

INSTITUTIONAL SOCIAL RESPONSIBILITY CELL

National service scheme jointly with RRC, Rotary & UBA Organizes

SKILL DEVELOPMENT COURSE

3/6/21 - 9/6/21

REPORT ON

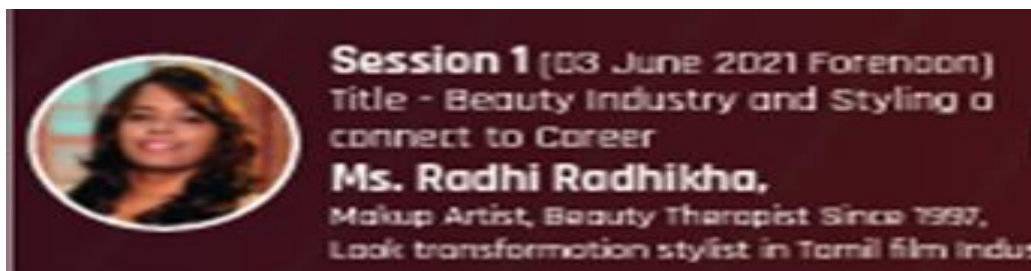
**SENSITIZING STUDENTS TOWARDS SOCIAL
AND PERSONAL WELL - BEING**



SENSITIZING STUDENTS TOWARDS SOCIAL AND PERSONAL WELL -BEING

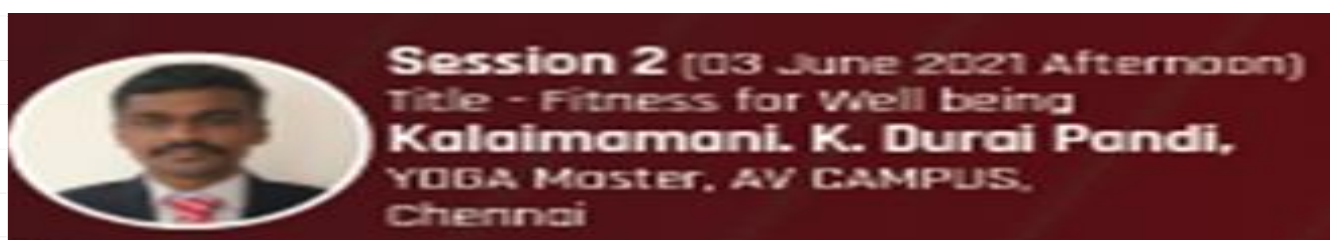
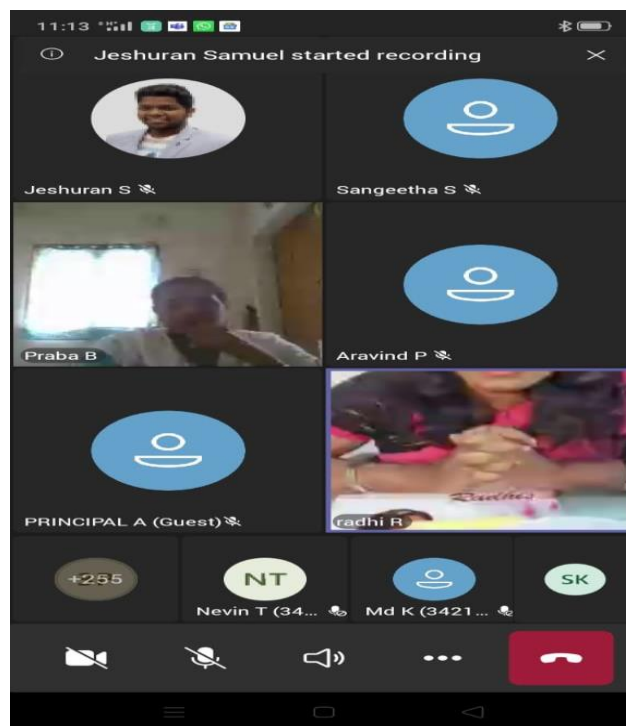
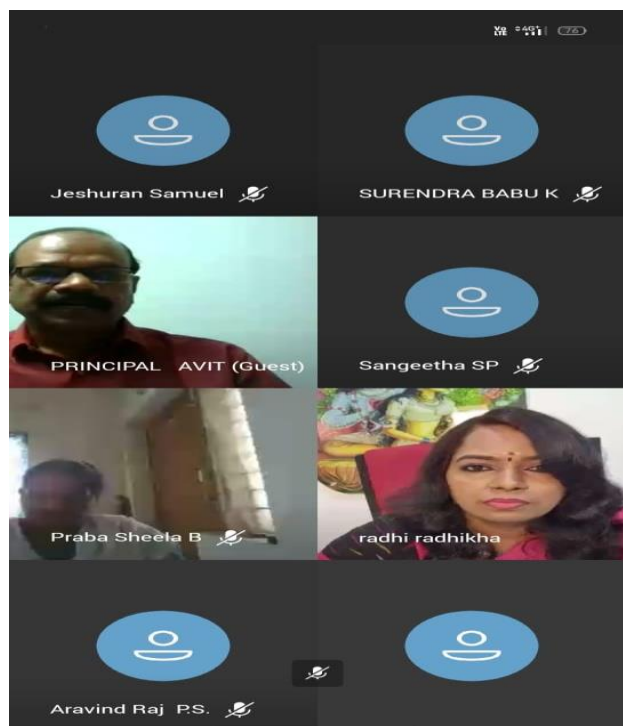
Higher educational institute have an important role in molding the students to develop and manage their interpersonal skill and social responsibilities. Now, students are facing new, complex challenges such as adapting to distance learning, isolation from peers, concerns about family, health, career and financial security. Knowing the current pandemic situation ISR cell of AVIT, NSS along with RRC and Rotaract have Organized Virtual Skill development course entitled “**Sensitizing students towards Social and personal well- being**” from 3/6/21 – 9/6/21 in order to develop a healthy mind, body and lifestyle; to know one’s own strengths and weaknesses and to develop competences. This is organized for final year and pre-final year students of AVIT.

DAY I:



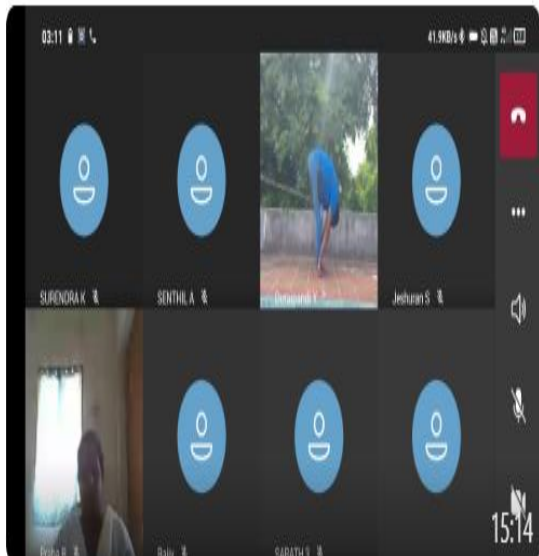
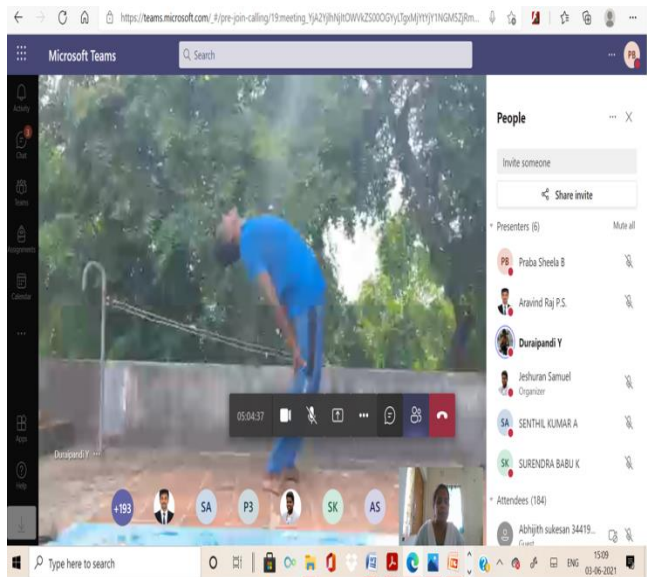
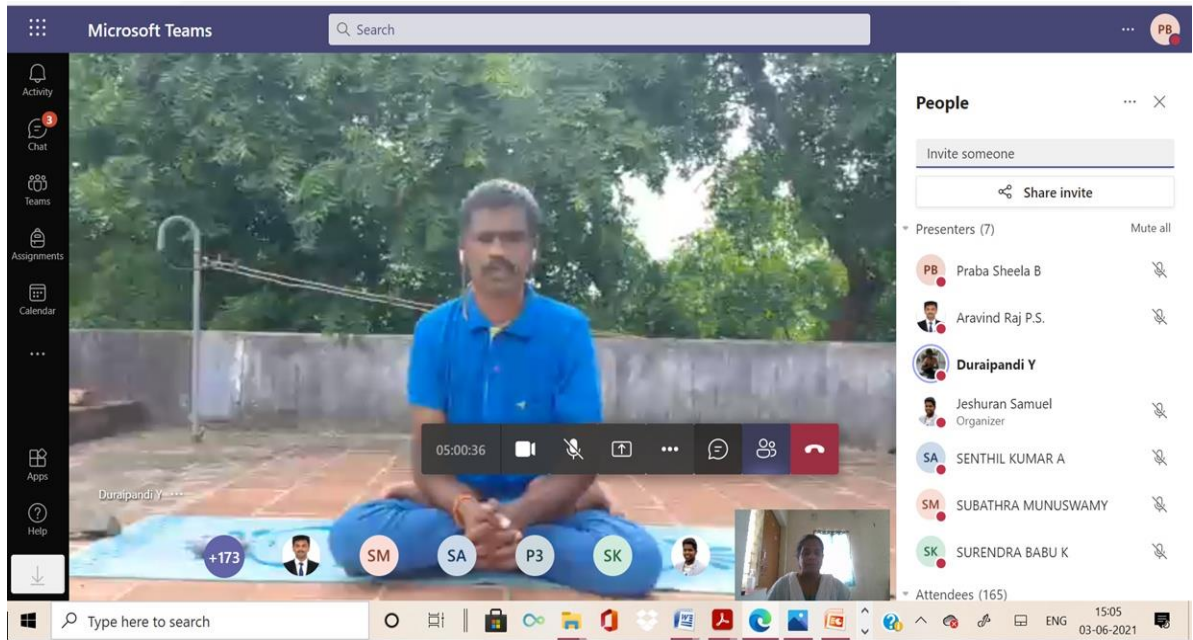
The program started with the opening welcome address of **Dr. S.P. Sangeetha**, Vice Principal (academics) AVIT. In her address she emphasized that the aim of this program is to prepare the youth for the future by kindling the psychosocial competence of the students. **Dr. K.L. Shunmuganathan**, Principal, AVIT in his presidential address stated that positive behavior enable humans to deal effectively with the demands and challenges of life. **Dr.B.Prabasheela**, NSS program officer, AVIT introduced the chief guest, **Ms. Radhi Radhikha**, Beauty therapist, Look transformation stylist in Tamil Industry. Ms.Radhikha gave a talk on “**BEAUTY INDUSTRY AND STYLING A CONNECT TO CAREER**” and she motivated the students by sharing her own experience and how she lifted herself in her career. She insisted students to update themselves in their own field in the fast running world. She added that beauty and personal styling knowledge will assist oneself to fully optimize their potentials and go ahead to

live their dreams. She concluded the session with few beauty tips. The session ended with the Vote of thanks by **Prof .k. Surendra Babu, NSS Program officer, AVIT.**



The afternoon session started at 3pm with the introduction of guest speaker **Kalaimamani. K. Durai Pandi**, Yoga Master, AV Campus by **Prof .k. Surendra Babu, NSS Programme officer AVIT.** Now day's students face stress, tension, fear, etc., hence this session **“FITNESS FOR WELL –BEING”** is to raise awareness and ignite a passion for fitness through Yoga practices like Yogasana, Pranayama and Meditation. The specific significance of each Asana like reducing high blood pressure, relief from back pain and neck pain, reducing the stress level, and increasing the concentration of mind and the body were mentioned simultaneously.

The benefits include enhanced activeness through bending and twisting and immunity through exhaling-inhaling can be achieved through daily practice of yoga and meditation. The students enjoyed the session fully and were greatly benefitted.



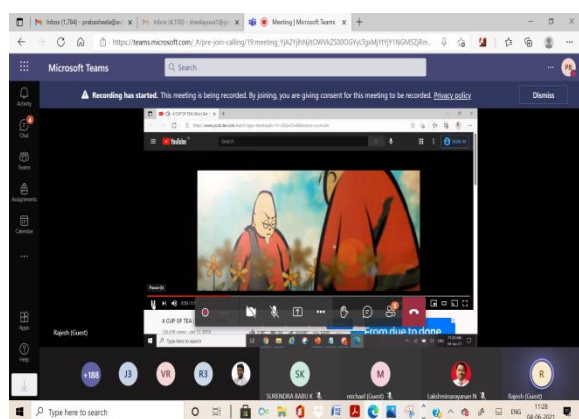
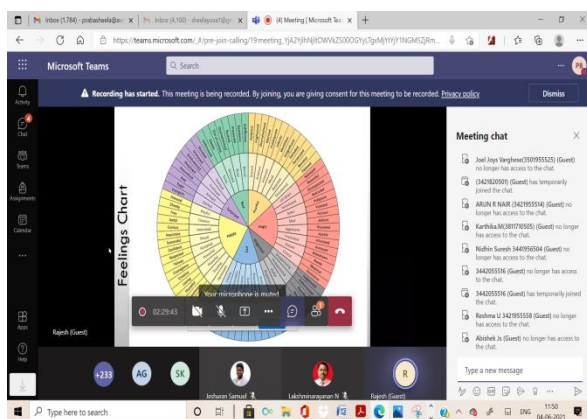
DAY II :



KNOWING OTHERS IS WISDOM

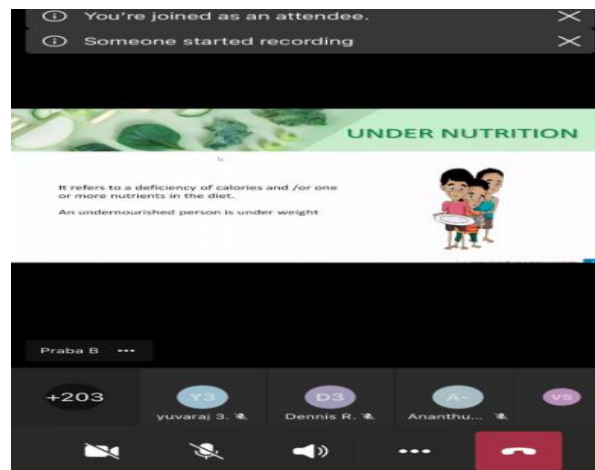
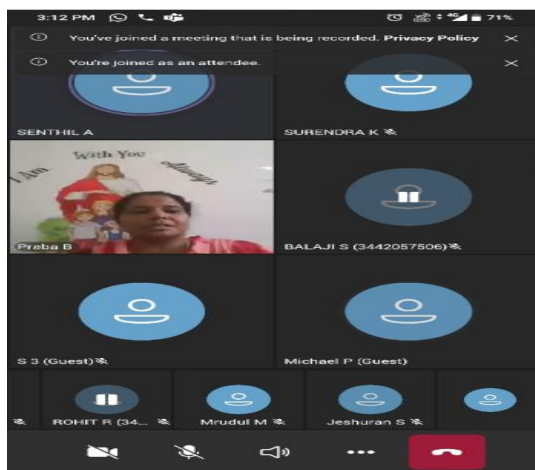
KNOWING YOURSELF IS ENLIGHTENMENT

The 3rd session of the Skill development course is on “Knowing Yourself”. **Mr. Lakshmi Narayanan** introduced the chief guest **Mr. Rajesh Ramanujam**, General Manager, Ford India, Credit IT, Coimbatore. The guest speakers engaged the students in self-discovery to help them know oneself through his talk on “KNOW YOURSELF” and be the best selves through illustrations, questions and stories. This interactive session has laid foundation for student in better reaching their goals.

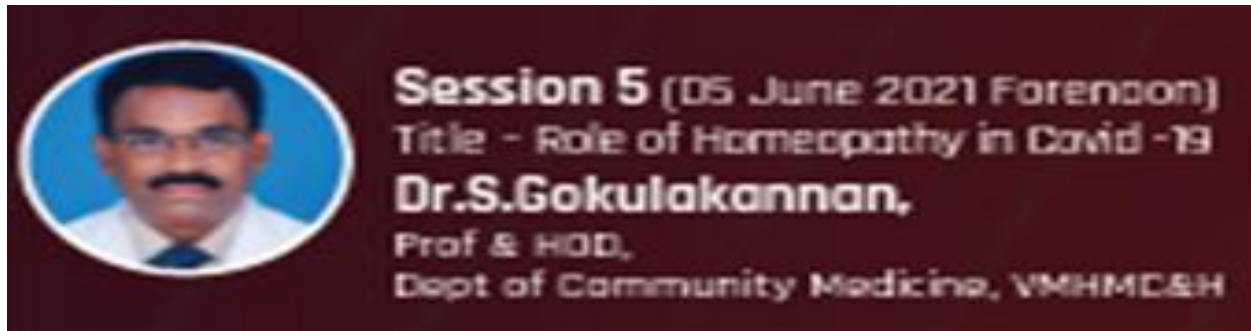




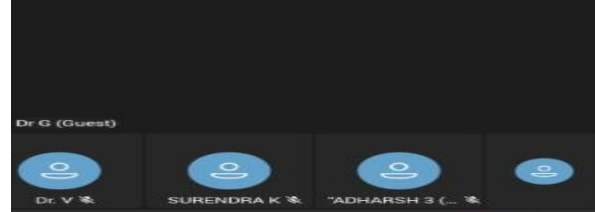
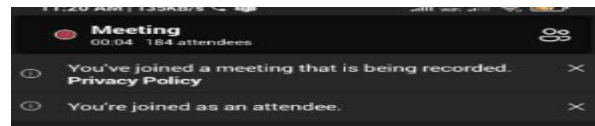
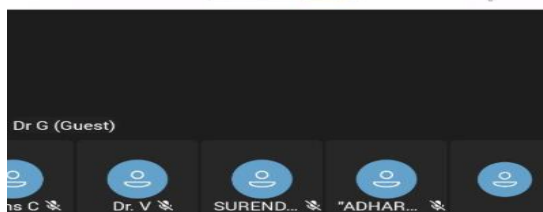
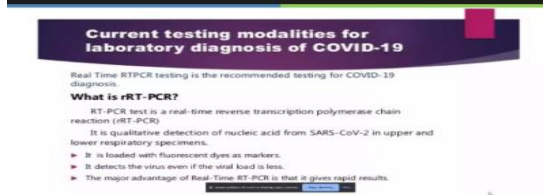
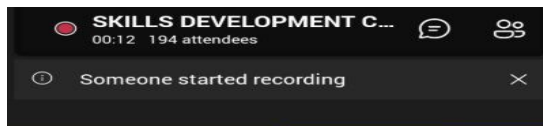
The afternoon session is on “**NUTRITION FOR HEALTHY LIVING**” by **Mr. Michael Paul**, Occupational therapist, Prashanth Hospital Chennai. Nutrition affects one’s lifestyle in many ways including sleep, mental health and fitness. He has thrown spotlights on nutrition type, malnutrition, balanced diet and its functions. This session was conducted with the main objective of creating awareness and importance of nutrition for wellbeing of the people. This session offers a gap for discussions on bump into nutrition and Health connected issues and challenges in the current scenario.

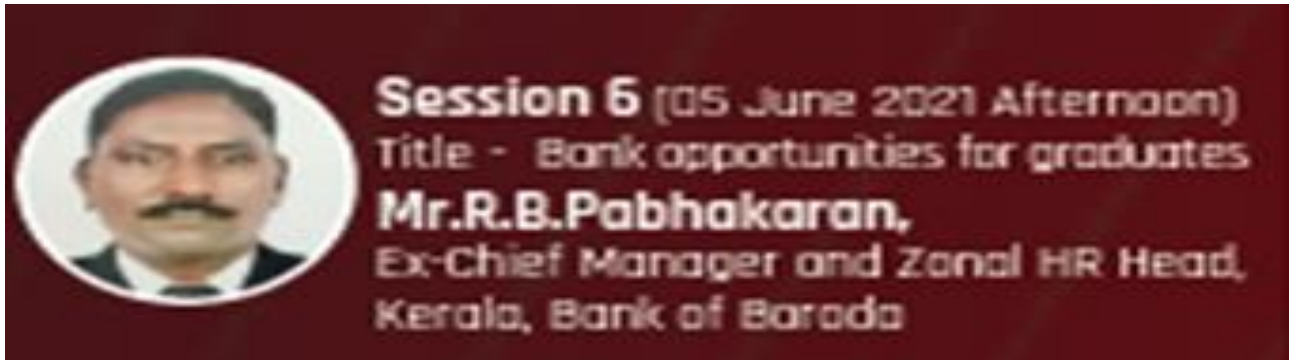


DAY III:



This webinar was conducted to create awareness about homeopathy medicine. In this session **Dr. Gokulakannan**, Professor, Department of community medicine , VMHMC&H addressed on “**ROLE OF HOMEOPATHY IN COVID 19**” and share his cup of knowledge and research findings in terms of efficacy, safety, precaution and remedies, an alternate medicine in keeping the population healthy against the dreadful disease, COVID -19. Besides he apprised the audience with some of the homeopathic medicines that have already proven their usefulness in prophylaxis of Covid-19.

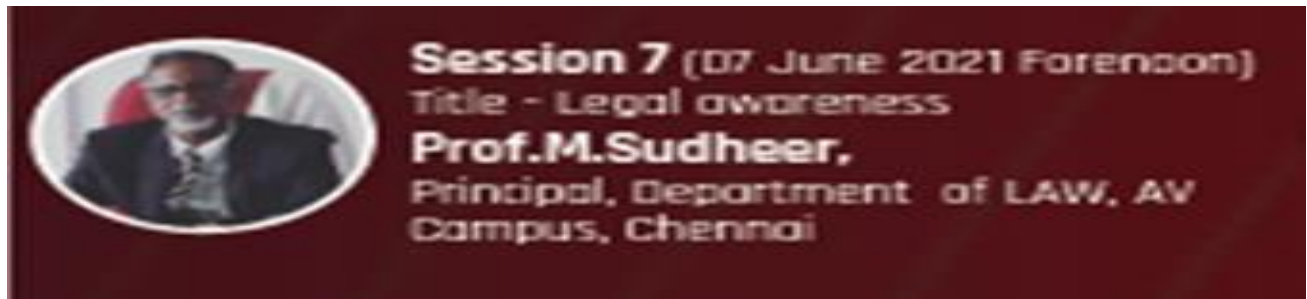




In order to widen the arena of knowledge of students regarding various “**BANK OPPORTUNITIES FOR GRADUATES**” for graduates was arranged for final year and pre final year for the afternoon session. The speaker **Mr.R.B. Prabakaran**, Ex-Chief Manager and Zonal HR Head, kerala, Bank of Baroda, focused on the career avenues and challenges in banking sectors, kind of examination conducted by IBPS and SBI, exam pattern and schemes, selection process and suggested some tips for the exams preparation and to crack interviews.



DAY IV :

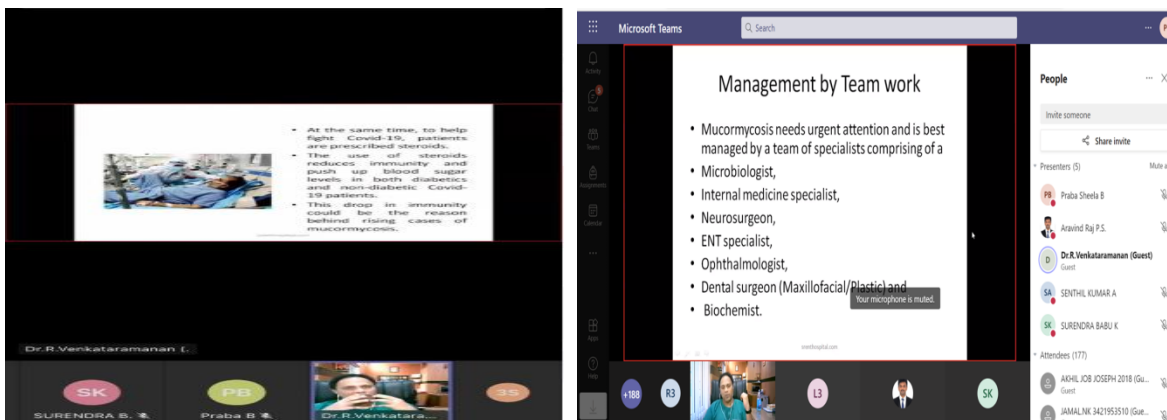
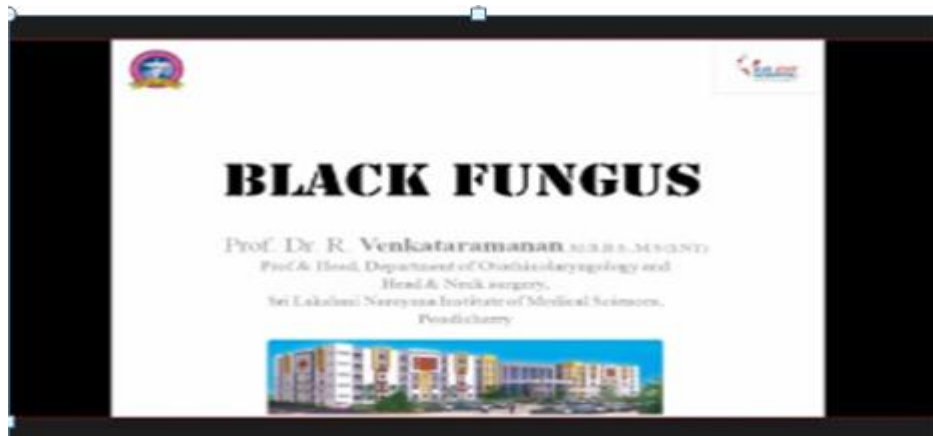


The topic of the fourth day forenoon session was “**LEGAL AWARENESS**” and it was addressed by Prof.M.Sudheer, Principal, Department of Law, AV Campus, Chennai. The purpose of the session is to foster legal consciousness among the youth is the need for the hour. The students were told about the legal aid that is available for the weaker section of the society, the Consumer Protection Act, the Right to Information Act, the Motor Vehicle Act, and substance abuse act. Various issues pertaining to lack of awareness in the common people about the available resources and laws to provide them with the basic amenities like healthcare, false accusation were discussed with real life examples. The speaker also motivated them to spread awareness about the various aspects of law among the deprived section of the society.

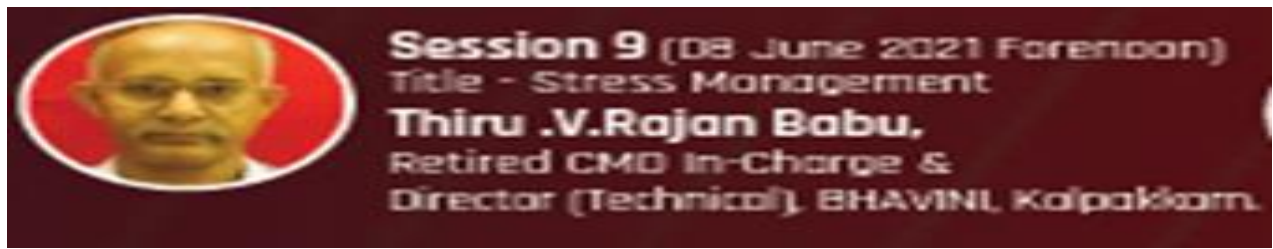




The speaker of the afternoon session was **Dr. R. Venkataramanan** (ENT), Prof. & Head, SLIMS, Pondicherry. The purpose of this Awareness drive was to acquaint the students with the current topic “**THE BLACK FUNGUS**” or Mucormycosis which has been a matter of concern in the second wave of Covid-19 pandemic. The speaker enlightened the students about the signs and symptoms of mucormycosis, its mechanism of infection, factors that lead to the spread during Covid-19, treatment strategies and preventive measures.

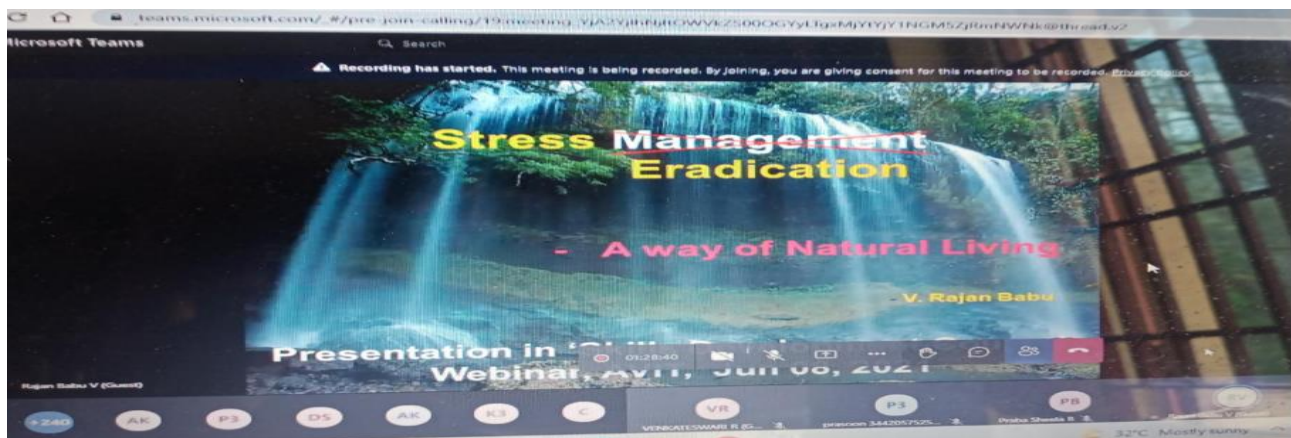


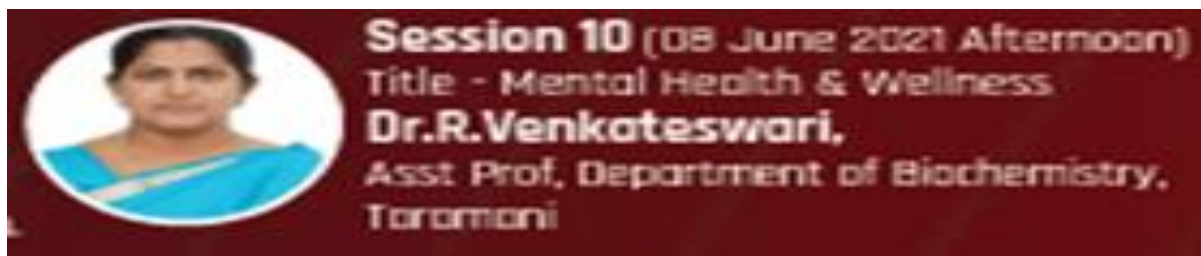
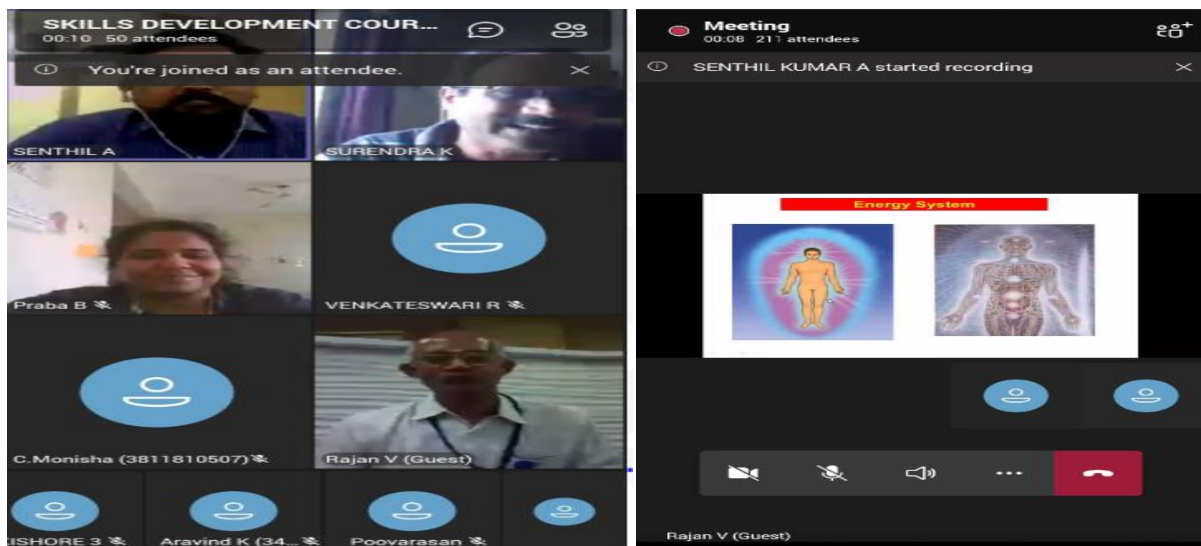
DAY V:



The fifth day course started with the introduction of the chief guest, **Thiru .V.Rajan Babu**, Retired CMD In-Charge & Director (Technical), Bhavini, Kalpakkam by **Prof. A. Senthilkumar**, RRC coordinator. The speaker in his address said that youngsters finds difficult to face the changes and to cope up with such variation ,that lead to stress, anxiety and tension and it is imperative to know how to deal with it and ultimately overcome it.. The main highlights of the seminar were various types of stress faced by teenagers, stress relaxation therapy that could be followed and different stress management techniques. The speaker with his rich experience has jotted out mantras for stress free life as attitude, repentance, acceptance, social service, contented, not to think of past, spread love, self confidence, exercise, no expectations from other, strengthen ones ambition and finally accept the suffering and happiness. The session ended with a promise to deal with stress in a positive way.

**POSITIVE THOUGHTS GENERATES POSITIVE FEELINGS AND
ATTRACTS POSITIVE LIFE EXPERIENCE..**





Mostly college students have more difficulties during their academic paths. The biggest challenge to student success is time management, balancing priorities, health conditions, social problems, relationships, sleep difficulties and depression. The Speaker **Dr. R. Venkateswari**, Asst. Prof, Department of Biochemistry, Taramani in the afternoon session shared her perspectives towards importance of “**MENTAL HEALTH FOR WELL BEING**”. The session aimed at nurturing students to understand emotional well-being and take note of their daily activities and how it influences their minds. Amidst the chaos induced by COVID-19, students are dealing with various mental health concerns such as adapting to distance learning, isolation from peers, concerns about family, health, career and financial security. This session might have helped to reduce stigma associated with mental illness, promote help seeking behaviors and emotional well-being practices.

Recording has started. This meeting is being recorded. By joining, you are giving consent for this meeting to be recorded. [Privacy policy](#) Dismiss

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05:29:25

Click to add notes

MENTAL HEALTH AND WELLNESS - Microsoft PowerPoint

Home Insert Design Animations Slide Show Review View

Resolution: Use Current Resolution

Record Navigation Behavior Settings Show Presentation On Use Remote Control Use Presenter View

Slides - Outline

Perspectives

- Sense of Responsibility
- Sense of Self-reliance
- Sense of Direction
- A Set of Personal Values
- Sense of Individuality
- Mental Well-Being
- Lack of a mental disorder
- Cultural and religious considerations

Your microphone is muted.

Meeting chat

- shahabas (3421953507) (Guest) has temporarily joined the chat.
- Akash Rajendran (Guest) has temporarily joined the chat.
- Abishake J 3681710501 (Guest) no longer has access to the chat.
- sathish Kumar (Guest) no longer has access to the chat.
- R VENKATA SAI ANIL 3441877505 (Guest) no longer has access to the chat.
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- DHEENADHAYALAN . K (3471954501) ECE (Guest) has temporarily joined the chat.
- Aswathi A B 3501955512 (Guest) has temporarily joined the chat.
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Type a new message

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16:02 08-06-2021

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MENTAL HEALTH AND WELLNESS - Microsoft PowerPoint

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Resolution: Use Current Resolution

Record Navigation Behavior Settings Show Presentation On Use Remote Control Use Presenter View

Slides - Outline

12 STEPS TO HAPPINESS

- Thank
- Experience
- Give
- Help
- Eat Well
- Exercise
- Rest
- Smile
- Meditate
- Socialize
- Aim
- Smile

Your microphone is muted.

Meeting chat

Working sir

- Vinayak Suresh 2897 (Guest) no longer has access to the chat.
- 3441853918 Sachin Sampath (Guest) no longer has access to the chat.
- Mankandan A 3421955529 (Guest) no longer has access to the chat.
- Akash B 3442037501 (Guest) 4:20 PM Not working sir
- Nirmal Raj Kumar T (3561956501) (Guest) no longer has access to the chat.
- SENTHIL KUMAR A 4:20 PM <https://forms.gle/CPAedXVPhqjb14377>

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Click to add notes

MENTAL HEALTH AND WELLNESS - Microsoft PowerPoint

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Resolution: Use Current Resolution

Record Navigation Behavior Settings Show Presentation On Use Remote Control Use Presenter View

Slides - Outline

It is definitely NOT easy being a teenager!

Sometimes it's tough to avoid feeling stressed, and pressure can build up in many areas of life (socially, in school, at home, and while making big life decisions)

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Meeting chat

Type a new message

DAY VI:

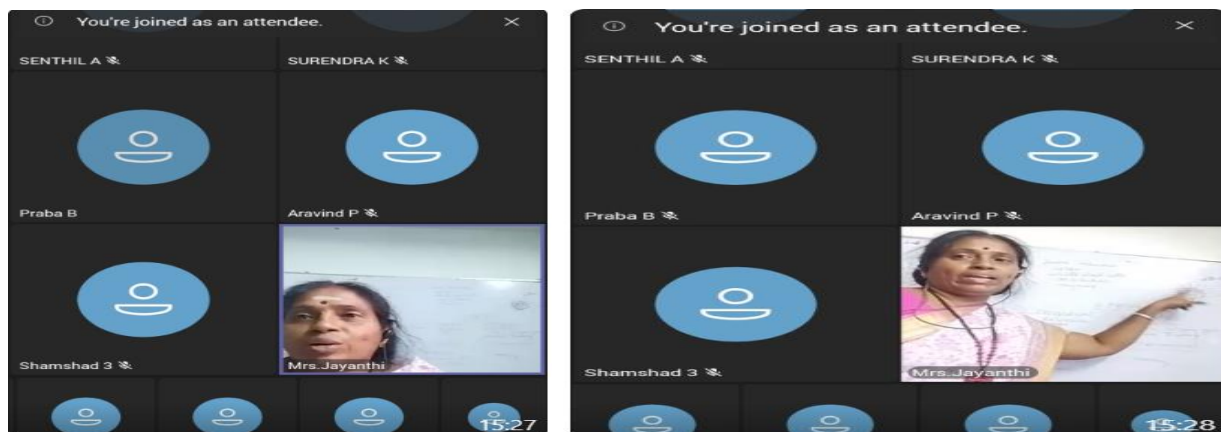


The last day session started with the introduction of the chief guest **Dr. Gabriel Mariadoss**, Associate Prof. Social Work, Dean of extension activities, Bishop Heber College, Trichy by **Dr. Aravind Raj**, Rotaract Coordinator, AVIT. Dr. Gabriel a renowned social activist, in his address on “**MINDFULL GRADUATES**” helped the students to realize Who, What and Where are they in this fastest world through his own profile. He also spoke about various emotions we come across and how to have a control over. This session was very useful in preparing the youth for future.





“BOOSTING IMMUNITY” is a trending topic correlated with the coronavirus pandemic ,and it was addressed by **Mrs.Jayanthi**,Founder-Annai Saradha Para Medical institute ,Chengalpattu. The goal of this sessions is to inspire, ignite momentum and provide a quick refresh break to focus on health, resilience and happiness. While addressing she illuminated on various measures to improve one’s natural immunity by balanced nutritious diet and a good routine. She also explained how the nutritional supplements and immunity boosting products body provide defense functions and instructed to consume under supervision and advice of expert medical practitioners .she added that exercise also benefits one’s immune system in many ways, increasing blood flow, improving lymph drainage and eliminating toxins. she concluded that immunity is the single most important weapon to fight against this pandemic Covid -19.



At the end of the course the participants were provided with MCQ’s for evaluation. This virtual skill development course had witnessed more than 250 enthusiastic students’ participants in each session. The active participants had a volley of questions for the speakers in each session for which they happily answered each of them. After each session feedback were received from each participant through Google forms. Overall, the sessions were a great learning experience for

both the students as well as the committee members and received a positive response. Oral feedbacks were also encouraged and the participants appreciated the event as useful, informative and excellent. The participants were also keen on having many such programs in future. The skill development course ended with the formal Vote of thanks by Dr. B. Prabasheela, NSS Coordinator.

AVIT VINAYAKA MISSION'S RESEARCH FOUNDATION

Institution Social Responsibility Cell
National service scheme in association with RRC, ROTRACT & UBA Jointly Organizes

**SKILLS DEVELOPMENT COURSE ON
SENSITIZING STUDENTS TOWARDS SOCIAL AND PERSONAL WELL-BEING**

Session 1 (03 June 2021 Forenoon)
Title - Beauty Industry and Styling a connect to Career
Ms. Radhi Radhikha,
Makeup Artist, Beauty Therapist Since 1997,
Look transformation stylist in Tamil film industry

Session 2 (03 June 2021 Afternoon)
Title - Fitness for Well being
Kalaimamani. K. Dural Pandi,
YOGA Master, AV CAMPUS,
Chennai

Session 3 (04 June 2021 Forenoon)
Title - Know Yourself
Mr.Rajesh Ramanujam,
General Manager, Ford India Credit IT,
Coimbatore.

Session 4 (04 June 2021 Afternoon)
Title - Nutrition for healthy living
Mr.Michael Paul,
Occupational Therapist,
Prashanth Hospital, Chennai

Session 5 (05 June 2021 Forenoon)
Title - Role of Homeopathy in Covid-19
Dr.S.Gokulakannan,
Prof & HOD,
Dept of Community Medicine, VMHMC&H

Session 6 (05 June 2021 Afternoon)
Title - Bank opportunities for graduates
Mr.R.B.Pabhakaran,
Ex-Chief Manager and Zonal HR Head,
Kerala, Bank of Baroda

Dr. K. L. Shanmugasathan, Principal, AVIT
Dr. S. P. Sangeetha,
Vice Principal (Academic), AVIT
Prof. L. Prabhu, Vice Principal (Admin.), AVIT &
Head Mechanical Engineering, AVIT

03 to 05 June 2021 & 07 to 09 June 2021

Event Coordinators :
Dr. B. Praba Sheela, NSS Program officer / UBA Coordinator, AVIT
Prof. K.Sureshbabu, NSS Programme Officer, AVIT

Co-ordinators :
Prof. A. Senthil Kumar, RRC Coordinator, AVIT
Dr. P.S. Aravind Raj, Rotract Coordinator, AVIT

e-Certificate will be provided to all the participants

Platform : Online - Microsoft Teams

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**SKILLS DEVELOPMENT COURSE ON
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Session 7 (07 June 2021 Forenoon)
Title - Legal awareness
Prof.M.Sudheer,
Principal, Department of LAW, AV
Campus, Chennai

Session 8 (07 June 2021 Afternoon)
Title - Black Fungus
Dr.R.Venkataramanan (ENT),
Prof & Head, SJMS,
PONDICHERY

Session 9 (08 June 2021 Forenoon)
Title - Stress Management
Thiru. V.Rajan Babu,
Retired CMD In-Charge &
Director (Technical), BHAVINI, Kanyakum.

Session 10 (08 June 2021 Afternoon)
Title - Mental Health & Wellness
Dr.R.Venkateswari,
Asst. Prof, Department of Biochemistry,
Taramani

Session 11 (09 June 2021 Forenoon)
Title - Mindfull Graduates
Dr. Gabriel Mariadoss,
Asso. Prof., Social Work, Dean of Extension
Activities, Bishop Heber College, Madurai
Trainer - Tamil Nadu Govt.

Session 12 (09 June 2021 Afternoon)
Title - Boosting Immunity
Mrs. Jayanthi,
Founder - Anjal Saradha Para
Medical Institute

Dr. K. L. Shanmugasathan, Principal, AVIT
Dr. S. P. Sangeetha,
Vice Principal (Academic), AVIT
Prof. L. Prabhu, Vice Principal (Admin.), AVIT &
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