

Life Skills:

Life skills prepares students physically and mentally for the integration of their physical, psychological and social faculties so that they can live in harmony with oneself and with those around. The purpose of Life Skill programmes is to empower them to lead a stress-free life with the ability to balance work and other personal activities without any difficulty.



Programme Name: Building Stronger India the Kalam way


Date: 19.10.2020

Youth Awakening Day

Objective: To inculcate the vision of Late Shri APJ Abdul Kalam and his vision for the youth among students.


Mode: Online (GoogleMeet)

	UNIVERSITY OF MADRAS (Established Under the Act of Incorporation XXVII of 1857 - Madras University Act 1923) (State University) Centenary Building, Chepauk, Chennai 600 005.															
Phone: 2539 9554	Fax: 91-044-25360749															
No.A1/SR/HE/YAD/2020/ 521. From The Registrar i/c, University of Madras.	Date: 19 OCT 2020															
To The Principals of Arts & Science Colleges, [Affiliated to University of Madras]																
Sir/Madam, Sub: Higher Education Department – Colleges to conduct various activities for celebration of “YOUTH AWAKENING DAY” on 15.10.2020 in remembrance of Bharat Ratna Dr.A.P.J. Abdul Kalam – Regarding																
<p>I am enclosing herewith a copy of the letter No. 13200/A2/2020-1 dated 06.10.2020 received from Thiru.J. Mohan Raman, Deputy Secretary to Government, Higher Education (A2) Department, Secretariat, Chennai -600009 with regard to conduct of various activities for celebration of “Youth Awakening Day” on 15th October 2020 in remembrance of Bharat Ratna Dr.A.P.J. Abdul Kalam.</p> <p>Hence, the Principal of all the Affiliated colleges are instructed to celebrate the “Youth Awakening Day” on 15th October 2020 and to ensure that the activities listed below are organized as per the schedule.</p>																
<table border="1"> <thead> <tr> <th>Sl.No.</th> <th>Events</th> <th>Date</th> </tr> </thead> <tbody> <tr> <td>1.</td> <td>Organize Online Essay and elocution competition wherever possible</td> <td>12.10.2020</td> </tr> <tr> <td>2.</td> <td>Kalvi TV to make a half an hour programme and telecast it a few times</td> <td>13.10.2020</td> </tr> <tr> <td>3.</td> <td>Schools / Colleges to show this Kalvi TV programme on their online programme</td> <td>12.10.2020</td> </tr> <tr> <td>4.</td> <td>Wherever online classes are conducted, organize half an hour lecture with Head Master's / Teachers on development</td> <td>15.10.2020</td> </tr> </tbody> </table>	Sl.No.	Events	Date	1.	Organize Online Essay and elocution competition wherever possible	12.10.2020	2.	Kalvi TV to make a half an hour programme and telecast it a few times	13.10.2020	3.	Schools / Colleges to show this Kalvi TV programme on their online programme	12.10.2020	4.	Wherever online classes are conducted, organize half an hour lecture with Head Master's / Teachers on development	15.10.2020	
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Yours faithfully,  REGISTRAR i/c																
Encl: As above																
Copy to : 1. Thiru.J. Mohan Raman, Deputy Secretary to Government, Higher Education (A2) Department, Secretariat, Chennai – 600 009. 2. The Youth Welfare & Sports Development Department, Secretariat, Chennai-600 009																



PATRICIAN COLLEGE OF ARTS AND SCIENCE
A Christian Minority Institution
Affiliated to the University of Madras & Accredited 'A' Grade by NAAC
Canal Bank Road, Gandhi Nagar, Adyar, Chennai-600020
Ranked 1st in Tamil Nadu
27th among the top 100 Non-Autonomous Colleges in India (by EW)

The Student Affairs Committee, NSS & the Department of Languages
Cordially invite you to join in the
Online Invited Talk
on
**“Building A Stronger India:
The Kalam Way”**
by
DR. V PONRAJ
ADA Scientist & Technical Advisor
to the Former President Dr. APJ Abdul Kalam



on
Monday, 19th October 2020
via
Google Meet @ 11.00 a.m.

Dr. Usha George
Principal

Dr. Fatima Vasanth
Academic Director

Bro. Dr. S. Arockiaraj
Director & Secretary

**“BUILDING A STRONGER INDIA – THE KALAM WAY”
ONLINE INVITED TALK
PROGRAM SCHEDULE**

MONDAY, 19/10/2020 @ 11 A.M

PRAYER	JENITA.A SECRETARY- III BCOM CS SHIFT 1
WELCOME ADDRESS AND INTRODUCTION OF THE CHIEF GUEST	MS. ABINAYA DEVI, ASST.PROF. DEPARTMENT OF ENGLISH
ADDRESS BY OFFICIALS	BRO.DR.AROCKIARAJ,DIRECTOR/SEC RETARY DR.USHA GEORGE,PRINCIPAL
CHIEF GUEST ADDRESS	DR.V. PONRAJ, ADA SCIENTIST &TECHNICAL ADVISOR TO FORMER PRESIDENT DR.A.P. J
VOTE OF THANKS	DR.RAJASEKAR,HEAD,DEPARTMENT OF LANGUAGES
NATIONAL ANTHEM	



Profile of Mr. V. Ponraj

Ponraj Vellaichamy is an ADA Scientist and Technical Advisor to Late His Excellency The 11th President of India A. P. J. Abdul Kalam. He has co-authored the book Manifesto for Change along with Dr.Kalam in the year 2014. Mr. Ponraj has also taken the responsibility of completing the Tamil book, Puyalai Thaandinal Thendral which targets the vision for the development of Tamil Nadu State that Dr. Kalam and Ponraj has been co-authoring while the former was alive. Ponraj has also anchored the editorial team of the Billion Beats e-paper.

Report:

Youth Awakening Day - Dr. APJ Abdul Kalam Birth Anniversary

Honoring the great Indian Scientist, the Former 11th President of India, and the Missile Man Late Dr. APJ Abdul Kalam, UNO had declared his birth anniversary, October 15th to be celebrated every year as **World Students' Day** in his remembrance since 2010. The Missile Man had great expectations from education and he believed that knowledge makes a person great, this thought of the great man pushed MHRD to initiate, implement, bring about a change in the innovative minds and build a strong asset for the country's development by observing this day in the educational institutions across the nation. Tamil Nadu celebrates this day as "Youth Awakening Day".

The Students Affairs Committee, NSS and the Department of Languages of Patrician College of Arts and Science came together to commemorate the 89th birth anniversary of the Missile Man - Shri Abdul Kalam on 15th October 2020. Together they conducted competitions for the students, viz, Elocution and Essay Writing in English, Tamil and Hindi on the topic "Social and Political Consciousness among the Indian Youth". The students too have actively showed their interest by taking an active part in these competitions conducted.

The World Students' Day or the Youth Awakening Day was wrapped up with a wonderful program, an Online Invited Talk on "Building a stronger India: The Kalam Way" which was conducted by the Student Affairs Committee, NSS and the Department of Languages, on 19th October 2020 Via Google Meet at 11a.m. This informative session began with a prayer followed by the welcome address, an astonishing AV with the achievements of The Chief Guest Dr. V Ponraj, ADA Scientist and Technical Advisor to the Former President Dr. APJ Abdul Kalam. To realize the vision of Dr. Abdul Kalam he has dedicated himself to bring about the Socio, Economic and Political awareness among the people, Guiding the youth and preparing them for leadership, by mentoring a social movement – Abdul Kalam Vision India Movement and a Political Movement called Abdul Kalam Vision India Party. The Principal Dr. Usha George addressed the gathering. The Chief Guest Dr. V Ponraj said the hallmark of competitiveness to make a country a developed country is the 3 main keys which is - making a product, systems and services just in time available when the market is needed, producing quality products, systems and delivering in an affordable way. The only Ray of Hope for India to develop and be self-reliant is to heavily invest on Research, Innovation and Discovery. The Chief Guest Dr. V Ponraj sent out a message

to the youth that “Life after the Pandemic will be a gig economy which will be tough and so every educated youth should put their knowledge and innovation into agriculture. This will not only solve the problem of producing the food for the country and the world but also make them self-reliant and walk the Kalam Way”. This great day concluded by acknowledging and expressing the gratitude to all those who were involved in making the program a grand success. This incredible program has provoked the students to be smart, to develop their skills, be self-dependent and empower themselves to survive during the tough times.

No of Participants:

GoogleMeet: 100 students

YouTube live: 6000 students

Outcome: The students were motivated to understand the gifts each one is endowed with. The students understood the new economy and the new normal the world has witnessed due to Covid-19.




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The Student Affairs Committee and the NSS unit
Cordially invite you to participate in the

Youth Awakening Day competitions
to be held on Thursday, 15th October 2020.

Events:
Oratorical Competition
Essay Writing Competition
in
English/Tamil/Hindi

Scan to Register






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Title:
**Social and Political Consciousness
Among the Indian Youth**

Rules:

1. The video must be under 3 min
2. The essay can be in MS Word or pdf format and written in about 250- 500 words
3. The Judges' decision is final
4. The documents should be sent to english12102020@gmail.com
5. Access to drive should be given while sending through GoogleDrive
6. The prize winners will receive e-certificate
7. All entries must contain Full Name/ Roll No./ Class /Section/ and Shift Details



Competitions were conducted as part of the Youth Awakening Day. 85 students participated and the following is the list of winners of Essay Writing and Elocution Competitions

English Essay Writing Competition:

1. Pearl Twinkle – I BA English (Shift I)
2. Edwin Dominic Dennis - I B.Sc Computer Science (Shift I)
3. Noha Habeeb – B.Com A&F (Shift II)

English Elocution Competition:

1. Aditya – I B.Com CS (Shift I)
2. Christina Rajathi – I BSW (Shift I)
3. Shakthi Ilakiya – I B.Com CS (Shift I)

Tamil Essay Writing Competition:

1. R. P. Ramesh Prabhu – I BSW (Shift I)
2. N. Abhinaya – B.Com A&F (Shift I)
3. Muhammed Musthafa – I B.Com CS (Shift I)

Tamil Elocution Competition:

1. Shakthi Priya – III B.Sc Psychology (Shift I)
2. Ajith Narasimma – I B.Com CS (Shift I)
3. Reshma – I B.Com A&F (Shift I)

Hindi Essay Writing Competition:

1. Reshma – II BSW (Shift I)
2. Nandana L – I BCom Gen (Shift I)
3. Aarshi N.M – I B.Com A&F (Shift I)




Hindi Oratorical Competition:

1. Priya Kumari. D – I B.A English (Shift I)
2. Karthick Raj. R – I B.Sc Viscom (Shift I)
3. Lathyka – I B.Com A&F(Shift I)




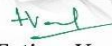
The Officials with the Chief Guest Mr. V Ponraj, Scientific Adviser to late Shri APJ Abdul Kalam

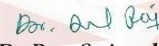
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This is to certify that Ms. Pearl Twinkle of I B.A English won the First Place in the English Essay Writing Competition held by Student Affairs Committee and NSS as part of Youth Awakening Day celebrated on 15th October 2020.


Dr. Usha George
Principal


Dr. Fatima Vasanth
Academic Director


Rev. Dr. Bro. S. Arockiaraj
Director & Secretary

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This is to certify that Mr. Aditya of I B.Com C.S won the First Place in the English Oratorical Competition held by Student Affairs Committee and NSS as part of Youth Awakening Day celebrated on 15th October 2020.


Dr. Usha George
Principal


Dr. Fatima Vasanth
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Canal Bank Road, Gandhi Nagar, Adyar, Chennai-600020




This is to certify that *Ms. Priya Kumari D* of *I BBA* won the *First Place* in the *Hindi Oratorical Competition* held by *Student Affairs Committee* and *NSS* as part of *Youth Awakening Day* celebrated on *15th October 2020*.




Dr. Usha George
Principal



Dr. Fatima Vasanth
Academic Director







Rev. Dr. Bro. S. Arockiaraj
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Canal Bank Road, Gandhi Nagar, Adyar, Chennai-600020





This is to certify that *Mr. Muhammed Mustafa* of *I B.Com C.S* won the *Third Place* in the *Tamil Essay Writing Competition* held by *Student Affairs Committee* and *NSS* as part of *Youth Awakening Day* celebrated on *15th October 2020*.



Dr. Usha George
Principal



Dr. Fatima Vasanth
Academic Director



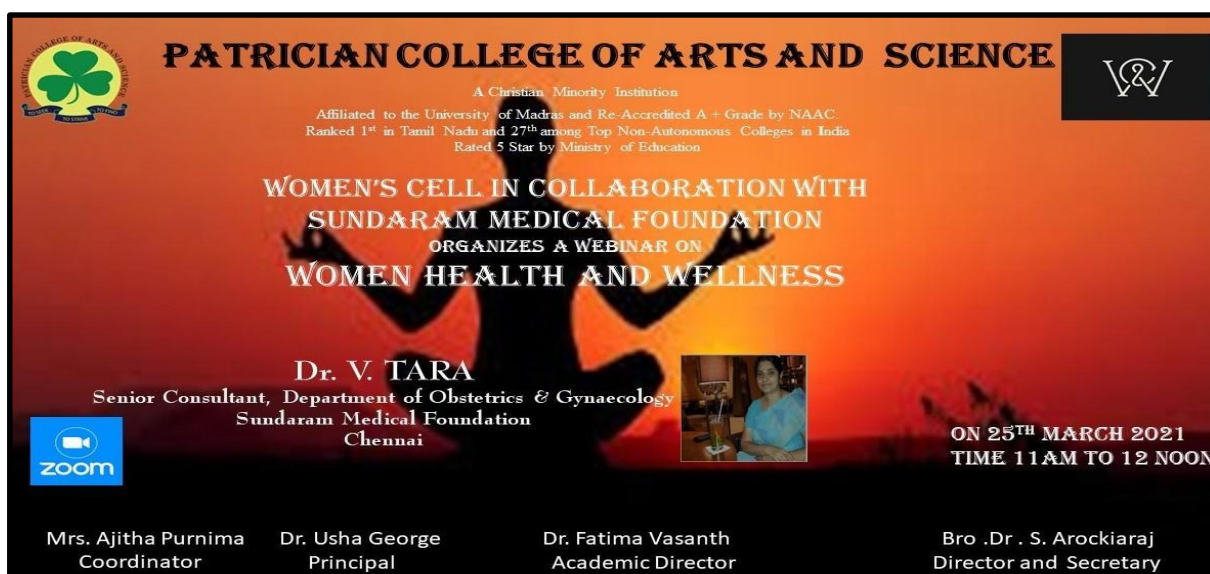
Rev. Dr. Bro. S. Arockiaraj
Director & Secretary

Programme Name: Women Health and Wellness

Date: 25.03.2021

Programme Objective: To create awareness about health fitness among women students

INVITATION



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Rated 5 Star by Ministry of Education

**WOMEN'S CELL IN COLLABORATION WITH
SUNDARAM MEDICAL FOUNDATION
ORGANIZES A WEBINAR ON
WOMEN HEALTH AND WELLNESS**

Dr. V. TARA
Senior Consultant, Department of Obstetrics & Gynaecology
Sundaram Medical Foundation
Chennai

ON 25TH MARCH 2021
TIME 11AM TO 12 NOON

Mrs. Ajitha Purnima
Coordinator

Dr. Usha George
Principal

Dr. Fatima Vasanth
Academic Director

Bro .Dr . S. Arockiaraj
Director and Secretary

Programme Schedule

Women's Cell in Collaboration with Sundaram Medical Foundation

Thursday, March 25th 2021

Timing: 11am to 12 noon

Platform: Zoom

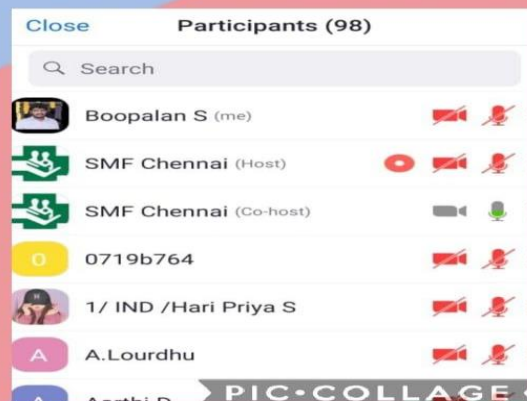
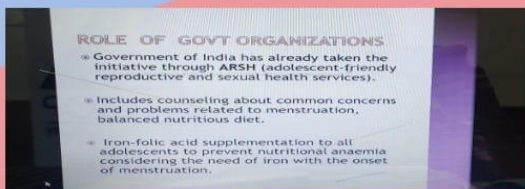
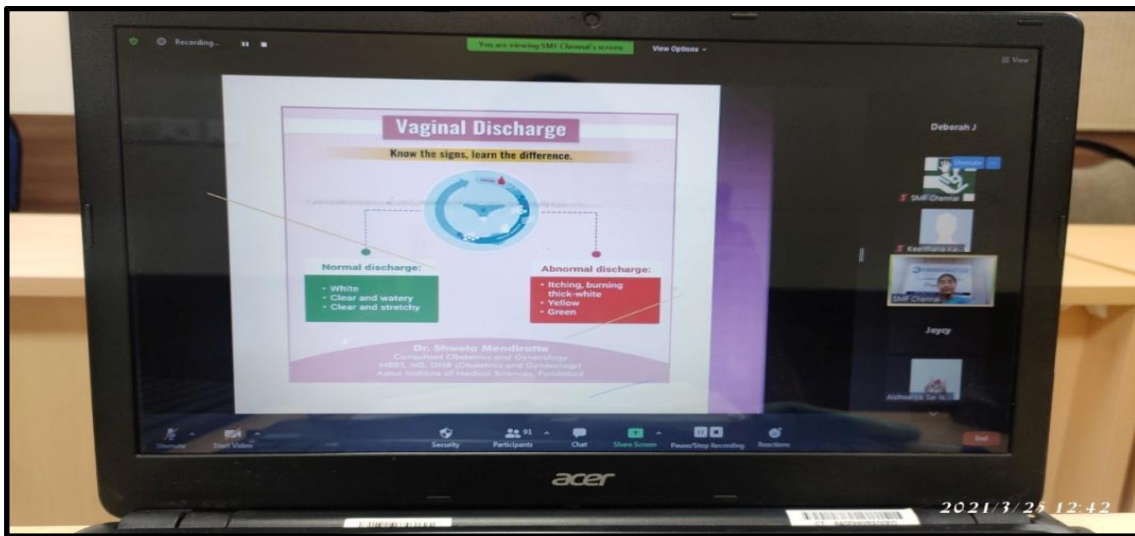
Program Schedule

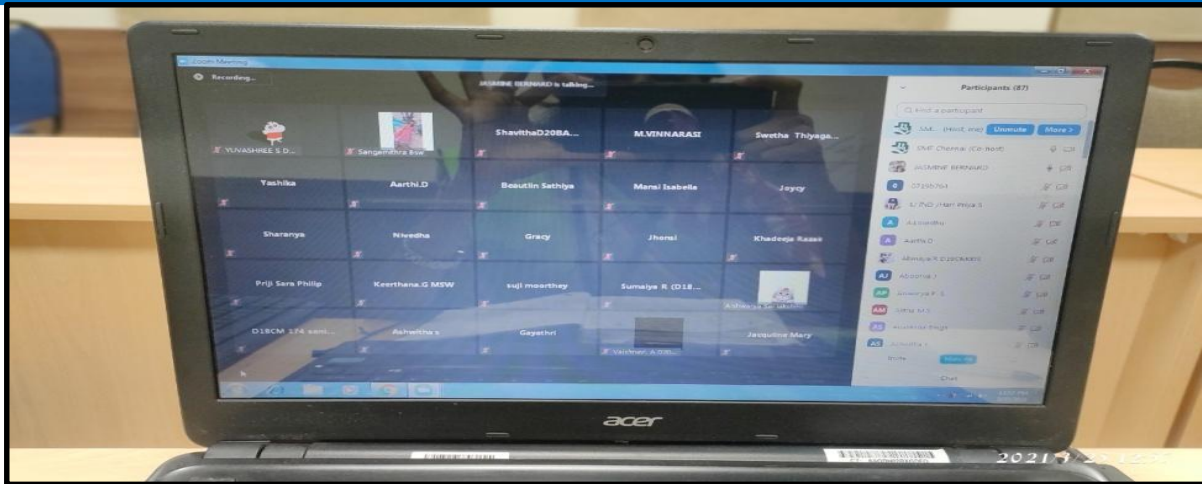
- Prayer – Pamila Dorathy, Student
- Welcome Address & Introduction of Resource Person– Mrs. AjithaPunima, Asst. Prof.
- Felicitation – Dr.Meena, Vice Principal, Shift 1
- Special Talk on Women Health and Wellness – Dr.Tara, SeniorConsultant, Department of Obstetrics & Gynaecology Sundaram Medical Foundation Chennai50
- Vote of Thanks – Dr.Sasikala,Asst.Prof.

REPORT

To commemorate International Women’s Day, the Women Cell of Patrician College of Arts and Science in collaboration with Sundaram Medical Foundation conducted a webinar for students and staff. Participants were invited from Hindustan College of Arts and Science. The program began with a prayer by Ms.Pamila Dorathy,I BCA(B), followed by a welcome address and introduction of the Resource Person by Mrs.Ajitha Purnima, Asst.Prof,Department of Computer Applications and Coordinator of Women Cell. The program was felicitated by Dr.B.Meena,Vice Principal,Shift I.The session was taken by Dr.Tara, Senior Consultant, Sundaram Medical Foundation. The session was focused on the importance of Women Health in the current world. After the session, the students interacted with the Resource Person clarifying their doubts.Vote of Thanks and feedback of the session was done by Dr.Sasikala, Asst. Prof., Department of Management.

SCREENSHOTS





Participant List

https://drive.google.com/file/d/1FfosY_A3phx4tCU2r9qL_R3373pHGUXq/view?usp=sharing

PARTICIPATION LIST

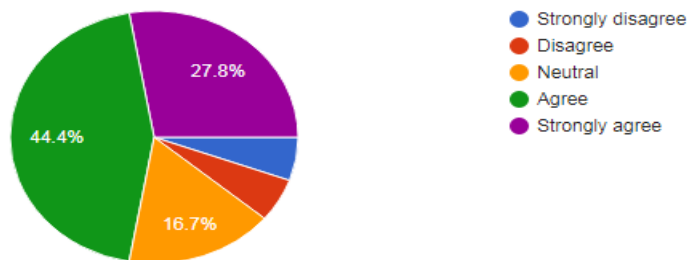
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5	DHANANJAI.P	D19BA015	dhananjairs@gmail.com	BBA
6	Dhanushya R	D20CA020	dhanushyad20ca020@gmail.com	BCA
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24	Rathna	D19EL040	rathnapachiappan03@gmail.com	BA ENGLISH
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26	Selshia Juliet. S	D20CA082	selshiab20cao82@gmail.com	BCA
27	Sharmily. V	D20CA085	sharmilyd20ca085@gmail.com	BCA
28	Sneha j		sneha.j585@gmail.com	MSW
29	Sneha M K	D20CA088	snehamkd20ca088@gmail.com	BCA
30	Thulasi. R	D20CA091	thulasid20ca091@gmail.com	BCA
31	V . Harsika	D20HRP011	yashuyashi557@gmail.com	MA HRM
32	V. Lavanya	D19CA047	lavanyavenkat469@gmail.com	BCA
33	YAMUNA.M		yamunamalarvannan3467@gmail.com	MSW
34	Yashika K	D20CA098	yashikad20ca098@gmail.com	BCA

FEEDBACK

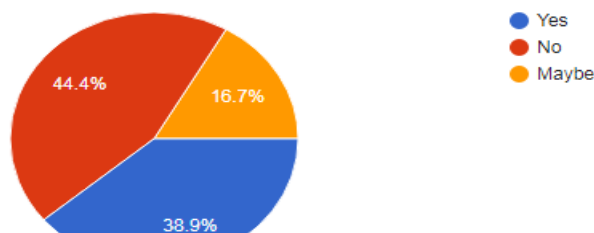
The duration of the event was just right. (Not too long or not too short)

18 responses



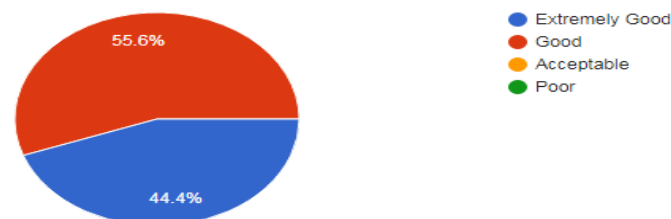
Have you attended any of our events before?

18 responses



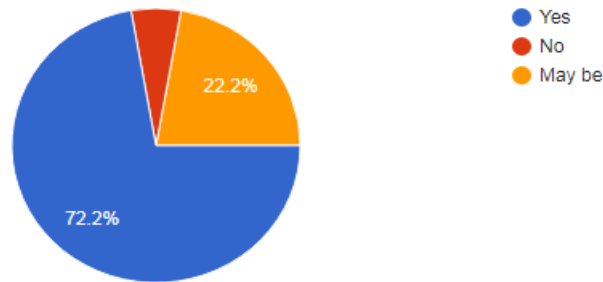
How helpful was the event ?

18 responses



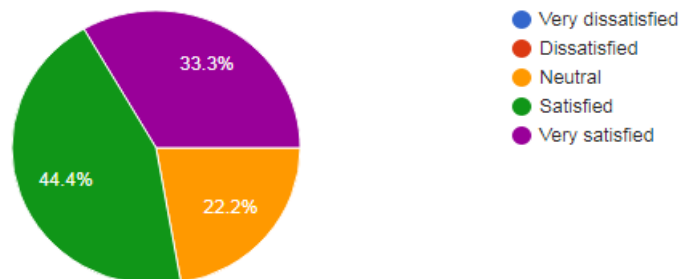
Did the event meet your expectations?

18 responses




Overall, how satisfied were you with the event?

18 responses





Programme Outcome:
The students were educated about health issues.



Saint Patrick
Patron

Patrician College of Arts and Science
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Canal Bank Road, Gandhi Nagar, Adyar, Chennai - 600020.





Bishop Daniel Delany
Founder

Certificate

This is to certify that Mr./Ms. Pamila Dorthy
of I BCA B has Participated
In Women Health and Wellness conducted by Women Cell in
collaboration with Sundaram Medical Foundation on 25th March 2021

Ajitha Purnima M S
Co-ordinator

held on Dr. Usha George
Principal

Dr. Fatima Vasanth
Academic Director

Rev Bro. Johnson Rex Dhanabal
Director & Secretary

PROGRAMME NAME: STRATEGIES IN MANAGING SOCIAL AND ECONOMIC CRISIS IN INDIA

DATE: 29.01.2021



PATRICIAN COLLEGE OF ARTS AND SCIENCE
DEPARTMENT OF SOCIAL WORK
SOWERS

Workshop on
"Strategies in managing social and
economic crisis in India"

By
Prof. A. Samson
Director Of MCC Community College,
Tambaram

29th January, 2021 at 12:00Pm

Google Meet

PROGRAM SCHEDULE:

<i>TIME</i>	<i>SCHEDULE</i>
12.00 pm to 12.05pm	Prayer - Joyce, II MSW
12.05 pm to 12.10am	Welcome Address – Kamalnath, II MSW
12.10 am to 12.15am	Resource Person Profile & Introduction About The Topic - Ram kumar, II MSW

12.15 pm to 12.45pm	<p>Presentation – 1- Economic Crisis and its Impact in India</p> <ul style="list-style-type: none"> • Keerthika. A – II MSW
	<p>Presentation – 2 – Covid-19 Strategies for Managing Social and Economic Crisis in India.</p> <ul style="list-style-type: none"> • Rashmitha – II MSW
	<p>Presentation – 3 Agricultural Crisis</p> <ul style="list-style-type: none"> • Kingsley II MSW
12.45pm to 12.50pm	Question and Answer Session – Simona, II MSW
12.50pm to 12.55pm	Vote Of Thanks – Janani, II MSW
	MC – Simona, II MSW

RESOURCE PERSON: Mr. Samson Arul raj, Director of MCC Community College, Tambaram, Chennai.

RESOURCE PERSON PROFILE:

Mr Samson Arul raj completed his degree in social work and worked as an assistant professor as well the head at Sindhi college of arts and science. currently he was the director of Mcc community college. He is more of Tamil activist and a motivational speaker. He also trains Tamil skills like Parai, thappattam, street theater, puppetry, oyilattam etc. He is a man of knowledge with rich practical experience.

OBJECTIVES:

- To impart knowledge on the condition of economic and social crisis in India.
- To promote awareness on deflation in economic and social standards of India.
- To discuss on the strategies in managing the social and economic conditions.

PROGRAM OVERVIEW:

The webinar on “Strategies in managing economic and social crisis in India” started with the introduction of the chief guest Professor. Samson.A, Director of MCC Community College. The webinar had three presenters for that day. Their presentation was on the topic- economic crisis and its impact in India, agricultural and development and strategies in managing

economic and social crisis in India. The presenters briefly explained on the current economical and social crisis in India and alternatives which can be accomplished in terms of making India to achieve its standard values in terms of economic and social crisis. Professor. Samson explained on different strategies which can be put forth to manage the social and economic crisis and also spoke on other common issues like casteism, migration, globalization etc., At the end of the workshop, Mr.Samson addressed the question asked by the trainees in a effective and responsive way.

OUTCOME:

The trainees learnt on different strategies on how to manage the social and economic crisis in India.

FEEDBACK:

- The workshop was very effective and informative. – Margaret I MSW
- The knowledge of the presenter was useful and relevant to my professional needs. A very interactive and useful session- Rashmitha Iruthaya Varshini.X II MSW
- The session was informative and Interactive.The resource person was engaging and overall the workshop was effective Keerthika.A II MSW

ACTION TAKEN REPORT:

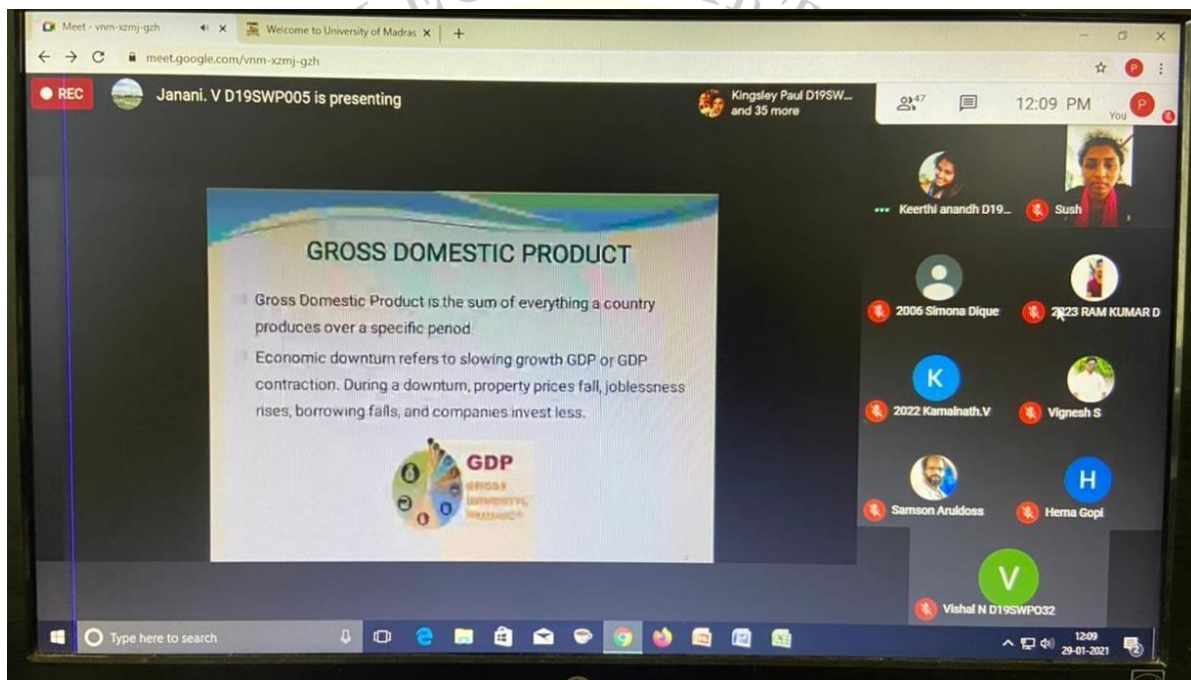
CONCERNS AND SUGGESTIONS	ACTION TAKEN
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Based on feedback dated: 11.07.2020

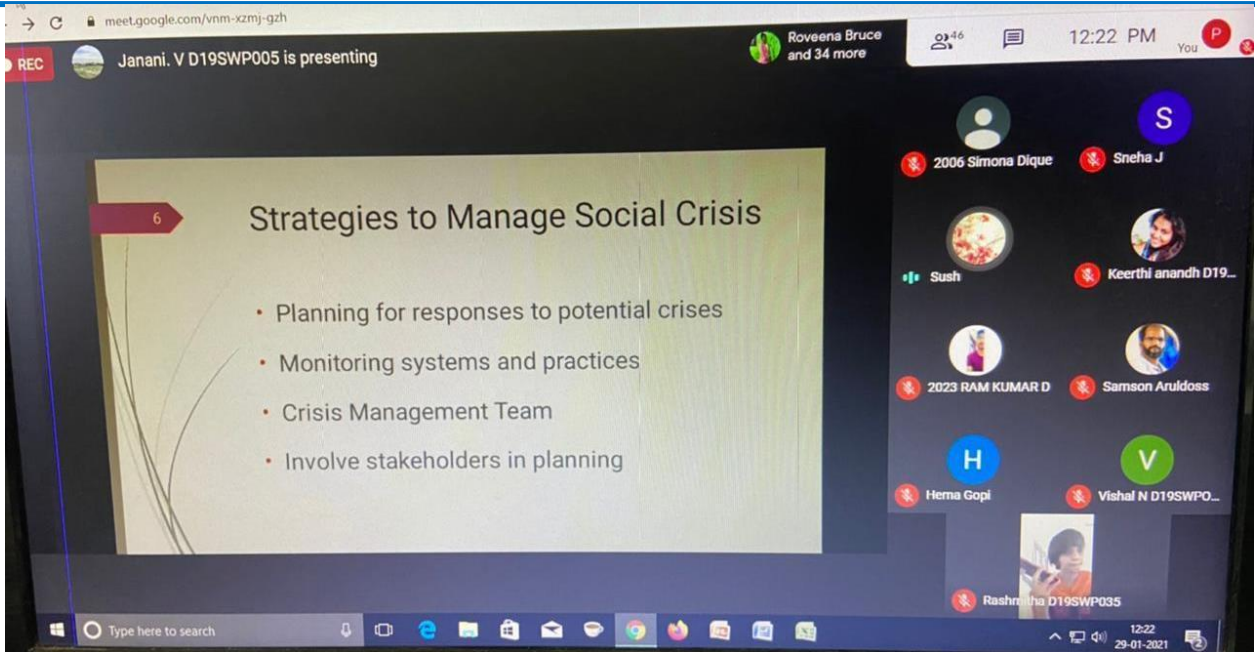
The webinar conducted on POCSO act we received feedback that it would be more useful to conduct more webinars related to social and crisis in India on this. Students can also gain more knowledge regarding the act. through a guest lecture.

Based on the concerns and suggestions received by students from POCSO Act webinar action was taken to conduct the guest lecture.

PHOTOS:

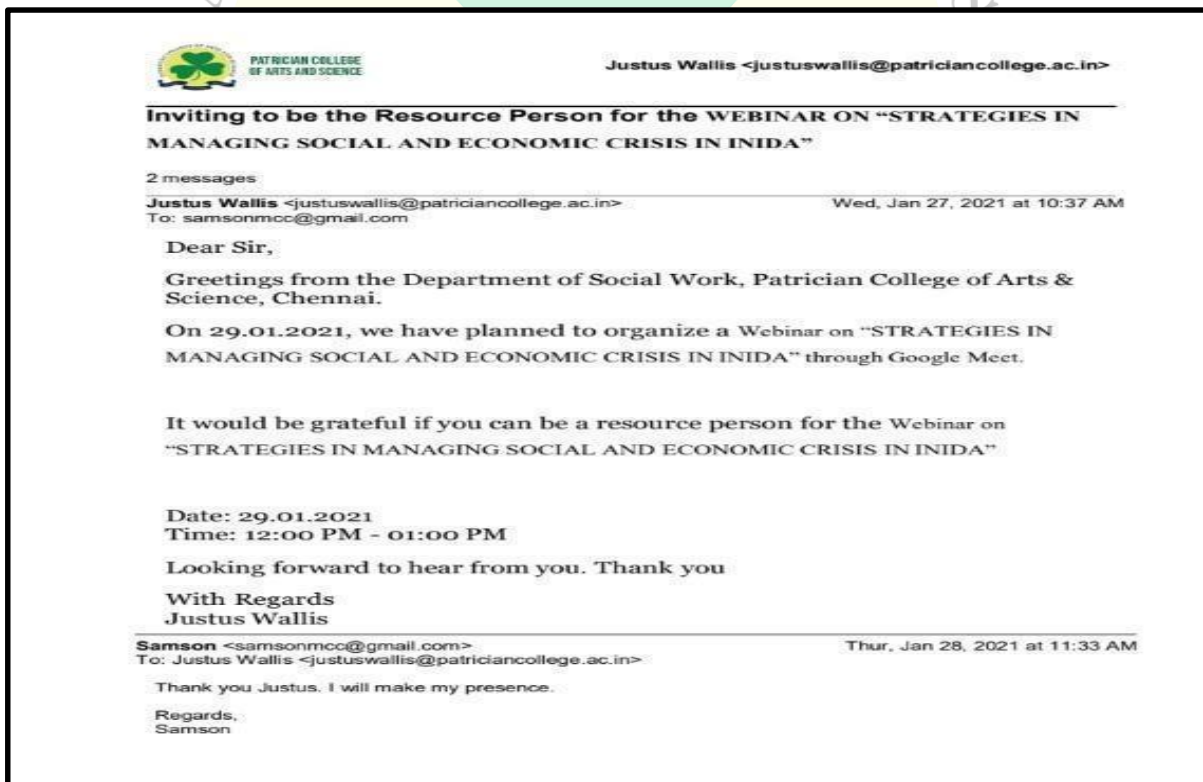


Picture taken while trainee presenting their topics




Pictures taken while presenter explaining on the strategies to manage social crisis

LETTER:



STUDENTS ATTENDANCE WITH SIGNATURES:

Sl.No	CLASS	NO OF STUDENTS	OF	NAME OF THE FACULTY	THE	SIGNATURE OF THE FACULTY
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		ATTENDED	INCHARGE	IN-CHARGE
1.	II MSW	34	Divya J	

LIST OF PARTICIPANTS

S.No	DEPARTMENT NUMBER	NAME
1	D19SW001	AARTHI M
2	D19SW002	AKASH J
3	D19SW003	ALEX A
4	D19SW004	AMALA RUBAN.A
5	D19SW005	ANGELIN RIA D
6	D19SW006	ARUN KUMAR S
7	D19SW007	CHANAKIYAA S
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9	D19SW009	DAVID E
10	D19SW010	DAVID JONATHAN JUDE
11	D19SW011	DEEPIKA H
12	D19SW012	DILIPKUMARAN A
13	D19SW013	DOROTHY SHEEBA M
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16	D19SW016	JAGAN. A
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21	D19SW021	LEEMA ELIZABETH S
22	D19SW022	LISHA REINA I
23	D19SW023	MICHAEL BRITTO A
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29	D19SW029	RAKESH .L
30	D19SW030	REON VELENTINO BROWNE
31	D19SW031	RESHMA
32	D19SW032	ROBIN SANJAY D

33	D19SW033	ROHI BENNY HINN
34	D19SW034	SIVA KUMAR P

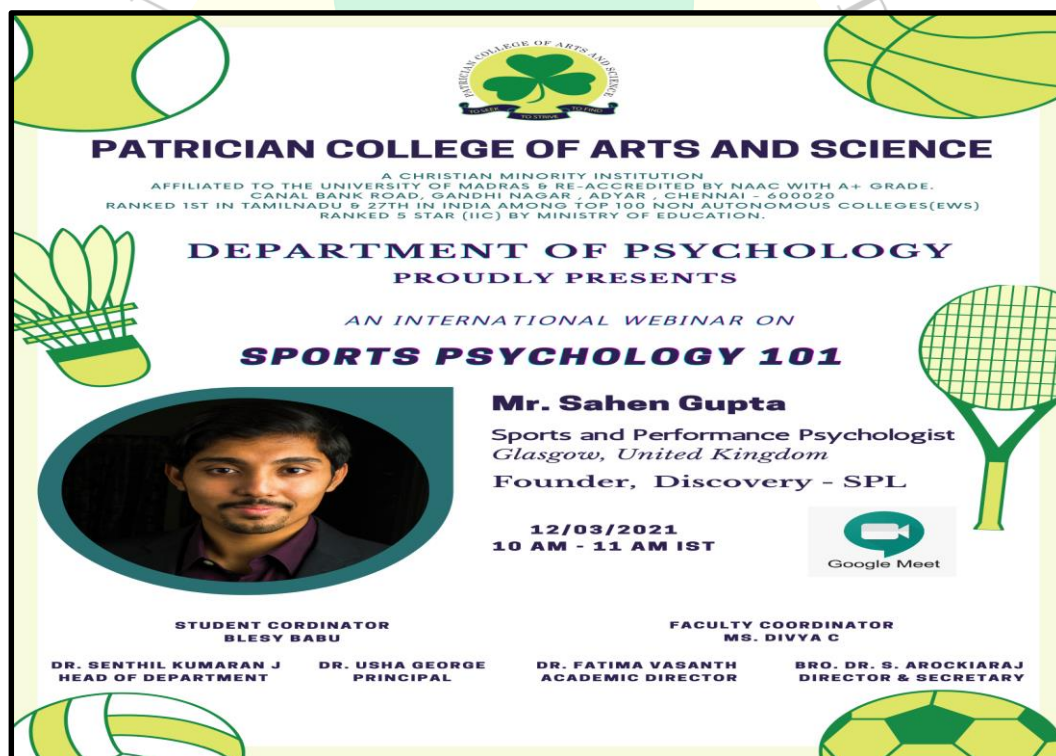
Name of the programme: Sports Psychology 101

Date:12.03.2021

Objectives of the Programme:

- To create awareness about Sports Psychology among final year psychology students in the department
- To help students understand the work of a Sports Psychologist
- To provide interaction with a practitioner so that students can understand the scope of work in the Sports Psychology and career opportunities for the same

Invitation




PATRICIAN COLLEGE OF ARTS AND SCIENCE
A CHRISTIAN MINORITY INSTITUTION
 AFFILIATED TO THE UNIVERSITY OF MADRAS & RE-ACCREDITED BY NAAC WITH A+ GRADE.
 CANAL BANK ROAD, GANDHI NAGAR - ADYAR - CHENNAI - 600020
 RANKED 1ST IN TAMILNADU & 27TH IN INDIA AMONG TOP 100 NON AUTONOMOUS COLLEGES(EWS)
 RANKED 5 STAR (IIC) BY MINISTRY OF EDUCATION.

DEPARTMENT OF PSYCHOLOGY
PROUDLY PRESENTS
 AN INTERNATIONAL WEBINAR ON
SPORTS PSYCHOLOGY 101

Mr. Sahen Gupta
 Sports and Performance Psychologist
 Glasgow, United Kingdom
 Founder, Discovery - SPL

12/03/2021
10 AM - 11 AM IST



STUDENT CORDINATOR
BLESY BABU

FACULTY COORDINATOR
MS. DIVYA C

DR. SENTHIL KUMARAN J
 HEAD OF DEPARTMENT

DR. USHA GEORGE
 PRINCIPAL

DR. FATIMA VASANTH
 ACADEMIC DIRECTOR

BRO. DR. S. AROCKIARAJ
 DIRECTOR & SECRETARY

Programme Schedule: 12/03/2021; 10AM -11AM IST

Time	Program
10AM - 10.05AM	Welcome address and Introduction of Speaker

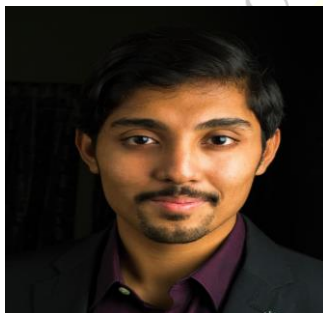
10.05AM - 10.45AM	Speaker's session on "Sports Psychology 101"
10.45AM - 10.55AM	Q&A session
10.55AM - 11AM	Vote of thanks and Feedback

Duty list:

Student coordinator and Emcee: Ms. Blesy Babu - III yr B.Sc Psychology

Faculty coordinator: Ms. Divya Chavaly

Resource person profile with photograph:



Sahen Gupta is a practising Sport & Performance Psychologist and mental trainer. After completing his MSc in Sports Psychology from Glasgow Caledonian University, he is currently pursuing his Doctorate in the same institution. His area of research specialization is resilience and psychological skills training in high-performance environments. In the recent past, he has worked with Team GB Tennis and Premier League Clubs and is currently the Sports Psychologist for the Scotland National U19 Cricket Team for the ICC 2021 u19 World Cup. He is the Founder & Head Psychologist at Discovery Sport & Performance Labs (www.discoveryspl.com)

As a Sports Psychologist, he offers a range of services such as high-performance team cohesion, burnout management, psychological skills training, cognitive-behavioural interventions such as self-talk, motivational interviewing, imagery, goal-setting and mental regulation training which balance individual performance enhancement with health maintenance. As a licensed and practising psychologist in the UK, he works with international, professional and semi-professional athletes engaging in psychological skills training and 1-on-1 psychotherapy for performance management in high pressure, sport-life balance and personal growth. He specialises in and have experience of providing psychological support in the rehabilitation of injury to athletes, ensuring a positive mental state during the rehabilitation process and return to play. As a Doctorate Scholar, he often teaches at the university level and works with younger athletes providing psychoeducation in sports psychology for positive

mental health in high-pressure environments. As a researcher, he has published in SCOPUS indexed journal multiple times (see Google Scholar). At the team level, his ethos focuses on ensuring a positive psychological climate promoting performance and team cohesion, coach-athlete and inter-athlete relationships for optimal on-field performance. His most recent publication was in Frontiers in Psychology.

Meeting link: meet.google.com/pff-dztp-dfx

Recorded link:

<https://drive.google.com/file/d/1uo9jvAMBAQWQ6om9h9byEVAHFufla5EQ/view?usp=sharing>

Recorded Chat transcript https://drive.google.com/file/d/1mqTYAAI1M0q-C0BDNcT4YG_MOQas1q8h/view?usp=sharing

Report of the programme:

The Department of Psychology conducted an international webinar on “Sports Psychology 101” on 12th March 2021 for 39 students and 6 faculty members.

The webinar provided a brief introduction to the world of Sports Psychology. The speaker explained how the nature of work for a Sports Psychologist primarily involved dealing with persons who perform in high risk environments and how this can be different from that of a Counselling psychologist. The students were given exposure on what to expect as a Sports psychologist, both as a practitioner and in the field of academic research, the scope of work in the field as well as the opportunities for the same in India and abroad.

Meet attendance / screenshot of participants / programme: Not available

Feedback link:

<https://docs.google.com/forms/d/1I9tPuaxXcrHh3x8oKN2u51WelXpzjngpsHzUp3-RzPs/edit?usp=sharing>

Feedback - responses:

<https://docs.google.com/spreadsheets/d/1j5whI3TWkpzXtPVL0ymykbWr2Foi6Q4GCIDIV8YkwCw/edit?usp=sharing>

Outcome of the programme:

Students were able to gain valuable knowledge about the field of Sports Psychology from a practitioner, understand its scope and the higher education needed to practice as a Sports Psychologist. The awareness session helped final year UG Psychology students to make an informed decision regarding their professional interest in Sports Psychology

Handout given by the speaker -

https://drive.google.com/file/d/1N3_UqNexh3u3f4jfKidKk15CBcEBk9/view?usp=sharing

Programme Name: Right sleep Mantra

Date: 24.05.2021

INVITE



PATRICIAN COLLEGE OF ARTS & SCIENCE
A Christian Minority Institution
Affiliated to the University of Madras & Re-accredited A+ Grade by NAAC in 2021
5 Star Rating by Innovation cell , MoE , Govt of India

St. Patrick's Patron Bishop Daniel Delany Founder

POST GRADUATE & RESEARCH DEPARTMENT OF COMMERCE SHIFT I
INVITES YOU FOR A WEBINAR ON
'RIGHT SLEEP MANTRA'

DATE: 24TH MAY 2021 TIME: 4:00 PM

MR. IGNATIUS RAPHAEL
DEEP SLEEP COACH
DEEP SLEEP ACADEMY

DR.D.UNIKA HOD B.com Gen (shift I) DR USHA GEORGE PRINCIPAL DR FATIMA VASANTH ACADEMIC DIRECTOR BRO. DR. S AROCKIARAJ DIRECTOR & SECRETARY

Program schedule

EMCEE KARISMA G II B.COM B CLASS REPRESENTATIVE

SAI CHANDRAN G II B.COM B CLASS REPRESENTATIVE

4.00- 4.02pm	PRAYER	WELCOME ADDRESS DR. UNIKA D HEAD OF DEPARTMENT OF COMMERCE
4.04- 4.06pm	FELICITATION	DR. B MEENA VICE PRINCIPAL SHIFT -I DEPARTMENT OF COMMERCE
4.06— 4.07pm	INTRODUCTION OF CHIEF GUEST	SADDAM HUSSAIN II B.COM B STUDENT COORDINATOR
4.17— 4.55pm	CHIEF GUEST SPEECH	MR. IGNATIUS RAPHAEL DEEP SLEEP COACH DEEP SLEEP ACADEMY
4.55— 5.05 pm	VOTE OF THANKS	TIANNA LINCOLN II M.COM PG REPRESENTATIVE

About the workshop and chief Guest Profile

Sleep Health is your Health A mini workshop where you can discover how sleep health impacts your financial, emotional, mental and physical health We have slept all our life, from the day we are born. We ought to know what it is, how to do it and when to do it. Unfortunately there are so many pressures on our time today that we get tempted to steal it from the time allotted to sleep. A late night match, a party, home assignment to be submitted, a project deadline that must be completed, a friend who needs our company, a Netflix series that must be watched non-stop, etc. They all vie for our time and sleep is something that does not complain to you right away. So we steal time from it. We sleep for one-thirds of our life. Many ambitious people think that this is a waste of their time and are willing to take some of it to invest in their work, family or leisure. Unfortunately this backfires sooner or later and many a time, it is too late to course correct. Learn how foundational sleep is to your well-being and what it does for your life from Ignatius Raphael, the Deep Sleep Coach. In his work, he has come across hundreds of people who are not able to get results in their life and many of these can be traced back to their sleep hygiene and habits. When they correct that, they discover that they are able to manifest results more effortlessly and easily. He has created the Deep Sleep Formula and the Deep Sleep Bootcamp where he helps people to conquer their sleep and their life. In this mini workshop he will help you to discover how foundational our sleep health is to our own health.

Key Take-aways

- What is your Sleep Health Score?
- How does this score affect your performance in the other areas of your life?
- One powerful technique to improve this score so you can improve the other areas of your life.

This is a must attend for those who have challenges in their life. Duration: 60 - 90 mins (incl Q&A) Date: Time: Mini bio of Ignatius Raphael, the Deep Sleep Coach Ignatius Raphael is a third-gen entrepreneur with over 30+ years of management experience. Ignatius has been a printer, author, publisher, graphic designer, branding consultant, content specialist, Operation Head in an Animation company, Director of an Adventure & OBT company and a start-up / strategy consultant for business owners. before he turned into a Deep Sleep Consultant Educated in Don Bosco, Egmore and Loyola College, Chennai, learning and self-development has been his passion for the last 3 decades. He is on a mission to help over 10 million people to regain their well-being and happiness He is the author of the upcoming book “The Deep Sleep Formula”. He has practiced meditation from his late teens and undergone training in many healing methodologies including Reiki, Yoga, NLP, Louise Hay, etc He has been coaching other business owners for the last few years and finds that lack of adequate sleep is a silent killer to this stressed out community. He wants to help people to lead healthier, more productive and happier lives. And the right sleep is a great way to correct what's wrong in a person's life. He is a trained counselor, who has ventured into Deep Sleep coaching because of the untimely loss of a beloved friend who lost his life early because of sleep deprivation. He can help those who are struggling with poor sleep hygiene and the consequent damage to their wellbeing. His social handles are: Website: www.ignatiusraphael.in Courses: hub.ignatiusraphael.in Facebook: <https://www.facebook.com/deepsleepcoachiggy/> Instagram: <https://www.instagram.com/ignatiusraphael/> Email: joyfull.iggy@gmail.com Current location: Chennai

Recording Link

https://drive.google.com/file/d/1Z9ExAINQOqSpCO97_pr4HTNZzmR6Jh42/view?usp=sharing

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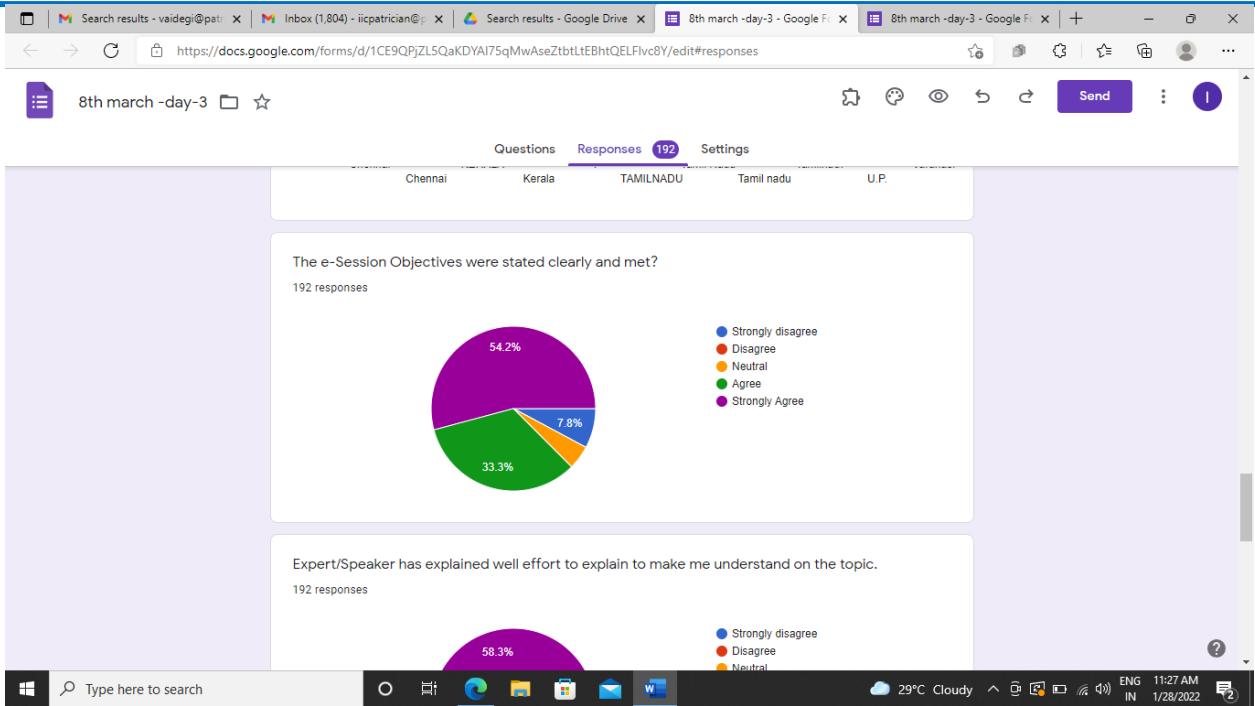
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FEED BACK



REC

SATED Questionnaire

	Rarely/ Never (0)	Sometimes (1)	Always (2)
Satisfaction Are you satisfied with your sleep?			
Alertness Do you stay awake all day without dozing?			
Timing Are you asleep (or trying to sleep) between 2am-6am?			
Efficiency Do you spend less than 20 minutes awake at night? (This includes the time it takes fall asleep and the awakenings from sleep.)			
Duration Do you sleep between 6 and 8 hours per day?			

TOTAL FOR ALL ITEMS RANGES FROM 0-10
0 - POOR SLEEP HEALTH 10 - GOOD SLEEP HEALTH

Ignatius is presenting

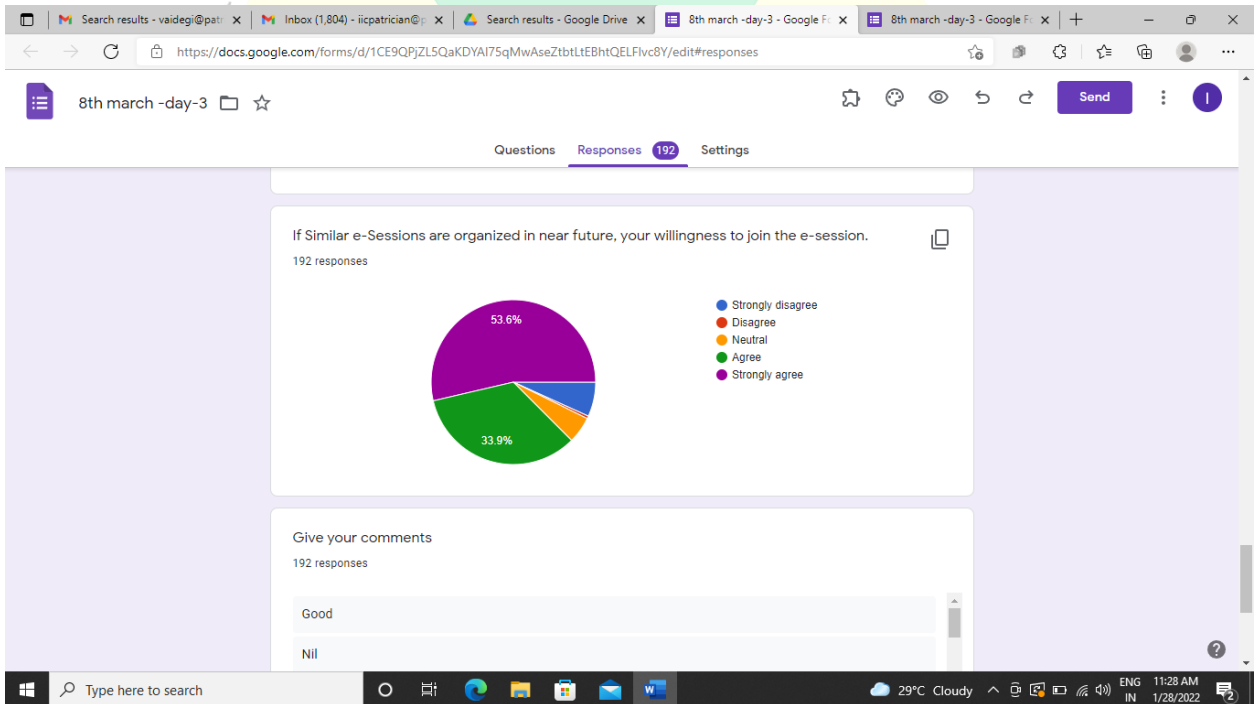
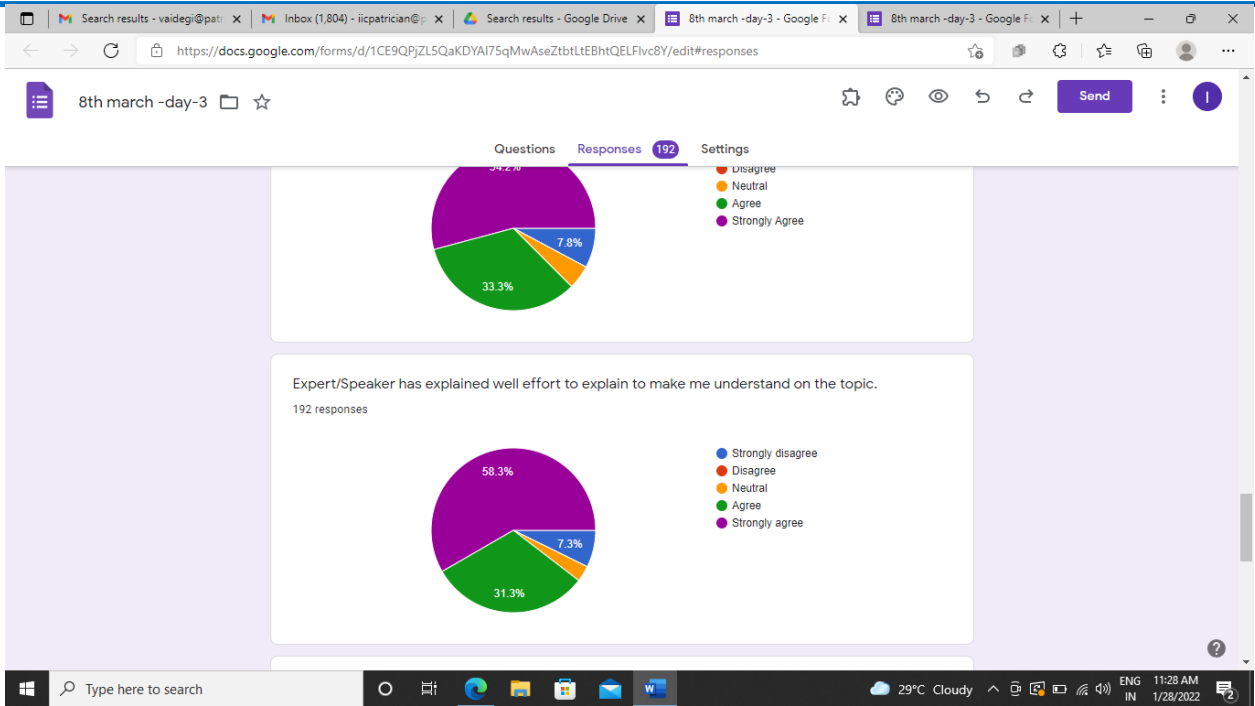


Ignatius



Vaidegi





PATRICIAN COLLEGE OF ARTS AND SCIENCE
DEPARTMENT OF COMPUTER APPLICATIONS(SHIFT 1)

**Programme Name: Student Development Programme, an Intra Departmental Event,
Training on capacity building and Skills enhancement.**

Date and Time: Wednesday 19th May 2021 & Friday 20th May 2021

Number of Beneficiaries : 70

Programme Objective:

Apart from curriculum in order to improve the life skills, Soft skills, Language and Communication skills, Computing skills of the students, the Student Development Programme was conducted. It is the need of the hour.

Invite:



The poster is for a 'Student Development Programme' organized by the Department of Computer Applications, Shift-I, at Patrician College of Arts and Science. It features a yellow background with a green border. At the top, the college's name and affiliation are listed. Below this, the department's name and the event title are prominently displayed. A 'Key Note Speaker' section features three circular portraits of the speakers: Mrs. K. Santhakumari, Mr. Robinson Rex D, and Mr. Stephen Emmanuel. Each speaker's name, topic, date, and time are listed below their portrait. At the bottom, the names and titles of the HOD, Principal, Academic Director, and Director & Secretary are provided. A 'GOOGLE MEET' logo is also present, along with a note that an E-Certificate will be provided to participants.

Patrician College of Arts and Science
A Christian Minority Institution
Affiliated to the University of Madras & Reaccredited 'A+' Grade by NAAC
Rated 5 Star (IIC) By Ministry of Education

DEPARTMENT OF COMPUTER APPLICATIONS SHIFT-I
ORGANIZES
Student Development Programme
An Intra Departmental Event- Training on Capacity building and Skills enhancement

Key Note Speaker

 <p>Topic: Yoga & Physical Fitness Date: Wednesday, 19th May 2021 Time: 3:00 p.m. Resource Person: Mrs.K.Santhakumari, M.A. M.Ed. MA.Yoga Headmistress, T.F.U.M.School,Ayathur.</p>	 <p>Topic: Soft skills & Language and communication skills Date: Thursday 20th May 2021 Time: 10:00 a.m. Resource Person: Mr. Robinson Rex D Deputy Manager, Training, Bankbazaar.com</p>	 <p>Topic: ICT / Computing skills Date: Friday , 21st May 2021 Time:10 a.m Resource Person: Mr. Stephen Emmanuel Executive Manager - Cloud Security Program & Governance Deloitte Support Services India Pvt Ltd</p>
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GOOGLE MEET

E-Certificate will be provided to the participants

Mrs. B.Anandapriya
HOD

Dr. Usha George
Principal

Dr. Fatima Vasanth
Academic Director

Bro. Dr. S.Arockiaraj
Director & Secretary

19TH MAY 2021

Time: 03.00 p.m

Google meet

PROGRAMME SCHEDULE

MC: Mr. Anto Jerril, II BCA A

03.00 p.m	Prayer - Merlin Maria II BCA A
03.02 p.m	Welcome Address - Deepak kumar, II BCA A
03.04 p.m	Introduction of Resource Persons – Deepak kumar, II BCA A
03.06p.m	Resource Person Address- Mrs. K. Santhakumari, Headmistress, TPUM School, Ayuthur
04.00 p.m	Vote of Thanks – Marco Gracy , II BCA B

Report of the Webinar – Day 1

Adolescence is a crucial period for developing and maintaining social and emotional habits important for mental well-being. These include adopting healthy sleep patterns; taking regular exercise; developing coping, problem-solving, and interpersonal skills; and learning to manage emotions. Stress is the reason for many of the physical problems that we face today: it causes high blood pressure, cancer, diabetes, obesity and asthma.

To overcome all these issues the Department of Computer Applications conducted a webinar on Yoga and Physical Fitness. The programme was invoked with God Blessings by Merlin Maria, II BCA A, Welcome Address and Introduction of Chief Guest by Mr. Deepak Kumar, II BCA A. The resource person Ms. Mrs. K. Santhakumari, Headmistress, TPUM School, Ayuthur explained the role of Yoga in daily life and insisted that Yoga is a rhythmic breathing which helps release the stress from your system. And added this can lead to a gradual improvement in physical fitness, Yoga is an effective way to maximize the joy of living in a fit and healthy body. The resource person told students to practice yoga, regular practice of yoga can give more flexibility, more stability and give your body good balance and strength. Insisted students to practice yoga regularly. The resource person explained to the students to do breathing exercises practically. This demo helped the students to learn more about breathing exercise.



The Resource Person Mrs.K.SanthaKumari, Headmistress, TPUM School, Ayuthur teaching Breathing exercise to the students

This session was a good start for the students to practice some physical exercise during the lockdown. The students really benefited and gave good feedback.

Resource person Profile – Day 1

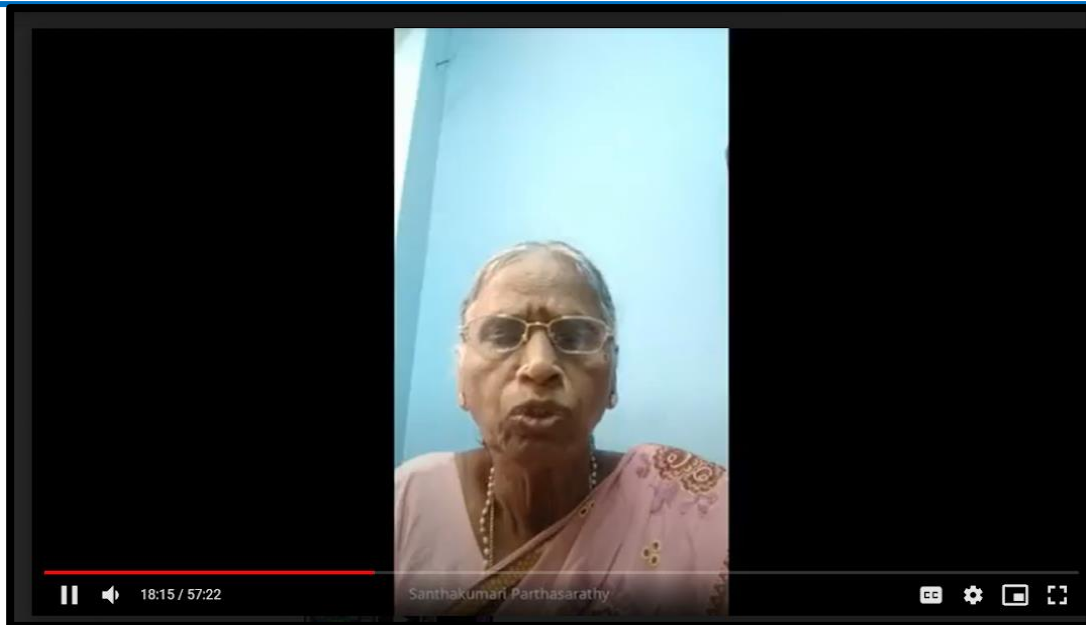
Mrs.K.SanthaKumari, Headmistress, TPUM School, Ayuthur

- Joined as a Secondary Grade teacher in Government,
- Worked as a teacher for 27 years,
- Worked as a head mistress for 10 years,
- After retirement, she did her Masters in Yoga
- Currently she is the member of World community Service centre,
- She is doing Yoga as a service.



Mrs.K.SanthaKumari, Headmistress, TPUM School, Ayuthur

Photos



The Resource Person Mrs.K.SanthaKumari, Headmistress, TPUM School, Ayuthur explaining about yoga

Feedback – Day 1

Feedback link for Day 1:

Timestamp	Username	Name of the Student	Class	Feedback about the Programme
2021/05/19 3:42:17 PM GMT+5:30	deepakuthayakumar2157@gmail.com	U Deepak Kumar	2nd BCA "A"	The Programme was very useful and informative.
2021/05/19 3:42:57 PM GMT+5:30	vigneshd18ca096@gmail.com	VIGNESH N	Bca b	Gud
2021/05/19 3:43:01 PM GMT+5:30	jencymancy95@gmail.com	J JENCY	III BCA 'A'	Informative session



0				
2021/05/19 3:43:43 PM GMT+5:30	harishkumar8248@gmail.com	Harish Kumar	3 bca a	Nice session
2021/05/19 3:44:04 PM GMT+5:30	akashmartin.001@gmail.com	Akash M	2nd BCA	Nice to get advice from yogo basic instructions
2021/05/19 3:44:47 PM GMT+5:30	perumal4491@gmail.com	P.Marcogracy	2 BCA -B	So good
2021/05/19 3:44:49 PM GMT+5:30	merlinmariaanto@gmail.com	M. Merlin Maria Anto	II BCA -A	Good
2021/05/19 3:45:26 PM GMT+5:30	ipavithrad18ca062@gmail.com	Pavithra.I	3 BCA B	The session was great... I learnt alot and she opened my eyes on the different perspective... Thank you so much for conducting these kind of programs ... You are the best Patrician
2021/05/19 3:45:33 PM GMT+5:30	suriyadaniel2002@gmail.com	SURIYA PRAKASH.S	2nd BCA' B'	.



2021/0 5/19 3:45:45 PM GMT+5:3 0	sadeepsuriya2002@gmail.com	M.Sadeep	2nd B.C. A 'B'	Great...!
2021/0 5/19 3:45:52 PM GMT+5:3 0	betsydelvin@gmail.com	D.Irene Betsy	3rd BCA 'A'	Information
2021/0 5/19 3:46:19 PM GMT+5:3 0	antojerril.j@gmail.com	Anto Jerril J	II BCA 'A'	That was a wonderful session
2021/0 5/19 3:46:26 PM GMT+5:3 0	srs.fernandez46@gmail.com	S. George Fernandez	II BCA 'A'	Excellent
2021/0 5/19 3:46:40 PM GMT+5:3 0	chandru247t@gmail.com	Chandru T	2nd BCA	Wonderful speech
2021/0 5/19 3:47:04 PM GMT+5:3 0	praveenraj15g@gmail.com	G. Praveenraj	2 BCA .B	Super
2021/0 5/19 3:50:40 PM GMT+5:3 0	deepisan4587@gmail.com	Deepika S	III BCA 'A'	It's useful



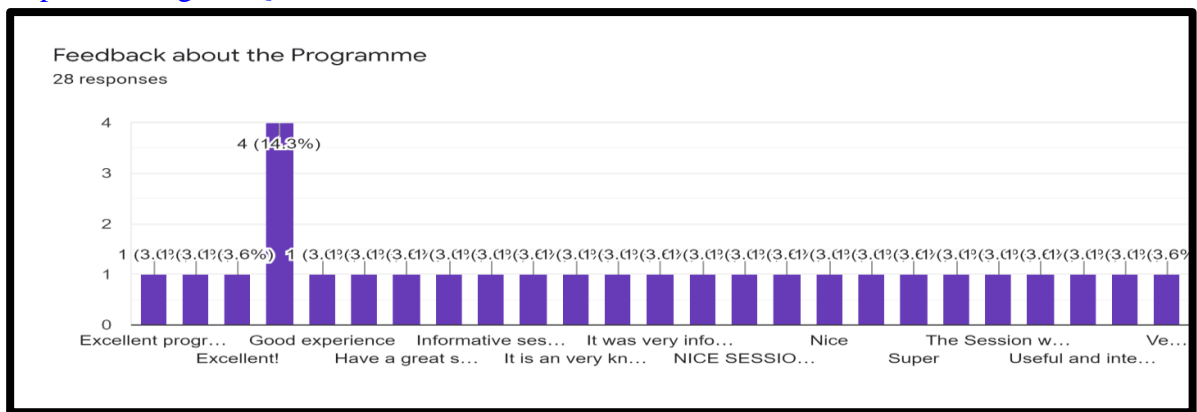
2021/0 5/19 3:51:06 PM GMT+5:3 0	samitha0013@gmail.com	Samitha S	III BCA B	Excellent session!!!!
2021/0 5/19 3:56:10 PM GMT+5:3 0	sindusneha0905@gmail.com	Sindu	2nd bca-b	It is more useful
2021/0 5/19 4:07:59 PM GMT+5:3 0	snehadeepika210@gmail.com	Sneha	II bca	Useful

RECORDED VIDEO LINK

https://drive.google.com/file/d/128cRFvcoXpmYOEIpxdas-IjbU8ve6tf2/view?usp=drive_web

Feedback Link:

<https://forms.gle/DQ7G9iVFL9Am5VPh8>



Recorded Video Link:

https://drive.google.com/file/d/1G9NFD_px1eFxUhbona3ZQkm1VilhxX47/view?usp=drive_web

: 21st MAY 2021

Time: 10.00 am

Google meet

PROGRAMME SCHEDULE

MC: Mr. Anton Jerril, II BCA A

10.00 a.m **Prayer - Ms. Merlin Maria, II BCA A**

10.02 a.m **Welcome Address - Mr. Thanigai Selvam, II BCA B**

10.04 a.m **Introduction of Resource Persons –Mr. Thanigai Selvam, II BCA B**

10.06a.m **Resource Person Address- Mr. Stephen Emmanuel, Cloud Security Program &
Governance Deloitte Support Services India Pvt Ltd**

11.00 a.m **Vote of Thanks – Marco Gracy, II BCA B**

Report of the Webinar

Information and communications technology (ICT) skills refer to one's ability to converse with people through various technologies and Information and communication technology (ICT) has contributed immensely to social and economic improvements, such as higher employment and productivity, increasing access to a higher quality of life Since ICT can generate important contributions to public health, from education to surveillance the Department of Computer Applications conducted seminar on ICT and communications for the betterment of the student knowledge .

The webinar started with prayer by Ms. Merlin Maria of II BCA A followed by Welcome address and introduction of Chief Guest by Mr. Thanigai Selvan of II BCA B. The Department Alumni students Mr. Stephen Emmanuel, Cloud Security program and Governance Deloitte Support Services India Pvt Ltd was the resource person of the day.

He started his speech about the importance and characteristics of data, He taught the advanced concepts of MS office. He thought about how to install and work with MS Office 365.The resource person said MS office is cloud based, the main advantage of MSOffice 365 we can work from anywhere as long as we have internet connection and thought about how to access word, PowerPoint, email, excel using MS office 365. He shared his own experience about his College life and encouraged the students to learn new technologies and keep them updated to face the industry after their Degree.

The students learned about a new tool through this webinar. Ms. Marco Gracy of II BCA B delivered the vote of thanks

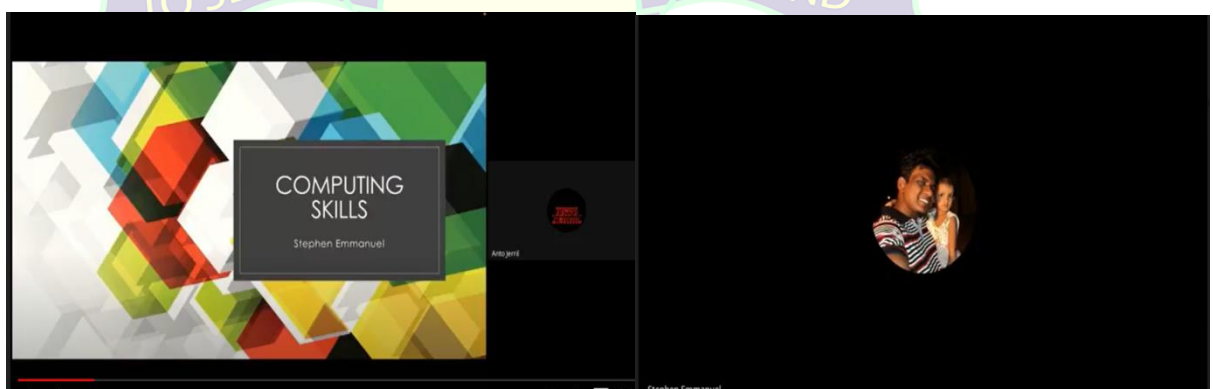
Resource person Profile – Day 3

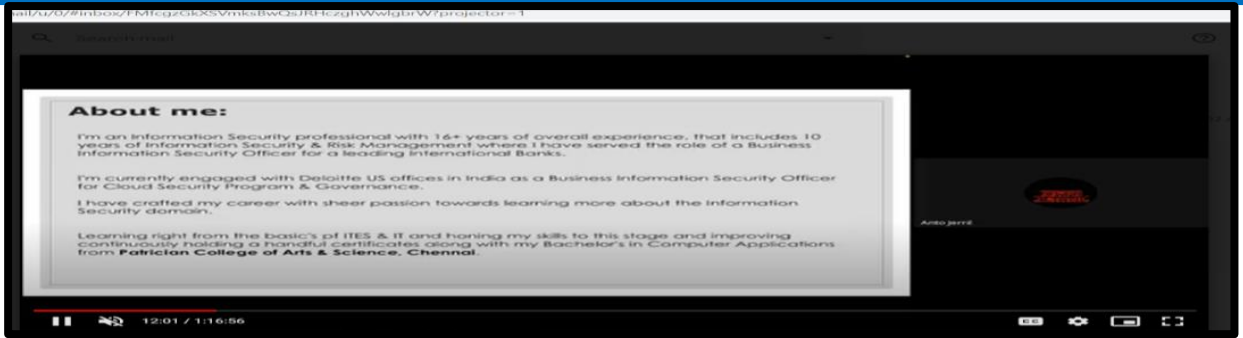
Stephen Emmanuel :

- Did BCA in Patrician College of Arts and Science
- Information Security professional with 16+ years of overall experience, that includes 10 years of Information Security & Risk Management where he has served the role of a Business Information Security Officer for leading International Bank.
- Currently engaged with Deloitte US offices in India as a Business Information Security Officer for Cloud Security Program & Governance.
- Crafted his career with sheer passion towards learning more about the Information Security domain.
- Learning right from the basics of ITES & IT and honing his skills to this stage and improving continuously holding a handful certificates along with his Bachelor's in Computer Applications.



Mr. Stephen Emmanuel, Cloud Security program and Governance
Deloitte Support Services India Pvt Ltd





About me:

I'm an Information Security professional with 16+ years of overall experience, that includes 10 years of Information Security & Risk Management, where I have served the role of a Business Information Security Officer for a leading International Banks.

I'm currently engaged with Deloitte US offices in India as a Business Information Security Officer for Cloud Security Program & Governance.

I have crafted my career with sheer passion towards learning more about the information Security domain.

Learning right from the basics of ITES & IT and honing my skills to this stage and improving computer security including a Post-grad certificate in Cyber Security along with my Bachelor's in Computer Applications from Patrician College of Arts & Science, Chennai.



Data

Data is a collection of facts, such as numbers, words, measurements, observations sometimes even descriptions.

Information => May be True or False

Facts => Verified Information

Data => Collection of verified & valid information

Knowledge Repos => Collection of Data/Databases

DATA IS EVERYTHING & IT NEEDS TO BE ACCURATE

VISUALLY APPEALING

THE E OF THE ESSENCE



Characteristics of Data

Data is critical and it needs to have certain characters to be even trustworthy. If the data is of poor quality, it will impact your organization's Strategy, Vision and the Revenue.

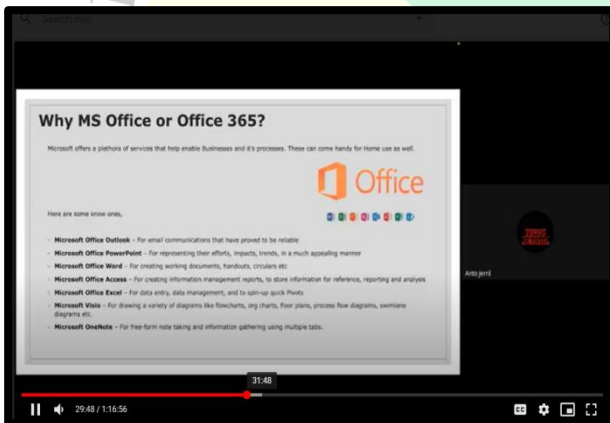
Accurate: Data is error free

Complete: Data Records are complete and sufficient to draw conclusions

Reliable: Data is consistent across all systems

Relevance: Data used in the right timing and with relevant data sources and research

Timeliness: Data is available on demand and on-time



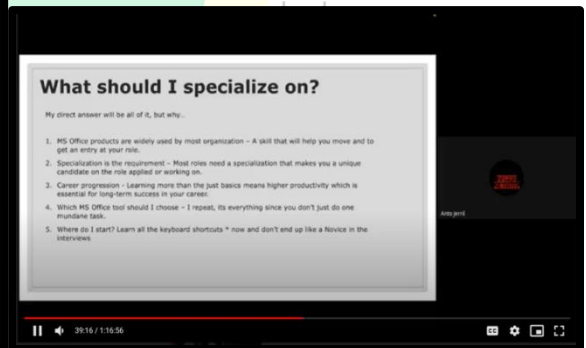
Why MS Office or Office 365?

Microsoft offers a plethora of services that help enable Businesses and it's processes. These can come handy for Home use as well.

Office

Here are some know ones,

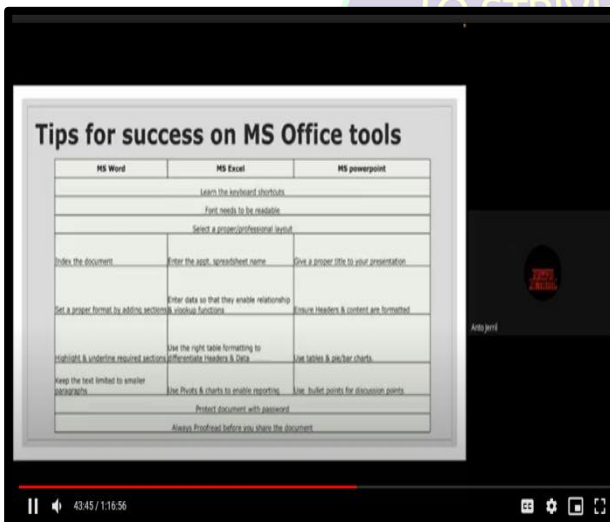
- Microsoft Office Outlook - For email communications that have proved to be reliable
- Microsoft Office PowerPoint - For representing their efforts, impacts, trends, in a much appealing manner
- Microsoft Office Word - For creating working documents, handbooks, manuals etc.
- Microsoft Office Access - For creating information management reports, to store information for reference, reporting and analysis
- Microsoft Office Excel - For data entry, data management, and to open up quick Pivot
- Microsoft Visio - For drawing a variety of diagrams like flowcharts, org charts, floor plans, process flow diagrams, swimlane diagrams etc.
- Microsoft OneNote - For free form note taking and information gathering using multiple tabs.



What should I specialize on?

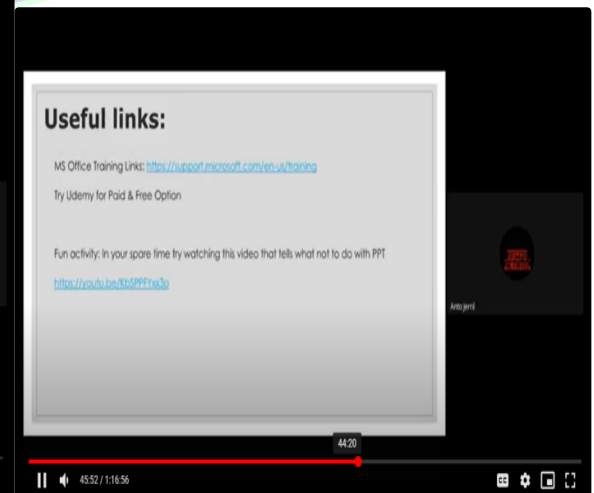
My direct answer will be all of it, but why...

- MS Office products are widely used by most organization - A skill that will help you move and to get an entry at your role.
- Specialization is the requirement - Most roles need a specialization that makes you a unique candidate on the role applied or working on.
- Career progression - Learning more than the just basics means higher productivity which is essential for long-term success in your career.
- Which MS Office tool should I choose - I repeat, its everything since you don't just do one mundane task.
- Where do I start? Learn all the keyboard shortcuts * now and don't end up like a Novice in the interviews.



Tips for success on MS Office tools

MS Word	MS Excel	MS powerpoint
Learn the keyboard shortcuts		
Font needs to be readable		
Select a proper/personal layout		
Index the document.	Enter the pptt. spreadsheet name	Give a proper title to your presentation.
Set a proper format by adding sections and sub-sections.	Enter data up to that they enable relationship	Ensure Headers & content are formatted
Highlight & underline required sections	Use the right table formatting to differentiate headers & data	Use tables & pie/bar charts.
Keep the text limited to smaller paragraphs.	Use Pivots & charts to enable reporting.	Use bullet points for discussion points.
Protect document with password		
Always Proofread before you share the document.		



Useful links:

MS Office Training Links: <https://support.microsoft.com/en-in/learning>

Try Udemy for Paid & Free Option

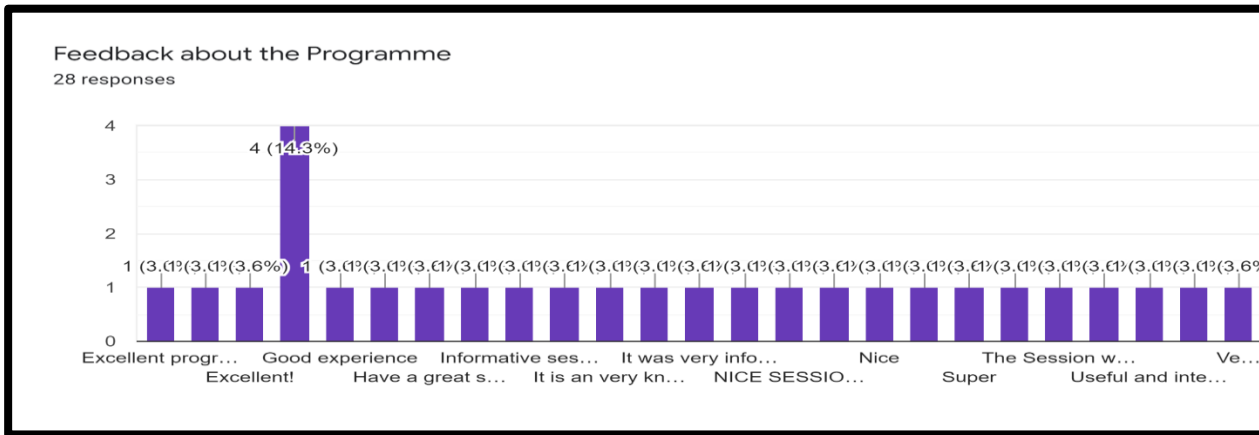
Fun activity: In your spare time try watching this video that tells what not to do with PPT

<https://youtu.be/43PPT1u3o>

The resource person Mr. Stephen Emmanuel(Alumni), Cloud Security program and Governance Deloitte Support Services India Pvt Ltd taking webinar on Windows 365

Feedback – Day 3

Link: <https://forms.gle/92mwxpjXKuWt64oC7>



Namelist of the students Registered and participated[ALL STUDENTS]

Registration Link:

<https://forms.gle/dRYSCwASqgiVZ27j6>

NO	NAME	DESIGNATION	COLLEGE/UNIVERSITY/ INSTITUTION
1	Harish Kumar	Student	Patrician college of arts and science
2	DIVAKAR K	STUDENT	PATRICIAN COLLEGE OF ARTS AND SCIENCE ADAYAR /MADRAS UNIVERSITY
3	Yuvaraj.s	Student	Patrician college
4	Akash M	BCA	Patrician College of Arts and science
5	J. Jency	BCA	Patrician college of arts and science
6	N.yogeshsharma	Student	Patrician college of arts and science
7	D.Irene Betsy	Student	Patrician college of arts and science
8	SATHISH S	2nd year	Patrician college of arts and science
9	Ebineshar.S	Student	Patrician collage of arts and Science



10	AntoJerril J	BCA (Computer Application)	Patrician College of Arts and Science
11	M.PRIYADHARSHINI	Student	Patrician College of Arts and Science
12	Deepika S	Student	Patrician college of arts and science
13	R.KEERTHIKA	Chennai	Patrician college of arts and science
14	KIRUBANIDHI V	BCA (Computer Application) (UG)	Patrician collage of Arts & Science
15	S. George Fernandez		Patrician college of arts and science, madras university.
16	Aboorvajayabal	Student	PATRICIAN COLLEGE OF ARTS AND SCIENCE
17	I.Pavithra	Student	Patrician college of arts and science/ Madras University
18	ARCHANA S	Student	Patrician college of arts and sciences , University of madras
19	Satish Kumar Rout	Student	Patrician College of Arts and Science
20	ThanigaiSelvan.V	Student	Patrician College of Arts And Science
21	RONALDO CHRISTY C	Student	College
22	M.Sadeep	Student	Patrician College of Art's and science
23	Suriyaprakash.S	Student	Patrician college of arts and science
24	Soundarya	Student	College
25	M.PNISHAN	Student	PATRICIAN COLLEGE OF ARTS AND SCIENCE
26	M.J.Mohamed Abdul Ajees	Student	Patrician college of Arts and Science
27	SATHISH.S	Student	College
28	E. Srinivasan	Student	Patrician college of arts and science
29	Sreevishal	Student	Patrician college
30	N.Kathiravn	Student	Patrician college of arts and sciences



31	N. Uthaya Raj	Student	Patrician College Of Arts & Science
32	Sunderavadivelu.K	Student	Patrician college of arts and science
33	SUGANTHAN. P	Student	College
34	Prasanth	Student	Patrician college of arts and science
35	G.Praveenraj	Student	Patrician college of arts and science /madr's university
36	S YUVARAJ	Student	PATRICIAN COLLEGE OF ARTS AND SCIENCE
37	Sabari.m	Student	Patrician college of arts and science
38	S.Pradeep Kumar	Student	Patrician college of arts and sciences
39	Tharun	Student	Patrician college of arts and science
40	VishwajaiJai . S	Student	College
41	Vignesh. T	Student	Patrician college of arts and science
42	Madhanraj.m	Student	patrician college
43	Sylvester	Student	patrician college
44	sameer	Student	Patrician college of arts and science
45	E.MOHAN	Student	Patrician college/Madras University
46	P.Marcogracy	Student	College
47	M. Merlin Maria Anto	Student	Patrician college of arts and science
48	S.JOSHUA	Student	PATRICIAN
49	Justin Charles Noronha	Student	Patrician College Of Arts And Science
50	S.vishal	Student	Patrician college of arts and science
51	Mosses Rabinson T	Student	Patrician College of Arts and science
52	JENIFER B	Student	PATRICIAN COLLEGE OF ARTS AND SCIENCE
53	C. KAMALESH	Student	PATRICIAN COLLEGE OF

			ARTS AND SCIENCE
54	Swetha Kannan	Student	Patrician college of arts and science
55	A.Prince Jacob Raj	Student	Patrician college of arts and science
56	Mohammed Zuhair A	Student	Patrician College of Arts and Science
57	A.LourdhuMary	Student	Patrician college of arts and science
58	A . Joel Isaiah	Student	PATRICIAN COLLEGE OF ARTS AND SCIENCE
59	Chandru T	Student	Patrician college of arts and science
60	R. Hafeezahmed	Student	Patrician College of arts and science
61	SHAM KUMAR.M	Student	Patrician college of arts and science
62	R. Jeganathan	Student	Patrician college of arts and science/madras university
63	Samitha S	Student	College
64	DENNISON.S	Student	Patrician college of arts and science
65	U Deepak Kumar	Student	Patrician College Of Arts And Science
66	Pamiladorthy.T	Student	College
67	TEJESHWARAN M	Student	PATRICIAN COLLEGE OF ARTS AND SCIENCE
68	SHARMILY.V	Student	PATRICIAN COLLEGE OF ARTS AND SCIENCES
69	Anstel glory adhisaya	Student	Patrician college of arts and science
70	Ajith V S	Student	Patrician college of arts and science

Programme Outcome

- During the lock down the students learnt more about Life skills like basic Yoga, softskills, communication and Computing skills through this Student Development Program.
- Students got interest do improve communication skills

Certificate:



Patrician College of Arts and Science
A Christian Minority Institution
Affiliated to the University of Madras & Re- Accredited 'A+' Grade by NAAC.
Awarded 4 Star Rating with Mentor Status by MoE, Govt. of India
Canal Bank Road, Gandhi Nagar, Adyar, Chennai - 600020.

Saint Patrick Patron

Bishop Daniel Delany Founder

CERTIFICATE OF PARTICIPATION

This is to certify that CHANDRU T of III BCA A has participated in the Student Development Programme - Training on capacity Building and Skill Development organized by Department of Computer Applications(Shift I) on Thursday, 20th May 2021.

Mrs. B Anandapriya HOD
Dr. Usha George Principal
Dr. Fatima Vasanth Academic Director
Bro. Dr. S. Arockiaraj Director & Secretary

