SANJAY G	G. Sanjay
41	412002191	SARATH KUMAR K	K. Sarath Kumar
42	412002192	SATHISH M	M. Sathish
43	412002193	SELVAM S	S. Selvam
44	412002194	SHIBIN SAMUEL	S. Shibin Samuel
45	412002195	G STEPHEN YERIK JAYASEELAN	G. Stephen Yerik Jayaseelan

*R. Srikanth*

Dr.R.SRIKANTH, M.B.A., M.Phil., Ph.D.,  
Principal  
MAR GREGORIOS COLLEGE OF ARTS & SCIENCE  
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**AQAR  
2022-23**

46	412002196	SUBRAMANIAM RAJU M	Subramani Raju . M
47	412002197	SUJITH L	Sujith L
48	412002198	SURYA A	Surya A
49	412002199	SYED ABDUL BAAQUI K	Syed Abdul
50	412002200	THANGARAJ S	Thangaraj . S.
51	412002201	THIRUMALAI S	Thirumalai
52	412002203	VIJAY M	Vijay M . M
53	412002204	VIKRAM D K	Vikram D . K
54	412002205	VINISH V	Vinish V
55	412002206	N VINOTHKUMAR	N Vinoth Kumar
56	412002207	YUVANESH D	Yuvanesh D
57	412002208	YUVIN RAJ D	Yuvraj Raj
58	412002209	ASHNA S	Ashna S
59	412002210	HARIPRIYA V	V. Haripriya
60	412002211	JENITHA JANET J	Jenitha Janet J
61	412002212	KEERTHANA N	Keerthana N
62	412002213	KEERTHIKA S	Keerthika S
63	412002214	LOGESHWARI M	Logeshwari . M
64	412002215	MADHUSRI M	Madhusri M
65	412002216	MANISHA M	M. Manisha
66	412002217	PADMAPRIYA U	U. Padmapriya
67	412002218	PRINCY VINISHA S	S. Princy Vinisha
68	412002219	SALIHA BANU M	Saliha Banu M
69	412002220	SULOCHANA A	A. Sulochana

P. Gobriyala A.  
CONVENOR

Department of Business Administration  
**HEAD OF THE DEPARTMENT**  
Mar Gregorios College of Arts & Science  
Mogappair West, Chennai-600 037.

Dr. R. Srikanth  
Principal  
MAR GREGORIOS COLLEGE OF ARTS & SCIENCE  
MOGAPPAIR WEST, CHENNAI - 600 037.



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**ACADEMIC YEAR : 2022 - 2023**  
**SKILL DEVELOPMENT PROGRAM - YOGA IS A MIRROR**  
**ATTENDANCE DETAILS - II BBA (BATCH : 2021 -2024)**

S.N O.	REG.NO.	STUDENT NAME	SIGNATURE
1	412100903	ALLEN K MATHEW	
2	412102545	ABDUL RAZZAK A	
3	412102546	ABISHEK ALEX SAM C	
4	412102547	ABU BAKKAR S	
5	412102548	AGATHEESWARAN J	
6	412102549	AKASH R	
7	412102550	AKASH R	
8	412102551	AL AMEEN M	
9	412102552	ANTONY JOYAL RAJ A J	
10	412102553	ARUNKUMAR A	
11	412102554	AYAJ ARAFATH A	
12	412102555	M BHUVANESHWARAN	
13	412102556	CALEB M	
14	412102557	CHANDRU N	
15	412102558	DANIEL F	
16	412102559	DHANUSHWARAN V	
17	412102560	DILIP KUMAR S	
18	412102561	GANESH KARHIKEYAN U	
19	412102562	HARISH F	
20	412102563	HARISH L	
21	412102564	K.A HEMANTH	

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Principal  
MAR GREGORIOS COLLEGE OF ARTS & SCIENCE  
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**AQAR  
2022-23**

22	412102565	INNIYAVAN S	P. Inniyarar
23	412102566	JEYSAIRAM S	S. Jeyasaram
24	412102567	LINGAHAASAN M	Lingahaasan
25	412102568	LOGESHWARAN S	G. Logesh
26	412102569	LOHESH LEROY.J	Lohesh Leroy
27	412102570	MELKI RAJ K	K. Melki
28	412102571	R MOHAN	R. Mohan
29	412102572	NAGACHENDER T S	Nagachender
30	412102573	NARESH.B	N. B.
31	412102574	NAVEEN T R	Naveen
32	412102575	NIRMAL RAM.H	N. Ram
33	412102576	PRADEEP JAISON. I	P. Pradeep
34	412102577	PRASANNA KUMAR . P	P. Prasan
35	412102578	PREM KUMAR P	P. Prem
36	412102579	PRINCE MANUEL . L	Prince Manuel
37	412102580	RAKESH CHANDER G S	R. Chander
38	412102581	ROHITH KUMAR M	M. Rohith Kumar
39	412102582	RONALD BRITTO R	R. Britto
40	412102583	SAM PRINCE E	S. Prince
41	412102584	SANJAY R	R. Sanjay
42	412102585	SANJAY VASAN S	S. Sanjay
43	412102586	SETHURAMAN A	A. Sethuraman
44	412102587	SHAKTHI KUMAR L	L. Shakthi
45	412102588	STEVEN MICHEAL DCRUZ	S. Micheal
46	412102589	SURENDAR.N	N. Surendar
47	412102590	TAMIZHMANI R	R. Tamizhmani
48	412102591	THEERTHAN.C	C. Theertan

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Principal  
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2022-23**

49	412102592	VASANTH M	Vasanth M
50	412102593	VASANTH T	Vasanth T
51	412102594	VIGNESH V	Vignesh V
52	412102595	VIJAY.D	Vijay D
53	412102596	VIMAL RAJ M	Vimal Raj M
54	412102598	YABESH SAM DANIEL S	Yabesh Sam Daniel S
55	412102599	M.YESHWANTH KUMAR	M. Yeshwanth Kumar
56	412102601	E.ANGEL	Angel E
57	412102602	ANUSHUYA C	Anushuya C
58	412102603	BUVANESWARI V	Buvaneshwari V
59	412102604	DEEPIKA K	Deepika K
60	412102605	T.LATHIYA SREE	T. Lathiya Sree
61	412102606	MANJU REKHA C	Manju Rekha C
62	412102607	MONIKA P	Monika P
63	412102608	MONISHA.A	Monisha A
64	412102609	MONISHA T	Monisha T
65	412102610	NIVETHA.D	Nivetha D
66	412102611	PAVITHRA.S	Pavithra S
67	412102612	PRITHIKA R	Prithika R
68	412102613	SHARLIE AMALAPUVAM A	Sharlie Amalapuram A
69	412102614	SUBA A K	Suba A K
70	412102615	YAMINI D	Yamini D
71	412102660	D. A. YUVARAJ	D. A. Yuvaraj

*F. G. G. G.*  
CONVIOR

*[Signature]*  
HEAD OF THE DEPARTMENT

Head  
Department of Business Administration  
Shift-I  
Mar Gregorios College of Arts & Science  
Mogappair West, Chennai-600 037.

*[Signature]*

Dr.R.SRIKANTH, M.B.A., M.Phil., Ph.D.,  
Principal  
MAR GREGORIOS COLLEGE OF ARTS & SCIENCE  
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ACADEMIC YEAR : 2022 - 2023

**SKILL DEVELOPMENT PROGRAM - YOGA IS A MIRROR**

**ATTENDANCE DETAILS - I BBA (BATCH : 2022 -2025)**

S.NO.	REG.NO.	STUDENT NAME	SIGNATURE
1	412202711	ABILASH V	Abilash
2	412202712	ADHIL MOHAMMED K Y	Adhil
3	412202713	AJAY G	Ajay
4	412202714	AKSHAY G	Akshay
5	412202715	ALWIN MIGAYA C	Alwin
6	412202716	ASHWIN M	AAA
7	412202717	BENEDICT JOSEPH J	Benny
8	412202718	CHANDRU R	Chandru
9	412202719	DAVID SAMUEL ASIR S	David
10	412202720	DEENA M	Deena
11	412202721	DEEPAK G	AAA
12	412202722	DEEPAK K	K. Deepak
13	412202723	DEEPAK S	S. Deepak
14	412202724	DHANUSH A	A. Dhannush
15	412202725	DHARANI ADHITHYAN V	Dharani
16	412202726	DINESH J	Dinesh
17	412202727	FRANKILIN E	Franklin
18	412202728	HARIHARAN S	S. Hariharan
19	412202729	JAGADEESH K	K. Jagadeesh
20	412202730	JOEL JOHN T	Joel John
21	412202731	JOHNSON J	J. Johnson

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Principal  
MAR GREGORIOS COLLEGE OF ARTS & SCIENCE  
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**AQAR  
2022-23**

22	412202732	KALAIMARAN M	m. kalaimaran
23	412202733	KAMALESHWARAN M	M. Kalish
24	412202734	KAMESH S	-
25	412202735	KISHORE KUMAR M	Kishore Kumar
26	412202736	MELVIN JOSHUA M	Melvin
27	412202737	MOHAMMED ZABIULLAH FAISEL A	-
28	412202738	MOHAN B	-
29	412202739	MUKESH S	S. Mukesh
30	412202740	MUTHUKUMARAN M	m.muthukumaran
31	412202741	NARESH KUMAR S	Nares Kumar
32	412202742	NOVA INBARAJ A	A. Nandhan
33	412202743	OMEGAN JEBARATCHAGAN M	M. Omeagan
34	412202744	PAULSAM ANBU KIRUBAKARAN F D K	P. Paulsam
35	412202745	PRAVEEN V	V. Praveen
36	412202746	PRAVEEN G	G. Praveen
37	412202747	PRAVEEN KUMAR M	M. Praveen Kumar
38	412202748	RAGAVENDRA P	P. Ragavendra
39	412202749	RATHISH R	R. Rathish
40	412202750	SAKTHIVEL R	R. Sakthivel
41	412202751	SANGEESHWARAN M	M. Sangeeshwaran
42	412202752	SATHISH V	-
43	412202753	SAVITH L	L. Savith
44	412202754	SELVA ASWIN R	-
45	412202755	SHAFIQR RAHAMAN	R. Shafiqur Rahman
46	412202756	SHAM A	A. Sham
47	412202757	SIVARAJ D	D. Sivraj
48	412202758	SOMESHVAR V	V. Someshvar

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Principal  
MAR GREGORIOS COLLEGE OF ARTS & SCIENCE  
MOGAPPAIR WEST, CHENNAI - 600 037.



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**AQAR  
2022-23**

49	412202759	STEPHEN JAYAKUMAR V	<i>Stephen Jayakumar V</i>
50	412202760	SUNDAR V	<i>Sundar V</i>
51	412202761	SURESH M	<i>Suresh M</i>
52	412202762	SURIYA E	<i>Suriya E</i>
53	412202763	SYAMP	<i>Syamp</i>
54	412202764	THENNARASU R	<i>Thenarasu R</i>
55	412202765	UDHAYA KUMAR S	<i>Udhaya Kumar S</i>
56	412202766	VASANTHAN R	<i>Vasanthan R</i>
57	412202767	VENKATESH PERUMAL R	<i>Venkatesh Perumal R</i>
58	412202768	VISHAL S	<i>Vishal S</i>
59	412202769	WILSON LAWRA L	<i>Wilson Lawra L</i>
60	412202770	YABESH R	
61	412202771	YANNI S	<i>Yanni S</i>
62	412202772	YOGINDER MEENA S	<i>Yoginder Meena S</i>
63	412202773	ANU J	<i>Anu J</i>
64	412202774	ASHWATHI A	<i>Ashwathi A</i>
65	412202775	DIVYA D	<i>Divya D</i>
66	412202776	DRISYA C S	<i>Drisya C S</i>
67	412202777	KARUNYA A	<i>Karunya A</i>
68	412202778	KRITHIKA V	
69	412202779	LAKSHMI A	<i>Lakshmi A</i>
70	412202780	SANDHYA. M	<i>Sandhya M</i>

*P. G. G. G. G.*  
CONVENOR

*[Signature]*

HEAD OF THE DEPARTMENT

Head  
Department of Business Administration  
Shift-I  
Mar Gregorios College of Arts & Science  
Mogappair West, Chennai-600 037.

*[Signature]*

Dr.R.SRIKANTH, M.B.A., M.Phil., Ph.D.,  
Principal  
MAR GREGORIOS COLLEGE OF ARTS & SCIENCE  
MOGAPPAR WEST, CHENNAI - 600 037.



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ACADEMIC YEAR : 2022 - 2023  
2 SDP - YOGA IS A MIRROR  
FEEDBACK - I BBA (BATCH : 2022 -2025)

S.NO	REG.NO.	STUDENT NAME	DOES SDP WAS INFORMATIVE (YES / NO)	DOES THIS SDP FOCUSED ON STUDENT-CENTERED LEARNING STRATEGY	ARE YOU SATISFIED WITH THIS SDP (YES / NO)	SIGNATURE
1	412202711	ABBLASH V	Yes	NO	Yes	Abi Carl
2	412202712	ADHIL MOHAMMED K Y	Yes	Yes	Yes	Adhil
3	412202713	AJAY G	yes	NO	NO	Ajay
4	412202714	AKSHAY G	Yes	Yes	Yes	Akshay
5	412202715	ALWIN MIGAYA C	yes	yes	yes	Alwin
6	412202716	ASHWIN M				AAA
7	412202717	BENEDICT JOSEPH J	Yes	Yes	Yes	Benedict
8	412202718	CHANDRU R	NO	NO	Yes	Chandru
9	412202719	DAVID SAMUEL ASIR S	Yes	Yes	Yes	David
10	412202720	DEENA M	Yes	Yes	Yes	Deena
11	412202721	DEEPAK G				AAA
12	412202722	DEEPAK K	Yes	Yes	Yes	Deepak
13	412202723	DEEPAK S	yes	yes	yes	S. Deepak
14	412202724	DHANUSH A	Yes	Yes	Yes	Dhanush
15	412202725	DIHARANI ADHITHYAN V	yes	yes	yes	Diharani
16	412202726	DINESH J	Yes	Yes	Yes	Dinesh
17	412202727	FRANKLIN E	Yes	Yes	Yes	Franklin
18	412202728	HARHARAN S	Yes	Yes	Yes	Harharan
19	412202729	JAGADEESH K	yes	yes	yes	K. Jaga

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Principal  
MAR GREGORIOS COLLEGE OF ARTS & SCIENCE  
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19	412202729	JAGADEESH K	Yes	Yes	Yes	V. Jagadeesh
20	412202730	JOEL JOHN T	Yes	Yes	Yes	J. John T
21	412202731	JOHNSON J	YES	YES	YES	T. Johnson
22	412202732	KALAIMARAN M	Yes	Yes	Yes	M. Kalaimaran
23	412202733	KAMALESHWARAN M	Yes	Yes	Yes	M. Kamal
24	412202734	KAMESH S				AAA
25	412202735	KISHORE KUMAR M	Yes	Yes	Yes	K. Kishore
26	412202736	MELVIN JOSHUA M	Yes	Yes	Yes	M. Melvin
27	412202737	MOHAMMED ZABUULLAH FAISUL A				AAA
28	412202738	MOHAN B	Yes	Yes	No	B. Mohan
29	412202739	MUKESH S	Yes	Yes	Yes	S. Mukesh
30	412202740	MUTHUKUMARAN M	Yes	Yes	Yes	M. Muthu Kumar
31	412202741	NARESH KUMAR S	Yes	Yes	Yes	N. Naresh
32	412202742	NOVA INBARAJ A	Yes	Yes	Yes	A. Nova
33	412202743	OMEGAN JEBARATCHAGAN M	Yes	Yes	Yes	M. Omegean
34	412202744	PAULSAM ANBU KIRUBAKARAN F D K	Yes	Yes	Yes	F. Paulsam
35	412202745	PRAVEEN V	Yes	Yes	Yes	V. Praveen
36	412202746	PRAVEEN G	Yes	Yes	Yes	G. Praveen Kumar
37	412202747	PRAVEEN KUMAR M	Yes	Yes	Yes	M. Praveen Kumar
38	412202748	RAGAVENDRA P	Yes	Yes	Yes	P. Ragavendra
39	412202749	RATHISH R	Yes	Yes	Yes	R. Rathish
40	412202750	SAKTHIVEL R	Yes	Yes	Yes	R. Sakthivel
41	412202751	SANGEESHWARAN M	Yes	Yes	Yes	M. Sangeeswaran
42	412202752	SATHISH V				AAA
43	412202753	SAVITH L	Yes	Yes	Yes	L. Savith
44	412202754	SELVA ASWIN R	Yes	Yes	Yes	R. Selva Aswin
45	412202755	SHAFIQR RAHAMAN	Yes	Yes	Yes	R. Shafiqur

*R. Srikanth*



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46	412202756	SHAM A	Yes	Yes	Yes	Sham A
47	412202757	SIVARAJ D	Yes	Yes	Yes	Sivaraj D
48	412202758	SOMESHWAR V	Yes	Yes	Yes	Someshwar V
49	412202759	STEPHEN JAYAKUMAR V	Yes	Yes	Yes	Stephen Jayakumar V
50	412202760	SUNDAR V	Yes	Yes	Yes	Sundar V
51	412202761	SURESH M	Yes	Yes	Yes	Suresh M
52	412202762	SURIYA E	Yes	Yes	Yes	Suriya E
53	412202763	SYAM P	Yes	No	Yes	Syam P
54	412202764	THENNARASU R	Yes	Yes	Yes	Thenarasu R
55	412202765	UDHAYA KUMAR S	Yes	Yes	Yes	Udhaya Kumar S
56	412202766	VASANTHAN R	Yes	Yes	Yes	Vasanthan R
57	412202767	VENKATESH PERUMAL R	Yes	Yes	Yes	Venkatesh Perumal R
58	412202768	VISHAL S	Yes	Yes	Yes	Vishal S
59	412202769	WILSON LAWRA L				Wilson Lawra L
60	412202770	VABESH R				Vabesh R
61	412202771	VANNI S	Yes	Yes	Yes	Vanni S
62	412202772	YOGINDER MEENA S	Yes	Yes	Yes	Yoginder Meena S
63	412202773	ANU J	Yes	Yes	Yes	Anu J
64	412202774	ASHWATHI A	Yes	Yes	Yes	Ashwathi A
65	412202775	DIVYA D	Yes	Yes	Yes	Divya D
66	412202776	DRISYA C S	Yes	Yes	Yes	Drisya C S
67	412202777	KARUNYA A	Yes	Yes	Yes	Karunya A
68	412202778	KRITHIKA V	Yes	Yes	Yes	Krithika V
69	412202779	LAKSHMI A	Yes	Yes	Yes	Lakshmi A
70	412202780	SANDHYA M	Yes	Yes	Yes	Sandhya M

*[Signature]*  
 CONVENOR

*[Signature]*  
 Head  
 Department of Education  
 Shift-I  
 Mar Gregorios College of Arts & Science  
 Mogappair West, Chennai-600 037

*[Signature]*

Dr.R.SRIKANTH, M.B.A., M.Phil., Ph.D.,  
 Principal  
 MAR GREGORIOS COLLEGE OF ARTS & SCIENCE  
 MOGAPPAIR WEST, CHENNAI - 600 037.







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Mogappair West, Chennai-600 037

**AQAR  
2022-23**

46	412202756	SHAMA	Yes	Yes	Yes	Shama
47	412202757	SIVARAJ D	Yes	Yes	Yes	Sivaraj D
48	412202758	SOMESHWAR V	Yes	Yes	Yes	Someshwar
49	412202759	STEPHEN JAYAKUMAR V	Yes	Yes	Yes	Stephen Jayakumar V
50	412202760	SUNDAR V	Yes	Yes	Yes	Sundar V
51	412202761	SURESH M	Yes	Yes	Yes	Suresh M
52	412202762	SURIYA E	Yes	Yes	Yes	Suriya E
53	412202763	SYAM P	Yes	No	Yes	Syam P
54	412202764	THENNARASU R	Yes	Yes	Yes	Thenarasu R
55	412202765	UDHAYA KUMAR S	Yes	Yes	Yes	Udhaya Kumar S
56	412202766	VASANTHAN R	Yes	Yes	Yes	Vasanthan R
57	412202767	VENKATESH PERUMAL R	Yes	Yes	Yes	Venkatesh Perumal R
58	412202768	VISHAL S	Yes	Yes	Yes	Vishal S
59	412202769	WILSON LAWRA L				Wilson Lawra L
60	412202770	VABESH R				Vabesh R
61	412202771	YANNIS	Yes	Yes	Yes	Yannis
62	412202772	YOGINDER MEENA S	Yes	Yes	Yes	Yoginder Meena S
63	412202773	ANU J	Yes	Yes	Yes	Anu J
64	412202774	ASHWATHI A	Yes	Yes	Yes	Ashwathi A
65	412202775	DIVYA D	Yes	Yes	Yes	Divya D
66	412202776	DRISYA C S	Yes	Yes	Yes	Drisya C S
67	412202777	KARUNYA A	Yes	Yes	Yes	Karunya A
68	412202778	KRITHIKA V	Yes	Yes	Yes	Krithika V
69	412202779	LAKSHMI A	Yes	Yes	Yes	Lakshmi A
70	412202780	SANDHYA M	Yes	Yes	Yes	Sandhya M

  
CONVENOR

  
Head  
Department of Education, Government of Tamil Nadu  
Shift-I  
Mar Gregorios College of Arts & Science  
Mogappair West, Chennai-600 037.



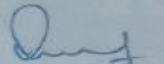
Dr. R. SRIKANTH, M.B.A., M.Phil., Ph.D.,  
Principal  
MAR GREGORIOS COLLEGE OF ARTS & SCIENCE  
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**AQAR  
2022-23**

46	412202756	SHAM A	Yes	Yes	Yes	Sham A
47	412202757	SIVARAJ D	Yes	Yes	Yes	Sivaraj D
48	412202758	SOMESHVAR V	Yes	Yes	Yes	Someshvar V
49	412202759	STEPHEN JAYAKUMAR V	Yes	Yes	Yes	Stephen Jayakumar V
50	412202760	SUNDAR V	Yes	Yes	Yes	Sundar V
51	412202761	SURESH M	Yes	Yes	Yes	Suresh M
52	412202762	SURIYA E	Yes	Yes	Yes	Suriya E
53	412202763	SYAM P	Yes	No	Yes	Syam P
54	412202764	THENNARASU R	Yes	Yes	Yes	Thennarasu R
55	412202765	UDHAYA KUMAR S	Yes	Yes	Yes	Udhaya Kumar S
56	412202766	VASANTHAN R	Yes	Yes	Yes	Vasanthan R
57	412202767	VENKATESH PERUMAL R	Yes	Yes	Yes	Venkatesh Perumal R
58	412202768	VISHAL S	Yes	Yes	Yes	Vishal S
59	412202769	WILSON LAWRA L				Wilson Lawra L
60	412202770	VABESH R				Vabesh R
61	412202771	YANNIS	Yes	Yes	Yes	Yannis
62	412202772	YOGINDER MEENA S	Yes	Yes	Yes	Yoginder Meena S
63	412202773	ANU J	Yes	Yes	Yes	Anu J
64	412202774	ASHWATHI A	Yes	Yes	Yes	Ashwathi A
65	412202775	DIVYA D	Yes	Yes	Yes	Divya D
66	412202776	DRISYA C S	Yes	Yes	Yes	Drisya C S
67	412202777	KARUNYA A	Yes	Yes	Yes	Karunya A
68	412202778	KRITHIKA V	Yes	Yes	Yes	Krithika V
69	412202779	LAKSHMI A	Yes	Yes	Yes	Lakshmi A
70	412202780	SANDHYA M	Yes	Yes	Yes	Sandhya M

  
CONVENOR

  
Head  
Department of Education  
Shift-I  
Mar Gregorios College of Arts & Science  
Mogappair West, Chennai-600 037



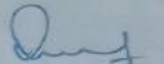
Dr.R.SRIKANTH, M.B.A., M.Phil., Ph.D.,  
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46	412202756	SHAM A	Yes	Yes	Yes	Sham A
47	412202757	SIVARAJ D	Yes	Yes	Yes	Sivaraj D
48	412202758	SOMESHVAR V	Yes	Yes	Yes	Someshvar V
49	412202759	STEPHEN JAYAKUMAR V	Yes	Yes	Yes	Stephen Jayakumar V
50	412202760	SUNDAR V	Yes	Yes	Yes	Sundar V
51	412202761	SURESH M	Yes	Yes	Yes	Suresh M
52	412202762	SURIYA E	Yes	Yes	Yes	Suriya E
53	412202763	SYAM P	Yes	No	Yes	Syam P
54	412202764	THENNARASU R	Yes	Yes	Yes	Thennarasu R
55	412202765	UDHAYA KUMAR S	Yes	Yes	Yes	Udhaya Kumar S
56	412202766	VASANTHAN R	Yes	Yes	Yes	Vasanthan R
57	412202767	VENKATESH PERUMAL R	Yes	Yes	Yes	Venkatesh Perumal R
58	412202768	VISHAL S	Yes	Yes	Yes	Vishal S
59	412202769	WILSON LAWRA L				Wilson Lawra L
60	412202770	VABESH R				Vabesh R
61	412202771	YANNIS	Yes	Yes	Yes	Yannis
62	412202772	YOGINDER MEENA S	Yes	Yes	Yes	Yoginder Meena S
63	412202773	ANU J	Yes	Yes	Yes	Anu J
64	412202774	ASHWATHI A	Yes	Yes	Yes	Ashwathi A
65	412202775	DIVYA D	Yes	Yes	Yes	Divya D
66	412202776	DRISYA C S	Yes	Yes	Yes	Drisya C S
67	412202777	KARUNYA A	Yes	Yes	Yes	Karunya A
68	412202778	KRITHIKA V	Yes	Yes	Yes	Krithika V
69	412202779	LAKSHMI A	Yes	Yes	Yes	Lakshmi A
70	412202780	SANDHYA M	Yes	Yes	Yes	Sandhya M

  
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Head  
Department of Education  
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**AQAR  
2022-23**

MAR GREGORIOS COLLEGE OF ARTS & SCIENCE  
Affiliated to the University of Madras  
ACCREDITED BY NAAC WITH B++ GRADE  
ACADEMIC YEAR : 2022 - 2023  
2 DAY SDP - YOGA IS A MIRROR  
FEEDBACK - II BBA (BATCH : 2021 -2024)

S.NO.	REG.NO.	STUDENT NAME	DOES SEMINAR WAS INFORMATIVE (YES / NO)	DOES THIS SEMINAR FOCUSED ON STUDENT-CENTERED LEARNING STRATEGY (YES/NO)	ARE YOU SATISFIED WITH THIS SEMINAR (YES / NO)	SIGNATURE
1	412100903	ALLEN K MATHIEW	Yes	Yes	Yes	[Signature]
2	412102545	ABDUL RAZZAK A	No	No	No	[Signature]
3	412102546	ABISHEK ALEX SAM C	Yes	Yes	Yes	[Signature]
4	412102547	ABU BAKKAR S	Yes	Yes	Yes	[Signature]
5	412102548	AGATHEESWARAN J	NO	NO	NO	Agatheeswaran
6	412102549	AKASH R	Yes	Yes	Yes	R. Akash
7	412102550	AKASH R	YES	YES	YES	[Signature]
8	412102551	AL AMEEN M	YES	YES	YES	[Signature]
9	412102552	ANTONY JOYAL RAJA J	NO	YES	NO	[Signature]
10	412102553	ARUNKUMAR A	YES	NO	YES	[Signature]
11	412102554	AYAJ ARAFATHA	Yes	Yes	Yes	[Signature]
12	412102555	M BHUVANESHWARAN	Yes	Yes	Yes	[Signature]
13	412102556	CALEB M	NO	NO	NO	[Signature]
14	412102557	CHANDRU N	No	No	No	[Signature]
15	412102558	DANIEL F	No	No	No	[Signature]
16	412102559	DHANUSHWARAN V	No	NO	NO	[Signature]
17	412102560	DILIP KUMAR S	No	NO	No	S. Dilip
18	412102561	GANESH KARHIKEYAN U	Yes	Yes	Yes	Ganesh Karhikeyan

[Signature]

Dr.R.SRIKANTH, M.B.A., M.Phil., Ph.D.,  
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**AQAR  
 2022-23**

19	412102562	HARISH F	YES	YES	NO	<i>[Signature]</i>
20	412102563	HARISH L	Yes	Yes	yes	<i>[Signature]</i>
21	412102564	K.A HEMANTH	yes	yes	yes	<i>[Signature]</i>
22	412102565	INNIVAVAN S	Yes	Yes	Yes	<i>[Signature]</i>
23	412102566	JEYSAIRAM S	yes	yes	yes	<i>[Signature]</i>
24	412102567	LINGAHAASAN M	yes	yes	yes	<i>[Signature]</i>
25	412102568	LOGESHWARAN S	YES	YES	YES	<i>[Signature]</i>
26	412102569	LOHESH LEROY J	yes	yes	yes	<i>[Signature]</i>
27	412102570	MELKI RAJ K	NO	NO	NO	<i>[Signature]</i>
28	412102571	R MOHAN	NO	NO	NO	<i>[Signature]</i>
29	412102572	NAGACHENDER T S	NO	NO	NO	<i>[Signature]</i>
30	412102573	NARESH B	NO	NO	NO	<i>[Signature]</i>
31	412102574	NAVEEN T R	Yes	Yes	Yes	<i>[Signature]</i>
32	412102575	NIRMAL RAM H	Yes	Yes	Yes	<i>[Signature]</i>
33	412102576	PRADEEP JAISON I	Yes	Yes	Yes	<i>[Signature]</i>
34	412102577	PRASANNA KUMAR P	no	no	no	<i>[Signature]</i>
35	412102578	PREM KUMAR P	No	No	No	<i>[Signature]</i>
36	412102579	PRINCE MANUEL L	yes	yes	yes	<i>[Signature]</i>
37	412102580	RAKESH CHANDER G S	yes	yes	yes	<i>[Signature]</i>
38	412102581	ROHITH KUMAR M	YES	YES	YES	<i>[Signature]</i>
39	412102582	RONALD BRITTO R	S	S	S	<i>[Signature]</i>
40	412102583	SAM PRINCE E	YES	YES	YES	<i>[Signature]</i>
41	412102584	SANJAY R	YES	YES	YES	<i>[Signature]</i>
42	412102585	SANJAY VASAN S	Yes	Yes	Yes	<i>[Signature]</i>
43	412102586	SETHURAMAN A	YES	YES	YES	<i>[Signature]</i>
44	412102587	SHAKTHI KUMAR L	Yes	Yes	Yes	<i>[Signature]</i>
45	412102588	STEVEN MICHEAL DCRUZ	NO	NO	YES	<i>[Signature]</i>

*[Handwritten Signature]*

Dr.R.SRIKANTH, M.B.A., M.Phil., Ph.D.,  
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Mogappair West, Chennai-600 037

**AQAR  
2022-23**

46	412102589	SURENDAR N	No	No	No	Surender
47	412102590	TAMIZHMANI R	yes	yes	yes	Tamizhmani
48	412102591	TIBERTHAN C	yes	yes	yes	Tibertan
49	412102592	VASANTH M	yes	yes	yes	Vasanth.M
50	412102593	VASANTH T	yes	yes	yes	Vasanth.D
51	412102594	VIGNESH V	yes	yes	yes	Vignesh.V
52	412102595	VHAY D	yes	yes	yes	Vhaya
53	412102596	VIMAL RAJ M	YES	YES	YES	Vimalraj
54	412102598	VABESH SAM DANIEL S	Yes	yes	yes	Vabesh Sam Daniel S
55	412102599	MEYRESHWANTH KUMAR	YES	YES	YES	Meyreshwanth Kumar
56	412102601	E-ANGEL	Yes	Yes	Yes	E-Angel
57	412102602	ANUSHUYA C	Yes	yes	yes	Anushuya C
58	412102603	BUVANESWARI V	YES	YES	YES	Buvaneshwari
59	412102604	DEEPIKA K	Yes	Yes	Yes	R. Deepika
60	412102605	T.LATHIYA SREE	Yes	Yes	Yes	Lathiyasree
61	412102606	MANJU REKHA C	Yes	Yes	Yes	Manju Rekha C
62	412102607	MONIKA P	YES	YES	YES	P. Monika
63	412102608	MONISHA A	Yes	yes	Yes	A. Monisha
64	412102609	MONISHA T	YES	YES	YES	Monisha T
65	412102610	SIVETHA D	Yes	Yes	Yes	Sivetha
66	412102611	PAVITHRA S	Yes	Yes	Yes	Pavithra
67	412102612	PRIYANKA R	Yes	yes	Yes	P. Priyanka
68	412102613	SHARJEE AMALAPUVAM A	.	.	.	AAA
69	412102614	SUBA A K	Yes	No	Yes	S. A. K
70	412102615	YAMINI D	Yes	Yes	Yes	Y. D

*R. Srikanth*

Dr.R.SRIKANTH, M.B.A., M.Phil., Ph.D.,  
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**AQAR  
2022-23**

**MAR GREGORIOS COLLEGE OF ARTS & SCIENCE**  
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**ACADEMIC YEAR : 2022 - 2023**

**2 DAY SDP - YOGA IS A MIRROR**  
**FEEDBACK - III BBA (BATCH : 2020 -2023)**

S.NO.	REG.NO.	STUDENT NAME	DOES SEMINAR WAS INFORMATIVE (YES / NO)	DOES THIS SEMINAR FOCUSED ON STUDENT-CENTERED LEARNING STRATEGY (YES / NO)	ARE YOU SATISFIED WITH THIS SEMINAR (YES / NO)	SIGNATURE
1	412002151	ABINANDH DK	Yes	Yes	Yes	D.K. Binod
2	412002152	AJITH G.	yes	yes	yes	G. Ajith
3	412002153	AKASH P	Yes	Yes	Yes	A. Akash
4	412002154	BALAJI S	Yes	Yes	Yes	S. Balaji
5	412002155	BALASUBRAMANIAM K	Yes	Yes	Yes	K. Balaji
6	412002156	DEEPAK H	Yes	Yes	Yes	Deepak
7	412002157	DEVANANDHAN A	Yes	Yes	Yes	A. Devanandhan
8	412002158	DIHANASEKAR S	Yes	Yes	Yes	S. Dhanasekar
9	412002159	G DHANUSHADITHAN	Yes	Yes	Yes	G. Dhanushadithan
10	412002160	S DIWAKAR	Yes	Yes	Yes	S. Diwakar
11	412002161	GANESH D	yes	yes	yes	D. Ganesh
12	412002162	GNANARAJ A	Yes	Yes	Yes	A. Gnanaraj
13	412002163	GOVARDHAN V	yes	Yes	Yes	V. Govardhan
14	412002164	GURU N	Yes	Yes	Yes	N. Guru
15	412002165	HARISHAK N	Yes	Yes	Yes	N. Harishak
16	412002166	M HASHIMKHAN	Yes	Yes	Yes	M. Hashim Khan
17	412002167	IMRAN NAZEER	Yes	Yes	Yes	Imran

Dr.R.SRIKANTH, M.B.A., M.Phil., Ph.D.,  
Principal  
MAR GREGORIOS COLLEGE OF ARTS & SCIENCE  
MOGAPPAIR WEST, CHENNAI - 600 037.



1	412002169	JESON N	Yes	yes	yes	Jeson
2	412002170	JOSEPHATH J	Yes	Yes	Yes	Josephath
3	412002171	KARTHICK B	Yes	Yes	Yes	Karthick
4	412002172	KARTHICK S	Yes	Yes	Yes	Karthick
5	412002173	KESAVAN	Yes	yes	yes	Kesavan
6	412002174	KESAVAN V	Yes	Yes	Yes	Kesavan
7	412002175	LOKESH G	Yes	yes	yes	Lokesh
8	412002176	K MELVIN	Yes	Yes	Yes	K. Melvin
9	412002177	MADHUSHELMAR V	Yes	yes	yes	Madhusheela
10	412002178	MURUGANANDHAM A	Yes	Yes	Yes	Murugan
11	412002179	NISHANTH K	Yes	yes	yes	Nishanth
12	412002180	EJ NITHISH RAI	Yes	Yes	Yes	Ej Nithish
13	412002181	NITHISH S	Yes	Yes	Yes	Nithish
14	412002182	PAUL EBENEZER	Yes	Yes	Yes	Paul
15	412002183	PUSHKARAN G	Yes	Yes	Yes	Pushkar
16	412002184	RAJESH R	Yes	Yes	Yes	Rajesh
17	412002185	R RAMKUMAR	Yes	Yes	Yes	Ram Kumar
18	412002186	RANITH S	Yes	Yes	Yes	Ranith
19	412002187	SAISIVAN N G	Yes	Yes	Yes	Saisivan
20	412002188	SAKTHIGANESH R	Yes	Yes	Yes	Sakthi
21	412002189	SAMSON S	Yes	Yes	Yes	Samson
22	412002190	SANJAY G	Yes	Yes	Yes	Sanjay
23	412002191	SARATH KUMAR K	Yes	Yes	Yes	Sarath
24	412002192	SATHISH M	Yes	Yes	Yes	Sathish
25	412002193	SELVAM S	Yes	Yes	Yes	Selvam
26	412002194	SHIBIN SAMUEL	Yes	Yes	Yes	Shibin

*R. Srikanth*





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**AQAR  
2022-23**

46	412002196	SUBRAMANIAM RAJU M	Yes	Yes	Yes	S. Subramaniam
47	412002197	SUTHI L	Yes	Yes	Yes	S. Suthi
48	412002198	SURYA A	Yes	Yes	Yes	S. Surya
49	412002199	SYED ABDUL BAAQUI K	Yes	Yes	Yes	S. Syed Abdul Baqui
50	412002200	THANGARAJ S	Yes	Yes	Yes	S. Thangaraj
51	412002201	THIRUMALAI S	Yes	Yes	Yes	S. Thirumalai
52	412002203	VIJAY M	Yes	Yes	Yes	M. Vijay
53	412002204	VIKRAM D K	Yes	Yes	Yes	K. Vikram
54	412002205	VINISH V	Yes	Yes	Yes	V. Vinish
55	412002206	N VINOTHKUMAR	Yes	Yes	Yes	N. Vinothkumar
56	412002207	YUVANESH D	Yes	Yes	Yes	D. Yuvanesh
57	412002208	YUVIN RAJ D	Yes	Yes	Yes	D. Yuvraj
58	412002209	ASHNA S	Yes	Yes	Yes	S. Ashna
59	412002210	HARIPRIYA V	Yes	Yes	Yes	V. Haripriya
60	412002211	JENITHA JANET J	Yes	Yes	Yes	J. Jenitha Janet
61	412002212	KEERTHANA N	Yes	Yes	Yes	N. Keerthana
62	412002213	KEERTHIKA S	Yes	Yes	Yes	S. Keerthika
63	412002214	LOGESHWARI M	Yes	Yes	Yes	M. Logeshwari
64	412002215	MADHUSRI M	Yes	Yes	Yes	M. Madhusri
65	412002216	MANISHA M	Yes	Yes	Yes	M. Manisha
66	412002217	PADMAPRIYA U	Yes	Yes	Yes	U. Padmapriya
67	412002218	PRINCY VINISHA S	Yes	Yes	Yes	S. Princy Vinisha
68	412002219	SALHA BANU M	Yes	Yes	Yes	M. Salha Banu
69	412002220	SULOCHANA A	Yes	Yes	Yes	A. Sulochana

*R. Srikanth*

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Mogappair West, Chennai-600 037

AQAR  
2022-23



## MAR GREGORIOS COLLEGE OF ARTS & SCIENCE

Block no 8, College road, Mogappair west, Chennai - 600 037

(Approved by the Govt of Tamil Nadu & Affiliated to the university of Madras)

An ISO 9001 : 2015 Certified Institution

Managed by the Malankara Syrian Catholic Trust



## DEPARTMENT OF COMMERCE

(In association with IQAC & YRC)

PRESENTS

### FIRE & SAFETY AWARENESS PROGRAM

VENUE:

COLLEGE PREMISES

2 Feb 2023

@ 10:00



**Thiru. A. Shivanalam**  
Station Officer

**Mr. M. Sakthi kumar**  
Leading Fireman

**Mr. A. Pachiyappan**  
Leading Fireman

**Dr. B. HARISWARAN**  
Convenor

**Prof. T. PAPITHA**  
Co Convenor

**Prof. T. BALACHANDAR**  
Head of the Department

**Dr. G. GAYATHRY**  
Vice Principal, Shift - I

**Dr. S. SHALINI MAHER**  
Vice Principal, Shift - II

**Dr. M. SIVARAJAN**  
Principal

**Rev. Fr. MATHEW PALLIKUNNEL**  
Secretary

☎ 044 2653 3140 🌐 [www.mgcchennai.ac.in](http://www.mgcchennai.ac.in) ✉ [mail@mgcchennai.ac.in](mailto:mail@mgcchennai.ac.in)

MGC Thanks Chennai

Dr.R.SRIKANTH, M.B.A., M.Phil., Ph.D.,  
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**AQAR  
2022-23**

### DEPARTMENT OF COMMERCE, SHIFT – I FIRE SAFETY AWARENESS PROGRAMME

Venue: College Premises

Date: 02/02/2023

#### PROGRAMMESCHEDULE

**MASTER OF CEREMONY: Ms. R. SUBHIKSHAYINI (I M.Com)**

Duration	Program	
10:00 a.m.	Prayer Song	
10:03 a.m.	Thamilthai Vaazhthu	
10.05 a.m	Prayers and Blessing	Sr. CELIN SISTER
10.07 a.m	Welcome Address & Chief Guest introduction	Ms. NIVETHA S – I M.Com
10.08a.m	Felicitation	Principal- DR.M.SIVARAJAN
1010 a.m	Honor of Guest	DIGNITARIES
10.12a.m	Chief Guest Speech	Station Master-Mr. A.SHIVANALAM
10.14a.m	Fire Awareness Demo Program	Leading Fireman- MR. M.SAKTHI KUMAR & MR. A. PACHIYAPPAN
12.10a.m	Vote of Thanks	Ms. SUGIRTHA- I M.Com
12.12a.m	National Anthem	

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Principal  
MAR GREGORIOS COLLEGE OF ARTS & SCIENCE  
MOGAPPAIR WEST, CHENNAI - 600 037.



**DEPARTMENT OF COMMERCE, SHIFT – I**

**REPORT**

Department of Commerce (Shift-I) in association with IQAC and YRC organized Fire Safety Awareness Programme on 2<sup>nd</sup> February, 2023. Totally, 480 students, 10 faculty members of Commerce Department and Supporting staff of our college participated in the programme. Sr.Celine Maria D.M., Students Counselor, gave blessings for the success of the Programme. Principal Dr.M.Sivarajan gave felicitated the gathering and honored Thiru A. Shivanalam, Station Officer, Mr.M. Shakthi Kumar, Leading Fireman and Mr. A. Pachaiyappan, Leading Fireman executed the fire safety awareness Programme.

With an objective to create awareness about fire safety and the usage of fire extinguishing equipment, a Fire Safety Awareness Programme was conducted at college Ground in collaborated with J.J. Nagar west, fire execute station. The programme aimed at making the supporting staff of the Institute mindful about fire hazards and the safety measures which can be taken during fire emergency.

Convenor, Dr. B. Harishwaran and Co-convenor, Prof.T. Papitha, took a remarkable initiation for this Programme. Chief Guest honored Students Co-ordinators of the Programme, A. Hari Hara Sudhan and E. Yogesh of I.M.Com by Presenting Student Executive Member Badges.

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312012425	JENCY K	Good exposure.	Jency K
312012426	LOGANAYAGI J	Good	Loganayagi J
312012427	MANGAIYARKARASI M	Great	Mangaiyarkarasi M
312012428	MANISHA A	Great	Manisha A
312012429	MERLIN EZHIL ARASI G	Well experience	Merlin Ezhil Arasi G
312012430	MONIKA A	Motivation speech	Monika A
312012431	MONISHA A	Nice	Monisha A
312012432	NIROSHA J	Nice.	Nirosha J

## II B.COM B SECTION

S.No	Register No	Student Name	Feedback	Signature
	312113504	R.SOMVEER SHARMA	well explained	Somveer R
	312113505	RIFHANA A	well explained	Rifhana A
	312113506	ALBIN.C.B	Excellent demo fire activity	Albin C.B
	312113507	JOEL AMBUROSE A	Neat words	Joel
	312113509	SRI DEEPANKAR CHOUHDURY	Great	Sri Deepankar
	312113510	MARIYA J C	Well explained	Mariya J.C
	312113555	PAVEEN KUMAR P	very initiative	Paveen
	312113556	PERINBARAJ. R	Good	Perinbaraj R
	312113557	PRADHAP J	Excellent	Pradhap J
	312113558	PRASANNA KUMAR B	Informative	Prasanna B
	312113559	PRASANNA P	well Explained	Prasanna P
	312113560	PRAVEEN KUMAR	Informative	Praveen Kumar
	312113561	PREM KUMAR M	Nice.	Prem Kumar M
	312113562	RAHAMATHULLAH A	very good	Rahamathullah A
	312113563	RAMAKRISHNAN A	Good	Ramakrishnan A
	312113564	RAMANA C.V	Great information	Ramana C.V
	312113565	K.RITHIKSHAN	Informative	K.Rithikshan
	312113566	SACHIN P	Well explained	Sachin P
	312113567	SANJAI M	Good Informative	Sanjai M
	312113568	SANJAY C	Very nice	Sanjay C
	312113569	SANJAY KUMAR.M	Good	Sanjay Kumar M
	312113570	SANJAY.S	Nice	Sanjay S
	312113571	K. SARAVANAN	Good	K. Saravanan
	312113572	SHYAM K	very good good	Shyam K
	312113573	SIVAN RAJ R	Excellent	Sivan Raj R
	312113574	D. SOLOMON BENITH RAJ	Good	D. Solomon Benith Raj

*R. Srikanth*

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MAR GREGORIOS COLLEGE OF ARTS & SCIENCE, CHENNAI-37  
WITH RED CROSS, DEPARTMENT OF COMMERCE AND IN ASSOCIATION WITH IQAC  
ORGANIZES

## FIRE SAFETY AWARENESS PROGRAM

### FEEDBACK CUM ATTENDANCE

Reg No	Name	Class	Shift	Feedback	Sign
312211936	ASVANI . K	I.B.com(G)	T	Good	Sing
312211975	MOTHISH . S	I.B.com(G)	I	Very good.	K. Aswari
312211947	GLADSON . P	I.B.com(G)	I	useful	S. mothish
312211962	KASHIF . A	I.B.com(G)	I	Very Much Informative	P. Gladson
312211938	Burno sagan	I. B.com(G)	I	Good	A. Kadar
312211964	R. Kathirvel	F. B.com(G)	I	Good.	Burno sagan
312211946	R. Franklin Joshua	I. B.com(G)	I	Good	R. Kathir
312211969	D. Manoj	I.B.com(G)	I	Good.	R. Kathir
312211945	S. Eshilasasan	I.B.com(G)	I	Good	D. Manoj
312211963	R. Kathir	I.B.com(G)	I	Good.	S. Eshilasasan
312211956	K. Jagadeeshwaran	I.B.com(G)	I	Good.	R. Kathir
312211971	S. Mohamed Akram	I.B.com(G)	I	Good.	K. Jagadeeshwaran
312211984	V. Akash	I.B.com(G)	I	Good	S. Mohamed Akram
312211940	J. Dhanush	F.B.com(G)	I	Good	V. Akash
312211973	L. MONESH	I.B.com(G)	I	Good	J. Dhanush
312211974	R. Mowish Kumar	I. B.com(G)	I	Very good.	L. Monesh
312211961	K. Kalish Richard	I. B.com(G)	I	Very good	R. Mowish Kumar
312211965	M. Likhish Kumar	I. B.com(G)	I	Very Good.	K. Kalish Richard
312211985	R. Ranjith	I. B.com(G)	I	Very Excellent	M. Likhish Kumar
312211951	S. M. GOWTHAM	I. B.com(G)	I	VERY GOOD ★	R. Ranjith
312211927	K. Akash	I.B.com(G)	I	Very Good	S. M. GOWTHAM
312211942	N. Dhyanithi	I.B.com(G)	I	Interesting	K. Akash
312211957	D. Harish Kurugan	I.B.com(G)	P	Good.	N. Dhyanithi

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WITH RED CROSS, DEPARTMENT OF COMMERCE AND IN ASSOCIATION WITH IQAC  
ORGANIZES  
FIRE SAFETY AWARENESS PROGRAM  
FEEDBACK CUM ATTENDANCE

S.No	Reg No	Name	Class	Shift	Feedback	Signature
1	532201038	V. LAZAR	M.com	I	Good.	Lazar
2	532201034	G. LAKSHMI	M.com	I	V.V. Good.	Lakshmi
3	532201042	D. RAJESAN	M.com	2.	V.V.V.V. Good.	Rajesan
4	532201047	E. YOGESH	M.com	2.	V.V.V. Good.	Yogesh
5	532201085	D. TASHYA MARIN	M.com	I	V.V.V. Good.	Tashya
6	532201044	Sham Shyam D	M.com	I	Good	Sham Shyam
7	532201045	Tarun D.C	M.com	I	Good	Tarun
8	532201041	IMATHAN ABHIR	M.com	I	Good	Abhir
9	532201033	Abi	M.com	I	Good	Abi
10	532201046	UISHNU - S	M.com	I	Good	Uishnu
11	532201031	MANOJ KUMAR - S	M.com	I	Good	Manoj
12	532201018	ADELINE MARIA A	B.com	I	Good	Adeline
13	532201053	SUGITHA - S	M.com	I	Good	Sugitha
14	532201051	S. NIVETHA	M.com	I	Good	Nivetha



*R. Srikanth*

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# Anti-Drug Cell

in association with IQAC organizes a Guest Lecture on  
**"AWARENESS ON SELF-SABOTAGE DUE TO DRUG ADDICTION"**

### Resource Persons



**Dr. P. Devaraj**  
Founder / Senior Psychologist, REVAMP HOSPITAL

**Mr. M. Kamaraj**  
Psychologist  
Revamp Hospital

**Ms. M.P. Sona**  
Psychologist  
Revamp Hospital

**Date:** 13/02/2023  
**Time:**  
(Shift-1) : 12.00 pm to 1.00 pm  
(Shift-2) : 2:00 pm to 3:00 pm  
**Place:** Mar Ivanios Hall

**Dr. Rajalakshmi S**  
Convenor

**Dr. M. Sivarajan**  
Principal

**Ms. J. Dikshita**  
Co- Convenor

**Dr. G. Gayathry**  
Vice Principal (Shift I)

**Rev. Fr. Mathew Pallikunnel**  
Secretary

**Dr. S. Shalini Maher**  
Vice Principal (Shift II)

 [www.mgcchennai.ac.in](http://www.mgcchennai.ac.in)

 [mail@mgcchennai.ac.in](mailto:mail@mgcchennai.ac.in)

 **044 26930978**



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**MAR GREGORIOS COLLEGE OF ARTS & SCIENCE**  
**ANTI-DRUG CELL**



**PROGRAM SCHEDULE FOR THE GUEST LECTURE ON**  
**“AWARENESS ON SELF-SABOTAGE DUE TO DRUG ADDICTION”**

**Date: 13.02.2023 (Monday)**

**Venue: Mar Ivanios Hall**

**M.C: Mathiarasi, II B.Com(C.S.)-A, Shift-1**

- 12:00 PM - Invocation.  
12:05 PM - Welcome Address by **Dr. RAJALAKSHMI S**, Convenor of Anti-Drug Cell.  
12:10 PM - Blessings by **Rev.Fr. MATHEW PALLIKUNNEL**, Secretary.  
12:15 PM - Felicitation by **Dr. M. SIVARAJAN**, Principal.  
12:20 PM - Session - I Presented by Resource Person for shift - I students.  
01:10 PM - Lunch Break.  
02:00 PM - Session - II Presented by Resource Person for shift - II students.  
02:55 PM - Vote of Thanks by **MS.DIKSHITA J**, Co- Convenor of Anti-Drug Cell.



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## **REPORT**

Anti-Drug Cell conducted a Guest Lecture on the topic “AWARENESS ON SELF-SABOTAGE DUE TO DRUG ADDICTION” on 13<sup>th</sup> Feb 2023 from 12:00 noon to 1:00 pm for Shift I and 2.00 pm to 3.00 pm for Shift II students, at Mar Ivanios Hall. The guest lecture commenced with the prayer song followed by Welcome Address and Guest speaker introduction by Dr. Rajalakshmi Saravanan, Convenor, Anti-Drug Cell, followed by Felicitation by Respected Principal Dr. M. Sivarajan. As a token of appreciation a Memento was presented by the principal to the Guest Speaker Dr. P. Devaraj, Founder/Senior Psychologist, Revamp Hospital. He is a doctorate in Acupuncture and Clinical Psychology. He is also a founder of Solution counselling centre, Chennai. He has 22 years of experience in psychiatric and drug de-addiction. He has acted as a coordinator for World health organization’s Research on Suicidal prevention inventory from 2002 to 2005. Dr. P. Devaraj along with his Junior Psychologists Mr. M. Kamaraj and Ms. M. P. Sona gave a PPT presentation on the Effects of Drug addiction, Psychological effects, Effects on the brain Marijuana, Common symptoms of Marijuana withdrawal, treatment of alcohol use disorders, Stress management and Anger management, to our students. The students clarified their doubts during the interactive session. The session was highly informative and interactive. Students had a good exposure on drug awareness. More than 200 students from both the shifts participated in the guest lecture. The session ended at 03:00 pm with the vote of thanks given by Prof. J. Dikshitha, Co-convenor, Anti-Drug Cell.

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**D R. P. D E V A R A J Profile**

**CLINICAL PSYCHOLOGIST**

**Summary Of Qualifications**

- 2012 - Ph.D (Acupuncture)
- 2010 - M.D (Acupuncture)
- 2009 - Ph.D (Clinical Psychology)
- 2005 - M.Phil (Psychology)
- 2001 - M.Sc (Psychology)

**PROFILE:**

Clinical Psychologist (Having total experience of **22 years** in psychiatric & Drug – De addiction, Rehabilitation units till now)

- **National integrity cultural academy**, The Peaks magazine Honored and awarded **Doctorate** for my service.
- **Director & Founder**, Revamp Hospital, Chennai
- **Founder**, Solution counselling centre, Chennai
- MakkalTv '**Manam**' Fame, More than 67 episodes
- **Coordinator**, for **World Health Organization's Research** on
- Suicidal prevention inventory (2002 TO 2005).
- Soft Skill Trainer for Corporate Companies.
- **President**, Department of Psychology 2001
- **Coordinator**, Special Olympics for Scholastic Back Warded Children.
- Media Interviews for Teenage Problems & Single Parenting
- Trained in Transactional Analysis
- Official Psychological Trainer, Tamil Nadu Police (Since 2016)



- Research Article in International Psychiatry Review, Do all Children need Intervention after Exposure to **Tsunami** (Dec-2006)
- During Pandemic period, participated and psychological guidance given in media network "**kalaigarnarTv**", interacted with peoples those who suffers from COVID – 19, also those who faced psychological imbalances such as anxiety, fear, depression and suicidal behaviors also alcohol and substance dependence due to pandemic situation

## **WORK OF EXPERIENCE**

---

2015 to till now      Director & Founder, **Revamp hospital**, Chennai  
(Successfully crossed seven years of our service and recently  
Awarded "**Best psychiatric hospital in Tamilnadu** in psychiatry field)

2001 to 2015      Founder, **Solution Counseling Centre**, Chennai  
Expertise areas:

Counseling for Adolescence.

Carrier Guidance and Counseling

Educational Guidance and Counseling

Personality Development Programmers

Group Psychotherapy.

Alcoholic Rehabilitation Programmers

Sex Counseling

Individual Psychotherapy



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Hypnotherapy/Hypnosis.

Family Counseling.

Marital (Pre/Post Marriage) counseling.

Child counseling /Behavior Training.

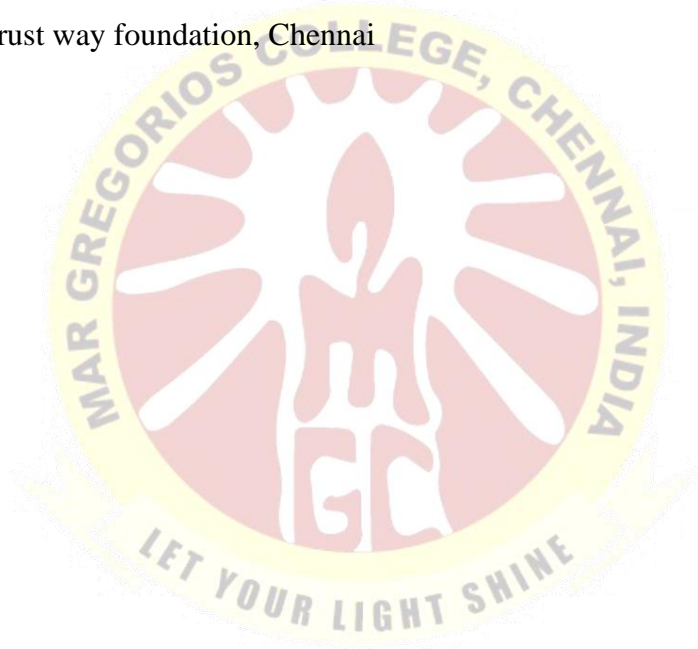
Counseling for Affair Problems.

**As consultant psychologist:**

2001 to 2015 Department of Psychiatry, Raju Hospital, T.Nagar, Chennai

2012 to 2015 Serene Life hospital, Maduravayal, Chennai

2005 to 2010 Trust way foundation, Chennai



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MAR GREGORIOS COLLEGE OF ARTS & SCIENCE  
ANTI-DRUG CELL  
ATTENDANCE FOR THE GUEST LECTURE ON  
"AWARENESS ON SELF-SABOTAGE DUE TO DRUG ADDICTION"

Date: 13.02.2023 (Monday) Shift - I Venue: Mar Ivanios Hall

SNO.	NAME	DEPARTMENT	SIGNATURE
1.	C. Dhivya Migaya	BBA-I	C. Dhivya
2.	Rathish . P	BBA-I	Rathish . P
3.	K. DEEBIK	BBA-I	K. Deebik
4.	S. HUKESH	BBA-I	S. Hukesh
5.	G. AKSHAY	BBA-I	G. Akshay
6.	P. Syam .	BBA-I	P. Syam .
7.	V. SUNDAR	BBA-I	V. Sundar
8.	R. Thenmarasu	BBA-I	R. Thenmarasu
9.	R. Vinayakumar	BBA-I	R. Vinayakumar
10.	selva Ashwin	BBA-I	Selva Ashwin
11.	edhi Lash	BBA-I	edhi Lash
12.	S. NARESH KUMAR	BBA-I	S. NARESH KUMAR
13.	Sam	BBA-I	Sam
14.	Paul sam	BBA-I	Paul sam
15.	sangeeshwaran	BBA-I	Sangeeshwaran
16.	MUTHUVEL	BBA-I	Muthuvel
17.	willson	BBA-I	Willson
18.	Sivaraaj	BBA-I	Sivaraaj
19.	Saffi Anwar Sabahan	BBA-I	Saffi Anwar Sabahan
20.	A. YANUJ	BBA-I	A. Yanuj
21.	M. Deena	BBA-I	M. Deena
22.	Pavan	B.Sc. Computer I	Pavan
23.	Alexson . B	B.Sc. Computer I	Alexson . B
24.	S. Manoj Kumar	B.Sc. Computer I	S. Manoj Kumar
25.	R. Manikandan	BBA-I	R. Manoj

Dr. M. SIVARAJAN M.B.A., M.Phil., M.A., M.Phil., Ph.D.  
Principal  
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ANTI-DRUG CELL  
ATTENDANCE FOR THE GUEST LECTURE ON  
"AWARENESS ON SELF-SABOTAGE DUE TO DRUG ADDICTION"  
Venue: Mar Ivanios Hall  
Date: 13.02.2023 (Monday)

S.NO.	NAME	DEPARTMENT	SIGNATURE
1	R. Bharathirani	B.COM (C.S)	R. Bharathirani
2	A. Kamesh	B.COM (C.S)	A. Kamesh
3	V. Mahaveer	B.COM (C.S)	V. Mahaveer
4	U. KARTHIKEYAN	B.COM (C.S)	U. Kartikeyan
5	S. Lavarasu	B.COM (C.S)	S. Lavarasu
6	E. Jagan	B.COM (C.S)	E. Jagan
7	V. Kasihiboyan	B.COM (C.S)	V. Kasihiboyan
8	S.W. Lavadasu	B.COM (C.S)	S.W. Lavadasu
9	G. NITHIL	B.COM (C.S)	G. Nithil
10	K. Jagan	B.COM (C.S)	K. Jagan
11	Dinesh B	B.COM (C.S)	Dinesh B
12	J. DINESH KUMAR	B.COM (C.S)	J. Dinesh Kumar
13	J. MAADRESHI	B.COM (C.S)	J. Maadesh
14	Magesh Kumar S	B.COM (C.S)	Magesh Kumar S
15	Manikandan N	B.COM (C.S)	Manikandan N
16	Nithesh M.	B.COM (C.S)	Nithesh M.
17	Nandhu Kumar S	B.COM (C.S)	Nandhu Kumar S
18	Mestha K.S	B.COM (C.S)	Mestha K.S
19	Monish Buran S	B.COM (C.S)	Monish Buran S
20	Mohana Krishnan S	B.COM (C.S)	Mohana Krishnan S
21	Kiran	B.COM (C.S)	Kiran
22	K. Monish	B.COM (C.S)	K. Monish
23	Johnson Michel Thomas	B.COM (C.S)	Johnson Michel Thomas
24	G. PACHAIYAD	B.COM (C.S)	G. Pachaiyad
25	Gravinath	B.COM (C.S)	Gravinath

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13.02.2023 (Monday)  
Venue: Mar Ivanios Hall

Sl. No.	NAME	DEPARTMENT	SIGNATURE
1.	Dadhumathi . V	B.com (cs)	Dadhumathi . V
2.	Nishalpai . R	B.com (cs)	Nishalpai . R
3.	Geethal . P	B.com (cs)	Geethal . P
4.	Kobila . J	B.Sc CS	Kobila . J
5.	Esther Yasmine . D	B.Sc CS	Esther . D
6.	Hemalatha . N	B.Sc CS	Hemalatha . N
7.	Nisha . R	B.Sc CS	Nisha . R
8.	Kanifa . R	BBA	Kanifa . R
9.	K. Jeevitha	BBA	K. Jeevitha
10.	Nivedha . M	BCA	Nivedha . M
11.	Abhinaya	BCA	Abhinaya
12.	Pavithra	BCA	Pavithra
13.	Vasudha	BCA	Vasudha
14.	Prasanna . Y	BCA	Prasanna . Y
15.	A. Bhuvaneshwari	BBA II	A. Bhuvaneshwari
16.	P. Sneha	BBA II	P. Sneha
17.	N. Banupriya	BBA II	N. Banupriya
18.	J. Ranjana Ranjini	B.com (cs)	J. Ranjana Ranjini
19.	A. Ugothriani	B.com (cs)	A. Ugothriani
20.	M. Beulah Prasara	BBA	M. Beulah Prasara
21.	A. Sneetha	BBA	A. Sneetha
22.	Syed. Sajidh Asiya	BBA	Syed. Sajidh Asiya
23.	Jaya Roobha . S	BBA	Jaya Roobha . S
24.	S. SARAN KUMAR	B.COM (CS)	S. SARAN KUMAR
25.	Akash Kumar . P	B.COM (CS)	Akash Kumar . P

Dr. M. SIVARAJAN M.B.A., M.Phil., M.A., M.Phil., Ph.D.,  
Principal  
MAR GREGORIOS COLLEGE OF ARTS & SCIENCE  
MOGAPPAIR WEST, CHENNAI - 600 037.

R. Srikanth

Dr.R.SRIKANTH, M.B.A., M.Phil., Ph.D.,  
Principal  
MAR GREGORIOS COLLEGE OF ARTS & SCIENCE  
MOGAPPAIR WEST, CHENNAI - 600 037.



# MAR GREGORIOS COLLEGE OF ARTS & SCIENCE

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AQAR  
2022-23

MAR GREGORIOS COLLEGE OF ARTS & SCIENCE  
ANTI-DRUG CELL  
ATTENDANCE FOR THE GUEST LECTURE ON  
"AWARENESS ON SELF-SABOTAGE DUE TO DRUG ADDICTION"  
Venue: Mar Ivanios Hall

Date: 13.02.2023 (Monday)

S.NO.	NAME	DEPARTMENT	SIGNATURE
1	YOGESHWARAN	B.com CS	S. ppgali.
2	Jitha Jaguwalath	B.com CS	D. K. K.
3	Tensan John	B.Sc CS	Jenagan
4	ABDUSHER B.S	B.Sc CS	A. i.
5	SANTAY KUMAR N	B.Sc CS	N. S. S. K.
6	SELVA N	B.Sc CS	T. F. J. T.
7	S. MADHAN KUMAR	T.B.Sc CS	S. Madhan Kumar
8	C.MONEESH	T.B.Sc (C.S)	C. M.
9	D.DHANUSH KARTHIKEYAN	T.B.COM (C.S)	D. K.
10	BALAJI K	T.B.COM (C.S)	B. J.
11	PAGALAVAN	T.B.COM (C.S)	Pa. G. S.
12	S. Tanuj Mytreaan	T.B.C.A	S. Tanuj Mytreaan
13	A. JOSHUA	T.B.C.A	A. J.
14	Alagannathan S	T.B.C.A	Alagannathan S
15	S. Mukesh	T.B.C.A	M. K.
16	T. M. Mugilan	T.B.C.A	T. M.
17	S. Glowtham	T.B.C.A	S. G.
18	DHAKSHINAMIRATHI	T.B.C.A	D. K.
19	Jeeva Tebasingh	T.B.C.A	J. T.
20	Vishva Kumar	T.B.C.A	V. K.
21	Mathew Shine Jesu	T.B.C.A	M. S.
22	Aswin Raju	T.B.C.A	K. Aswin Raju
23	Vijaya Kumar	T.B.C.A	V. K.
24	Bharathi	T.B.C.A	B. K.
25	Syed Ismail Methappa	T.B.C.A	S. I.

Dr. M. SIVARAJAN M.B.A., M.Phil., M.A., M.Phil., Ph.D.  
Principal  
MAR GREGORIOS COLLEGE OF ARTS & SCIENCE  
MOGAPPAIR WEST, CHENNAI - 600 037.

R. Srikanth

Dr. R. SRIKANTH, M.B.A., M.Phil., Ph.D.,  
Principal  
MAR GREGORIOS COLLEGE OF ARTS & SCIENCE  
MOGAPPAIR WEST, CHENNAI - 600 037.



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ATTENDANCE FOR THE GUEST LECTURE ON  
"AWARENESS ON SELF-SABOTAGE DUE TO DRUG ADDICTION"  
Date: 13.02.2023 (Monday)  
Shift - II  
Venue: Mar Ivanios Hall

S.No.	NAME	DEPARTMENT	SIGNATURE
1.	S. Sukumar P	BSC (computer science)	[Signature]
2.	MADHESH	BSC (computer science)	[Signature]
3.	S. Nishanthan	BSC (computer science)	[Signature]
4.	G. Karthikeyan	BSC (computer science)	[Signature]
5.	B. Seshupathi	BSC (computer science)	[Signature]
6.	C. Suresh	BSC (LLS)	[Signature]
7.	M. Thanigai Velan	BSC (computer science)	[Signature]
8.	R. Manjiv Joshua Rosan	B.sc (computer science)	[Signature]
9.	M. Hariharan	B.sc (computer science)	[Signature]
10.	J. Vijay	BSC (computer science)	[Signature]
11.	S. Yogasini Nithi	B.sc. (computer science)	[Signature]
12.	R. Gaurav Kumar	B.sc. [C.S]	[Signature]
13.	K. Lokesh	B.sc (C.S)	[Signature]
14.	M. Santhana Sathyan	B.sc (C.S)	[Signature]
15.	V. Jacob Martin	B.Sc. (C.S)	[Signature]
16.	S. Sowmeshwar	B.Sc (C.S)	[Signature]
17.	S. Yuvaraj	BSC (CS)	[Signature]
18.	R. SHERVIN XAVI	BSC (CS)	[Signature]
19.	R. RAJESH	BSC (CS)	[Signature]
20.	Ashwin Kumar G	BSC (CS)	[Signature]
21.	M. THIRUMANT	BSC (CS)	[Signature]
22.	Saharosh BP	BSC (CS)	[Signature]
23.	T Sharan Sebastian	Bsc (CS)	[Signature]

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Principal  
MAR GREGORIOS COLLEGE OF ARTS & SCIENCE  
CHENNAI - 600 037.

[Signature]

Dr. R. SRIKANTH, M.B.A., M.Phil., Ph.D.,  
Principal  
MAR GREGORIOS COLLEGE OF ARTS & SCIENCE  
MOGAPPAIR WEST, CHENNAI - 600 037.



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Date: 13.02.2023 (Monday)  
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S.NO.	NAME	DEPARTMENT	SIGNATURE
1.	Sai kishore . S	BA English	
2.	Sanjay . R	BA English	
3.	Ehideng Hau	B.A. English	
4.	Micky Anto . PM	B.A. English	
5.	Within Raj . R.	B.A. English	
6.	C. Jagan	B.A English	
7.	S. Suvaija	B.A English	
8.	D. Jagesh	B.A English	
9.	D. Vigneshwaran	B.A English	
10.	C. Priya Kumar	B.Sc (CS)	
11.	S. Prince Santhosh	B.Sc (CS)	
12.	Joel Thome	B.Sc (C.S)	
13.	VARUN	B.Sc	
14.	J. GOPINATH	B.Sc (CS)	
15.	Ashik	B.Sc (C.S)	
16.	A. Gokul Nath	B.Sc (CS)	
17.	S. Jana	B.Sc (C.S)	
18.	S. Saravanan	B.Sc (CS)	

**Dr. M. SIVARAJAN** M.B.A., M.Phil., M.A., M.Phil., Ph.D.,  
Principal  
MAR GREGORIOS COLLEGE OF ARTS & SCIENCE  
MOGAPPAIR WEST, CHENNAI - 600 037.

*R. Srikanth*

**Dr. R. SRIKANTH**, M.B.A., M.Phil., Ph.D.,  
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MAR GREGORIOS COLLEGE OF ARTS & SCIENCE  
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Date: 13.02.2023 (Monday) Venue: Mar Ivanios Hall

S.NO.	NAME	DEPARTMENT	SIGNATURE
1	Kumaleshwararaj.M	BBA-I	M. Kett
2	S. Yoginidhar Meena	BBA - I	S. D
3	Yogesh	BA English	Y. D
4	Dhanush. D	B.B.A - I	D. D
5	Dinesh. J	BBA - I	D. D
6	Benedict. - J	BBA - I	B. D
7	Aruna chalam. id	BSC (computer Sci.)	A. D
8	Nithin Raj. B.	B.A. English & I	N. D
9	Micky Anand. P.M.	B.A. English & I	M. D
10	Stephen jagankumar V	BBA - I	S. D
11	Sarveshvar. V.	BBA - I	S. D
12	S. HARIHARAN	BBA - I	S. D
13	Franklin. E	BBA - I	F. D
14	Kishore Duman	BBA - I	K. D
15	S. David Samuel	BBA - I	S. D
16	M. MP Vin Joshua	BBA - I	M. D
17	L. Samil	BBA - I	L. D
18	E. Suresh	BBA - I	E. D
19	Vasanthan. B	BBA - I	V. D
20	Dinegan. M	BBA - I	D. D
21	VISHAL	BBA - I	V. D
22	P. Selva Anand	BBA. Shift - 1	P. D
23	R. Anurag	BBA - I	R. D
24	R. Gowtham	BSC. CS	R. D
25	Ashwin	BSC. CS	A. D

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MOGAPPAIR WEST

*R. Srikanth*



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MAR GREGORIOS COLLEGE OF ARTS & SCIENCE  
ANTI-DRUG CELL  
ATTENDANCE FOR THE GUEST LECTURE ON  
"AWARENESS ON SELF-SABOTAGE DUE TO DRUG ADDICTION"

Date: 13.02.2023 (Monday)

Venue: Mar Ivanios Hall

S.NO.	NAME	DEPARTMENT	SIGNATURE
	S. Babariganesh	I B.com (C.S - B)	
	S. Pugazhbandhan	"	S. Pugazhbandhan
	J. Sham Christopher	"	J. Sham Christopher
	Yogesh S	"	Yogesh S
	Tharun V	"	Tharun V
	Natthish Kumar S	"	Natthish Kumar S
	F. MUSTAFFA HOSSAIN	"	F. MUSTAFFA HOSSAIN
	T. Felix Steve Harris	"	T. Felix Steve Harris
	M. Chandru	"	M. Chandru
	Raghunath G.J.S	"	Raghunath G.J.S
11.	Santhosh R	"	Santhosh R
	Yogesh V	"	Yogesh V
	Santhosh Kumar	"	Santhosh Kumar
	Ravi Kumar V	T. B.com C.S	Ravi Kumar V
	Prasanna M	"	Prasanna M
	Robesh S	"	Robesh S
	Viswa N	"	Viswa N
	THARUN KUMAR R	"	THARUN KUMAR R
	VISWA D	"	VISWA D
	Praveen Kumar S	I. B.com - CS 'B'	Praveen Kumar S
	Saran Raj V.R	"	Saran Raj V.R
	V. Vignesh	"	V. Vignesh
	Vishal	"	Vishal
	Niranjan A	"	Niranjan A
	G. Satharigan	"	G. Satharigan

Dr. M. SIVARAJAN M.B.A., M.Phil., M.A., M.Phil., Ph.D.,  
Principal  
MAR GREGORIOS COLLEGE OF ARTS & SCIENCE  
MOGAPPAIR WEST, CHENNAI - 600 037.

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Venue: Mar Ivanios Hall  
Date: 13.02.2023 (Monday)

S.NO.	NAME	DEPARTMENT	SIGNATURE
1	R. Bernyethina	B. COM (C.S)	R. Bernyethina
2	A. Kamesh	B. COM (C.S)	A. Kamesh
3	V. Mahanay	B. COM (C.S)	V. Mahanay
4	U. KARTHIKEVAN	B. COM (C.S)	U. KARTHIKEVAN
5	S. Lavarajam	B. COM (C.S)	S. Lavarajam
6	E. Jagan	B. COM (C.S)	E. Jagan
7	U. Karthikeyan	B. COM (C.S)	U. Karthikeyan
8	S. W. Laludurai	B. COM (C.S)	S. W. Laludurai
9	Gr. NITHIL	B. COM (C.S)	Gr. Nithil
10	K. Jagan	B. COM (C.S)	K. Jagan
11	Dinesh B	B. COM (C.S)	Dinesh B
12	J. DINESH KUMAR	B. COM (C.S)	J. DINESH KUMAR
13	J. MAADESI	B. COM (C.S)	J. MAADESI
14	Magesh kumar S	B. COM (C.S)	Magesh kumar S
15	Manikandan N	B. COM (C.S)	Manikandan N
16	Nithesh M.	B. COM (C.S)	Nithesh M.
17	Nandhu kumar S	B. COM (C.S)	Nandhu kumar S
18	Mestha C. S	B. COM (C.S)	Mestha C. S
19	Monish Baran S	B. COM (C.S)	Monish Baran S
20	Mohana Krishnan S	B. COM (C.S)	Mohana Krishnan S
21	Kiran	B. COM (C.S)	Kiran
22	K. Monish	B. COM (C.S)	K. Monish
23	Johnson Michel Thomas	B. COM (C.S)	Johnson Michel Thomas
24	G. PACHAIYAPPAN	B. COM (C.S)	G. PACHAIYAPPAN
25	Gopinath	B. COM (C.S)	Gopinath

Dr. M. SVARAJAN M.B.A., M.Phil., M.A., M.Phil., Ph.D.  
Principal  
MAR GREGORIOS COLLEGE OF ARTS & SCIENCE  
MOGAPPAIR WEST



*R. Srikanth*

Dr. R. SRIKANTH, M.B.A., M.Phil., Ph.D.,  
Principal  
MAR GREGORIOS COLLEGE OF ARTS & SCIENCE  
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2022-23**


 **MAR GREGORIOS COLLEGE  
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Approved by the Government of Tamilnadu & Affiliated to the University of Madras  
An ISO 9001:2015 Certified Institution Managed by the Malankara Syrian Catholic Trust  
**LOVE IS MY LIGHT**

 **NATIONAL SERVICE SCHEME**  
organizes

**BLOOD DONATION CAMP**

 **Venue: MAR IVANIOS HALL** **Time: 9am to 1pm**



**GIVE BLOOD SAVE LIFE**

**20th FEB 2023**

**Dr.V.Iyappan**  
NSS PROGRAMME OFFICER

**Dr.M.Sivarajan**  
PRINCIPAL

**Rev.Fr.Mathew Pallikunnel**  
SECRETARY

Block no.8 College Road, Mogappair West, Chennai-37  
044-26533140 [www.mgcchennai.ac.in](http://www.mgcchennai.ac.in) [mail@mgcchennai.ac.in](mailto:mail@mgcchennai.ac.in)

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Principal  
MAR GREGORIOS COLLEGE OF ARTS & SCIENCE  
MOGAPPAIR WEST, CHENNAI - 600 037.



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**AQAR  
2022-23**

**NAME OF THE EVENT:** BLOOD DONATION CAMP

**DATE & VENUE:** 20.02.2023

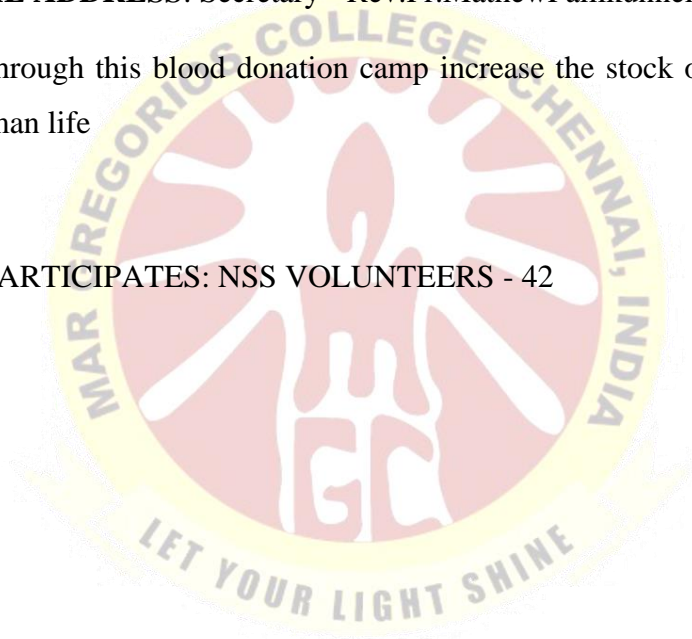
**AIM:** To wipe off the scarcity of blood and ensure availability of safe and quality blood and other blood components, round the clock and throughout the year.

**INAUGURAL ADDRESS:** NSS P.O -Dr.V.Iyappan

**PRESIDENTIAL ADDRESS:** Secretary - Rev.Fr.MathewPallikunnel

**OUTCOME:** Through this blood donation camp increase the stock of blood units in blood bank to save human life

**NUMBER OF PARTICIPATES:** NSS VOLUNTEERS - 42



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## REPORT

Voluntary Blood Donation programme is the foundation for safe and quality Blood Transfusion Service as the blood collection from Voluntary non-remunerated blood donors is considered to be the safest. there was a felt need to develop an operational guideline which can provide all the necessary information on recruitment and retention of voluntary blood donors and guide organizations for this important activity. Recruitment of safe donors is a challenging task. It is necessary that people realize that blood donation is their responsibility. No Blood Bank, hospital or Government can sustain health care without adequate blood from such donors and Blood Donor Organisations plays a very crucial role in this endeavor. This Blood donation camp is National service scheme in association with Adyar cancer institute Day was celebrated in our college by inviting Mr.Santhosh chlakerra the organizer. Dr.P.Sunatha and their tentative staff . This program Was inaugurated by our secretary Rev.fr.Mathew Pallikunnel and support by our principal DrM.Sivarajan and our vice principals Dr.G.Gayathiri (shift 1) &Dr.S.Shalini Maher (shift 2). Strength and guidance by our NSS program officer Dr.V.Iyapan and staff Coordinators Mrs. Saranya & Ms. Mariya Gloria. The blood donation camp was taken in Mar Gregorios College at Mar Ivanios Hall. The NSS volunteers were accompanied by Dr.V.Iyappan NSS Program Officer.

The students of MGC which includes NSS volunteers (42) participate in the blood donation camp and donors donate their blood. Our NSS volunteers Co-operate and help with an respective staff in blood donation camp. The Adyar cancer institute appreciate the donors with their certificate. The college management and the principal appreciated the efforts of the students and the staff for conducting the Blood donation camp.

Dr.R.SRIKANTH, M.B.A., M.Phil., Ph.D.,  
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**AQAR  
2022-23**



Mar Gregorios College Of Art  
& Science| Blood Donation Camp  
20.02.2023 09:38  
13.07955, 80.17205  
MAIN BLOCK, MAR GREGORIOS COLLEGE OF ARTS AND  
SCIENCE, Mogappair Garden Rd, Mogappair West, Mogappair,  
Chennai, Tamil Nadu 600037



Mar Gregorios College Of Art  
& Science| Blood Donation Camp  
20.02.2023 09:38  
13.07955, 80.17205  
MAIN BLOCK, MAR GREGORIOS COLLEGE OF ARTS AND  
SCIENCE, Mogappair Garden Rd, Mogappair West, Mogappair,  
Chennai, Tamil Nadu 600037

Dr.R.SRIKANTH, M.B.A., M.Phil., Ph.D.,  
Principal  
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MOGAPPAIR WEST, CHENNAI - 600 037.



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**AQAR  
2022-23**



Mar Gregorios College Of Art  
& Science Blood Donation Camp  
20.02.2023 09:55  
13.07981, 80.17223  
MAIN BLOCK, MAR GREGORIOS COLLEGE OF ARTS AND  
SCIENCE, Mogappair Garden Rd, Mogappair West, Mogappair,  
Chennai, Tamil Nadu 600037



Dr.R.SRIKANTH, M.B.A., M.Phil., Ph.D.,  
Principal  
MAR GREGORIOS COLLEGE OF ARTS & SCIENCE  
MOGAPPAIR WEST, CHENNAI - 600 037.



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**AQAR  
2022-23**

Mar Gregorios College of Arts and science  
Block no. 18 college Road Mogappair west, Chennai-37

**National Service scheme  
Blood Donation camp**

Date: \_\_\_\_\_

s.no	Name	Department	Year	feedback	Signature
1	Varsha	BCA	II	good	Varsha
2	Abinaya	BCA	II	ok	Abinaya
3	Mukesh	B.com CS	II	nice	Mukesh
4	Balaji	BCA	II	good	Balaji
5	Naveen	BCA	II	nice	Naveen
6	Monish	B.sc	II	good	Monish
7	Hemananth	BCA	II	good	Hemananth
8	Sam Christopher	B.com(CS)	II	ok	Sam Christopher
9	Lokesh	BCA	II	very good	Lokesh
10	Kamalesh	B.com(G)	II	ok	Kamalesh
11	Harin	BCA	II	super	Harin
12	Sanjay	B.com(CS)	II	ok	Sanjay
13	Muskan	B.com(CS)	II	good	Muskan
14	Shanjiv rathinam	BCA	III	very nice	Shanjiv rathinam
15	Lokesh	BCA	III	good	Lokesh
16	Sanjay	B.com(G)	III	nice	Sanjay
17	Gokul	B.com(G)	III	very good	Gokul
18	Arun Kumar	B.com(G)	III	ok	Arun Kumar
19	Dinesh	BCA	III	good	Dinesh
20	Naresh	BBA	III	good	Naresh
21	Monisha	BBA	III	not bad	Monisha
22	Ashwin	B.com(G)	III	nice	Ashwin
23	Kalpana	B.com(G)	III	ok	Kalpana
24	Chinrasu	BCA	III	very good	Chinrasu
25	Aparna	B.com(G)	III	good	Aparna
26	Bavadhrani	B.com(G)	III	ok	Bavadhrani
27	Naresh	B.com(G)	III	super	Naresh
28	Yaseem aahisha	B.com(G)	III	good	Yaseem aahisha
29	Roseline tarasha	BCA	III	nice	Roseline tarasha
30	Bala	BCA	III	super	Bala
31	Jagathish	B.com(G)	III	ok	Jagathish

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MOGAPPAIR WEST, CHENNAI - 600 037.