

CAPACITY DEVELOPMENT AND SKILL ENHANCEMENT PROGRAMME

LIFE SKILLS(YOGA)

- Yoga and Meditation
- Diploma course "Yoga for Youth Empowerment"
- Yoga Day Celebration
- Yoga Quiz
- Webinar on "Yoga for Elite Life"
- Online Value Added Programme on "Yoga for Health and Fitness"



SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE (AUTONOMOUS)
SUNDARAKKOTTAI, MANNARGUDI - 614016
(Accredited by NAAC | An ISO 9001:2015 Certified Institution)

Life skills

Yoga and Meditation

To make the students physically and mentally healthier, saner to become more integrated members of the society and of the nation, meditation and yoga can contribute directly to improved mental focus and concentration among students. Yoga training is provided periodically. Yoga instructor has been appointed to provide yoga practice to the students which are carried out in the multipurpose auditorium. After completion of the examination, certificate is provided to the candidate.

Objectives

1. To make the students understand the significance of yoga and meditation
2. To enable the student to have good health
3. To practice mental hygiene
4. To possess emotional stability
5. To integrate moral values through yoga and meditation
6. To attain higher level of consciousness

Yoga Training

- A demonstration on performing yoga is given to the first-year students. Students are trained by specialists in yoga. The method of doing meditation is explained by the mentors to the concern mentees.

Yoga Day Celebrations

- Every year June 21st International Yoga day is observed. Service units like National Service Scheme, National Cadets Corps and students council jointly organize international Yoga day in a meaningful way. Government officials and Yoga masters are invited to chair the event.

LIFE SKILLS (YOGA)

DEPARTMENT OF PHYSICAL EDUCATION

YOGA & MEDITATION

CIRCULAR



**SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE
(AUTONOMOUS)**

Sundarakkottai, Mannargudi - 614016.

(Accredited by NAAC)

(An ISO 9001:2015 Certified Institution)

DEPARTMENT OF PHYSICAL EDUCATION

C.No: 1 H

DATE: 06.01.2021

CIRCULAR

Head of the department and faculty members are asked to allow the students to take part in physical activities (Karate, Drill Exercises & Yoga and Meditation) in the P.Ed hours.

YEAR	PHYSICAL ACTIVITY
I YEAR	Karate and Silambam
II YEAR	Drill Exercises
III YEAR	Yoga and Meditation


Physical Directress
S.T.E.T Women's College (A)
Sundarakkottai
Mannargudi-614 016


Principal
PRINCIPAL
Sengamala Thayaar Educational Trust
Women's College, (Autonomous)
Mannargudi.

TIME SCHEDULE

SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE (AUTONOMOUS)




Affiliated to Bharathidasan University, Tiruchirappalli
(Accredited by NAAC)
(An ISO 9001:2015 Certified Institution)
Sundarakkaottai, Mannargudi- 614016.

PHYSICAL EDUCATION DEPARTMENT 2020-2021

TIME SCHEDULE-YOGA AND MEDITATION

Day Order	VI Hour (Yoga & Meditation)
I	III B.B.A 'B', III Microbiology
II	III Physics 'A', III Chemistry, III C.S 'B'
III	III B.Com 'A', III B.C.A, III C.S 'A', III Maths 'B'
IV	III Maths 'A', III Physics 'B', III Biochemistry, III N&D
V	III B.A Eco, III B.A Eng, III B.Com 'B', III Maths 'C'
VI	III B.Com 'C', III B.B.A 'A', III C.S 'C'


Physical Directress
S.T.E.T Women's College (A)
Sundarakkottai
Mannargudi-614 016


Principal
PRINCIPAL
Sengamala Thayaar Educational Trust
Women's College. (Autonomous)
Mannargudi.

YOGA & MEDITATION - CUMULATIVE DATA

YOGA & MEDITATION

III YEAR 2021

S.NO	DATE	CLASS	STRENGTH
1.	18.01.21	B.Com 'A', Maths 'B', C.S 'A', BCA	249
2.	20.01.21	Maths 'A', Bio, N&D, Phy 'B'	195
3.	20.01.21	B.A Eco, B.A Eng, B.Com 'B', Maths 'C'	238
4.	21.01.21	BBA 'A', B.Com 'C', C.S 'C',	187
5.	23.01.21	BBA 'B', Micro,	115
6.	25.01.21	C.S 'B', Phy 'A', Che	154
7.	27.01.21	B.Com 'A', Maths 'B', C.S 'A', BCA	249
8.	28.01.21	Maths 'A', Bio, N&D, Phy 'B'	195
9.	29.01.21	B.A Eco, B.A Eng, B.Com 'B', Maths 'C'	238
10.	30.01.21	BBA 'A', B.Com 'C', C.S 'C',	187
11.	01.02.21	BBA 'B', Micro,	115
12.	02.02.21	C.S 'B', Phy 'A', Che	154
13.	03.02.21	B.Com 'A', Maths 'B', C.S 'A', BCA	249
14.	04.02.21	Maths 'A', Bio, N&D, Phy 'B'	195
15.	05.02.21	B.A Eco, B.A Eng, B.Com 'B', Maths 'C'	238
16.	06.02.21	BBA 'A', B.Com 'C', C.S 'C',	187
17.	09.02.21	BBA 'B', Micro,	115
18.	10.02.21	C.S 'B', Phy 'A', Che	154
19.	11.02.21	B.Com 'A', Maths 'B', C.S 'A', BCA	249
20.	12.02.21	Maths 'A', Bio, N&D, Phy 'B'	195
21.	13.02.21	B.A Eco, B.A Eng, B.Com 'B', Maths 'C'	238
22.	15.02.21	BBA 'A', B.Com 'C', C.S 'C',	187
23.	16.02.21	BBA 'B', Micro,	115
24.	17.02.21	C.S 'B', Phy 'A', Che	154
25.	18.02.21	B.Com 'A', Maths 'B', C.S 'A', BCA	249
26.	19.02.21	Maths 'A', Bio, N&D, Phy 'B'	195
27.	20.02.21	B.A Eco, B.A Eng, B.Com 'B', Maths 'C'	238
28.	22.02.21	BBA 'A', B.Com 'C', C.S 'C',	187
29.	24.02.21	BBA 'B', Micro,	115
Total			5536


 Physical Directress
 S.T.E.T Women's College (A)
 Sundarakkottai
 Mannargudi-614 016

DETAILS OF PARTICIPANTS

DEPARTMENT OF PHYSICAL EDUCATION YOGA AND MEDITATION -2020-2021

SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE
(AUTONOMOUS)
SUNDARAKKOTTAI, MANNARGUDI - 614016.
(Accredited by NAAC) (An ISO 9001:2015 Certified Institution)
DEPARTMENT OF PHYSICAL EDUCATION
Yoga and Meditation (2020 - 2021)
III B.B.A., 'B'



S.No.	Name	Signature
1	Aarthi.G	G. Aarthi
2	Aarthi.S	S. Aarthi
3	Aarthisri.S	S. Aarthisri
4	Abitha.K	K. Abitha
5	Akila.A	A. Akila
6	Arthi.M	M. Arthi
7	Arularasi.G	G. Arularasi
8	Balasri.B	B. Balasri
9	Boomitha.A	A. Boomitha
10	Boomitha.S	S. Boomitha
11	Deepalakshmi.R	R. Deepalakshmi
12	Dharshini.D	D. Dharshini
13	Divya.M	M. Divya
14	Durga.R	R. Durga
15	Durgadevi.K	K. Durgadevi
16	Durgadevi.V	V. Durgadevi
17	Elaiyaselvi.E	E. Elaiyaselvi
18	Gayathri.S	S. Gayathri
19	Gnaneshwari.S	S. Gnaneshwari
20	Gowjika.R	R. Gowjika
21	Indhu.K	K. Indhu
22	Jaibunisha.A	A. Jaibunisha
23	Jothika.S	S. Jothika
24	Kalaivani.S	S. Kalaivani
25	Keerthana.K	K. Keerthana
26	Kowsalya.N	N. Kowsalya
27	Kowshika.T	T. Kowshika
28	Madupriya.S	S. Madupriya
29	Mahalakshmi.K	K. Mahalakshmi
30	Nandhini.A	A. Nandhini
31	Nisha.N	N. Nisha
32	Nivedha.U	U. Nivedha
33	Ooviya.M	M. Ooviya
34	Pooja.S	S. Pooja

Physical Directress
S.T.E.T Women's College (A)
Sundarakkottai
Mannargudi-614 016

Principal
PRINCIPAL
Sengamala Thayar Educational Trust
Women's College, (Autonomous)
Mannargudi.

DETAILS OF PARTICIPANTS

DEPARTMENT OF PHYSICAL EDUCATION

YOGA AND MEDITATION -2020-2021

SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE
(AUTONOMOUS)



SUNDARAKKOTTAI, MANNARGUDI - 614016.
(Accredited by NAAC) (An ISO 9001:2015 Certified Institution)

DEPARTMENT OF PHYSICAL EDUCATION

Yoga and Meditation (2020 - 2021)

III B.B.A., 'B'

S.No.	Name	Signature
35	Pradeepa.M	M. Pradeepa
36	Pragadeeswari.S	S. Pragadeeswari
37	Praveena.B	B. Praveena
38	Priyadharshini.K	K. Priyadharshini
39	Priyadharshini.R	R. Priyadharshini
40	Priyanka.B	B. Priyanka
41	Priyanka.V	V. Priyanka
42	Ragavi.R	R. Ragavi
43	Ramsica.K	K. Ramsica
44	Riyasen.N	N. Riyasen
45	Sabitha.V	V. Sabitha
46	Sangeetha.S	S. Sangeetha
47	Saranya.C	C. Saranya
48	Sarumathi.k	K. Sarumathi
49	Shanmugapriya.R	R. Shanmugapriya
50	Silambarasi.G	G. Silambarasi
51	Sneha.R	R. Sneha
52	Sneha.G	G. Sneha
53	Sowmiya.A	A. Sowmiya
54	Sowmiya.M	M. Sowmiya
55	Subaseema.S	S. Subaseema
56	Sumithra.P	P. Sumithra
57	Swetha.C	C. Swetha
58	Swetha.M	M. Swetha
59	Thamilarasi.D	D. Thamilarasi
60	Thuvathini.K	K. Thuvathini
61	Vaishnavi.S	S. Vaishnavi
62	Vasilafasvin.J	J. Vasilafasvin
63	Vedhavalli.V	V. Vedhavalli
64	Yogeshwari.A	A. Yogeshwari
65	Punitha.M	M. Punitha

Physical Directress
S.T.E.T Women's College (A)
Sundarakkottai
Mannargudi-614 016

Principal
PRINCIPAL
Sengamala Thayar Educational Trust
Women's College, (Autonomous)
Mannargudi.

DETAILS OF PARTICIPANTS

DEPARTMENT OF PHYSICAL EDUCATION YOGA AND MEDITATION -2020-2021

SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE
(AUTONOMOUS)
SUNDARAKKOTTAL, MANNARGUDI - 614016.
(Accredited by NAAC) (An ISO 9001:2015 Certified Institution)
DEPARTMENT OF PHYSICAL EDUCATION
Yoga and Meditation (2020 - 2021)



III B.Sc., MICROBIOLOGY

S.No.	Name	Signature
1.	Abinaya.G	Abinaya.G
2.	Abinaya.J	Abinaya.J
3.	Abitha Eswari.U	Abitha.E.U
4.	Agalya.R	Agalya.R
5.	Aishwarya.R	Aishwarya.R
6.	Anantha Jothi.R	Anantha.Jothi.R
7.	Anuja.M	Anuja.M
8.	Arulmozhi.V	Arulmozhi.V
9.	Bharathi.S	Bharathi.S
10.	Dayana.D	Dayana.D
11.	Deepiga.S	Deepiga.S
12.	Deepika.S	Deepika.S
13.	Durga Kannan.K	Durga.Kannan.K
14.	Elakkiya.P	Elakkiya.P
15.	Elanangai.G	Elanangai.G
16.	Gayathri.M	Gayathri.M
17.	Hamsini.S	Hamsini.S
18.	Ilakkiya.S	Ilakkiya.S
19.	Janarajani.M	Janarajani.M
20.	Kalaiyarasi.T	Kalaiyarasi.T
21.	Lakshmi Priya.K.S	Lakshmi.Priya.K.S
22.	Madhumitha.M	Madhumitha.M
23.	Madhumitha.S	Madhumitha.S
24.	Mahadevi.S	Mahadevi.S
25.	Mahalakshmi.M	Mahalakshmi.M
26.	Meena.R	Meena.R

Physical Directress
S.T.E.T Women's College (A)
Sundarakkottal
Mannargudi-614 016

Principal
PRINCIPAL
Sengamala Thayar Educational Trust
Women's College, (Autonomous)
Mannargudi.

DETAILS OF PARTICIPANTS

DEPARTMENT OF PHYSICAL EDUCATION YOGA AND MEDITATION -2020-2021

SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE
(AUTONOMOUS)
SUNDARAKKOTTAL, MANNARGUDI - 614016.
(Accredited by NAAC) (An ISO 9001:2015 Certified Institution)
DEPARTMENT OF PHYSICAL EDUCATION
Yoga and Meditation (2020 - 2021)
III B.Sc., MICROBIOLOGY

S.No.	Name	Signature
27.	Mohana Bhagya.P	Mohana Bhagya.P
28.	Mouluka.M	Mouluka.M
29.	Murshitha Begam.J	Murshitha Begam.J
30.	Nafila Seren.A.N	Nafila Seren.A.N
31	Nijana.N	Nijana.N
32	Pavithra.V	Pavithra.V
33	Priyadharshni.R	Priyadharshni.R
34	Sangavi.K	Sangavi.K
35	Sangeetha.S	Sangeetha.S
36	Sathana.R	Sathana.R
37	Shalini.G	Shalini.G
38	Sharmila Devi.S	Sharmila Devi.S
39	Sharmilasri.G	Sharmilasri.G
40	Sindhu.S	Sindhu.S
41	Sineha.R	Sineha.R
42	Sneha.K	Sneha.K
43	Sowndarya.L	Sowndarya.L
44	Subiksha.V	Subiksha.V
45	Swetha.K	Swetha.K
46	Tringiline.P	Tringiline.P
47	Uvasri.J	Uvasri.J
48	Vaisali.V	Vaisali.V
49	Vaishnavi.K	Vaishnavi.K
50	Visali.R	Visali.R


Physical Directress
S.T.E.T Women's College (A)
Sundarakkottal
Mannargudi-614 016


Principal
PRINCIPAL
Sengamala Thayaar Educational Trust
Women's College, (Autonomous)
Mannargudi.

REPORT

SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE (AUTONOMOUS)

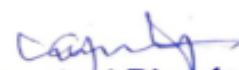


Sundarakkottai, Mannargudi - 614016.
(Accredited by NAAC)
(An ISO 9001:2015 Certified Institution)

DEPARTMENT OF PHYSICAL EDUCATION

REPORT FOR YOGA AND MEDITATION

In the year 2020-2021 events were conducted at college during Physical Education hours. Our college IIIrd Year students participated in the event Yoga and Meditation. Totally 1138 students were benefited. Sports impacts on Education are limitless. Students are encouraged to participate in sports. Sports and health are heavily connected. Sports also help in fight against diseases.


Physical Directress
S.T.E.T Women's College (A)
Sundarakkottai
Mannargudi-614 016

DEPARTMENT OF PHYSICAL EDUCATION
YOGA AND MEDITATION 2021-2022

CIRCULAR



**SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE
(AUTONOMOUS)**

**Sundarakkottai, Mannargudi - 614016.
(Accredited by NAAC)
(An ISO 9001:2015 Certified Institution)**

DEPARTMENT OF PHYSICAL EDUCATION

C.No: 1

DATE: 27.08.2021

CIRCULAR

Head of the department and faculty members are asked to allow the students to take part in physical activities (Karate, Drill Exercises & Yoga and Meditation) in the P.Ed hours.

YEAR	PHYSICAL ACTIVITY
I YEAR	Karate and Silambam
II YEAR	Drill Exercises
III YEAR	Yoga and Meditation


**Physical Directress
S.T.E.T Women's College (A)
Sundarakkottai
Mannargudi-614 016**


**Principal
Sengamala Thayaar Educational Trust
Women's College, (Autonomous)
Mannargudi.**

TIME SCHEDULE



SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE (AUTONOMOUS)

Affiliated to Bharathidasan University, Tiruchirappalli
(Accredited by NAAC)
(An ISO 9001:2015 Certified Institution)
Sundarakkaottai, Mannargudi- 614016.

PHYSICAL EDUCATION DEPARTMENT 2021-2022

Day Order	VI Hour (Yoga & Meditation Class)
I	III Micro , III B.B.A 'B'
II	III C.S 'B', III Physics 'A', III Chemistry
III	III B.Com 'A', III B.C.A, III Maths 'B', III C.S 'A'
IV	III Bio Chemistry, III N&D, III Maths 'A', III Physics 'B'
V	III Maths 'C', III B.A Eng, III B.Com 'B' III B.A Economics,
VI	III B.B.A 'A', III B.Com 'C', III C.S 'C'


Physical Directress
S.T.E.T Women's College (A)
Sundarakkottai
Mannargudi-614 016

DETAILS OF PARTICIPANTS

DEPARTMENT OF PHYSICAL EDUCATION YOGA AND MEDITATION-2021-2022

SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE (AUTONOMOUS)



SUNDARAKKOTTAI, MANNARGUDI - 614016.
(Accredited by NAAC) (An ISO 9001:2015 Certified Institution)

DEPARTMENT OF PHYSICAL EDUCATION

Yoga and Meditation (2021 - 2022)

III B.Sc., Computer Science B

S.No.	Name	Signature
1.	Aarthika.C	Aarthika.C
2.	Abi.K	Abi.K
3.	Abiadhirai.R.P.	Abiadhirai.R.P.
4.	Abitha.R	Abitha.R
5.	Ananya.S	Ananya.S
6.	Archana.V	Archana.V
7.	Aruljothi.M	Aruljothi.M
8.	Ashika.J	Ashika.J
9.	Bavadharani.M	Bavadharani.M
10.	Desika.A	Desika.A
11.	Dhanarakshana.S	Dhanarakshana.S
12.	Dharshini.S	Dharshini.S
13.	Durgadevi.N	Durgadevi.N
14.	Durgadevi.B	Durgadevi.B
15.	Elakiya.R	Elakiya.R
16.	Elakkiya.G	Elakkiya.G
17.	Gayathri.M	Gayathri.M
18.	Gowsika.K	Gowsika.K
19.	Gunaseela.T	Gunaseela.T
20.	Kalaselvi.S	Kalaselvi.S
21.	Kamali.G	Kamali.G
22.	Kaviya.P	Kaviya.P
23.	Kaviya.U	Kaviya.U
24.	Keerthana.M	Keerthana.M
25.	Keerthika.V	Keerthika.V
26.	Kiruthika.A	Kiruthika.A
27.	Kiruthika.K	Kiruthika.K
28.	Kowsalya.G	Kowsalya.G
29.	Kowsalya.M	Kowsalya.M
30.	Mahalakshmi.C	Mahalakshmi.C
31.	Manimozhi.A	Manimozhi.A
32.	Manjuriya.S	Manjuriya.S

Physical Directress
S.T.E.T Women's College (A)
Sundarakkottai
Mannargudi-614 016

Principal
PRINCIPAL
Sengamala Thayar Educational Trust
Women's College, (Autonomous)
Mannargudi.

DETAILS OF PARTICIPANTS

DEPARTMENT OF PHYSICAL EDUCATION

YOGA AND MEDITATION-2021-2022

SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE (AUTONOMOUS)



SUNDARAKKOTTAI, MANNARGUDI - 614016.
(Accredited by NAAC) (An ISO 9001:2015 Certified Institution)

DEPARTMENT OF PHYSICAL EDUCATION

Yoga and Meditation (2021 - 2022)

III B.Sc., Computer Science B

S.No.	Name	Signature
33.	Mathisri.V	V. Mathisri
34.	Nilavu.S	S. Nilavu
35.	Nishanthini.G	G. Nishanthini
36.	Oviya.M	M. Oviya
37.	Pavithra.D	D. Pavithra
38.	Pooja.V	V. Pooja
39.	Priyadharshini.A	A. Priyadharshini
40.	Priyadharshini.B	B. Priyadharshini
41.	Punitha.P	P. Punitha
42.	Rajarajeswari.A	A. Rajarajeswari
43.	Rajeshwari.R	R. Rajeshwari
44.	Sangeetha.N	N. Sangeetha
45.	Sathiyapriya.P	P. Sathiyapriya
46.	Sindhu.M	M. Sindhu
47.	Sindhuja.R	R. Sindhuja
48.	Sivapriya.B	B. Sivapriya
49.	Sivasakthi.M	M. Sivasakthi
50.	Sneha.M	M. Sneha
51.	Sneha.G	G. Sneha
52.	Sowmiya.M	M. Sowmiya
53.	Srividhya.S	S. Srividhya
54.	Swetha.D	D. Swetha
55.	Swetha.P	P. Swetha
56.	Tamilmani.L	L. Tamilmani
57.	Thilagavathi.R	R. Thilagavathi
58.	Vidhya.M	M. Vidhya
59.	Vijayasri.N	N. Vijayasri
60.	Vijiyalakshmi.V	V. Vijiyalakshmi
61.	Vinisha.M	M. Vinisha
62.	Vinithya.G	G. Vinithya
63.	Yoga.R	R. Yoga
64.	Sindhiya.M	M. Sindhiya

Physical Directress
S.T.E.T Women's College (A)
Sundarakkottai
Mannargudi-614 016

Principal
PRINCIPAL
Sengamala Thayar Educational Trust
Women's College, (Autonomous)
Mannargudi.

DETAILS OF PARTICIPANTS

DEPARTMENT OF PHYSICAL EDUCATION

YOGA AND MEDITATION-2021-2022

SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE (AUTONOMOUS)



SUNDARAKKOTTAL, MANNARGUDI - 614016.
(Accredited by NAAC) (An ISO 9001:2015 Certified Institution)
DEPARTMENT OF PHYSICAL EDUCATION
Yoga and Meditation (2021 - 2022)

III B.Sc., Chemistry

S.No.	Name	Signature
1.	U.Abarna	U.Abarna
2.	A.Abinaya	A.Abinaya
3.	R.Abirami	R.Abirami
4.	K.Anusri	K.Anusri
5.	M.Archana	M.Archana
6.	C.Buvana	C.Buvana
7.	M.Dhivya	M.Dhivya
8.	M.B.Fathima Nikkath	M.B.Fathima Nikkath
9.	S.Gayathri	S.Gayathri
10.	R.Gayathridurga	R.Gayathridurga
11.	N.Hari Pridha	N.Hari Pridha
12.	J.S. Hemalatha	J.S. Hemalatha
13.	R.Hemalatha	R.Hemalatha
14.	V.Kanishka	V.Kanishka
15.	V.Kavitha	V.Kavitha
16.	J.Keerthana	J.Keerthana
17.	B.Kowshika	B.Kowshika
18.	T.Manimegalai	T.Manimegalai
19.	K.Manojika	K.Manojika
20.	T.Matheshwari	T.Matheshwari
21.	N.Naveena	N.Naveena
22.	G.Nishanthi	G.Nishanthi
23.	N.Parameshwari	N.Parameshwari
24.	R.Poorani	R.Poorani
25.	K.Prakatheesh	K.Prakatheesh
26.	A.Princess Tamil Gunaseeli	A.Princess Tamil Gunaseeli
27.	R.Priyadharshini	R.Priyadharshini
28.	J.Rajakumari	J.Rajakumari
29.	K.Rojini	K.Rojini
30.	K.Sabitha	K.Sabitha

Physical Directress
S.T.E.T Women's College (A)
Sundarakkottal
Mannargudi-614 016

Principal
PRINCIPAL
Sengamala Thayar Educational Trust
Women's College, (Autonomous)
Mannargudi.

DETAILS OF PARTICIPANTS

DEPARTMENT OF PHYSICAL EDUCATION

YOGA AND MEDITATION-2021-2022

SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE (AUTONOMOUS)



SUNDARAKKOTTAL, MANNARGUDI - 614016.
(Accredited by NAAC) (An ISO 9001:2015 Certified Institution)

DEPARTMENT OF PHYSICAL EDUCATION

Yoga and Meditation (2021 - 2022)

III B.Sc., Chemistry

S.No.	Name	Signature
31.	B.Saraswathy	B. Saraswathy
32.	A.Sarojini	A. Sarojini
33.	R.Sarumathi	R. Sarumathi
34.	S.Shanthini	S. Shanthini
35.	M.Sheethaladevi	M. Sheethaladevi
36.	A.Sneka	A. Sneka
37.	J.Sopna	J. Sopna
38.	R.Sowmiya	R. Sowmiya
39.	M.A.Srimathi	M.A. Srimathi
40.	R.Srivardhini	R. Srivardhini
41.	P.Subashini	P. Subashini
42.	D.Sujithra	D. Sujithra
43.	V.Susika	V. Susika
44.	S.Susmitha	S. Susmitha
45.	S.Suvetha	S. Suvetha
46.	A.Swathi Reeta	A. Swathi Reeta
47.	V.Swathika	V. Swathika
48.	R.Tamilselvi	R. Tamilselvi
49.	M.Thanushika	M. Thanushika
50.	S.Vaishali	S. Vaishali
51.	S.Visalie	S. Visalie

Physical Directress
S.T.E.T Women's College (A)
Sundarakkottal
Mannargudi-614 016

Principal
PRINCIPAL
Sengamala Thayar Educational Trust
Women's College, (Autonomous)
Mannargudi.

DETAILS OF PARTICIPANTS

DEPARTMENT OF PHYSICAL EDUCATION

YOGA AND MEDITATION-2021-2022

SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE (AUTONOMOUS)



SUNDARAKKOTTAL, MANNARGUDI - 614016.
(Accredited by NAAC) (An ISO 9001:2015 Certified Institution)

DEPARTMENT OF PHYSICAL EDUCATION

Yoga and Meditation (2021 - 2022)

III B.Sc; PHYSICS 'A'

S.No.	Name	Signature
1	Aashika.M	M. Aashika
2	Abirami.K	K. Abirami
3	Abirami.R	R. Abirami
4	Anbarasi.N	N. Anbarasi
5	Anusha.R	R. Anusha
6	Anusuya.N	N. Anusuya
7	Celsiya.M	M. Celsiya
8	Devika.B	B. Devika
9	Devipriya.M	M. Devipriya
10	Harini.G	G. Harini
11	Harini.B.K	K. Harini
12	Janani.D	D. Janani
13	Jayachitra.S	S. Jayachitra
14	Jayalakshmi.K	K. Jayalakshmi
15	Jothilakshmi.M	M. Jothilakshmi
16	Kanishka.A.S	S. Kanishka
17	Kayathri.R.M	M. Kayathri
18	Madhumitha.T	T. Madhumitha
19	Miruthika.V	V. Miruthika
20	Nishanthi.M	M. Nishanthi
21	Nithya Prabha.E	E. Nithya
22	Nivedha.P	P. Nivedha
23	Pichai Selvi.S	S. Pichai Selvi
24	Poovili.R	R. Poovili
25	Priya.M	M. Priya
26	Priyanka.P	P. Priyanka
27	Priyanka.R	R. Priyanka
28	Reshma.K	K. Reshma
29	Savidha.V.N	N. Savidha
30	Shanmugapriya.K	K. Shanmugapriya

Physical Directress
S.T.E.T Women's College (A)
Sundarakkottal
Mannargudi-614 016

Principal
PRINCIPAL
Sengamala Thayaar Educational Trust
Women's College, (Autonomous)
Mannargudi.

DETAILS OF PARTICIPANTS

DEPARTMENT OF PHYSICAL EDUCATION

YOGA AND MEDITATION-2021-2022

SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE
(AUTONOMOUS)



SUNDARAKKOTTAI, MANNARGUDI - 614016.
(Accredited by NAAC| An ISO 9001:2015 Certified Institution)

DEPARTMENT OF PHYSICAL EDUCATION
Yoga and Meditation (2021 - 2022)

S.No.	Name	Signature
31	Sheela J	S. Sheela
32	Sindhuja S	S. Sindhuja
33	Sivani P	P. Sivani
34	Sneca K	K. Sneca
35	Sneca S	S. Sneca
36	Snecavi P	P. Snecavi
37	Sowmiya S	S. Sowmiya
38	Srimathi N	N. Srimathi
39	Suba P	P. Suba
40	Swetha S	S. Swetha
41	Vidhya K	K. Vidhya
42	Vinayakpriya S	S. Vinayakpriya


Physical Directress
S.T.E.T Women's College (A)
Sundarakkottai
Mannargudi-614 016


Principal
PRINCIPAL
Sengamala Thayaar Educational Trust
Women's College, (Autonomous)
Mannargudi.

REPORT

SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE (AUTONOMOUS)



Sundarakkottai, Mannargudi - 614016.
(Accredited by NAAC)
(An ISO 9001:2015 Certified Institution)

DEPARTMENT OF PHYSICAL EDUCATION

REPORT FOR KARATE & SILAMBAM

In the year 2021-2022 events were conducted at college during Physical Education hours. Our college First Year students participated in the event Karate and Silambam. Totally 823 students were benefited. Sports impacts on Education are limitless. Students are encouraged to participate in sports. Sports and health are heavily connected. Sports also help in fight against diseases.


Physical Directress
S.T.E.T Women's College (A)
Sundarakkottai
Mannargudi-614 016

DEPARTMENT OF PHYSICS

DIPLOMA COURSE YOGA FOR YOUTH EMPOWERMENT CIRCULAR



SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE

(AUTONOMOUS)

(Accredited by NAAC: An ISO 9001:2015 Certified Institution)
SUNDARAKKOTTAI, MANNARGUDI.

C. No. 2A

Date:31.07.2020

YOGA CLUB – CIRCULAR

We are happy to announce that our institution Conduct one year certificate course on *Yoga for Youth Empowerment* (value added course) during this academic year (2020-2021). The course will enhance the overall ability of students to cope up with their challenges in education and future life.

The interested UG students are instructed to register their name on or before (04.08.2020). For registration and further details contact Ms. B.Revathi ,Assistant professor, Department of physics.

Principal

PRINCIPAL
Sengamala Thayaar Educational Trust
Women's College, (Autonomous)
Mannargudi,

YOGA FOR YOUTH EMPOWERMENT - BROCHURE



SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE

Affiliated to Bharathidasan University, Tiruchirappalli
(Accredited by NAAC ; An ISO 9001:2015 Certified Institution)
Sundarakkottai, Mannargudi, Tiruvarur(dt), Tamilnadu



BROCHURE

- SKY Yoga is an antidote for all mind and body related problems.
- Simplified Physical Exercises for Health.
- Meditation Practices for inner peace.
- Kaya Kalpa Yoga for Anti Aging.
- Introspection for Happiness



CIRCULAR



SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE

(AUTONOMOUS)

**(Accredited by NAAC: An ISO 9001:2015 Certified Institution)
SUNDARAKKOTTAI, MANNARGUDI.**

C. No.2B

Date: 04.08.2020

YOGA CLUB – CIRCULAR

The Students who already registered their name for Yoga classes are asked to arrange in Thayaar Arangam at 2.15 pm onwards 07.08.2020 at the following the Introduction classes of “**Yoga for Youth Empowerment**”. Otherwise if the classed will be conduct through online to follow the link <https://forms.gle/HpbdEmduyszXwkcs6>

The Students are instructed to follow the time schedule in future.

Day	Time	Platform
Friday	3.15 – 4.15 pm	Thayaar Arangam
Saturday	1.30 – 4.15 pm	Thayaar Arangam
Friday	2.15 – 4.15 pm	Thayaar Arangam

(If Saturday is holiday)

Principal

PRINCIPAL

**Sengamala Thayaar Educational Trust
Women's College, (Autonomous)
Mannargudi,**

YOGA - COURSE CONTENT

யோகமும் இளைஞர் வல்லமையும்

தாள் - 1 உடல் நலம்

25 மணி நேரம்

நோக்கம் :

மாணவர்கள் குணநல மேம்பாட்டிற்கான மதிப்புக் கல்வி அளித்தல் - யோக வாழ்வு மற்றும் உடல்நலம் பற்றி உணர்தல் - இளமை காத்தல் - ஐந்தில் அளவுமுறை காத்தல்.

அலகு 1 : இளைஞர் வல்லமை

வரையறை - சாத்தியக்கூறு - தற்போதைய சமுதாயத்தில் இளைஞர் வல்லமையின் அவசியம் - வாழ்க்கைத் தத்துவம் - வாழ்வின் நோக்கம் - கல்வி வழி இளைஞர் வல்லமை - கல்வியின் மேன்மை - யோகமும் இளைஞர் வல்லமையும்.

அலகு 2 : மனித உடலும் உடல் நலமும்

உடல் நலம் - உடல் நலத்தின் அவசியம் - மனித வள திறன்கள் - மனித உடல் அமைப்பும் இயக்கமும் - நோய்கள் - நோய்களின் காரணங்கள் - நோய் தடுப்பு முறைகள் - ஐந்தின் அளவுமுறை - சமச்சீர் உணவு - உடல் நலத்திற்கு ஊட்டச்சத்தின் அவசியம் - மருத்துவ முறைகள் பற்றிய ஒரு பார்வை.

அலகு 3 : நுண்ணறிவு, உணர்ச்சி மற்றும் எண்ணம் ஆராய்தல்

மன அமைதி மற்றும் மன அழுத்தத்தில் உணர்வின் பங்கு - உணர்ச்சியின் வகைகள் - எண்ணம் ஆராய்தல் - பயிற்சி - இலக்கு நிர்ணயித்தல் - தன்னம்பிக்கை - நினைவாற்றலின் வகைகள் - நினைவாற்றலை வளர்க்கும் நுணுக்கங்கள் - நினைவாற்றல் பயிற்சி - வாழ்த்தின் பயன் - அண்மைகால தொழில் நுட்பங்களைக் கையாளுதல்.

அலகு 4 : ஸ்கை யோகாவின் எளிய முறை உடற்பயிற்சி

எளிய முறை உடற்பயிற்சி - காயகல்ப பயிற்சி - பக்குவமில்லா பால் ஈர்ப்பை நிர்வகித்தல் - பயிற்சி.

அலகு 5 : தவம்

தவம் - விளக்கம் - மன அலைச்சுழல் வேகம் - வகைகள் - ஸ்கையின் பொது மற்றும் சிறப்புத் தவங்கள் - முக்கியத்துவம் - பயிற்சிகள் - புருவ மைய தியானம் - கருமைய தியானம் - தண்டுவட சுத்தி - தலை உச்சி மைய தியானம்.

YOGA - COURSE CONTENT

மேல்நோக்கிட்டு நூல்கள் :

1. Yoga for modern age - Thathuvagnani Vethathiri Maharishi
2. Karma yoga - Thathuvagnani Vethathiri Maharishi
3. Sound Health through yoga - Dr.Chandrasekaran
4. Light on yoga - BKS.Iyenger
5. எனிய முறை உடற்பயிற்சி - தத்துவஞானி வேதாத்திரி மகரிஷி
6. காயகல்பம் - தத்துவஞானி வேதாத்திரி மகரிஷி
7. உணவு முறை - தத்துவஞானி வேதாத்திரி மகரிஷி
6. திருக்குறள் - டாக்டர் ஜி.யு. போப்.
7. மனம் - தத்துவஞானி வேதாத்திரி மகரிஷி

YOGA - COURSE CONTENT

தாள் 2 - மன வளம்

25 மணி நேரம்

நோக்கம் :

நற்குணங்களை வளர்த்தலும் மற்றும் தீய குணங்களைத் தவிர்த்தலும் - ஆசை சீரமைத்தல், சினம் தவிர்த்தல், கவலை ஒழித்தல் ஆகியவற்றுக்கான அகத்தாய்வுபற்றிகளைக் கற்றுக் கொள்ளுதல் - ஆளுமையை மதிப்பீடு செய்தல் - மனித இன மதிப்பு - யோகாசனங்கள்.

அலகு 1 : மன வளமும், மனித மதிப்பும்

மனித வாழ்வில் மனதின் பங்கு - மனமும் மன வளமும் - மன வளத்திற்கான காரணிகள் - மனித மதிப்பு உயர்வு - நற்குணங்கள் - அகிம்சை - உண்மை உரைத்தல் - திருடாமை - சுயக் கட்டுப்பாடு - தூய்மை - மனிதகுல சேவை - நாட்டுப்பற்று - மனநிறைவு - சமத்துவம் - சகிப்புத்தன்மை - விட்டுக்கொடுத்தல் - தியாகம் - மன்னித்தல் - சீரமை - நேர்மை - கால மேலாண்மை - ஐந்தொழுக்கப் பண்பாடு.

அலகு 2 : ஆசை, சினம் - கையாளுதல்

விளக்கம் - ஆசையின் இயல்பு - ஆசைகளின் மூல காரணங்கள் - ஆசைகளின் வகைகள் - வாழ்வில் வெற்றிபெற தேவையான ஆசைகள் - ஆசை சீரமைத்தல் - சினம் - சினத்திற்கான காரணங்கள் - சினமும் அமைதியும் - சினத்தின் தீய விளைவுகள் - சகிப்புத்தன்மையும் மன்னிப்பும் - சினம் தவிர்த்தல் - பயிற்சி.

அலகு 3 : வெற்றியும் தோல்வியும்

வாழ்வின் சவால்களும் அவற்றை எதிர்கொள்ளுதலும் - சவால்களின் ஆதாரங்கள் - வெற்றியும் தோல்வியும் - தோல்விகளைச் சமாளித்தல் - பிரச்சனைகளைத் தீர்த்தல் - முடிவெடுத்தல் - கவலை ஒழிக்கும் திறம் - பயிற்சி.

அலகு 4 : ஆளுமை மற்றும் நுண்ணறிவு மதிப்பீடு செய்தல்

ஆளுமை - விளக்கம் - 16 ஆளுமை காரணிகள் - விரிவான ஆர்வ அட்டவணை - நிலையான முற்போக்கு மேட்ரிக்ஸ் - பல்வேறு நுண்ணறிவுகள் - தலைமைப் பண்புகள்.

அலகு 5 : சிறப்புத் தவங்களும் யோகாசனங்களும்

சுத்தவெளி தியானம் - பஞ்சேந்திரிய தியானம் - வான்காந்த தியானம் - ஒன்பது மைய தியானம் - யோகாசனங்கள் - சூரிய வணக்கம் - தண்டாசனம் - சக்கராசனம் (பக்கவாட்டில்) - திரிகோணாசனம் - வஞ்ராசனம் - பத்மாசனம் - நாடி சுத்தி - முத்திரைகள்.

YOGA - COURSE CONTENT

மேல்நோக்கீட்டு நூல்கள் :

1. The world order of Holistic unity - Thathuvagnani Vethathiri Maharishi.
2. மனவளக்கலை தொகுப்பு - 1 - தத்துவஞானி வேதாத்திரி மகரிஷி
3. மனவளக்கலை தொகுப்பு - 2 - தத்துவஞானி வேதாத்திரி மகரிஷி
4. மனம் - தத்துவஞானி வேதாத்திரி மகரிஷி
5. Standard Progressive Matrices - JC Raven.
6. 16 personality factor - Raymond Cattell
7. Multiple Intelligence - Howard Gardner.
8. Psychology - Robert A. Baron.
9. Advanced Educational Psychology - G.K. Mangal.
10. Light on yoga - BKS.lyenger

YOGA - COURSE CONTENT

6

தாள் 3 - சுய மேலாண்மை

25 மணி நேரம்

நோக்கம் :

இயற்கை நியதி அறிதல், மேலாண்மை நுணுக்கங்களையும் தேர்விற்கான தயாரிப்பு முறைகளையும் கற்றல்.

அலகு 1 : வாழ்க்கையை நிர்வகிக்கும் திறன்

வாழ்க்கை விளக்கம் - தனிமனிதன் எதிர்கொள்ளும் பிரச்சினைகள் - தன்முனைப்பிற்கும் மற்றும் ஆளுமைக்கும் உள்ள வேறுபாடு - தன்முனைப்பின் தாக்கங்கள் - ஆளுமையை நிர்ணயிக்கும் காரணிகள் - மகளிர் மேம்பாடு - தனி மனித வேறுபாடு - பாரம்பரியம் மற்றும் சுற்றுச் சூழல் இவற்றின் பங்கு.

அலகு 2 : மனித இனத்தின் மீது இயற்கை மற்றும் பேரியக்க மண்டலத்தின் தாக்கம்

நிறை மற்றும் ஆற்றல் இவற்றின் மூலம் - விசையாகவும் ஆற்றலாகவும் காந்தம் - காந்தத்தின் செயல்பாடுகள் - பேரறிவும் காந்தமும் - காந்தத்தின் தன்மாற்றங்கள் - கருமையம் - விளக்கமும் தூய்மைப் பயிற்சிகளும்.

அலகு 3 : இயற்கை நியதி

செயல் விளைவு தத்துவம் - வேற்றுமையில் ஒற்றுமை - அறிவும் வாழ்வும் - உடலுக்கும் அறிவுக்கும் உள்ள தொடர்பு - அறிவும் சமுதாயமும் - செயலின் கருத்து விளக்கம் - கர்மயோகம் - தன் மேலாண்மையில் கர்மயோகத்தின் பங்கு - தன்மைகளின் தாக்கம் - அன்பும் கருணையும் இவற்றின் மகத்துவம்.

அலகு 4 : நிர்வகித்தல் நுட்பங்கள்

மன அழுத்தத்தை நிர்வகித்தல் - மன எழுச்சியை நிர்வகித்தல் - சுய நிர்வகித்தல் - மனப்போராட்டத்தை நிர்வகித்தல் - நண்பர்களால் ஏற்படும் பிரச்சனைகளை நிர்வகித்தல் - சுய அடையாளம் - சுய கண்காணிப்பு - சுய மதிப்பீடு - சுய வலுவூட்டம் - குழு இயக்கம் - குழு நிர்வகித்தல்.

அலகு 5 : திறன்மிக்க தேர்வு தயாரிப்பு

வரையறை - வகைகள் - பயிற்சிகள் - கல்விக் கால வாழ்க்கையின் முக்கியத்துவம் - தேர்வு தயாரிப்பிற்குத் தேவையான காரணிகள் - படிப்பதற்கு ஏதுவான சூழல் - அறிவு வளப் பயிற்சிகள் - ஓய்வு - எழுதும் திறன்கள் - எழுத்துப் புலம் மூலம் தன்னை வெளிப்படுத்தும் பயிற்சி - தேர்வுக்கு தயாராவதில் உணவு மற்றும் பிறர் சேர்க்கை இவற்றின் தாக்கம்.

YOGA - COURSE CONTENT

மேல்நோக்கிட்டு நூல்கள் :

1. Unified force - Thathuvagnani Vethathiri maharishi
2. The History of universe and living beings - Thathuvagnani Vethathiri maharishi
3. மனவளக்கலை தொகுப்பு - 1 - தத்துவஞானி வேதாத்திரி மகரிஷி
4. மனவளக்கலை தொகுப்பு - 2 - தத்துவஞானி வேதாத்திரி மகரிஷி
5. கருமையம் - தத்துவஞானி வேதாத்திரி மகரிஷி
6. ஜீவகாந்தம் - தத்துவஞானி வேதாத்திரி மகரிஷி
7. காந்தத்தத்துவம் - தத்துவஞானி வேதாத்திரி மகரிஷி
8. வேதாத்திரியத்தில் இறைநிலை விளக்கம் - தத்துவஞானி வேதாத்திரி மகரிஷி
9. இறைநிலையின் தன்மாற்ற சரித்திரம் - தத்துவஞானி வேதாத்திரி மகரிஷி
10. இறைநிலை அறிவு - தத்துவஞானி வேதாத்திரி மகரிஷி
11. Advanced Educational Psychology - G.K. Mangal.
12. Effective Study Material - Reddy.
13. Psychology - Robert A. Baron

DETAILS OF ENROLLED STUDENTS

YOGA - PARTICIPANTS LIST

S.NO.	NAME OF THE STUDENT	CLASS
1.	AARATHI.G	I B.Sc., Maths 'A'
2.	AARTHI.N	II BSc., CS 'B'
3.	AARTHI.M	II B.B.A., 'B'
4.	ABARANA.K	III B.Sc., C.S 'A'
5.	ABARNA.M	II B.Com., 'A'
6.	ABARNA.S	II B.B.A., 'A'
7.	ABINAYA.B	I B.Com., 'B'
8.	ABIRAMI.S	II B.Com., 'A'
9.	ABIRAMI.S	I B.Sc., C.S 'C'
10.	ANAMIKA.I	III B.Sc., C.S 'C'
11.	ARCHANA.M	II B.Com., 'B'
12.	BAIRAVI.R	III B.Sc., C.S 'C'
13.	BARKAVI.M	II B.Com., 'A'
14.	BAVYASREE.R	I B.Sc., PHYSICS
15.	BOOMIKA.M	I B.A., ECONOMICS
16.	CHITHRUBI.V	I B.B.A., 'A'
17.	DEEPA.N	II B.A., ECONOMICS
18.	DEEPIKA.S	II B.Sc., PHYSICS 'B'
19.	DEEPIKA.V	I B.Com., 'A'
20.	DEVIBALA.V	II B.Com., 'C'
21.	DHANUSRI.K	II B.Com., 'C'
22.	DHARANI.R	II B.Com., 'A'
23.	DHARSHINI.R	I B.Sc., C.S 'A'
24.	DHIVYA.G	I B.Com., 'C'

DETAILS OF ENROLLED STUDENTS

YOGA - PARTICIPANTS LIST

S.NO.	NAME OF THE STUDENT	CLASS
25.	DHIVYA.M	II B.B.A., 'B'
26.	DHIVYA.M	II B.Com., 'C'
27.	DHIVYASRI.T	I B.Com., 'B'
28.	DIVYA.E	I B.Sc., Maths 'A'
29.	DURGA.R	II B.Com., 'C'
30.	DURGADEVI.S	I B.Com., 'A'
31.	ELAKKIYA.M	II B.Com., 'B'
32.	GOWSALYA.S	I B.A., ECONOMICS
33.	HARINI.B.K	II B.Sc., PHYSICS 'A'
34.	HARINI.M	I B.Com., 'A'
35.	HARINI.R	I B.Com., 'B'
36.	ILAMPIRUTHI.S	I B.Com., 'C'
37.	INIYA.M	II B.Sc., BIO
38.	JANANI.A	II B.Com., 'B'
39.	JANANI.C.R	I B.Sc., C.S 'A'
40.	JANANI.M	I B.Sc., Maths 'B'
41.	JANANY.M	II B.Sc., Maths 'C'
42.	JEEVITHA.J	II B.Com., 'B'
43.	KAMALI.M	I B.Com., 'C'
44.	KANMANI.G.M	I B.Com., 'C'
45.	KARTHIKA.J	I B.Com., 'C'
46.	KARUNYA.V	I B.A., ECONOMICS
47.	KAVITHA.K	I B.Sc., C.S 'C'
48.	KAVIYA.G	II B.Com., 'B'

DETAILS OF ENROLLED STUDENTS

YOGA - PARTICIPANTS LIST		
S.NO.	NAME OF THE STUDENT	CLASS
49.	KAVIYA.S	II B.A., ECONOMICS
50.	KAVIYA.S	I B.Sc., C.S 'B'
51.	KAVYA.K	II B.Sc.,BIO
52.	KEERTHANA.A	I B.Sc., C.S 'B'
53.	KEERTHANA.G	I B.Sc., C.S 'B'
54.	KIRUTHIGA.A	III B.Sc., C.S 'B'
55.	KOKILA.M	I B.Sc., N&D
56.	LAVANYA.V	I B.Sc., Maths 'B'
57.	LIGA.T	II B.Sc., Maths 'A'
58.	MALINI.P	II B.Sc., Maths 'C'
59.	MEHARAJBANU.M	I B.B.A., 'B'
60.	MOUNIKA.M	II B.Sc., N&D
61.	NANDHINI.N	II B.B.A., 'A'
62.	NIJA.E	I B.Sc., C.S 'A'
63.	NIVETHA.G	III B.Sc., C.S 'A'
64.	NIVETHA.K	I B.Sc., N&D
65.	NIVETHA.V	II B.Sc., Maths 'C'
66.	NIVETHINI.R	II B.A., ECONOMICS
67.	OVIYA.A	II BCA
68.	PARKAVI.C	I B.A., ECONOMICS
69.	PAVITHRA.D	III B.Sc., C.S 'B'
70.	PAVITHRA.G	II B.Sc., N&D
71.	POOJA.S	II B.B.A., 'B'
72.	PRAVEENA.R	I B.Sc., C.S 'C'

ETAILS OF PARTICIPANTS

SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE
(AUTONOMOUS)



Affiliated to Bharathidasan University, Tiruchirappalli
(Accredited by NAAC | An ISO 9001:2015 Certified Institution)
Sundarakkottai, Mannargudi, Tiruvarur(Dt), Tamilnadu.



YOGA PARTICIPANTS LIST

S.No.	NAME OF THE STUDENT	CLASS	SIGNATURE
1.	AARATHI.G	I B.Sc., Maths 'A'	Aarathi . G
2.	AARTHILN	II B.Sc., CS 'B'	N. Aarthi
3.	AARTHIM	II B.B.A., 'B'	Aarthi . M
4.	ABARANA.K	III B.Sc., C.S 'A'	Abanale
5.	ABARNA.M	II B.Com., 'A'	Abarna . M
6.	ABARNA.S	II B.B.A., 'A'	Abarna . S
7.	ABINAYA.B	I B.Com., 'B'	Abinaya . B
8.	ABIRAMI.S	II B.Com., 'A'	S. Abirami
9.	ABIRAMI.S	I B.Sc., C.S 'C'	Abirami . S
10.	ANAMIKA.I	III B.Sc., C.S 'C'	Anamika . I
11.	ARCHANA.M	II B.Com., 'B'	Archana . M
12.	BAIRAVI.R	III B.Sc., C.S 'C'	Bairavi . R
13.	BARKAVI.M	II B.Com., 'A'	M. Barkavi
14.	BAVYASREE.R	I B.Sc., PHYSICS	Bavyasree . R
15.	BOOMIKA.M	I B.A., ECONOMICS	Boomika . M
16.	CHITHRUBLV	I B.B.A., 'A'	Chithrub . V
17.	DEEPA.N	II B.A., ECONOMICS	N. Deepa
18.	DEEPIKA.S	II B.Sc., PHYSICS 'B'	S. Deepika
19.	DEEPIKA.V	I B.Com., 'A'	V. Deepika

B. R. Thi

Assistant Professor
PG Department of Physics
Sengamala Thayaar Educational Trust
Women's College (Autonomous)
Sundarakkottai - 614 016, Mannargudi.

Principal

PRINCIPAL
Sengamala Thayaar Educational Trust
Women's College, (Autonomous)
Mannargudi.

DETAILS OF PARTICIPANTS



**SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE
(AUTONOMOUS)**

**Affiliated to Bharathidasan University, Tiruchirappalli.
(Accredited by NAAC | An ISO 9001:2015 Certified Institution)**

Sundarakkottai, Mannargudi, Tiruvarur(Dt), Tamilnadu.



YOGA PARTICIPANTS LIST

S.No.	NAME OF THE STUDENT	CLASS	SIGNATURE
20.	DEVIBALA.V	II B.Com., 'C'	Devibala.V.
21.	DHANUSRI.K	II B.Com., 'C'	Dhanusri.K
22.	DHARANIR	II B.Com., 'A'	Dharani.R
23.	DHARSHINIR	I B.Sc., C.S 'A'	Dharshini.R
24.	DHIVYA.G	I B.Com., 'C'	G. Divya
25.	DHIVYA.M	II B.B.A., 'B'	Divya.M
26.	DHIVYA.M	II B.Com., 'C'	Divya.M.
27.	DHIVYASRI.T	I B.Com., 'B'	Divyasri.T
28.	DIVYA.E	I B.Sc., Maths 'A'	Divya.E
29.	DURGA.R	II B.Com., 'C'	Durga.R
30.	DURGADEVIS	I B.Com., 'A'	Durgadevi.S
31.	ELAKKIYA.M	II B.Com., 'B'	Elakkiya.M
32.	GOWSALYA.S	I B.A., ECONOMICS	Gowsalya.S
33.	HARINI.B.K	II B.Sc., PHYSICS 'A'	Harini.B.K
34.	HARINI.M	I B.Com., 'A'	Harini.M
35.	HARINIR	I B.Com., 'B'	R. Harini
36.	ILAMPIRUTHI.S	I B.Com., 'C'	Ilampiruthi.S.
37.	INIYA.M	II B.Sc., BIO	Iniya.M
38.	JANANI.A	II B.Com., 'B'	A. Janani

B.R.Hi
Assistant Professor
P.G. Department of Physics
Sengamala Thayaar Educational Trust
Women's College (Autonomous)
Sundarakkottai - 614 016, Mannargudi.

[Signature]
Principal
PRINCIPAL
Sengamala Thayaar Educational Trust
Women's College. (Autonomous)
Mannargudi.

DETAILS OF PARTICIPANTS



SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE
(AUTONOMOUS)

Affiliated to Bharathidasan University, Tiruchirappalli.
(Accredited by NAAC | An ISO 9001:2015 Certified Institution)

Sundarakkottai, Mannargudi, Tiruvarur(Dt), Tamilnadu.



YOGA PARTICIPANTS LIST

S.No.	NAME OF THE STUDENT	CLASS	SIGNATURE
39.	JANANI.C.R	I B.Sc., C.S 'A'	C.R. Janani
40.	JANANI.M	I B.Sc., Maths 'B'	M. Janani
41.	JANANY.M	II B.Sc., Maths 'C'	Janany.M
42.	JEEVITHA.J	II B.Com., 'B'	Jeevitha.J
43.	KAMALI.M	I B.Com., 'C'	M. Kamali
44.	KANMANI.G.M	I B.Com., 'C'	Kanmani.G.M
45.	KARTHIKA.J	I B.Com., 'C'	N.Karthika
46.	KARUNYA.V	I B.A., ECONOMICS	Karunya.V
47.	KAVITHA.K	I B.Sc., C.S 'C'	K. Kavitha
48.	KAVIYA.G	II B.Com., 'B'	G. Kaviya
49.	KAVIYA.S	II B.A., ECONOMICS	S. Kaviya
50.	KAVIYA.S	I B.Sc., C.S 'B'	S. Kaviya
51.	KAVYA.K	II B.Sc., BIO	K. Kavya
52.	KEERTHANA.A	I B.Sc., C.S 'B'	Keerthana.A
53.	KEERTHANA.G	I B.Sc., C.S 'B'	Keerthana.G.
54.	KIRUTHIGA.A	III B.Sc., C.S 'B'	Kiruthiga.A
55.	KOKILA.M	I B.Sc., N&D	Kokila.M
56.	LAVANYA.V	I B.Sc., Maths 'B'	Lavanya.V
57.	LIGA.T	II B.Sc., Maths 'A'	T. Liga

B.R.Hi

Assistant Professor
PG Department of Physics
Sengamala Thayaar Educational Trust
Women's College (Autonomous)
Sundarakkottai - 614 016, Mannargudi.

Principal

PRINCIPAL
Sengamala Thayaar Educational Trust
Women's College, (Autonomous)
Mannargudi.

DETAILS OF PARTICIPANTS

SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE

(AUTONOMOUS)

Affiliated to Bharathidasan University, Tiruchirappalli

(Accredited by NAAC | An ISO 9001:2015 Certified Institution)

Sundarakkottai, Mannargudi, Tiruvarur (Dt), Tamilnadu.

YOGA PARTICIPANTS LIST



S.No.	NAME OF THE STUDENT	CLASS	SIGNATURE
58.	MALINI.P	II B.Sc., Maths 'C'	P. Malini
59.	MEHARAJBANU.M	I B.B.A., 'B'	Meharajbanu-M
60.	MOUNIKA.M	II B.Sc., N&D	M. Mounika
61.	NANDHINI.N	II B.B.A., 'A'	Nandhini-N
62.	NIJA.E	I B.Sc., C.S 'A'	E. Nija
63.	NIVETHA.G	III B.Sc., C.S 'A'	Nivetha-G
64.	NIVETHA.K	I B.Sc., N&D	Nivetha-K
65.	NIVETHA.V	II B.Sc., Maths 'C'	Nivetha-V
66.	NIVETHINI.R	II B.A., ECONOMICS	Nivethini-R
67.	OVIYA.A	II BCA	A. Oviya
68.	PARKAVI.C	I B.A., ECONOMICS	C. Parkavi
69.	PAVITHRA.D	III B.Sc., C.S 'B'	Pavithra-D
70.	PAVITHRA.G	II B.Sc., N&D	G. Pavithra
71.	POOJA.S	II B.B.A., 'B'	S. Pooja
72.	PRAVEENA.R	I B.Sc., C.S 'C'	Praveena-R
73.	RANJANI.K	I B.B.A., 'B'	Ranjani-K
74.	RASHMIKA.R	I B.B.A., 'A'	R. Rashmika
75.	SAKTHI.S	I B.Sc., Maths 'A'	S. Sakthi
76.	SATHIYA.A	II BCA	Sathiya-A

B. R. Thi

Assistant Professor
PG Department of Physics
Sengamala Thayaar Educational Trust
Women's College (Autonomous)
Sundarakkottai - 614 016, Mannargudi.

Principal

PRINCIPAL
Sengamala Thayaar Educational Trust
Women's College, (Autonomous)
Mannargudi.

DETAILS OF PARTICIPANTS

SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE

(AUTONOMOUS)

Affiliated to Bharathidasan University, Tiruchirappalli

(Accredited by NAAC | An ISO 9001:2015 Certified Institution)

Sundarakkottai, Mannargudi, Tiruvarur(Dt), Tamilnadu.

YOGA PARTICIPANTS LIST

S.No.	NAME OF THE STUDENT	CLASS	SIGNATURE
77.	SAVIDHA . V.N	II B.Sc., PHYSICS 'A'	Savidha v.n
78.	SNEHA.G	III B.Sc., C.S 'B'	Sneha.Gt.
79.	SINDHUJA.S	II B.Sc., PHYSICS 'A'	Sindhujai. S
80.	SUBASHREE.T	I B.Sc., Maths 'B'	Subashree.T
81.	SUBIKSHA.K	I B.B.A., 'A'	Subiksha.k
82.	SURYA.R	III B.Sc., C.S 'C'	Surya.R
83.	SWATHI.T	II BCA	Swathi.T
84.	SWETHA.C	II B.Sc., PHYSICS 'B'	Swetha.C
85.	SWETHA.K	I B.Sc., C.S 'A'	Swetha.k
86.	UMAMAHESHWARIS	I B.Sc., PHYSICS	umamaheshwari.S
87.	VIDHYA.K	II B.Sc., PHYSICS 'B'	Vidhya.k
88.	YASHIKA.R	I B.Sc., Maths 'B'	Yashika.R
89.	YAZHIE	III B.Sc., C.S 'A'	Yazhi.E
90.	YUVARANI.M	I B.Sc., C.S 'B'	Yuvarani.M

B.R.Hi

Assistant Professor
PG Department of Physics
Sengamala Thayar Educational Trust
Women's College (Autonomous)
Sundarakkottai - 614 016, Mannargudi.

Principal

PRINCIPAL
Sengamala Thayar Educational Trust
Women's College, (Autonomous)
Mannargudi.

YOGA FOR YOUTH EMPOWERMENT - ATTENDANCE

Sengamala Thayaar Educational Trust

(Accredited With 'A' Grade)

Class: YVE - Yoga for Youth Empowerment Student's Attendance Register

S.No.	Admission No.	Name	Date	1	2	3	4	5	6	7	8	9	10	11	12
			Days	1/8	14/8	21/8	28/8	4/9	11/9	18/9	25/9	2/10	9/10	16/10	23/10
1	YVE2001	Aashathi . G		x	x	x	x	x	x	x	x	x	x	x	x
2	YVE2002	Aashithi . N		x	x	x	x	x	x	x	x	x	x	x	x
3	YVE2003	Aashithi . M		x	x	x	x	x	x	x	x	x	x	x	x
4	YVE2004	Abasna . K		x	x	x	x	x	x	x	x	x	x	x	x
5	YVE2005	Abasna . M		x	x	x	x	x	x	x	x	x	x	x	x
6	YVE2006	Abasna . S		x	x	x	x	x	x	x	x	x	x	x	x
7	YVE2007	Abinaya . B		x	x	x	x	x	x	x	x	x	x	x	x
8	YVE2008	Abinami . S		x	x	x	x	x	x	x	x	x	x	x	x
9	YVE2009	Abinami . S		x	x	x	x	x	x	x	x	x	x	x	x
10	YVE2010	Anamika . I		x	x	x	x	x	x	x	x	x	x	x	x
11	YVE2011	Aschana . M		x	x	x	x	x	x	x	x	x	x	x	x
12	YVE2012	Bairavi . R		x	x	x	x	x	x	x	x	x	x	x	x
13	YVE2013	Bairavi . M		x	x	x	x	x	x	x	x	x	x	x	x
14	YVE2014	Bairavasa . R		x	x	x	x	x	x	x	x	x	x	x	x
15	YVE2015	Boornika . M		x	x	x	x	x	x	x	x	x	x	x	x
16	YVE2016	Chithambi V		x	x	x	x	x	x	x	x	x	x	x	x
17	YVE2017	Deepa . N		x	x	x	x	x	x	x	x	x	x	x	x
18	YVE2018	Deepika . S		x	x	x	x	x	x	x	x	x	x	x	x
19	YVE2019	Deepika . V		x	x	x	x	x	x	x	x	x	x	x	x
20	YVE2020	Devibala V		x	x	x	x	x	x	x	x	x	x	x	x
21	YVE2021	Dhanusai . K		x	x	x	x	x	x	x	x	x	x	x	x
22	YVE2022	Dhanusai . R		x	x	x	x	x	x	x	x	x	x	x	x
23	YVE2023	Dhanusai . R		x	x	x	x	x	x	x	x	x	x	x	x
24	YVE2024	Dhivya . G		x	x	x	x	x	x	x	x	x	x	x	x
25	YVE2025	Dhivya . M		x	x	x	x	x	x	x	x	x	x	x	x
26	YVE2026	Dhivya . M		x	x	x	x	x	x	x	x	x	x	x	x
27	YVE2027	Dhivya . T		x	x	x	x	x	x	x	x	x	x	x	x
28	YVE2028	Dhivya . E		x	x	x	x	x	x	x	x	x	x	x	x
29	YVE2029	Durga . R		x	x	x	x	x	x	x	x	x	x	x	x
30	YVE2030	Durgadani . S		x	x	x	x	x	x	x	x	x	x	x	x
31	YVE2031	Elakkiya . M		x	x	x	x	x	x	x	x	x	x	x	x
32	YVE2032	Gowalya . S		x	x	x	x	x	x	x	x	x	x	x	x
33	YVE2033	Hanini . B . K		x	x	x	x	x	x	x	x	x	x	x	x

Women's College, Mannargudi.

by NAAC)

for the Month of (August - 2020 - April - 2021) 2020-2021

48

	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	No. of days Present	Remarks																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																																
1/11	8/11	15/11	22/11	29/11	6/12	13/12	20/12	27/12	3/1	10/1	17/1	24/1	31/1	7/2	14/2	21/2	28/2	5/3	12/3	19/3	26/3	2/4	9/4	16/4	23/4	30/4	6/5	13/5	20/5	27/5	3/6	10/6	17/6	24/6	31/6	7/7	14/7	21/7	28/7	4/8	11/8	18/8	25/8	1/9	8/9	15/9	22/9	29/9	6/10	13/10	20/10	27/10	3/11	10/11	17/11	24/11	1/12	8/12	15/12	22/12	29/12	5/1	12/1	19/1	26/1	2/2	9/2	16/2	23/2	30/2	6/3	13/3	20/3	27/3	3/4	10/4	17/4	24/4	31/4	7/5	14/5	21/5	28/5	4/6	11/6	18/6	25/6	1/7	8/7	15/7	22/7	29/7	5/8	12/8	19/8	26/8	2/9	9/9	16/9	23/9	30/9	7/10	14/10	21/10	28/10	4/11	11/11	18/11	25/11	2/12	9/12	16/12	23/12	30/12	6/1	13/1	20/1	27/1	3/2	10/2	17/2	24/2	3/3	10/3	17/3	24/3	31/3	7/4	14/4	21/4	28/4	5/5	12/5	19/5	26/5	2/6	9/6	16/6	23/6	30/6	7/7	14/7	21/7	28/7	4/8	11/8	18/8	25/8	1/9	8/9	15/9	22/9	29/9	6/10	13/10	20/10	27/10	3/11	10/11	17/11	24/11	1/12	8/12	15/12	22/12	29/12	5/1	12/1	19/1	26/1	2/2	9/2	16/2	23/2	30/2	6/3	13/3	20/3	27/3	3/4	10/4	17/4	24/4	31/4	7/5	14/5	21/5	28/5	4/6	11/6	18/6	25/6	1/7	8/7	15/7	22/7	29/7	5/8	12/8	19/8	26/8	2/9	9/9	16/9	23/9	30/9	7/10	14/10	21/10	28/10	4/11	11/11	18/11	25/11	2/12	9/12	16/12	23/12	30/12	6/1	13/1	20/1	27/1	3/2	10/2	17/2	24/2	3/3	10/3	17/3	24/3	31/3	7/4	14/4	21/4	28/4	5/5	12/5	19/5	26/5	2/6	9/6	16/6	23/6	30/6	7/7	14/7	21/7	28/7	4/8	11/8	18/8	25/8	1/9	8/9	15/9	22/9	29/9	6/10	13/10	20/10	27/10	3/11	10/11	17/11	24/11	1/12	8/12	15/12	22/12	29/12	5/1	12/1	19/1	26/1	2/2	9/2	16/2	23/2	30/2	6/3	13/3	20/3	27/3	3/4	10/4	17/4	24/4	31/4	7/5	14/5	21/5	28/5	4/6	11/6	18/6	25/6	1/7	8/7	15/7	22/7	29/7	5/8	12/8	19/8	26/8	2/9	9/9	16/9	23/9	30/9	7/10	14/10	21/10	28/10	4/11	11/11	18/11	25/11	2/12	9/12	16/12	23/12	30/12	6/1	13/1	20/1	27/1	3/2	10/2	17/2	24/2	3/3	10/3	17/3	24/3	31/3	7/4	14/4	21/4	28/4	5/5	12/5	19/5	26/5	2/6	9/6	16/6	23/6	30/6	7/7	14/7	21/7	28/7	4/8	11/8	18/8	25/8	1/9	8/9	15/9	22/9	29/9	6/10	13/10	20/10	27/10	3/11	10/11	17/11	24/11	1/12	8/12	15/12	22/12	29/12	5/1	12/1	19/1	26/1	2/2	9/2	16/2	23/2	30/2	6/3	13/3	20/3	27/3	3/4	10/4	17/4	24/4	31/4	7/5	14/5	21/5	28/5	4/6	11/6	18/6	25/6	1/7	8/7	15/7	22/7	29/7	5/8	12/8	19/8	26/8	2/9	9/9	16/9	23/9	30/9	7/10	14/10	21/10	28/10	4/11	11/11	18/11	25/11	2/12	9/12	16/12	23/12	30/12	6/1	13/1	20/1	27/1	3/2	10/2	17/2	24/2	3/3	10/3	17/3	24/3	31/3	7/4	14/4	21/4	28/4	5/5	12/5	19/5	26/5	2/6	9/6	16/6	23/6	30/6	7/7	14/7	21/7	28/7	4/8	11/8	18/8	25/8	1/9	8/9	15/9	22/9	29/9	6/10	13/10	20/10	27/10	3/11	10/11	17/11	24/11	1/12	8/12	15/12	22/12	29/12	5/1	12/1	19/1	26/1	2/2	9/2	16/2	23/2	30/2	6/3	13/3	20/3	27/3	3/4	10/4	17/4	24/4	31/4	7/5	14/5	21/5	28/5	4/6	11/6	18/6	25/6	1/7	8/7	15/7	22/7	29/7	5/8	12/8	19/8	26/8	2/9	9/9	16/9	23/9	30/9	7/10	14/10	21/10	28/10	4/11	11/11	18/11	25/11	2/12	9/12	16/12	23/12	30/12	6/1	13/1	20/1	27/1	3/2	10/2	17/2	24/2	3/3	10/3	17/3	24/3	31/3	7/4	14/4	21/4	28/4	5/5	12/5	19/5	26/5	2/6	9/6	16/6	23/6	30/6	7/7	14/7	21/7	28/7	4/8	11/8	18/8	25/8	1/9	8/9	15/9	22/9	29/9	6/10	13/10	20/10	27/10	3/11	10/11	17/11	24/11	1/12	8/12	15/12	22/12	29/12	5/1	12/1	19/1	26/1	2/2	9/2	16/2	23/2	30/2	6/3	13/3	20/3	27/3	3/4	10/4	17/4	24/4	31/4	7/5	14/5	21/5	28/5	4/6	11/6	18/6	25/6	1/7	8/7	15/7	22/7	29/7	5/8	12/8	19/8	26/8	2/9	9/9	16/9	23/9	30/9	7/10	14/10	21/10	28/10	4/11	11/11	18/11	25/11	2/12	9/12	16/12	23/12	30/12	6/1	13/1	20/1	27/1	3/2	10/2	17/2	24/2	3/3	10/3	17/3	24/3	31/3	7/4	14/4	21/4	28/4	5/5	12/5	19/5	26/5	2/6	9/6	16/6	23/6	30/6	7/7	14/7	21/7	28/7	4/8	11/8	18/8	25/8	1/9	8/9	15/9	22/9	29/9	6/10	13/10	20/10	27/10	3/11	10/11	17/11	24/11	1/12	8/12	15/12	22/12	29/12	5/1	12/1	19/1	26/1	2/2	9/2	16/2	23/2	30/2	6/3	13/3	20/3	27/3	3/4	10/4	17/4	24/4	31/4	7/5	14/5	21/5	28/5	4/6	11/6	18/6	25/6	1/7	8/7	15/7	22/7	29/7	5/8	12/8	19/8	26/8	2/9	9/9	16/9	23/9	30/9	7/10	14/10	21/10	28/10	4/11	11/11	18/11	25/11	2/12	9/12	16/12	23/12	30/12	6/1	13/1	20/1	27/1	3/2	10/2	17/2	24/2	3/3	10/3	17/3	24/3	31/3	7/4	14/4	21/4	28/4	5/5	12/5	19/5	26/5	2/6	9/6	16/6	23/6	30/6	7/7	14/7	21/7	28/7	4/8	11/8	18/8	25/8	1/9	8/9	15/9	22/9	29/9	6/10	13/10	20/10	27/10	3/11	10/11	17/11	24/11	1/12	8/12	15/12	22/12	29/12	5/1	12/1	19/1	26/1	2/2	9/2	16/2	23/2	30/2	6/3	13/3	20/3	27/3	3/4	10/4	17/4	24/4	31/4	7/5	14/5	21/5	28/5	4/6	11/6	18/6	25/6	1/7	8/7	15/7	22/7	29/7	5/8	12/8	19/8	26/8	2/9	9/9	16/9	23/9	30/9	7/10	14/10	21/10	28/10	4/11	11/11	18/11	25/11	2/12	9/12	16/12	23/12	30/12	6/1	13/1	20/1	27/1	3/2	10/2	17/2	24/2	3/3	10/3	17/3	24/3	31/3	7/4	14/4	21/4	28/4	5/5	12/5	19/5	26/5	2/6	9/6	16/6	23/6	30/6	7/7	14/7	21/7	28/7	4/8	11/8	18/8	25/8	1/9	8/9	15/9	22/9	29/9	6/10	13/10	20/10	27/10	3/11	10/11	17/11	24/11	1/12	8/12	15/12	22/12	29/12	5/1	12/1	19/1	26/1	2/2	9/2	16/2	23/2	30/2	6/3	13/3	20/3	27/3	3/4	10/4	17/4	24/4	31/4	7/5	14/5	21/5	28/5	4/6	11/6	18/6	25/6	1/7	8/7	15/7	22/7	29/7	5/8	12/8	19/8	26/8	2/9	9/9	16/9	23/9	30/9	7/10	14/10	21/10	28/10	4/11	11/11	18/11	25/11	2/12	9/12	16/12	23/12	30/12	6/1	13/1	20/1	27/1	3/2	10/2	17/2	24/2	3/3	10/3	17/3	24/3	31/3	7/4	14/4	21/4	28/4	5/5	12/5	19/5	26/5	2/6	9/6	16/6	23/6	30/6	7/7	14/7	21/7	28/7	4/8	11/8	18/8	25/8	1/9	8/9	15/9	22/9	29/9	6/10	13/10	20/10	27/10	3/11	10/11	17/11	24/11	1/12	8/12	15/12	22/12	29/12	5/1	12/1	19/1	26/1	2/2	9/2	16/2	23/2	30/2	6/3	13/3	20/3	27/3	3/4	10/4	17/4	24/4	31/4	7/5	14/5	21/5	28/5	4/6	11/6	18/6	25/6	1/7	8/7	15/7	22/7	29/7	5/8	12/8	19/8	26/8	2/9	9/9	16/9	23/9	30/9	7/10	14/10	21/10	28/10	4/11	11/11	18/11	25/11	2/12	9/12	16/12	23/12	30/12	6/1	13/1	20/1	27/1	3/2	10/2	17/2	24/2	3/3	10/3	17/3	24/3	31/3	7/4	14/4	21/4	28/4	5/5	12/5	19/5	26/5	2/6	9/6	16/6	23/6	30/6	7/7	14/7	21/7	28/7	4/8	11/8	18/8	25/8	1/9	8/9	15/9	22/9	29/9	6/10	13/10	20/10	27/10	3/11	10/11	17/11	24/11	1/12	8/12	15/12	22/12	29/12	5/1	12/1	19/1	26/1	2/2	9/2	16/2	23/2	30/2	6/3	13/3	20/3	27/3	3/4	10/4	17/4	24/4	31/4	7/5	14/5	21/5	28/5	4/6	11/6	18/6	25/6	1/7	8/7	15/7	22/7	29/7	5/8	12/8	19/8	26/8	2/9	9/9	16/9	23/9	30/9	7/10	14/10	21/10	28/10	4/11	11/11	18/11	25/11	2/12	9/12	16/12	23/12	30/12	6/1	13/1	20/1	27/1	3/2	10/2	17/2	24/2	3/3	10/3	17/3	24/3	31/3	7/4	14/4	21/4	28/4	5/5	12/5	19/5	26/5	2/6	9/6	16/6	23/6	30/6	7/7	14/7	21/7	28/7	4/8	11/8	18/8	25/8	1/9	8/9	15/9	22/9	29/9	6/10	13/10	20/10	27/10	3/11	10/11	17/11	24/11	1/12	8/12	15/12	22/12	29/12	5/1	12/1	19/1	26/1	2/2	9/2	16/2	23/2	30/2	6/3	13/3	20/3	27/3	3/4	10/4	17/4	24/4	31/4	7/5	14/5	21/5	28/5	4/6	11/6	18/6	25/6	1/7	8/7	15/7	22/7	29/7	5/8	12/8	19/8	26/8	2/9	9/9	16/9	23/9	30/9	7/10	14/10	21/10	28/10	4/11	11/11	18/11	25/11	2/12	9/12	16/12	23/12	30/12	6/1	13/1	20/1	27/1	3/2	10/2	17/2	24/2	3/3	10/3	17/3	24/3	31/3	7/4	14/4	21/4	28/4	5/5	12/5	19/5	26/5	2/6	9/6	16/6	23/6	30/6	7/7	14/7	21/7	28/7	4/8	11/8	18/8	25/8	1/9	8/9	15/9	22/9	29/9	6/10	13/10	20/10	27/10	3/11	10/11	17/11	24/11	1/12	8/12	15/12	22/12	29/12	5/1	12/1	19/1	26/1	2/2	9/2	16/2	23/2	30/2	6/3	13/3	20/3	27/3	3/4	10/4	17/4	24/4	31/4	7/5	14/5	21/5	28/5	4/6	11/6	18/6	25/6	1/7	8/7	15/7	22/7	29/7	5/8	12/8	19/8	26/8	2/9	9/9	16/9	23/9	30/9	7/10	14/10	21/10	28/

YOGA FOR YOUTH EMPOWERMENT - ATTENDANCE

Sengamala Thayaar Educational Trust

(Accredited With 'A' Grade)

Class: YYE - Yoga for Youth Empowerment Student's Attendance Register

S.No.	Admission No.	Name	Date	1	2	3	4	5	6	7	8	9	10	11	12
			Days	$\frac{1}{2}$	$\frac{1}{4}$	$\frac{3}{8}$	$\frac{1}{2}$	$\frac{5}{8}$	$\frac{3}{4}$	$\frac{7}{8}$	$\frac{1}{2}$	$\frac{3}{4}$	$\frac{5}{8}$	$\frac{1}{2}$	$\frac{3}{4}$
67.	YYE2061	Dhija . A		x	x	x	x	x	^	x	x	x	a	x	x
68.	YYE2068	Pankavi . C		x	x	x	^	x	x	x	x	x	x	x	x
69.	YYE2069	Pavithra . D		a	x	x	^	x	x	x	x	x	x	x	x
70.	YYE2070	Pavithra . G		x	x	^	x	x	x	x	x	x	x	x	x
71.	YYE2071	Pooja . S		x	x	x	x	x	x	a	x	x	x	x	x
72.	YYE2072	Praveena . R		x	x	x	x	x	x	x	x	x	x	x	x
73.	YYE2073	Ranjani . K		x	x	x	x	x	x	x	x	x	x	x	x
74.	YYE2074	Rashmika . R		x	x	x	x	a	x	^	x	x	x	x	x
75.	YYE2075	Sakthi . S		x	x	x	x	y	x	x	x	x	x	x	y
76.	YYE2076	Sathya . A		x	x	x	x	y	^	x	x	a	x	x	x
77.	YYE2077	Savitha . V.N		x	x	x	x	x	x	x	x	x	x	x	y
78.	YYE2078	Shreya . G		x	x	x	x	x	x	x	a	x	x	x	y
79.	YYE2079	Sindhya . S		a	x	x	x	y	^	x	x	x	x	x	y
80.	YYE2080	Subashree . T		x	x	^	x	x	x	x	x	x	x	y	a
81.	YYE2081	Subiksha . K		x	x	a	x	y	x	x	x	a	x	x	y
82.	YYE2082	Swamy . R		x	x	x	x	x	x	x	x	x	x	x	y
83.	YYE2083	Swathi . T		x	x	^	x	x	x	x	x	x	x	x	y
84.	YYE2084	Swetha . C		x	x	^	x	x	a	x	x	x	x	x	y
85.	YYE2085	Swetha . K		x	x	x	x	y	x	x	x	x	x	x	y
86.	YYE2086	Umapaheshwari . S		x	x	^	x	a	x	x	^	x	x	x	y
87.	YYE2087	Vidhya . k		x	x	^	x	y	x	x	x	x	x	x	y
88.	YYE2088	Vashika . R		x	x	x	x	x	x	x	x	x	x	x	y
89.	YYE2089	Vaishi . E		x	x	y	x	x	x	x	x	x	x	x	y
90.	YYE2090	Yuvashani . M		x	x	x	x	x	x	x	x	a	x	x	y
							</								

Women's College, Mannargudi.

NAAC)

for the Month of AUGUST 2020 - APRIL 2021 2020-2021

50

[illegible]

YOGA FOR YOUTH EMPOWERMENT



YOGA FOR YOUTH EMPOWERMENT



YOGA - ONLINE ATTENDANCE













































YOGA FOR YOUTH EMPOWERMENT - ONLINE ATTENDANCE

YOGA - ONLINE ATTENDANCE

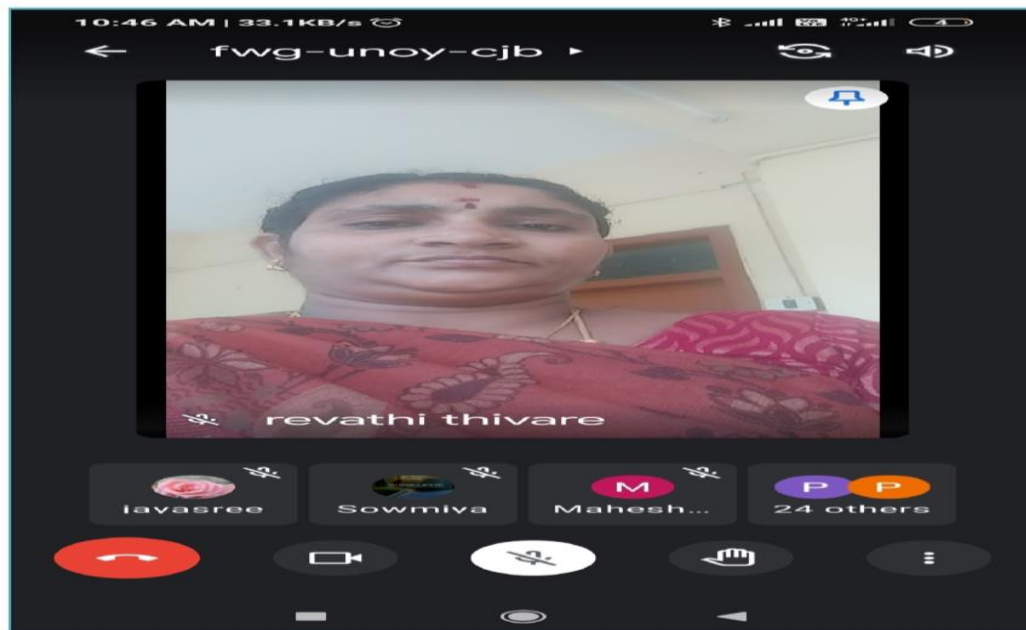
About this call			
People		Information	
	Mounikaug20 Mounik...		
	Nisha Natesan		
	Pramyia R		
	Priya Dharshini		
	Rani D		
	rubiya pakthavachalam		
	Sendhura P		
	Sineha 31		
	Sowmiya Sivagurunat...		
	Srimathi Senthil		
	Suruthi Balasubramani...		
	suvetha. s		
	Thmarai Selvan		
	Vavuniya Vavuniya		

YOGA - ONLINE ATTENDANCE

About this call			
People		Information	
	jayasree ug20		
	Kamatchi Thirugnam		
	Madura D		
	Maheeswari .P		
	Maheshwari R		
	Mounikaug20 Mounik...		
	Nisha Natesan		
	Pramyia R		
	Priya Dharshini		
	Rani D		
	rubiya pakthavachalam		
	Sendhura P		
	Sineha 31		
	Sowmiya Sivagurunat...		

YOGA FOR YOUTH EMPOWERMENT - SCREEN SHOT

YOGA - SNAPSHOT



YOGA - SNAPSHOT



YOGA - ONLINE EXAM SCHEDULE



SENGAMALATHAYAARE EDUCATIONAL TRUST WOMEN'S COLLEGE

(AUTONOMOUS)

**(Accredited by NAAC: An ISO 9001:2015 Certified Institution)
SUNDARAKOTTAI, MANNARGUDI.**

C. No.41-L

Date: 10.04.2021


YOGA CLUB – CIRCULAR

All the Head of the Departments are asked to instruct the Yoga students to attend the Examinations via Google meet link.

<https://forms.gle/HpbdEmduyszXwkcs6>

The Students are instructed to follow the time schedule in future.

S.No.	Date	Time	Platform
1	26.04.2021	2.00PM-3.00 PM	Google Meet


Principal
PRINCIPAL
Sengamala Thayaar Educational Trust
Women's College, (Autonomous)
Mannargudi,

YOGA CERTIFICATES (2020-2021)

	SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE (AUTONOMOUS) (Accredited by NAAC An ISO 9001:2015 Certified Institution) (Affiliated to Bharathidasan University, Tiruchirappalli) Sundarakkottai-614 016 , Thiruvavur (Dt), Tamilnadu.	
<p>This is to Certify that</p> <p>AARATHI.G, I B.Sc., Maths 'A'</p> <p>Having successfully completed the Courses of "<i>Yoga For Youth Empowerment</i>" during the Academic Year (2020-2021) held on Organized by Sengamala Thayaar Educational Trust Women's College ,(Autonomous), Sundarakkottai, Mannargudi.</p>		
 Co-ordinator		 Principal
<div>Made for free with Certify'em</div>		

	SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE (AUTONOMOUS) (Accredited by NAAC An ISO 9001:2015 Certified Institution) (Affiliated to Bharathidasan University, Tiruchirappalli) Sundarakkottai-614 016 , Thiruvavur (Dt), Tamilnadu.	
<p>This is to Certify that</p> <p>AARTHIN, II BSc., CS 'B'</p> <p>Having successfully completed the Courses of "<i>Yoga For Youth Empowerment</i>" during the Academic Year (2020-2021) held on Organized by Sengamala Thayaar Educational Trust Women's College ,(Autonomous), Sundarakkottai, Mannargudi.</p>		
 Co-ordinator		 Principal
<div>Made for free with Certify'em</div>		

YOGA CERTIFICATES (2020-2021)



SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE (AUTONOMOUS)

(Accredited by NAAC | An ISO 9001:2015 Certified Institution)

(Affiliated to Bharathidasan University, Tiruchirappalli)

Sundarakkottai-614 016 , Thiruvavur (Dt), Tamilnadu.



This is to Certify that

AARTHIM, II BBA, 'B'

Having successfully completed the Courses of "*Yoga For Youth Empowerment*" during the Academic Year (2020-2021) held on Organized by Sengamala Thayaar Educational Trust Women's College ,(Autonomous), Sundarakkottai, Mannargudi.

Co-ordinator

Principal

Made for free with Certify'em



SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE (AUTONOMOUS)

(Accredited by NAAC | An ISO 9001:2015 Certified Institution)

(Affiliated to Bharathidasan University, Tiruchirappalli)

Sundarakkottai-614 016 , Thiruvavur (Dt), Tamilnadu.



This is to Certify that

ABARNA K III B.Sc., CS 'A'

Having successfully completed the Courses of "*Yoga For Youth Empowerment*" during the Academic Year (2020-2021) held on Organized by Sengamala Thayaar Educational Trust Women's College ,(Autonomous), Sundarakkottai, Mannargudi.

Co-ordinator

Principal

Made for free with Certify'em

YOGA CERTIFICATES (2020-2021)



SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE (AUTONOMOUS)

(Accredited by NAAC | An ISO 9001:2015 Certified Institution)

(Affiliated to Bharathidasan University, Tiruchirappalli)

Sundarakkottai-614 016 , Thiruvavur (Dt), Tamilnadu.



This is to Certify that

ABIRAMI.S,II B.Com., 'A'

Having successfully completed the Courses of "Yoga For Youth Empowerment" during the Academic Year (2020-2021) held on Organized by Sengamala Thayaar Educational Trust Women's College ,(Autonomous), Sundarakkottai,Mannargudi.

B. R. G. i

Co-ordinator

Asst. Principal

Principal

Made for free with Certify'em



SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE (AUTONOMOUS)

(Accredited by NAAC | An ISO 9001:2015 Certified Institution)

(Affiliated to Bharathidasan University, Tiruchirappalli)

Sundarakkottai-614 016 , Thiruvavur (Dt), Tamilnadu.



This is to Certify that

ABIRAMI.S,I B.Sc., C.S 'C'

Having successfully completed the Courses of "Yoga For Youth Empowerment" during the Academic Year (2020-2021) held on Organized by Sengamala Thayaar Educational Trust Women's College ,(Autonomous), Sundarakkottai,Mannargudi.

B. R. G. i

Co-ordinator

Asst. Principal

Principal

Made for free with Certify'em

REPORT

SENGAMALA THAYAR EDUCATIONAL TRUST WOMEN'S COLLEGE(AUTONOMOUS)



Affiliated to Bharathidasan University, Tiruchirappalli
(Accredited by NAAC | An ISO 9001:2015 Certified Institution)



Sundarakkottai, Mannargudi, Tiruvarur(Dt), Tamilnadu.

Yoga Report(2020-2021)

Diploma in yoga course was Started from 07.08.2020 in our esteemed institution during the Academic year 2020-2021, the MOU was signed with Mannargudi Manavala Kalai Mantram for the yoga programme. The class started with 90 Students. Classes are conducted every Saturday from 1.30 PM to 4.15PM (If saturday holiday the classes will be conducted for Friday from 2.15 PM to 4.15 PM)

Three papers namely physical health, mental health and self management are taught in this course. Each paper consists of 25 hours. Examination was conducted for the 90 students at the end of the year (26.04.2021) via Google meet link <https://forms.gle/HpbdEmduyszXwkcs6>

The E-certificates will be generated through online.



B. R. Thi

Assistant Professor
PG Department of Physics
Sengamala Thayar Educational Trust
Women's College (Autonomous)
Sundarakkottai - 614 016, Mannargudi.

NATIONAL SERVICE SCHEME

IMPORTANCE OF YOGA AND BENEFITS -

21.6.2021

INVITATION

 **SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE (AUTONOMOUS)**
(Nationally Accredited With 'A' Grade by NAAC)
(An ISO 9001:2015 Certified Institution)
 Sundarakkottai , Mannargudi – 614 016. Thiruvavur (Dt)

NATIONAL SERVICE SCHEME

Organize
International Yoga Day - 2021

AN AWARENESS WEBINAR

On
IMPORTANCE OF YOGA AND BENEFITS

Date: 21 . 06. 2021
Time: 5 pm to 6 pm

Google link : <https://meet.google.com/dga-pdny-eum>

Resource Person:
Mrs. S.Kalavathi., M.A., B.Ed., M.Sc., (Yoga),.
Professor,
Vice President Arivu Thirukovil , Mannargudi.

DETAILS OF PARTICIPANTS

PARTICIPATED LIST



**SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE
(AUTONOMOUS)**

(Accredited by NAAC) (An ISO 9001:2015 Certified Institution)

SUNDARAKKOTTAI, MANNARGUDI-614 016.

TAMILNADU, INDIA.



NATIONAL SERVICE SCHEME

EXTENSION ACTIVITY

Title : **YOGA DAY CELEBRATION**

Mode : **Online**

Date : **21.06.2021**

List of Students and Teachers Participated

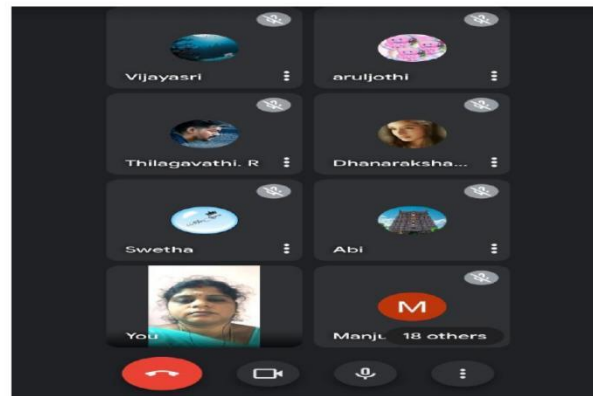
S.NO.	CLASS	STRENGTH
1.	B.A.,(Economics)	30
2.	B.A.,(English)	43
3.	B.B.A.,(A)	58
4.	B.B.A.,(B)	58
5.	Bio-Chemistry	35
6.	B.C.A.,	61
7.	Chemistry	36
8.	B.Com.,(A)	61
9.	B.Com.,(B)	61
10.	B.Com.,(C)	61
11.	C.S.,(A)	65
12.	C.S.,(B)	64
13.	Mathematics (A)	70
14.	Microbiology	48
15.	N&D	40
16.	Physics	30
Total		817
Staff Co-ordinators		
17.	Ms.G.GEETHA	Assistant Professor
18.	Dr.S.Kaladevi	Assistant Professor
19.	Ms.A.Prabavathi	Assistant Professor



IMPORTANCE OF YOGA AND BENEFITS -

21.6.2021

PHOTO



CERTIFICATE

CERTIFICATE



SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE (AUTONOMOUS)

Nationally Accredited With 'A' Grade by NAAC
(Affiliated to Bharathidasan University, Tiruchirappalli)
(An ISO 9001:2015 Certified Institution)

Sundarakkottai, Mannargudi – 614 016. Thiruvavur (Dt), Tamil Nadu – South India

www.stet.edu.in

NATIONAL SERVICE SCHEME

Certificate of Participation

This is to certify that **P.sathiyapriya, Computer Science (2nd Year),**
Sengamala Thayaar Educational Trust Women's college
Sundarakkottai, Mannargudi *has attended* **INTERNATIONAL YOGA DAY-2021**
WEBINAR on *"Importance of Yoga And Benefits "* *Organized by National Service Scheme ,*
SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE (AUTONOMOUS), MANNARGUDI
on 21st June


Convener


Principal


Correspondent

Made for free with Certify'em

REPORT

SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE AUTONOMOUS



(Affiliated to Bharathidasan University)
(Accredited by NAAC) & (An ISO 9001:2015 Certified Institution)
SUNDARAKKOTTAI, MANNARGUDI-6140116.



TAMIL NADU, INDIA.

NATIONAL SERVICE SCHEME

REPORT OF THE EVENT

EXTENSION ACTIVITY-2021-2022

Title : YOGA DAY CELEBRATION

Venue : Sengamala Thayaar Educational Trust Women's College, Sundarakkottai.

Date : 21.06.2021

NSS Units of Sengamala Thayaar Educational Trust Women's College Autonomous, Sundarakkottai was celebrated yoga day and well being on the occasion of the 7th International Day of Yoga on 21st June 2021, Monday with great enthusiasm. All the NSS Volunteers, teaching and non-teaching staff members of the institute and students participated in the event. Mrs. S.Kalavathi., M.A., B.Ed., M.Sc., (Yoga)., Professor, Vice President Arivu Thirukovil , Mannargudi accompanied to conduct the yoga practice. This programme arranged for first year students in which 817 students were actively participated and benefited.

DEPARTMENT OF PHYSICS

E-QUIZ ON INTERNATIONAL YOGA DAY -

21.6.2021

CIRCULAR



SENGAMALA THAYAR EDUCATIONAL TRUST WOMEN'S COLLEGE
(AUTONOMOUS)

SUNDARAKOTTAI, MANNARGUDI – 614016

(Accredited by NAAC) | (An ISO 9001 : 2015 Certified Institution)

DEPARTMENT OF PHYSICS


ONLINE QUIZ (2021-2022)

CIRCULAR

C. No : G

Date: 18.06.2021

The Department of physics has organized Online Quiz “INTERNATIONAL YOGA DAY ” for the students and Faculties of our college on 21th June 2021. Students are asked to attend this Online quiz through URL link. The quiz link will be forwarded to all the students 21.06.2021 from 10 am .Certificates will be given to the all Participants.


HEAD
PG Department of Physics
Sengamala Thayar Educational Trust
Women's College (Autonomous)
Sundarakkottai - 614 016, Mannargudi


Principal
Sengamala Thayar Educational Trust
Women's College, (Autonomous)
Mannargudi.

INVITATION



SENGAMALA THAYAR EDUCATIONAL TRUST WOMEN'S COLLEGE (AUTONOMOUS)

SUNDARAKKOTTAL, MANNARGUDI-614016

DEPARTMENT OF PHYSICS

Organized

E - QUIZ PROGRAMME

On

INTERNATIONAL YOGA DAY

21.06.2021

Co-Ordinator,

Mrs. B. REVATI

Assistant Professors of Physics

STET Women's College (Autonomous)

DETAILS OF PARTICIPANTS



SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE (AUTONOMOUS)

SUNDARAKOTTAI, MANNARGUDI – 614016

(Accredited by NAAC) | (ISO 9001 :2015 Certified Institution)

DEPARTMENT OF PHYSICS

ONLINE QUIZ (2021-2022)

PARTICIPATION LIST

S.No	Email Address	Score	Student Name
1.	anuanusha79823@gmail.com	100 / 100	R.ANUSHA
2.	yazhinijayakumar2001@gmail.com	30 / 100	P.Gayathri
3.	gayathri22302p@gmail.com	45 / 100	M.ARCHANA
4.	archanamuruganantham20@gmail.com	60 / 100	S.AMALYA
5.	amalyaswaminathan@gmail.com	40 / 100	E.MAHESHWARI
6.	maheshwarielangovan22@gmail.com	75 / 100	S.RAJARAJESWARI
7.	rajiviji2410@gmail.com	30 / 100	DHARSHINI RAVIKUMAR
8.	dharshini15121999@gmail.com	70 / 100	A.ARIVUKKARASI
9.	arivukkarasi2001@gmail.com	75 / 100	M.DEVADHARSHINI
10.	devadharshinidevadharshini282@gmail.com	100 / 100	S.RAJARAJESWARI
11.	rajikala2410@gmail.com	55 / 100	Mr. A.Fazil
12.	fazilthens200@gmail.com	95 / 100	V.kavitha
13.	kavithavijayabalan2002@gmail.com	95 / 100	S.GAYATHRI
14.	marantamil494@gmail.com	80 / 100	V.VAISHNAVI
15.	vaishoniya2308@gmail.com	80 / 100	K.RANJITHAMANI
16.	ranjithamani2k@gmail.com	55 / 100	K. PRIYADARSHINI
17.	dharshinikumar16.2001@gmail.com	30 / 100	Sathya. T
18.	Sathyasinthamani307@gmail.com	80 / 100	PREETHI.G
19.	preethigovindaraj.gp@gmail.com	75 / 100	Yasotha M
20.	yasothammanimaran@gmail.com	40 / 100	N.VIGNESHWARI
21.	Vgibsc.519@gmail.com	25 / 100	M. DIVYASRI
22.	mdivyasri@gmail.com	75 / 100	S. Abinaya
23.	vinith662006@gmail.com	75 / 100	Ms. S. KAVYA
24.	kavya.svd@gmail.com	85 / 100	M.OVIYA
25.	oviyamurugaiyan17102000@gmail.com	45 / 100	M.SHARMILI
26.	Sharmili.m1903@gmail.com	75 / 100	S.PONMATHIDHARA

DETAILS OF PARTICIPANTS

S.No	Email Address	Score	Student Name
27.	ponmathi1901@gmail.com	40 / 100	K.PRITHIKA
28.	prithika270100@gmail.com	20 / 100	Ms.M.MALATHY
29.	malathy614601@gmail.com	55 / 100	K. Sivapriya
30.	sivapriyakaruna@gmail.com	55 / 100	S.ROSELIN JENITA
31.	roselinejenita@gmail.com	70 / 100	Ms. A.M. THAFSHILA AAFRIN
32.	cuteaaftrin52@gmail.com	85 / 100	ABARNA. K
33.	abarnakumarkala@gmail.com	90 / 100	K. Sivapriya
34.	sivapriyakaruna@gmail.com	60 / 100	Ram
35.	sasibabu979@gamil.com	50 / 100	GAYATHRI THARUMALINGAM
36.	gayathrithamalingkam@gmail.com	75 / 100	S.BRINDA
37.	brindasenthil4@gmail.com	60 / 100	Kamali Kumar
38.	kamalibala2001@gmail.com	100 / 100	Ms.B.sharumathy
39.	sharumathyb@gmail.com	100 / 100	B.sakthimathy
40.	sakthimathyb@gmail.com	85 / 100	R.ARUNTHIGA
41.	Arunthigarajasekar@gmail.com	85 / 100	S.JENIFER
42.	sjenikutty12@gmail.com	70 / 100	U. VISHNUPRIYA
43.	uvishnupriya82@gmail.com	70 / 100	Kamali K
44.	kamalibala2001@gmail.com	75 / 100	M.B.FATHIMA NIKKATH
45.	fathimanikkath001@gmail.com	50 / 100	C. Dharshika
46.	dharshikanathan2003@gmail.com	100 / 100	Sakthimathy.b
47.	sakthimathyb@gmail.com	50 / 100	Mr.M.LINGESHWARAN
48.	lingeshwar132@gmail.com	35 / 100	Mrs P INDIRA
49.	indiraindhu2006@gmail.com	70 / 100	L. BRINDHA
50.	lbrindha2003@gmail.com	40 / 100	RAJESWARI M
51.	divyakutty1505@gmail.com	100 / 100	Dr INDIRA P
52.	indiraphy@sethu.ac.in	30 / 100	Mrs.k.Mahalakshmi
53.	malalakshmikumar999@gmail.com	15 / 100	M. THANGATHAMIZH
54.	thangathamizh678@gmail.com	55 / 100	G.SUJITHA
55.	suji632233@gmail.com	65 / 100	M.BHAVADHARANI
56.	bhavadharani.m2001@gmail.com	60 / 100	P. PRADEEPA
57.	ppradeepa.2020@gmail.com	50 / 100	M.kanimozhi
58.	kanimozhi85.m@gmail.com	25 / 100	M.Suwathi
59.	suwathim102002@gmail.com	70 / 100	Dr.M.SHUNMUGA PRIYA
60.	Shunmugapriyaug20phy@sarahtuckercollege.edu.in	95 / 100	M. THANGATHAMIZH
61.	thangathamizh678@gmail.com	55 / 100	T.NAVITHA

CERTIFICATE



SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE







(AUTONOMOUS)







SUNDARAKOTTAL, MANNARGUDI – 614016

(Accredited by NAAC) | (An ISO 9001 : 2015 Certified Institution)

DEPARTMENT OF PHYSICS

ONLINE QUIZ CERTIFICATES (2021-2022)

	SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE (AUTONOMOUS) Nationally Accredited With 'A' Grade by NAAC (Affiliated to Bharathidasan University, Tiruchirappalli) (An ISO 9001:2015 Certified Institution) Sundarakkottai, Mannargudi – 614 016, Thiruvannamalai (Dt), Tamil Nadu – South India	
DEPARTMENT OF PHYSICS CERTIFICATE OF APPRECIATION		
This is to certify that Mr/Ms/Dr <u>M.DEVADHARSHINI</u> of <u>STET women's college</u> has Successfully completed E-QUIZ in the celebration of "International Yoga Day" Organized by the Department of Physics on 21/06/2021 and scored <u>75%</u> .		
 Co-ordinator	 Convener	 Principal
		 Correspondent
Made for free with Certify'em		

	SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE (AUTONOMOUS) Nationally Accredited With 'A' Grade by NAAC (Affiliated to Bharathidasan University, Tiruchirappalli) (An ISO 9001:2015 Certified Institution) Sundarakkottai, Mannargudi – 614 016, Thiruvannamalai (Dt), Tamil Nadu – South India	
DEPARTMENT OF PHYSICS CERTIFICATE OF APPRECIATION		
This is to certify that Mr/Ms/Dr <u>B.REVATHI</u> of <u>Sengamala Thayaar Educational Trust Women's College, Mannargudi</u> has Successfully completed E-QUIZ in the celebration of "International Yoga Day" Organized by the Department of Physics on 21/06/2021 and scored <u>100%</u> .		
 Co-ordinator	 Convener	 Principal
		 Correspondent
Made for free with Certify'em		

REPORT



SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE (AUTONOMOUS)

SUNDARAKOTTAI, MANNARGUDI – 614016

(Accredited by NAAC) | (An ISO 9001 : 2015 Certified Institution)

DEPARTMENT OF PHYSICS

ONLINE QUIZ REPORT (2021-2022)

Our Department organized an E-Quiz programme entitled “E-Quiz on INTERNATIONAL SCIENCE DAY” on 21st June, 2021. Our Staff members Mrs.B.REVATHI Co-ordinated this quiz programme. There were 410 student participated and received their certificates.

R. R. R.
HEAD
PG Department of Physics
Sengamala Thayaar Educational Trust
Women's College (Autonomous)
Sundarakkottai - 614 016, Mannargudi


Principal
PRINCIPAL
Sengamala Thayaar Educational Trust
Women's College, (Autonomous)
Mannargudi.

WEBINAR ON YOGA FOR ELITE LIFE(26.08.2021)

INVITATION

SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE



(AUTONOMOUS)

SUNDARAKKOTTAI MANNARGUDI, THIRUVARUR DIST.

(Accredited by NAAC) | (An ISO 9001:2015 Certified Institution)



DEPARTMENT OF PHYSICAL EDUCATION & FINEARTS ASSOCIATION

jointly organizes a
webinar
On

YOGA FOR ELITE LIFE

Resource Person



Major.Dr.N.S.SIVAKUMAR

Associate Professor & Director
Deptment of Physical Education
Urumu Dhanalakshmi College
Pappakuruchi Village, Kattur, Trichy.

DATE & TIME

26.08.2021

3.00 PM - 4.00 PM



Meet

meet.google.com/pon-yexu-xof



<https://youtu.be/FpePbWlg28I>

DETAILS OF PARTICIPANTS



SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE (AUTONOMOUS)

SUNDARAKKOTTAI, MANNARGUDI, THIRUVARUR DIST.

(Accredited by NAAC) | (An ISO 9001:2015 Certified Institution)

DEPARTMENT OF PHYSICAL EDUCATION & FINEARTS ASSOCIATION

DETAILS OF THE PARTICIPANTS

TIMESTAMP	EMAIL	NAME OF THE PARTICIPANTS	DESIGNATION	INSTITUTION	CERTIFICATE ID
08/25/2021 11:08:14	savimastet@gmail.com	SAVIMA K	ASSISTANT PROFESSOR	S.T.E.T. WOMEN'S COLLEGE(AUTO)	3FA3LC-CE000002
08/25/2021 11:17:26	pushpaganesh87@gmail.com	Pushpa.G	Physical Directress	S.T.E.T Women'College (A)	3FA3LC-CE000003
08/26/2021 16:20:33	susisusmitha8@gmail.com	SUSMITHA .V	Student	SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE AUTONOMOUS MANNARGUDI	3FA3LC-CE000005
08/26/2021 16:20:30	sakthimathyb@gmail.com	Sakthi mathy.b	Bsc biochemistry	STET women's college autonomous MANNARGUDI	3FA3LC-CE000004
08/26/2021 16:21:01	Sharumathyb@gmail.com	B.SHARUMATHY	B.sc/ Biochemistry	S.T.E. T WOMEN'S COLLEGE (Autonomous)	3FA3LC-CE000006
08/26/2021 16:21:09	boojasekar26@gmail.com	Booja. S	II M. SC FOOD SERVICE MANAGEMENT AND DIETETICS	Sengamala thayar educational trust women's college autonomous mannargudi	3FA3LC-CE000007
08/26/2021 16:21:25	noorulsumaiya10@gmail.com	NOORUL SUMAIYA P M H	II -M.SC (FSM&D)	SENGAMALATHAYAR EDUCATIONAL TRUST WOMEN'S COLLEGE (AUTONOMOUS)	3FA3LC-CE000008
08/26/2021 16:21:34	44shreedurghad@gmail.com	SHREE DURGHA D	II BCA	STET WOMEN'S COLLEGE AUTONOMOUS	3FA3LC-CE000009
08/26/2021 16:21:52	devikavi233@gmail.com	RAMYA.C	BIOCHEMISTRY	S.T.E.T WOMEN'S COLLEGE MANNARGUDI. (AUTONOMOUS)	3FA3LC-CE000010
08/26/2021 16:21:55	kkmanraig@gmail.com	Dr.V.Geetha	Assistant professor	S.T.E.T WOMEN'S COLLEGE(AUTO)	3FA3LC-CE000012
08/26/2021 16:21:56	reetaguna2002@gmail.com	G.Reeta	3rd Nutrition and Dietetics	Sengamalathayar educational trust womens collage mannargudi	3FA3LC-CE000013
08/26/2021 16:21:57	swethamurugesan20@gmail.com	Swetha. M	II-M.Sc.,Biochemistry	STET women's college sundarakkottai mannargudi	3FA3LC-CE000014
08/26/2021 16:22:03	sujj632233@gmail.com	SUJITHA.G	B.Sc.,Biochemistry,student	S.T.E.T Women's College (Autonomous)	3FA3LC-CE000015
08/26/2021 16:22:07	bhuvanandmng@gmail.com	Ms. G. Bhuvaneshwari	Assistant Professor in Commerce	STET Women's College (Autonomous), Mannargudi	3FA3LC-CE000016
08/26/2021 16:22:08	shaheerahayathi@gmail.com	Shaheera Hayathi A	III B.Sc Nutrition and Dietetics	STET Women's College, Sundarakkottai, Mannargudi	3FA3LC-CE000017
08/26/2021 16:22:10	priyapackiri1999@gmail.com	SUBASRI. P	II Food service management and dietetics	Sengamla Thayyar Educational Trust Women's College (Atonomous), Mannargudi	3FA3LC-CE000018

DETAILS OF PARTICIPANTS

TIMESTAMP	EMAIL	NAME OF THE PARTICIPANTS	DESIGNATION	INSTITUTION	CERTIFICATE ID
08/26/2021 16:21:53	cuteaafirin52@gmail.com	A.M. THAFSHILA AAFRIN	Assistant Professor in Biochemistry	S.T.E.T. Women's College (Autonomous), Mannargudi	3FA3LC-CE000011
08/26/2021 16:22:31	gsatchaya09@gmail.com	ATCHAYA.S	Student/III B.Sc., Biochemistry	STET WOMEN'S COLLEGE AUTONOMOUS MANNARGUDI SUNDARAKOTTAI	3FA3LC-CE000019
08/26/2021 16:22:33	subhiammu13@gmail.com	SUBHITCHA.S	II ND Bsc Biochemistry	S.T..E.T Women's College (Autonomous)	3FA3LC-CE000020
08/26/2021 16:22:35	anbuselvi1912@gmail.com	Anbuselvi.R	Student / II-B.Sc Nutrition And Dietetics	Sengamala Thayaar Educational Trust Women's College (AUTONOMOUS) - Mannargudi	3FA3LC-CE000021
08/26/2021 16:22:37	ramyapazhanivel2004.i.bio@gmail.com	P.Ramya	Biochemistry	STET women's college (Autonomous), Mannargudi	3FA3LC-CE000022
08/26/2021 16:22:40	rukuthiaqu@gmail.com	RUKMANI S	Assistant Professor	Sengamala Thayaar Educational Trust Women's College (Autonomous), Mannargudi	3FA3LC-CE000023
08/26/2021 16:22:48	boominathannaveena@gmail.com	B . NAVEENA	STUDENT	STET WOMEN'S COLLEGE AUTONOMOUS MANNARGUDI SUNTHARAKOTTAI	3FA3LC-CE000024
08/26/2021 16:22:57	asrinfara@gmail.com	Asrin Mushfara. A	Student	Sengamalathayaar Educational Trust Women's College	3FA3LC-CE000025
08/26/2021 16:22:59	nivethasobika19557@gmail.com	Nivetha.D	II M.Sc., Biochemistry	STET Women's College	3FA3LC-CE000026
08/26/2021 16:23:02	madhumithadurai83@gmail.com	Madhumitha.D	BSc., nutrition and dietetics	STET women's college Mannargudi	3FA3LC-CE000027
08/26/2021 16:23:05	elangani576@gmail.com	Dr. ANANTHI T	ASSISTANT PROFESSOR IN BIOCHEMISTRY	S. T. E. T Women's College, Mannargudi	3FA3LC-CE000028
08/26/2021 16:23:06	dhatsha144@gmail.com	Dhatshayini. K	3rd B.sc.,Nutrition and dietetics	Sengamala thayaar educational trust women's college, mannargudi	3FA3LC-CE000029
08/26/2021 16:23:07	gprasannakeerthi@gmail.com	Dr.G.PRASANNA	Assistant Professor of Biochemistry	S.T.E.T.Women's College (Autonomous), Sundarakkottai, Mannargudi	3FA3LC-CE000030
08/26/2021 16:23:10	spvkaviyarasi@gmail.com	KAVIYARASI.S	II-B.Sc.,(NUTRITION AND DIETETICS)	STET WOMEN'S COLLEGE (AUTONOMOUS), MANNARGUDI.	3FA3LC-CE000031
08/26/2021 16:23:13	dt.abarna@gmail.com	S. Abarna	3rd B. Sc Nutrition and Dietetics	S. T. E. T Women's college, Sundarakottai, Mannargudi.	3FA3LC-CE000032
08/26/2021 16:23:25	subha.stet@gmail.com	SUBHALAKSHMI.N	Assistant Professor	S.T.E.T Women's College	3FA3LC-CE000033
08/26/2021 16:23:32	pradeepa202021@gmail.com	K.Pradeeba	III-B.Sc.,Biochemistry	STET Women's College(Autonomous)Mannargudi	3FA3LC-CE000034
08/26/2021 16:23:39	selvithinagar@gmail.com	Dr Manikandaselvi Sambasivam	Assistant professor	Sengamala Thayaar Educational Trust Women's College Autonomous Sundarakkottai Mannargudi	3FA3LC-CE000035
08/26/2021 16:23:43	saananthi04@gmail.com	Aananthi.S	Student. II-B.sc Nutrition And Dietetics	Sengamala Thayaar Educational trust women's college (Autonomous)	3FA3LC-CE000036
08/26/2021 16:23:45	mkokila992@gmail.com	KOKILA. M	STUDENT/ II nd B.SC nutrition and dietetics	Sengamala thayaar educational trust women's college	3FA3LC-CE000037

DETAILS OF PARTICIPANTS

TIMESTAMP	EMAIL	NAME OF THE PARTICIPANTS	DESIGNATION	INSTITUTION	CERTIFICATE ID
08/26/2021 16:23:54	divyajana2003@gmail.com	Divya.J	II Bsc., Nutrition and Dietetics	Sengamalathayaar Educational Trust Women's College (AUTONOMOUS)	3FA3LC-CE000038
08/26/2021 16:23:57	renumani17@gmail.com	S.RENUGA	Student/IIM.Sc Food service management and dietetics	Sengamala thayaar educational trust women's college Mannargudi	3FA3LC-CE000039
08/26/2021 16:24:01	madhumithadurai83@gmail.com	Madhumitha.D	BSc., nutrition and dietetics	STET women's college Mannargudi	3FA3LC-CE000040
08/26/2021 16:24:05	nandhin17052002@gmail.com	Nandhini.S	II B.SC. Nutrition and Dietetics	STET	3FA3LC-CE000041
08/26/2021 16:24:07	jayadharmalingam25@gmail.com	Jayalakshmi.D	III-Biochemistry	STET women's college	3FA3LC-CE000042
08/26/2021 16:24:07	sarumeena2002@gmail.com	Sarumeena.C	3rd B.Sc., Nutrition And Dietetics	Sengamala Thayar Educational Trust Women's college	3FA3LC-CE000043
08/26/2021 16:24:24	shinisan08@gmail.com	SUDHARSHINI.V	II B.Sc., Nutrition and Dietetics	Sengamala Thayaar Educational Trust Women's College (Autonomous)	3FA3LC-CE000044
08/26/2021 16:24:23	veerashankarid@gmail.com	Veera Shankari.D	Student /II b.sc nutrition and dietetics	S.T.E.T	3FA3LC-CE000045
08/26/2021 16:24:26	vemburamachandran@gmail.com	DR Vembu K	Asst professor in Commerce	STET Women's College (A), Mannargudi.	3FA3LC-CE000046
08/26/2021 16:24:28	akamalisairabanu@gmail.com	KAMALI.A	Student/N&D	Sengamala Thayaar Educational Trust Woman's college	3FA3LC-CE000047
08/26/2021 16:24:40	jeslinmary1234@gmail.com	S. Jeslin mary	III B. Sc., Biochemistry	STET WOMEN'S COLLEGE (A)	3FA3LC-CE000048
08/26/2021 16:24:46	priyadharshinibsc2002@gmail.com	Priyadharshini.M	Student	STET women's college (A)	3FA3LC-CE000049
08/26/2021 16:24:46	sowndharyakrishnamoorthi@gmail.com	Sowndharya.K	Student/ II bsc Nutrition and dietetics	Sengamala thayar women's educational trust College	3FA3LC-CE000050
08/26/2021 16:25:07	bharathiregunathan9@gmail.com	BHARATHI.R	Assistant Professor	STET Women's College (Aut), Mannargudi	3FA3LC-CE000051
08/26/2021 16:25:09	madhubalasivakumar2001@gmail.com	Madhubala. S	Student - II M.Sc., Biochemistry	STET Women's College, Sundarakkottai	3FA3LC-CE000052
08/26/2021 16:25:10	abarna493@gmail.com	Abarna.R	Student	Sengamala Thayaar Educational trust women's college Autonomous Sundarakkottai Mannargudi	3FA3LC-CE000053
08/26/2021 16:25:18	mlavanya618@gmail.com	Lavanya M	II M.Sc., Biochemistry	STET Women's College, Mannargudi	3FA3LC-CE000054
08/26/2021 16:25:29	iniyapkt02@gmail.com	INIYA M	Student/III -biochemistry	STET WOMEN'S COLLEGE AUTONOMOUS MANNARGUDI	3FA3LC-CE000055
08/26/2021 16:25:37	tnpreethika1@gmail.com	M.NANDHINI	II M.SC BIOCHEMISTRY	STET WOMEN'S COLLEGE	3FA3LC-CE000056
08/26/2021 16:25:43	narmathadevi0411@gmail.com	Narmatha devi. S	Student/II B.sc N&D	STET, Mannargudi	3FA3LC-CE000057
08/26/2021 16:25:43	arivuthendral6@gmail.com	ARIVU THENDRAL.R	STUDENT ,II B.SC.,BIOCHEMISTRY	S.T.E.T WOMEN'S COLLEGE AUTONOMOUS, MANNARGUDI	3FA3LC-CE000058
08/26/2021 16:26:00	rathinasai@gmail.com	RATHINA DEVI .P	ASST prof in commerce	STET WOMEN'S COLLEGE MANNARGUDI	3FA3LC-CE000059

DETAILS OF PARTICIPANTS

TIMESTAMP	EMAIL	NAME OF THE PARTICIPANTS	DESIGNATION	INSTITUTION	CERTIFICATE ID
08/26/2021 16:26:00	arivunavina1999@gmail.com	A.Navina	Nutrition and dietetics / II M.Sc., FSM&D	Sengamala thayaar educational trust women's college (autonomous)	3FA3LC-CE000060
08/26/2021 16:26:17	prathikshashivam@gmail.com	Prathiksha .P	III BIOCHEMISTRY	STET Womens College ,Mannargudi	3FA3LC-CE000061
08/26/2021 16:26:23	subapriya529@gmail.com	S.Subapriya	Student,II PG Student	STET women's college, Mannargudi	3FA3LC-CE000062
08/26/2021 16:26:30	rohinirajan5122002@email.com	Rohini. R	Student /2nd year	S.T.E.T women collage (Autonomous)	3FA3LC-CE000063
08/26/2021 16:26:44	ishwaryakrishna0@gmail.com	Ishwarya.K	Student/ II bba	Sengamala thayar women's educational trust College	3FA3LC-CE000064
08/26/2021 16:26:56	aishwaryavel17@gmail.com	Aishwarya R	Student	STET WOMEN'S COLLEGE	3FA3LC-CE000065
08/26/2021 16:27:01	umasiva1201@gmail.com	Umamaheswari Siva	III- B.Sc., Biochemistry	STET women's College Autonomous Mannargudi	3FA3LC-CE000066
08/26/2021 16:27:12	anjalitpr1@gmail.com	ANJALI. S	Student/ n&d	Sengamalathayar women's college	3FA3LC-CE000067
08/26/2021 16:27:23	jasishaj@gmail.com	JASIMA BEEVI.S.H	STUDENT/NUTRITION AND DIETETICS	STET WOMEN'S COLLEGE.SUNDARAKOTTAI	3FA3LC-CE000068
08/26/2021 16:27:24	sarmilasarmila727@gmail.com	R.sarmila	Student/ B.sc biochemistry	S.T.E.T WOMENS COLLEGE (AUTONOMOUS)	3FA3LC-CE000069
08/26/2021 16:27:25	vpssanthiya@gmail.com	Santhiya.P	II M.Sc., Biochemistry	Stet women's college Mannargudi	3FA3LC-CE000070
08/26/2021 16:27:29	anjalitpr1@gmail.com	ANJALI. S	Student/ n&d	Sengamalathayar women's college	3FA3LC-CE000071
08/26/2021 16:27:43	ramyasivaguru9@gmail.com	S.Ramya	III.B.Sc;Biochemistry	STET Women's College (A) Mannargudi	3FA3LC-CE000072
08/26/2021 16:27:47	kokilagk07@gmail.com	Dr.G.Kokila	Assistant professor of mathematics	S.T.E.T women's college Mannargudi	3FA3LC-CE000073
08/26/2021 16:28:01	anjalitpr1@gmail.com	ANJALI. S	Student	Sengamalathayar women's college	3FA3LC-CE000074
08/26/2021 16:28:15	anjalitpr1@gmail.com	ANJALI. S	Student	Sengamalathayar women's college	3FA3LC-CE000075
08/26/2021 16:28:50	karthikadevianbalagan@gmail.com	Karthikadevi.A	Student	Sengamala thaayar educational trust women's college autonomous	3FA3LC-CE000076
08/26/2021 16:29:00	kuzhalibala9697@gmail.com	S.THAZHUKUZHALI	Assistant professor of Commerce	STET WOMEN'S COLLEGE (AUTONOMOUS)MANNARGUDI	3FA3LC-CE000077
08/26/2021 16:29:04	sudesparky323@gmail.com	Sudeshna.B	Student/ II - B.Sc.,Nutrition and dietetics	Sengamala Thayaar Educational Trust Women's College (Autonomous),Sundarakkottai, Mannargudi.	3FA3LC-CE000078
08/26/2021 16:29:16	swathirammu02@gmail.com	Swathi,R	I bio chemistry	S.T.E.T WOMEN'S COLLEGE (AUTONOMOUS) MANNARGUDI	3FA3LC-CE000079
08/26/2021 16:29:44	abithakp@gmail.com	Abitha.K	Food service Management and Dietitics	Sengamala thayaar educational trust Women's College (Autonomous), Mannargudi	3FA3LC-CE000080

DETAILS OF PARTICIPANTS

TIMESTAMP	EMAIL	NAME OF THE PARTICIPANTS	DESIGNATION	INSTITUTION	CERTIFICATE ID
08/26/2021 16:29:50	jaya3102002@gmail.com	JAYALAKSHMI . M	II BSC., NUTRITION AND DIETETICS (students)	SENGAMALA THAYAR EDUCATIONAL TRUST WOMEN'S COLLEGE (AUTONOMOUS)	3FA3LC-CE000081
08/26/2021 16:29:55	kanimozhimanikandan0@gmail.com	KANIMOZHI..M	STUDENT II UG BIOCHEMISTRY	S.T.E.T WOMEN'S COLLEGE,(ATTONOMOUS) SUNDHARAKOTTAI	3FA3LC-CE000083
08/26/2021 16:29:54	tvijayalakshmistet@gmail.com	Dr.T.VIJAYALAKSHMI	Assistant Professor	S.T.E.T.Women's College, Mannargudi	3FA3LC-CE000082
08/26/2021 16:29:59	uthayangel@gmail.com	Ms.G.UTHAYA	ASST. PROFESSOR	STET WOMEN'S COLLEGE, AUTONOMOUS, MANNARGUDI	3FA3LC-CE000084
08/26/2021 16:29:59	mathisuganthi@gmail.com	Dr. S. SUGANTHI	Assistant Professor of Mathematics	STET Women's College (Aut.), Mannargudi	3FA3LC-CE000085
08/26/2021 16:30:02	sharnila2001@gmail.com	Samila.v	Student biochemistry	Stet womens clg	3FA3LC-CE000086
08/26/2021 16:30:07	kanimozhimanikandan0@gmail.com	KANIMOZHI..M	STUDENT II UG BIOCHEMISTRY	S.T.E.T WOMEN'S COLLEGE,(ATTONOMOUS) SUNDHARAKOTTAI	3FA3LC-CE000087
08/26/2021 16:30:44	vijiharisenthil@gmail.com	Ms. R. Vijayalakshmi	Assistant Professor Department of Nutrition and Dietetics	STET Women's College (Autonomous), Mannargudi.	3FA3LC-CE000088
08/26/2021 16:30:45	malathi1378@gmail.com	Dr.R.Malathi	Assistant professor in economics	Sengamala Thayer Educational Trust women's college mannargudi	3FA3LC-CE000089
08/26/2021 16:31:00	subabala1512@gmail.com	Subashini B	2nd bca	Sengamalathayaar educational trust women's college(Autonomous)	3FA3LC-CE000090
08/26/2021 16:31:11	nowrin2002@gmail.com	Fahmitha Nowrin.H	Student 3Rd BSC Nutrition and Dietetics	Sengamalathayar Educational Trust Women's college Sundarakkottai Mannargudi	3FA3LC-CE000091
08/26/2021 16:31:32	dharshikanathan2003@gmail.com	Dharshika. C	Ug-2nd year	S. T. E. T women's college	3FA3LC-CE000092
08/26/2021 16:31:41	bharathid427@gmail.com	DIVYABHARATHI K	3rd B.COM A	STET WOMEN'S COLLEGE SUNDARKKOTTAI Mannargudi.	3FA3LC-CE000093
08/26/2021 16:32:13	2007052sriabinaya@gmail.com	Sri Abinaya. P	I B.Com A	Sengamala Thayar Women's Educational Trust, manarkudi	3FA3LC-CE000094
08/26/2021 16:32:23	2007040rinthiya@gmail.com	P.RINTHIYA	Student ,B.com	SENGAMALATHAYAR EDUCATION WOMEN'S TRUST	3FA3LC-CE000095
08/26/2021 16:32:47	priyadarshini7272@gmail.com	Priyadarshini.U	- B.Sc., Biochemistry	STET women's college autonomous, Mannargudi.	3FA3LC-CE000096
08/26/2021 16:32:51	thiruselvi0825@gmail.com	Thiruselvi. T	Students /III-Biochemistry	STET Women's college (A)mennargudi	3FA3LC-CE000097
08/26/2021 16:33:22	priyadarshini7272@gmail.com	Priyadarshini.U	- B.Sc., Biochemistry	STET women's college autonomous, Mannargudi.	3FA3LC-CE000098
08/26/2021 16:33:26	nivethakajendran2003@gmail.com	K.Nivetha	N&D 2	An iso 9001:2015 certified institution	3FA3LC-CE000099
08/26/2021 16:33:26	fathimathasrin12@gmail.com	J. FATHIMA THASRIN	Student	S.T.E.T WOMEN'S COLLEGE (AUTONOMOUS) MANNARGUDI	3FA3LC-CE000100

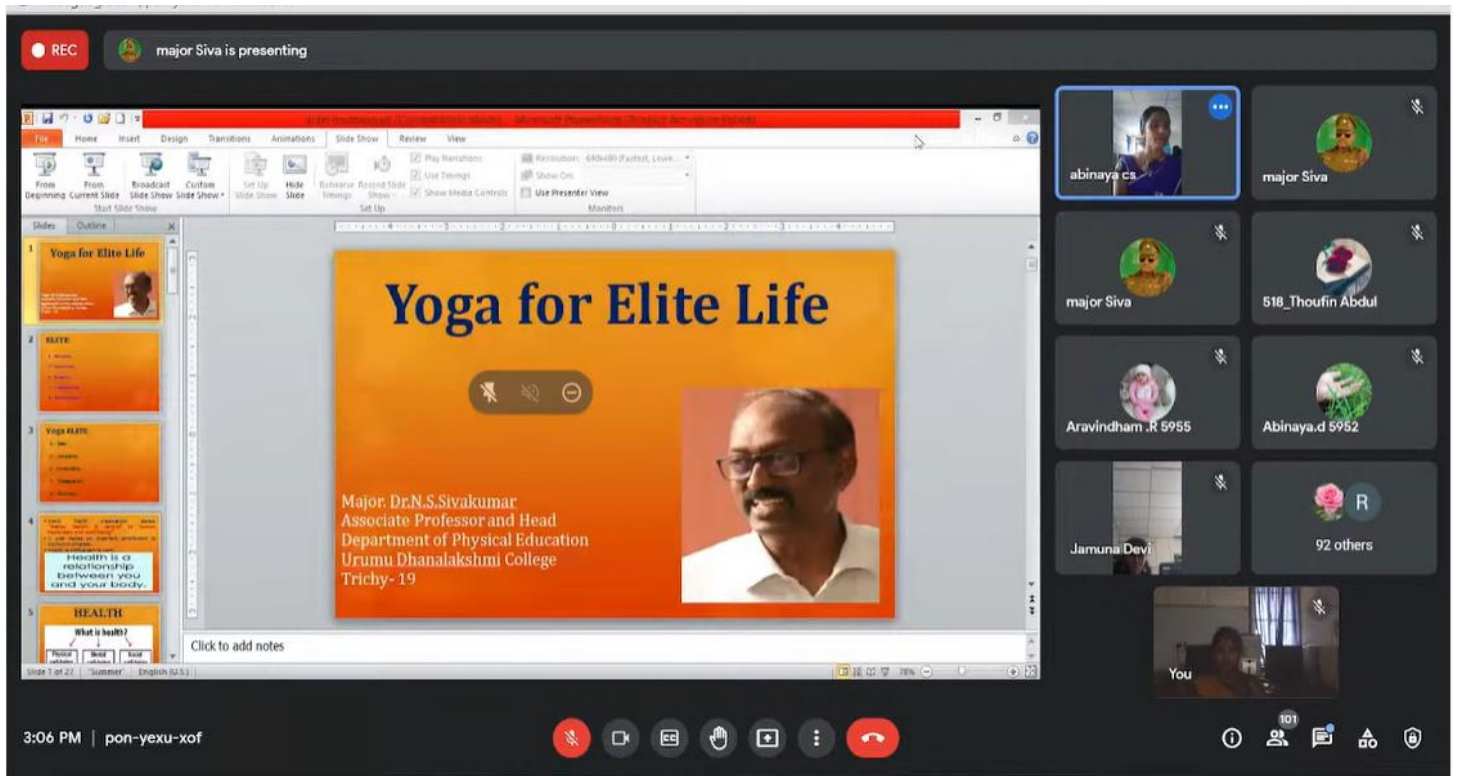
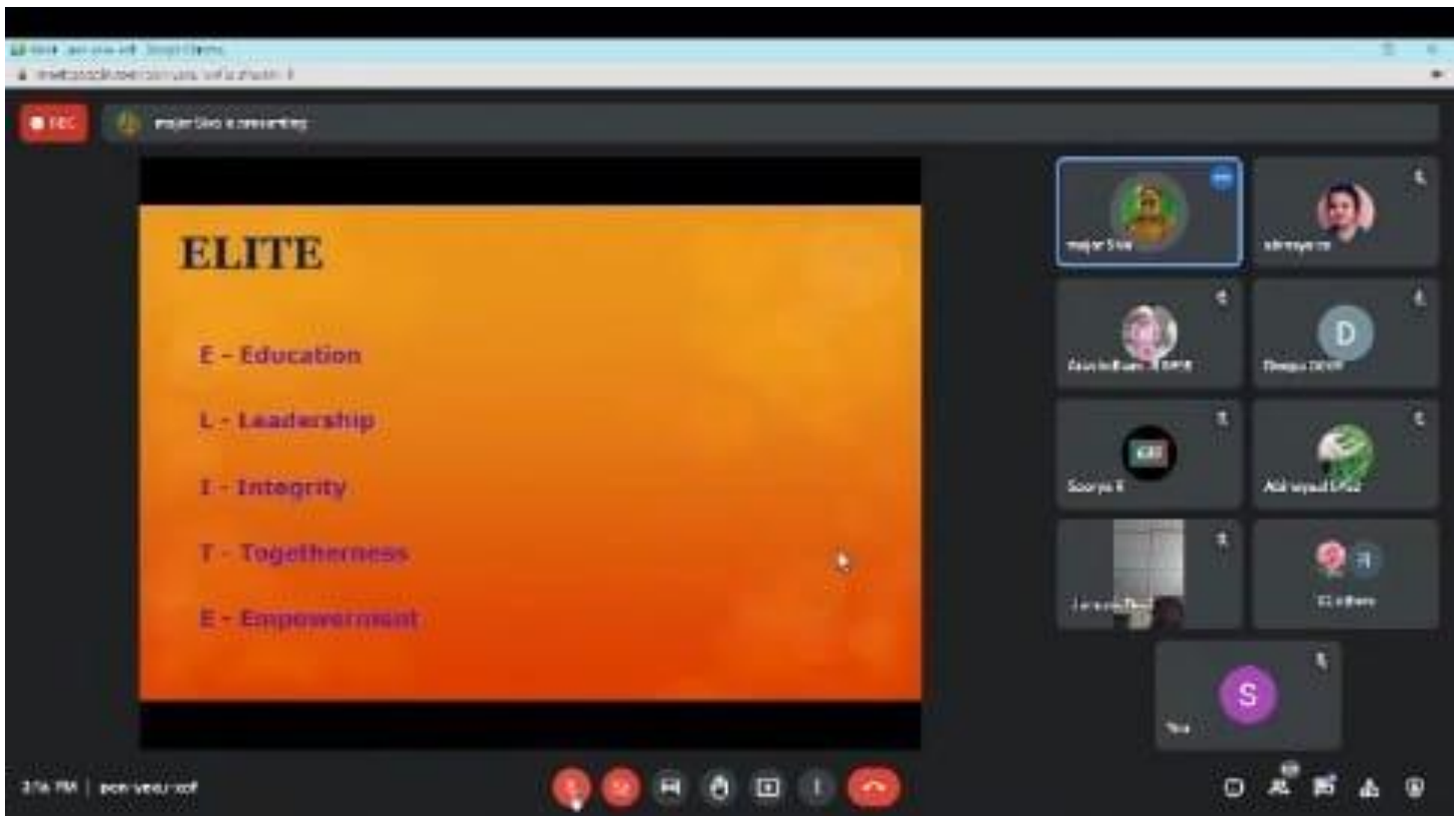
DETAILS OF PARTICIPANTS

TIMESTAMP	EMAIL	NAME OF THE PARTICIPANTS	DESIGNATION	INSTITUTION	CERTIFICATE ID
08/26/2021 16:33:28	mkharidurga14@gmail.com	M.K.HARIDURGA	II B.SC NUTRITION AND DIETETICS	SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE AUTONOMOUS	3FA3LC-CE000101
08/26/2021 16:33:34	harinimariyappan22@gmail.com	M.HARINI	B.com -II 'A'	SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE (AUTONOMOUS)	3FA3LC-CE000102
08/26/2021 16:33:39	samynathankeerthanas@gmail.com	KEERTHANA.S	STUDENT/ II- B.sc.,(NUTRITION AND DIETETICS)	STET WOMEN'S COLLEGE(AUTONOMOUS) SUNDARAKKOTTAI-MANNARGUDI	3FA3LC-CE000103
08/27/2021 16:34:57	nanthiniseetha1993@gmail.com	Nanthini. B	Assistant Professor	S. T. E T WOMEN'S COLLEGE (A), MANNARGUDI.	3FA3LC-CE000104
08/27/2021 16:35:11	aselve3081993@gmail.com	Mary Selva Israeliya A	Assistant Professor	Sengamala Thayaar Educational Trust Women's College	3FA3LC-CE000105
08/27/2021 16:35:54	prmjeevitha2002@gmail.com	JEEVITHA. J	III-B.COM-B	Sengamala thayaar educational trust women's college	3FA3LC-CE000106
08/27/2021 16:36:51	akanap559@gmail.com	Akana.P	Student III B.sc computer science	Stet women's College, Mannargudi.	3FA3LC-CE000107
08/27/2021 16:36:56	regaravi42@gmail.com	REGA V	Assistant professor	Stet Women's college (A) Mannargudi	3FA3LC-CE000108
08/27/2021 16:38:30	vijovidhya89@gmail.com	VIDHYA J	Assistant Professor	S.T.E.T Women's College (A) Mannargudi	3FA3LC-CE000109
08/27/2021 16:39:22	gayathrin1306@gmail.com	P.Gayathri	Nutrition and dietetics	Sengamala thaayar educational trust womens College	3FA3LC-CE000110
08/27/2021 16:40:25	P20110001aarthi.a@gmail.com	Aarthi A	ECONOMICIS	STET women's college	3FA3LC-CE000111
08/27/2021 16:40:51	anithabalu15@gmail.com	ANITHA. V	Assistant professor	S. T. E. T. Women's College (Autonomous) Mannargudi	3FA3LC-CE000112
08/27/2021 16:41:41	kaliyaperumalsarojini@gmail.com	Sarojini.K	III-B.SC., Nutrition and Dietetics	Sengamala Thayaar Education Trust women's college autonomous Sundarakkottai Mannargudi	3FA3LC-CE000113
08/27/2021 16:44:43	reshikadharm@gmail.com	RESHIKA.D	3rd bsc nutrition and dietetics	Sengamalathayar educational trust women's college sundarakottai mannargudi	3FA3LC-CE000114
08/27/2021 16:45:38	santhoshsangeetha001@gmail.com	SANGEETHA S	Student - 1 M.sc., (CS)	Sengamala Thayaar Educational Trust Women's College, Sundarakkottai.	3FA3LC-CE000115
08/27/2021 16:47:47	mathumithathamilselvan@gmail.com	Mathumitha. T	Msc computer science	STET	3FA3LC-CE000116
08/27/2021 16:48:06	anushyadhanagopal@gmail.com	ANUSHYA. D	Student/II Biochemistry	S.T.E.T Women's College (Autonomous)	3FA3LC-CE000117
08/27/2021 16:48:59	sangeethasiva1049@gmail.com	Sangeetha.S	MSc, Computer Science	Sengamala Thayaar Educational Trust Women's College	3FA3LC-CE000118
08/27/2021 16:50:27	narayanasamy3848@gmail.com	N.KAVYA	Student/food service management and dietetics	S.T.E.T women's college(autonomous),mannargudi	3FA3LC-CE000119

DETAILS OF PARTICIPANTS

TIMESTAMP	EMAIL	NAME OF THE PARTICIPANTS	DESIGNATION	INSTITUTION	CERTIFICATE ID
08/27/2021 16:50:26	b3757601@gmail.com	Divya .B	-M.Sc., Chemistry	STET Women's College	3FA3LC-CE000120
08/27/2021 16:51:33	akilaveeraiyan18@gmail.com	Akila.V	3 rd year	Sengamalathayar educational trust women's college	3FA3LC-CE000121
08/27/2021 16:53:52	dharanielayaraja10@gmail.com	E. Vidhya dharani	3rd B.Sc.,Nutrition and Dietetics	Sengamala Thayaar Educational Trust Women's College	3FA3LC-CE000122
08/27/2021 16:53:57	2004016harishniragavan@gmail.com	Harishni. P	-Bsc.Microbiology	STET womens (Autonomous) college of arts&science	3FA3LC-CE000123
08/27/2021 16:58:26	esuriya1996@gmail.com	SURIYA E	Assistant professor of English	S.T.E.T Women's College (Autonomous) Mannargudi.	3FA3LC-CE000124
08/27/2021 17:00:38	kowsalyaanbalagan22@gmail.com	KOWSALYA.A	Yes	Sengamalathayar Educational Trust women's college	3FA3LC-CE000125
08/27/2021 17:01:03	kramyakramya835@gmail.com	K. Ramya	Student food service management and dietetics	S. T. E. T women's college (Autonomous) mannargudi	3FA3LC-CE000126
08/27/2021 17:01:41	tamilkanirajkumar@gmail.com	TAMILKANI K	Assistant Professor	STET Women's College(Autonomous)	3FA3LC-CE000127
08/27/2021 17:05:41	devadharshini2122@gmail.com	Deva Dharshini.R	Student/III-BSC Nutrition and Dietetics	Sengamala Thayaar Educational Trust Women's College	3FA3LC-CE000128
08/27/2021 17:05:44	rrasikar0@gmail.com	Rasika.R	Student/II,M.Sc,Food service management and dietetics	Sengamala thaayar educational trust women's	3FA3LC-CE000129
08/27/2021 17:07:42	vabinaachiyar@gmail.com	Abirami .V	Student/3Nutrition and dietetics	STET womens college sundarakottai	3FA3LC-CE000130
08/27/2021 17:07:42	santhiyaram332@gmail.com	R.Santhiya	Second -BBA-B	Sengamalathayar trust women's college	3FA3LC-CE000131
08/27/2021 17:08:10	pirunthabala67@gmail.com	Piruntha .B	III -B.Sc.,Nutrition and dietetics	Sengamala Thayaar Educational Trust Women's college sundarakottai, mannargudi.	3FA3LC-CE000132
08/27/2021 17:16:18	kklsheel@gmail.com	Dr.Anna Sheela A	Assistant Professor	Saradha Gangadharan college	3FA3LC-CE000133
08/27/2021 17:16:29	p20110003abirami.p@gmail.com	ABIRAMI.P	II MA. Economics	STET Women's College	3FA3LC-CE000134
08/27/2021 17:19:24	vvinothini63@gmail.com	VINOTHINI .V	II M. SC Mathematics	STET women's college, Mannargudi	3FA3LC-CE000135
08/27/2021 17:21:27	rsanthiya2194@gmail.com	Rasika.R	Student/II, M.Sc food service management and dietetics	Sengamala thayaar educational trust women's college	3FA3LC-CE000136
08/27/2021 17:22:00	aasmi2542@gmail.com	Asmi .s	B.sc.,computer science	Sengamala thayaar educational trust women's college	3FA3LC-CE000137
08/27/2021 17:25:39	sobikakumar66@gmail.com	Sobika k	III-cs-c	STET women's college Mannargudi	3FA3LC-CE000138
08/27/2021 17:29:44	ragunadevi2@gmail.com	G.RAGUNA DEVI	M.Sc., Food service management and Dietetics	STET women's college (Autonomous) Mannargudi	3FA3LC-CE000139
08/27/2021 17:30:42	CB19A065759Deepika.P.BA.II.eco@gmail.com	P. Deepika	BA. Economics	STET.Women's college	3FA3LC-CE000140
08/27/2021 17:32:35	rgowc155@mail.com	Gowsalya R	Student	Sengalamala Thayaar Educational Trust Women's College Autonomus, Mannargudi	3FA3LC-CE000141

YOGA FOR ELITE LIFE - SCREEN SHOT



YOGA FOR ELITE LIFE - SCREEN SHOT

YouTube IN

Search

Download 720pHD

Meet - pon-yexu-xof - Google Chrome

meet.google.com/pon-yexu-xof?authuser=0

REC major Siva is presenting

ASHTANGA YOGA

Sanskrit English

- Yama** moral codes
- Niyama** self-purification and Study
- Asana** posture
- Pranayama** breath control
- Pratyahara** withdrawing of the mind from the senses
- Dharana** concentration
- Dhyana** deep meditation
- Samadhi** Union with the object of meditation

3:23 PM | pon-yexu-xof

1:00:02 / 1:44:59

Type here to search

35°C Partly sunny

Department of Physical Education-Fine Arts association-Webinar on Yoga for Elite Life

942 views • Streamed live on 26 Aug 2021

35 0 SHARE SAVE

Top chat replay

- SURILAKSHMI THIRU T.Surilakshmi good afternoon sir
- 51 UMAMAHESWARI S Good afternoon sir
- 503 Saratha Karuna Good afternoon sir
- 05 ARUNTHIGA R Gud afternoon sir
- PRIYA.M M.priya 106 Good afternoon sir
- saritha D Good afternoon sir,
- Bhuvaneshwari G Good afternoon
- monika R good afternoon sir
- Roseline Britto S.Roseline Mary, Department of Tamil
- Push Kala p.pushkala department of BBA
- 199 Abinaya A.Abinaya good afternoon sir
- Backia Mathi good afternoon sir
- 14 Janaki v Good after noon sir
- Janani S s. Janani II b.sc chemistry
- shanthi ramesh Good Afternoon sir

HIDE CHAT REPLAY

YouTube IN


Search

Meet - pon-yexu-xof - Google Chrome

meet.google.com/pon-yexu-xof?authuser=0

REC major Siva is presenting

Legs-Up-The-Wall Pose (Viparita Karani)



Sineka 0019 was not allowed to join this meeting

3:47 PM | pon-yexu-xof

Type here to search

35°C Light rain

Department of Physical Education-Fine Arts association-Webinar on Yoga for Elite Life

942 views • Streamed live on 26 Aug 2021

35 0 SHARE SAVE

Top chat replay

- abu abirindha s. Abirindha III B.com STET women's college (A) mannargudi
- S Sangeetha santhoshsangeetha001@gmail.com, Sangeetha S. 1M.sc., (CS), Stet women's college, sundarakkottai.
- alamelu mangai Dr.V.Alamelu Mangayarkarasi STET
- 732 Priyadharshini U U.Priyadharshini - III B.Sc., Biochemistry, STET women's college autonomous, Mannargudi.
- uma samy
- A Arthi Murugesan M Arthi II B SC Biochemistry STET Women's College (Autonomous) Mannargudi
- 199 Abinaya Abinaya Asalthambi III UG (department of mathematics)
- 595 Ayarun Ayarun.H h .ayarun meharin III bsc cs, stet women's college
- Rajeshwari Kumar k. Rajeshwari. II B. sc Biochemistry STET women's college (autonomous.) mannargudi
- Abarna Sathishkumar S. ABARNA, 3rd B. sc N&D, STET women's college, Mannargudi.
- veera swetha Veera Swetha S. II bio chemistry S.T.E.T Women's college autonomous Mannargudi
- S Swathi R R.swathi II Biochemistry S.T.E.T Women's college (Autonomous) mannargudi

HIDE CHAT REPLAY

CERTIFICATE

SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE

(AUTONOMOUS)

SUNDARAKKOTTAI, MANNARGUDI, THIRUVARUR DIST.

(Accredited by NAAC) | (An ISO 9001:2015 Certified Institution)



CERTIFICATE OF PARTICIPATION



This is to certify that

K.SAVIMA, ASSISTANT PROFESSOR IN COMPUTER SCIENCE

S.T.E.T.WOMEN'S COLLEGE(AUTO)

has participated in the webinar entitled **"YOGA FOR ELITE LIFE"** held on
26/08/2021 organized by Department of Physical Education and Fine Arts
Association.


Physical Directress
S.T.E.T Women's College
Sundarakkottai
Mannargudi-614 016


K. SAVIMA
ASST. PROFESSOR
DEPT. OF COMPUTER SCIENCE
S.T.E.T. WOMEN'S COLLEGE
MANNARGUDI


Principal
PRINCIPAL
Sengamala Thayaar Educational Trust
Women's College, (Autonomous)
Mannargudi.



REPORT

SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE (AUTONOMOUS)



SUNDARAKKOTTAI, MANNARGUDI, THIRUVARUR DIST.
(Accredited by NAAC) | (An ISO 9001:2015 Certified Institution)




FINE ARTS ASSOCIATION AND DEPARTMENT OF PHYSICAL EDUCATION YOGA FOR ELITE LIFE

REPORT

Fine Arts Association and Physical Education Jointly organizes a Webinar on **“YOGA FOR ELITE LIFE”** on **26.08.2021** at 3.00 PM – 4.00 PM through online mode (Google Meet and YouTube Live Stream).

Major.Dr.N.S.SIVAKUMAR, Associate Professor and Director, Department of Physical Education, Urumu Dhana Lakshmi College, Trichy has acted as a Resource Person. **369** Students received certificates. **150** Students has attended through google Meet and **988** students viewed in YouTube Live Stream. Totally **1138** students has participated in this webinar.


K. SAVIMA
ASST. PROFESSOR
DEPT. OF COMPUTER SCIENCE
& S.T.E.T. WOMEN'S COLLEGE
MANNARGUDI

DEPARTMENT OF ENGLISH

VALUE ADDED PROGRAMME ON YOGA FOR HEALTH AND FITNESS - 28.8.2021 - 31.08.2021

CIRCULAR



SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE

(AUTONOMOUS)

SUNDARAKKOTTAL, MANNARGUDI.

DEPARTMENT OF ENGLISH


ONLINE VALUE ADDED PROGRAMME ON

"YOGA FOR HEALTH AND FITNESS"

CIRCULAR: 15A

DATE: 24.08.2021

Department of English is organizing **ONLINE VALUE ADDED PROGRAMME** entitled "Yoga for Health and Fitness" from 28.08.21 to 31.08.21. All are invited for the same to make the program a grand success.


Head of the Department,
PG Department of English,
Sengamala Thayaar Educational Trust,
Women's College (Autonomous)
Sundarakkottai, Mannargudi – 614 016.

INVITATION

Invitation



ONLINE VALUE ADDED PROGRAMME ON *"Yoga for Health and Fitness"*

Organised by
DEPARTMENT OF ENGLISH

Meeting Link: <https://meet.google.com/xcn-rohc-udq>

**SengamalaThayaar Educational Trust Women's College
(Autonomous)**

(Affiliated to Bharathidasan University)

(Accredited by NAAC)(An ISO 9001:2015 Certified Institution)

Sundarakkottai, Mannargudi – 614016, Thiruvarur

District, Tamil Nadu – South India

Website: www.stet.edu.in

Phone: 04367-255405

Date: 28.8.2021-31.8.2021

(04.00p.m to 05.00p.m)

Resource Person:

**S. Vijayalakshmi M.Sc., B.Ed., M.Phil
*Professor, WCSC SKY YOGA***



INVITATION

CORRESPONDENT

Dr. V. Dhivaharan, M.Sc., D.M.E., Ph.D.,

PRINCIPAL

Dr. S. Amudha., M.Com, M.Phil, M.B.A., Ph.D.,

PROGRAMME CO-ORDINATORS

Ms. S. Selvamuthukumari, M.A., M.Phil,

Head & Assistant Professor

PG Department of English

Ms. M. Sathiya, M.A., B.Ed., M.Phil., Ph.D

Assistant Professor

PG Department of English

stetenglish2020@gmail.com




DETAILS OF PARTICIPANTS

Participants List

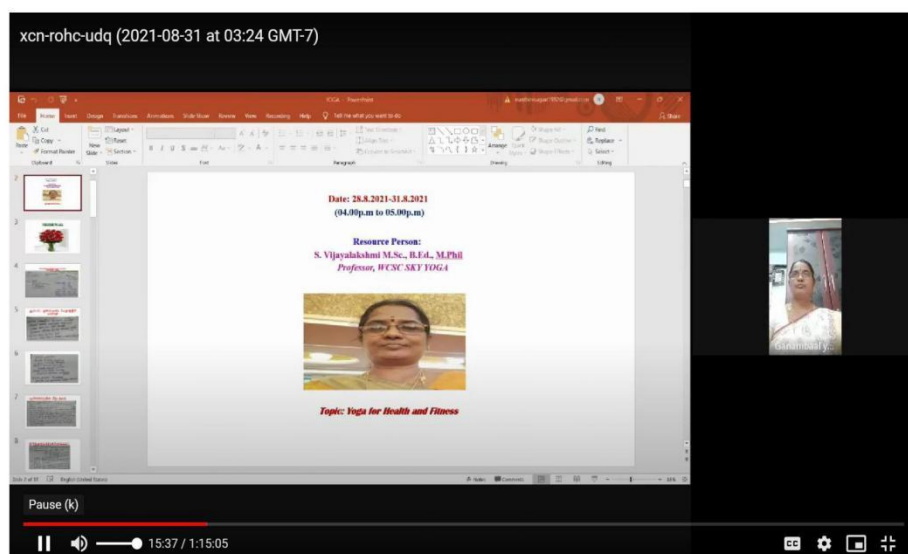
S.No.	Name of the Participants
1	Jayasankami .J
2	Akila S
3	Aarthi Vaithiyanathan
4	Abi rami
5	Abinaya
6	Aiswarya Raman
7	Akila Sivakumar
8	Al Jafreen A.T.
9	Almas Banu
10	Amirtha Kalaivani
11	Anuja Sri
12	Atchaya Pandiyan
13	Ayisha Farvin.S
14	B. Divya
15	Backia Mathi
16	Bhuvaneshwari G
17	DR Punitha
18	Desika Sinnadurai
19	Dhivyasuresh 2705
20	Ganambaal yogs vijayalakshmi rajagopalan
21	Harini Iyappan
22	Israeliya A
23	Janani Vedhakumar
24	Jayanthi Venkatachalam
25	Jayapriya r.k.
26	Jeenuga Jeenu
27	Kalaimani 86
28	Kalaiselvi chandrasekaran
29	Karthiga Mathiyalagan
30	Kavinandhana Ganesan
31	Kaviya Rasu
32	Kaviya Selvaraj
33	Kaviyadharshini Kaviyadharshini
34	Keerthana Keerthana
35	Kesavi Kesavi
36	Kiruthika N
37	Madhu Mathan
38	Mariyappan Ramasamy
39	Mounika Tamilvanan
40	Nanthini B
41	Nithivarsha Rajamuthu
42	Nivetha
43	Noor Taj
44	Ponnarasi S

DETAILS OF PARTICIPANTS

S.No.	Name of the Participants
45	Pavithra Ramesh
46	Praveena K
47	R Divya
48	R. Sobiya
49	Rajeshwari Ravi
50	Rega Ravi
51	Roshan Sherin
52	Sneha D
53	Sandhiya S
54	Sangavi Raja12 06
55	Sankavi 2506
56	Selva Rajaram
57	Selvamuthukumari Subramanian
58	Shahana Barveen
59	Shruthi Infant Asha
60	Soundariya Samidurai
61	Suriya
62	Suvitha Suvitha
63	Swetha Durairaj
64	Thennila Veeramani
65	Dr Kamala
66	Vijayalakshmi S
67	Viji Balu
68	Vineka Marimuthu
69	Vinitha Renganthan
70	g siva kumar
71	kaladevi Thirumurugan
72	kani mozhi
73	kanimozhi mku
74	kaviyamathi selvanayagam
75	krishnaveni mathiyalagan
76	maha maha
77	nisha thiyagarajan
78	porchelvi ananth
79	sathi thiya
80	senpaga priya
81	sjayalakshmi muthukumar
82	sujitha saravanan
83	sukirtha sukirtha
84	vidhya kanishka
85	viji R

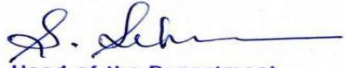

Head of the Department,
PG Department of English,
Sengamala Thayaar Educational Trust,
Women's College (Autonomous)
Sundarakkottai, Mannargudi – 614 016.

YOGA FOR HEALTH AND FITNESS - 28.8.2021 - 31.08.2021



YOGA FOR HEALTH AND FITNESS - 28.8.2021 - 31.08.2021




Head of the Department,
PG Department of English,
Sengamala Thayaar Educational Trust,
Women's College (Autonomous),
Sundarakkottai, Mannargudi – 614 016.


REPORT

REPORT OF THE EVENT- 2020-2021

Title : Yoga for Health and Fitness

Date : 28.8.2021 to 31.08.2021

Meditation relaxes and rejuvenates our body and mind. Yoga Postures, Pranayama and meditation are effective techniques to release stress. With this aim in mind, a webinar was organised for the Faculties and Students through a virtual platform. Ms. S.Vijayalakshmi, Professor; WCSC SKY YOGA has delivered a Special Lecture on “Yoga for Health and Fitness”. 85 Participants are benefited.


Head of the Department,
PG Department of English,
Sengamala Thayaar Educational Trust,
Women's College (Autonomous)
Sundarakkottai, Mannargudi – 614 016.



SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE (AUTONOMOUS)
SUNDARAKKOTTAI, MANNARGUDI - 614016
(Accredited by NAAC | An ISO 9001:2015 Certified Institution)

Physical Fitness

Physical fitness is a state of health and well-being and, more specifically, the ability to perform aspects of sports, occupations and daily activities. Physical fitness is generally achieved through proper nutrition and moderate to vigorous physical exercise.

Physical fitness is a state of well-being that gives you sufficient energy to perform daily physical activities without getting overly tired or winded. There are many forms of exercises that can help students become physically fit.

Students need to be physically active in college. Some types of exercises are practiced by the students daily for 30-40 mins. It has been proven that exercise decreases depression and uplifts moods. Some relaxation exercises, meditation or prayer to reduce psychological stress such as depression and anxiety. It helps students feel relaxed and calm while enhancing their mental well-being.

The institution takes care to ensure that the students participate in the extra-curricular activities such as sports and games. They facilitate the students to acquire mental strength and also physical fitness. Students are encouraged to participate in the indoor games such as chess and carom, outdoor games such as Volley ball, Basketball, Badminton, Ball badminton, Kho-Kho, Cricket, skipping and slow cycling and Track and Field events such as shot-put, Javelin, Discus throw, Long jump, 100 meter dash, and 4 x 100 meter relay. In order to encourage the students' participation in sports and games, specific hours in the time table have been allotted and necessary facilities have been established.


Mental and physical health of the students is enhanced through yoga, meditation and gym respectively. Our college has well equipped Gymnasium. Gymnasium equipment such as Exercise Bike 05, Exercise cycle 5, Tread mill 2, Multi Gym equipment 01, Dumbbells 04, Tummy Trimmer 01, Upright Bike Recumbent Bike 01, Ad roller workout Trainer 01, Grip Training tool 02, Resistance tuber & Bands 02 and Skipping ropes 05, are facilitated. Martial Arts such as 'Karate' and 'Silambam' are taught to empower the students with 'Self -defense'.

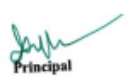
CAPACITY DEVELOPMENT AND SKILL ENHANCEMENT PROGRAMME

LIFE SKILLS(PHYSICAL FITNESS)

- Karate and Silambam
 - Karate and Silambam 2020-2021
 - Karate and Silambam 2021-2022
- Drill Exercise
 - Drill Exercise 2020-2021
 - Drill Exercise 2021-2022
- Gymnasium
 - Gymnasium 2020-2021
 - Gymnasium 2021-2022

Day Order	VI Hour (Karate & Silambam)
I	I Micro, I C.S 'C', I Maths 'B'
II	I C.S 'A', I Bio-Chemistry, I Chemistry
III	I B.B.A 'A', I B.A Eng, I B.Com
IV	I C.S 'B', I B.B.A 'B', I B.C.A
V	I B.Com 'A', I Maths 'A', I Physics
VI	I N&D, I B.A Economics, I B.Com 'B'


 Physical Directress
 S.T.E.T Women's College (A)
 Sundarakkottai
 Mannargudi-614 016

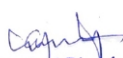

 Principal
 PRINCIPAL
 Sengamala Thayar Educational Trust
 Women's College, (Autonomous)
 Mannargudi.

DETAILS OF PARTICIPANTS - CUMULATIVE DATA

KARATE CLASS

I YEAR

S.NO	DATE	CLASS	STRENGTH
1.	09.02.2021	Maths 'B', C.S 'C', Micro	169
2.	10.02.2021	C.S 'A', Bio, Che	167
3.	11.02.2021	B.A Eng, BBA 'A', B.Com 'C'	183
4.	12.02.2021	BBA 'B', C.S 'B', BCA	183
5.	13.02.2021	B.Com 'A', Maths 'A', Phy	171
6.	20.02.2021	B.Com 'A', Maths 'A', Phy	171
7.	21.02.2021	B.A.Eco, N&D, B.Com 'B'	164
8.	24.02.2021	Maths 'B', C.S 'C', Micro	169
9.	25.02.2021	C.S 'A', Bio, Che	167
10.	26.02.2021	B.A Eng, BBA 'A', B.Com 'C'	183
Total			1727


Physical Directress
S.T.E.T Women's College (A)
Sundarakkottai
Mannargudi-614 016

DETAILS OF PARTICIPANTS

DEPARTMENT OF PHYSICAL EDUCATION KARATE & SILAMBAM -2020-2021

SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE
(AUTONOMOUS)

SUNDARAKKOTTAI, MANNARGUDI - 614016.

(Accredited by NAAC) (An ISO 9001:2015 Certified Institution)

DEPARTMENT OF PHYSICAL EDUCATION

KARATE CLASS (2020 - 2021)

I B.Sc., BIOCHEMISTRY



S.No.	Name	Signature
1	Abinaya.S	Abinaya . S
2	Aishwarya.S	S. Aishwarya
3	Akalya.A	Akalya . A
4	Amutharasi.A	A. Amutharasi
5	Anbusri.M	A. Anbusri
6	Anukraga.P	P. Anukraga
7	Anushya.D	D. Anushya
8	ArivuThendral.R	ArivuThendral . R.
9	Arthi.M	Arthi . M
10	Arundhathi.S	S. Arundhathi
11	Asmitha.V	Asmitha . V
12	Atchaya.M	M. Atchaya
13	Brindha.L	L. Brindha
14	Dhanusri.S	Dhanusri . S
15	Dharshika.C	C. Dharshika
16	Divyadharshini.J	J. Divyadharshini
17	Eniya.M	Eniya . M
18	Gayathri.T	Gayathri . T
19	Hema.K	Hema . K
20	Indhrakumari.S	S. Indhrakumari
21	Iswarya.B	Iswarya . B
22	Jenifer.S	J. Jenifer
23	Kanimozhi.M	M. Kanimozhi
24	Kannikaparameswari.M	M. Kannikaparameswari
25	Kaviya.A	Kaviya . A
26	Kaviya.M	Kaviya . M
27	Kaviya.R	Kaviya . R
28	Lakshmipriya.S	S. Lakshmipriya
29	Madhumitha.C	R. Madhumitha
30	Nanthini.R	R. Nanthini
31	Nila.N	Nila . N
32	Parameshwari.T	N. Parameshwari
33	Pradeepa.N	N. Pradeepa
34	Rajeshwari.K	K. Rajeshwari

Principal
S.T.E.T Women's College (Autonomous)
Sundarakkottai
Mannargudi-614 016

Principal
Sengamala Thayar Educational Trust
Women's College, (Autonomous)
Mannargudi.

DETAILS OF PARTICIPANTS

DEPARTMENT OF PHYSICAL EDUCATION KARATE & SILAMBAM -2020-2021



SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE
(AUTONOMOUS)

SUNDARAKKOTTAI, MANNARGUDI - 614016.
(Accredited by NAAC) (An ISO 9001:2015 Certified Institution)
DEPARTMENT OF PHYSICAL EDUCATION
KARATE CLASS (2020 - 2021)

I B.Sc., BIOCHEMISTRY

S.No.	Name	Signature
35	Ramya.C	Ramya.C
36	Ramya.P	Ramya.P
37	ReenaSree.A.S	A.S. ReenaSree
38	Rohini.R	R. Rohini
39	Sakthimathy.B	Sakthimathy.B
40	Sarmila.R	Sarmila.R
41	Sharumathy.B	B. Sharumathy
42	Sheela.M	Sheela.M
43	Sibiga.G	Sibiga.G
44	Sivaranjani.S	S. Sivaranjani
45	Subitcha.S	S. Subitcha
46	Sugasini.S	S. Sugasini
47	Sujitha.G	S. Sujitha
48	Swathi.R	Swathi.R
49	Vaishali.R	V. Vaishali
50	Vaithaki.V	V. Vaithaki
51	Veeraswetha.S	S. Veeraswetha
52	Vidhya.R	V. Vidhya
53	Yazhini.R	R. Yazhini
54	Yogeshwari.S	S. Yogeshwari
55	Thillainayaki K	K. Thillainayaki
56	Umamaheswari R	R. Umamaheswari
57	Vaishnavi R	R. Vaishnavi
58	Vinusi V	V. Vinusi
59	Visali J	J. Visali
60	Vishnupriya M	M. Vishnupriya
61	Yogeshwari S	S. Yogeshwari

Physical Director
S.T.E.T Women's College
Sundarakkottai
Mannargudi-614 016

Principal
PRINCIPAL
Sengamala Thayaar Educational Trust
Women's College (Autonomous)
Mannargudi.

KARATE



KARATE



KARATE



KARATE



KARATE



KARATE



SILAMBAM



SILAMBAM



REPORT

SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE (AUTONOMOUS)




Sundarakkottai, Mannargudi - 614016.
(Accredited by NAAC)
(An ISO 9001:2015 Certified Institution)

DEPARTMENT OF PHYSICAL EDUCATION

REPORT FOR KARATE & SILAMBAM

In the year 2020-2021 events were conducted at college during Physical Education hours. Our college First Year students participated in the event Karate and Silambam. Totally 1037 students were benefited. Sports impacts on Education are limitless. Students are encouraged to participate in sports. Sports and health are heavily connected. Sports also help in fight against diseases.


Physical Directress
S.T.E.T Women's College (A)
Sundarakkottai
Mannargudi-614 016

PHYSICAL FITNESS

KARATE & SILAMBAM (2021-2022)

CIRCULAR



SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE
(AUTONOMOUS)

Sundarakkottai, Mannargudi - 614016.
(Accredited by NAAC)
(An ISO 9001:2015 Certified Institution)

DEPARTMENT OF PHYSICAL EDUCATION

C.No: 1

DATE: 27.08.2021

CIRCULAR

Head of the department and faculty members are asked to allow the students to take part in physical activities (Karate, Drill Exercises & Yoga and Meditation) in the P.Ed hours.

YEAR	PHYSICAL ACTIVITY
I YEAR	Karate and Silambam
II YEAR	Drill Exercises
III YEAR	Yoga and Meditation


Physical Directress
S.T.E.T Women's College (A)
Sundarakkottai
Mannargudi-614 016


Principal
PRINCIPAL
Sengamala Thayaar Educational Trust
Women's College, (Autonomous)
Mannargudi.

TIME SCHEDULE

SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE (AUTONOMOUS)



Affiliated to Bharathidasan University, Tiruchirappalli


(Accredited by NAAC)

(An ISO 9001:2015 Certified Institution)

Sundarakkaottai, Mannargudi- 614016.

PHYSICAL EDUCATION DEPARTMENT 2021-2022

Day Order	VI Hour (Karate & Silambam Class)
I	I Micro
II	I C.S 'A', I BioChemistry, I Chemistry
III	I B.B.A 'A', I B.A Eng, I B.Com 'C'
IV	I C.S 'B', I B.B.A 'B'
V	I B.Com 'A', I Maths, I Physics
VI	I N&D, I B.A Economics, I B.Com 'B' I B.C.A


Physical Directress
S.T.E.T Women's College (A)
Sundarakkottai
Mannargudi-614 016

DETAILS OF PARTICIPANTS

DEPARTMENT OF PHYSICAL EDUCATION KARATE & SILAMBAM -2021-2022

SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE
(AUTONOMOUS)
SUNDARAKKOTTAI, MANNARGUDI - 614016.
(Accredited by NAAC) (An ISO 9001:2015 Certified Institution)
DEPARTMENT OF PHYSICAL EDUCATION
KARATE & SILAMBAM (2021 - 2022)



I BBA 'B'

S.No.	Name	Signature
1	Aarthi. A	A. aarthi
2	Abarna. S	S. abarna
3	Abinaya. K	K. Abinaya
4	Abinaya. M	M. Abinaya
5	Abitha. R	R. Abitha
6	Arul. R	R. Arul
7	Ashmitha. A.L	A.L. Ashmitha
8	Deetsha. B.U	B.U. Deetsha
9	Devika. R	R. Devika
10	Eniya S	S. Eniya
11	Farhaana Nazreen. J	J. Farhaana Nazreen
12	Gayathri. K	K. Gayathri
13	Gayathri. S	S. Gayathri
14	Gnanasoundarya. R	R. Gnanasoundarya
15	Haridharani M	M. Haridharani
16	Harini. V	V. Harini
17	Harinitha. M	M. Harinitha
18	Iswarya. M	M. Iswarya
19	Jagatheeswari. J	J. Jagatheeswari
20	Janani. S	S. Janani
21	Jasmeeya. A	A. Jasmeeya
22	Jasmine. S	S. Jasmine
23	Jaya Shri. S	S. Jayashri
24	Jayasri. M	M. Jayasri
25	Kanishka. S	S. Kanishka
26	Karthika. S	S. Karthika
27	Kaviya. N	N. Kaviya
28	Lenapriya. S	S. Lenapriya
29	Madhumitha. V	V. Madhumitha
30	Mahasakthi V	V. Mahasakthi


Physical Directress
S.T.E.T Women's College (A)
Sundarakkottai
Mannargudi-614 016


Principal
PRINCIPAL
Sengamala Thayaar Educational Trust
Women's College, (Autonomous)
Mannargudi.

DETAILS OF PARTICIPANTS

DEPARTMENT OF PHYSICAL EDUCATION KARATE & SILAMBAM -2021-2022



SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE
(AUTONOMOUS)
SUNDARAKKOTTAI, MANNARGUDI - 614016.
(Accredited by NAAC) (An ISO 9001:2015 Certified Institution)
DEPARTMENT OF PHYSICAL EDUCATION
KARATE & SILAMBAM (2021 - 2022)

I BBA 'B'

S.No.	Name	Signature
1	Aarthi. A	A. aarthi
2	Abarna. S	S. abarna
3	Abinaya. K	K. Abinaya
4	Abinaya. M	M. Abinaya
5	Abitha. R	R. Abitha
6	Arul. R	R. Arul
7	Ashmitha. A.L	A.L. Ashmitha
8	Deetsha. B.U	B.U. Deetsha
9	Devika. R	R. Devika
10	Eniya S	S. Eniya
11	Farhaana Nazreen. J	J. Farhaana Nazreen
12	Gayathri. K	K. Gayathri
13	Gayathri. S	S. Gayathri
14	Gnanasoundarya. R	R. Gnanasoundarya
15	Haridharani M	M. Haridharani
16	Harini. V	V. Harini
17	Harinitha. M	M. Harinitha
18	Iswarya. M	M. Iswarya
19	Jagatheeswari. J	J. Jagatheeswari
20	Janani. S	S. Janani
21	Jasmeeya. A	A. Jasmeeya
22	Jasmine. S	S. Jasmine
23	Jaya Shri. S	S. Jayashri
24	Jayasri. M	M. Jayasri
25	Kanishka. S	S. Kanishka
26	Karthika. S	S. Karthika
27	Kaviya. N	N. Kaviya
28	Lenapriya. S	S. Lenapriya
29	Madhumitha. V	V. Madhumitha
30	Mahasakthi V	V. Mahasakthi


Physical Directress
S.T.E.T Women's College (A)
Sundarakkottai
Mannargudi-614 016


Principal
PRINCIPAL
Sengamala Thayaar Educational Trust
Women's College, (Autonomous)
Mannargudi.

DETAILS OF PARTICIPANTS

DEPARTMENT OF PHYSICAL EDUCATION KARATE & SILAMBAM -2021-2022



SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE
(AUTONOMOUS)

SUNDARAKKOTTAI, MANNARGUDI - 614016.
(Accredited by NAAC) (An ISO 9001:2015 Certified Institution)
DEPARTMENT OF PHYSICAL EDUCATION
KARATE & SILAMBAM (2021 – 2022)

I BBA 'B'

S.No.	Name	Signature
31	Mariyam. M	M. Mariyam
32	Mohanambal. P	P. Mohanambal
33	Nagameena. R	R. Nagameena
34	Nisha. J	J. Nisha
35	Nithya Sri. M	M. Nithya
36	Nithya. P	P. Nithya
37	Rahini. R	R. Rahini
38	Rakshithadevi M	M. Rakshithadevi
39	Ramya R	R. Ramya
40	Renuga. G	G. Renuga
41	Rishika. D	D. Rishika
42	Rubiya. K	K. Rubiya
43	Sagaya Jenifer. X	X. Sagaya Jenifer
44	Sakthi Vadivu. R	R. Sakthi Vadivu
45	Santhiya. V	V. Santhiya
46	Shobika. S	S. Shobika
47	Sirathul Munthaha. S	S. Sirathul Munthaha
48	Sneha. A	A. Sneha
49	Suba. M	M. Suba
50	Subiksha. S	S. Subiksha
51	Sudhajanani. P	P. Sudhajanani
52	Syed Nasiha. S	S. Syed Nasiha
53	Thanusiya. S	S. Thanusiya
54	Varsha. G	G. Varsha
55	Varshini. S	S. Varshini
56	Vinotha Prabha. V	V. Vinotha Prabha
57	Vinotha. S	S. Vinotha
58	Vishali. E	E. Vishali

Physical Directress
S.T.E.T Women's College (A)
Sundarakkottai
Mannargudi-614 016

Principal

PRINCIPAL
Sengamala Thayaar Educational Trust
Women's College, (Autonomous)
Mannargudi.

DETAILS OF PARTICIPANTS

DEPARTMENT OF PHYSICAL EDUCATION

KARATE & SILAMBAM -2021-2022

SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE
(AUTONOMOUS)



SUNDARAKKOTTAI, MANNARGUDI - 614016.
(Accredited by NAAC) (An ISO 9001:2015 Certified Institution)
DEPARTMENT OF PHYSICAL EDUCATION
KARATE & SILAMBAM (2021 - 2022)

I B.Sc., COMPUTER SCIENCE 'B'

S.No.	Name	Signature
1	Aarthi.R	R. Aarthi
2	Abirami.C	C. Abirami
3	Abirami.N	P. Abirami
4	Abirami.P	P. Abirami
5	Abishni.S	S. Abishni
6	Adithya.K	K. Adithya
7	Agalya.M	M. Agalya
8	Akalya.S	S. Akalya
9	Ambika.T	T. Ambika
10	Amsavarthani.S	S. Amsavarthani
11	Anjali.M	A. Anjali
12	Annai Therasa.A	A. Annai Therasa
13	Asil Angel.C	C. Asil Angel
14	Aswini.S	S. Aswini
15	Atchaya.M	M. Atchaya
16	Bavadharani.P	P. Bavadharani
17	Bavatharani.G	G. Bavatharani
18	Bharathi.S	S. Bharathi
19	Boomika.M	M. Boomika
20	Deebika.M	M. Deebika
21	Deviga.S	S. Deviga
22	Dharani.K	K. Dharani
23	Dhawlath Beevi.S.A	S.A. Dhawlath Beevi
24	Divyabharathi.K	K. Divyabharathi
25	Divyadharshini.J	J. Divyadharshini
26	Evanjalin.S	S. Evanjalin
27	Hamsavarshini.M	M. Hamsavarshini
28	Hemamalini.S	S. Hemamalini
29	Iswarya.S	S. Iswarya
30	JahiraFarhana.A	A. JahiraFarhana
31	Kanika.M	M. Kanika
32	Kavitha.R	R. Kavitha

Physical Director
S.T.E.T Women's College (A)
Sundarakkottai
Mannargudi-614 016

Principal
PRINCIPAL
Sengamala Thayaar Educational Trust
Women's College, (Autonomous)
Mannargudi.

DETAILS OF PARTICIPANTS

DEPARTMENT OF PHYSICAL EDUCATION

KARATE & SILAMBAM -2021-2022

SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE



(AUTONOMOUS)

SUNDARAKKOTTAI, MANNARGUDI - 614016.
(Accredited by NAAC) (An ISO 9001:2015 Certified Institution)
DEPARTMENT OF PHYSICAL EDUCATION
KARATE & SILAMBAM (2021 – 2022)

I B.Sc., COMPUTER SCIENCE 'B'

S.No.	Name	Signature
33	Maha Lakshmi.P	P. Mah
34	Mahalakshmi.G	G. Mahalakshmi
35	Mahalakshmi.T	T. Mah
36	Meenachi.A	A. Meen
37	Mirudula.R	R. Mirudula
38	Nandhini.S	S. Nandhini
39	Nindhiya.M	M. Nindhiya
40	Nivetha.C	C. Nivetha
41	Pechiyammal.M	M. pechiyammal
42	Preethika.N	N. Preethika
43	Priya.N	N. Priya
44	Priyadharshini.G	G. Priyadharshini
45	Priyadharshini.K	K. Priyadharshini
46	Rajeshwari.R	R. Rajeshwari
47	Rathika.R	R. Rathika
48	Renuga devi.N	N. Renuga
49	Reyaa.A	A. Reyaa
50	Rithika.L	L. Rithika
51	Samsul Kurshith.A.S	S. Samsul Kurshith
52	Saranya.M	M. Saranya
53	Senthilkumari.K	K. Senthilkumari
54	Srilekha.R	R. Srilekha
55	Subiksha.A	A. Subiksha
56	Swathi.S	S. Swathi
57	Swetha.M (13.01.2004)	M. Swetha
58	Swetha.M (02.08.2004)	M. Swetha
59	Varsha.S	S. Varsha
60	Varushadevi.M	M. Varushadevi
61	Vinotha.M	M. Vinotha
62	Vishalini.S	S. Vishalini
63	Yogeswary.G	G. Yogeswary

Physical Directress
S.T.E.T Women's College (A)
Sundarakkottai
Mannargudi-614 016

Principal

PRINCIPAL
Sengamala Thayaar Educational Trust
Women's College, (Autonomous)
Mannargudi.

DETAILS OF PARTICIPANTS

DEPARTMENT OF PHYSICAL EDUCATION KARATE & SILAMBAM -2021-2022



SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE
(AUTONOMOUS)

SUNDARAKKOTTAI, MANNARGUDI - 614016.
(Accredited by NAAC) (An ISO 9001:2015 Certified Institution)
DEPARTMENT OF PHYSICAL EDUCATION
KARATE & SILAMBAM (2021 - 2022)

I BBA 'B'

S.No.	Name	Signature
31	Mariyam. M	M. Mariyam
32	Mohanambal. P	P. Mohanambal
33	Nagameena. R	R. Nagameena
34	Nisha. J	J. Nisha
35	Nithya Sri. M	M. Nithya Sri
36	Nithya. P	P. Nithya
37	Rahini. R	R. Rahini
38	Rakshithadevi M	M. Rakshithadevi
39	Ramya R	R. Ramya
40	Renuga. G	G. Renuga
41	Rishika. D	D. Rishika
42	Rubiya. K	K. Rubiya
43	Sagaya Jenifer. X	X. Sagaya Jenifer
44	Sakthi Vadivu. R	R. Sakthi Vadivu
45	Santhiya. V	V. Santhiya
46	Shobika. S	S. Shobika
47	Sirathul Munthaha. S	S. Sirathul Munthaha
48	Sneha. A	A. Sneha
49	Suba. M	M. Suba
50	Subiksha. S	S. Subiksha
51	Sudhajanani. P	P. Sudhajanani
52	Syed Nasiha. S	S. Syed Nasiha
53	Thanusiya. S	S. Thanusiya
54	Varsha. G	G. Varsha
55	Varshini. S	S. Varshini
56	Vinotha Prabha. V	V. Vinotha Prabha
57	Vinotha. S	S. Vinotha
58	Vishali. E	E. Vishali

Physical Directress
S.T.E.T Women's College (A)
Sundarakkottai
Mannargudi-614 016

Principal
PRINCIPAL
Sengamala Thayaar Educational Trust
Women's College, (Autonomous)
Mannargudi.

DETAILS OF PARTICIPANTS

DEPARTMENT OF PHYSICAL EDUCATION

KARATE & SILAMBAM -2021-2022

SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE
(AUTONOMOUS)



SUNDARAKKOTTAL, MANNARGUDI - 614016.
(Accredited by NAAC) (An ISO 9001:2015 Certified Institution)
DEPARTMENT OF PHYSICAL EDUCATION
KARATE & SILAMBAM (2021 - 2022)

I B.Sc., COMPUTER SCIENCE 'B'

S.No.	Name	Signature
1	Aarthi.R	R. Aarthi
2	Abirami.C	C. Abirami
3	Abirami.N	P. Abirami
4	Abirami.P	P. Abirami
5	Abishni.S	S. Abishni
6	Adithya.K	K. Adithya
7	Agalya.M	M. Agalya
8	Akalya.S	S. Akalya
9	Ambika.T	T. Ambika
10	Amsavarthani.S	S. Amsavarthani
11	Anjali.M	A. Anjali
12	Annai Therasa.A	A. Annai Therasa
13	Asil Angel.C	C. Asil Angel
14	Aswini.S	S. Aswini
15	Atchaya.M	M. Atchaya
16	Bavadharani.P	P. Bavadharani
17	Bavatharani.G	G. Bavatharani
18	Bharathi.S	S. Bharathi
19	Boomika.M	M. Boomika
20	Deebika.M	M. Deebika
21	Deviga.S	S. Deviga
22	Dharani.K	K. Dharani
23	Dhawlath Beevi.S.A	S.A. Dhawlath Beevi
24	Divyabharathi.K	K. Divyabharathi
25	Divyadharshini.J	J. Divyadharshini
26	Evanjalin.S	S. Evanjalin
27	Hamsavarshini.M	M. Hamsavarshini
28	Hemamalini.S	S. Hemamalini
29	Iswarya.S	S. Iswarya
30	JahiraFarhana.A	A. JahiraFarhana
31	Kanika.M	M. Kanika
32	Kavitha.R	R. Kavitha

Physical Directress
S.T.E.T Women's College (A)
Sundarakkottai
Mannargudi-614 016

Principal
PRINCIPAL
Sengamala Thayaar Educational Trust
Women's College, (Autonomous)
Mannargudi.

DETAILS OF PARTICIPANTS

DEPARTMENT OF PHYSICAL EDUCATION KARATE & SILAMBAM -2021-2022

SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE



(AUTONOMOUS)

SUNDARAKKOTTAI, MANNARGUDI - 614016.
(Accredited by NAAC) (An ISO 9001:2015 Certified Institution)
DEPARTMENT OF PHYSICAL EDUCATION
KARATE & SILAMBAM (2021 - 2022)

I B.Sc., COMPUTER SCIENCE 'B'

S.No.	Name	Signature
33	Maha Lakshmi.P	P. Mah
34	Mahalakshmi.G	G. Mahalakshmi
35	Mahalakshmi.T	T. Mah
36	Meenachi.A	A. Meen
37	Mirudula.R	R. Mirudula
38	Nandhini.S	S. Nandhini
39	Nindhiya.M	M. Nindhiya
40	Nivetha.C	C. Nivetha
41	Pechiyammal.M	M. pechiyammal
42	Preethika.N	N. Preethika
43	Priya.N	N. Priya
44	Priyadharshini.G	G. Priyadharshini
45	Priyadharshini.K	K. Priyadharshini
46	Rajeshwari.R	R. Rajeshwari
47	Rathika.R	R. Rathika
48	Renuga devi.N	N. Renuga
49	Reyaa.A	A. Reyaa
50	Rithika.L	L. Rithika
51	Samsul Kurshith.A.S	S. Samsul Kurshith
52	Saranya.M	M. Saranya
53	Senthilkumari.K	K. Senthilkumari
54	Srilekha.R	R. Srilekha
55	Subiksha.A	A. Subiksha
56	Swathi.S	S. Swathi
57	Swetha.M (13.01.2004)	M. Swetha
58	Swetha.M (02.08.2004)	M. Swetha
59	Varsha.S	S. Varsha
60	Varushadevi.M	M. Varushadevi
61	Vinotha.M	M. Vinotha
62	Vishalini.S	S. Vishalini
63	Yogeswary.G	G. Yogeswary

Physical Directress
S.T.E.T Women's College (A)
Sundarakkottai
Mannargudi-614 016

Principal

PRINCIPAL
Sengamala Thayaar Educational Trust
Women's College, (Autonomous)
Mannargudi.

KARATE



KARATE



REPORT

SENGAMALA THAYAR EDUCATIONAL TRUST WOMEN'S COLLEGE (AUTONOMOUS)



Sundarakkottai, Mannargudi - 614016.
(Accredited by NAAC)
(An ISO 9001:2015 Certified Institution)

DEPARTMENT OF PHYSICAL EDUCATION

REPORT FOR KARATE & SILAMBAM

In the year 2021-2022 events were conducted at college during Physical Education hours. Our college First Year students participated in the event Karate and Silambam. Totally 823 students were benefited. Sports impacts on Education are limitless. Students are encouraged to participate in sports. Sports and health are heavily connected. Sports also help in fight against diseases.


Physical Directress
S.T.E.T Women's College (A)
Sundarakkottai
Mannargudi-614 016

DEPARTMENT OF PHYSICAL EDUCATION

DRILL EXERCISE (2020-2021)

CIRCULAR



SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE
(AUTONOMOUS)

Sundarakkottai, Mannargudi - 614016.

(Accredited by NAAC)

(An ISO 9001:2015 Certified Institution)

DEPARTMENT OF PHYSICAL EDUCATION

C.No: 1 H

DATE: 06.01.2021

CIRCULAR

Head of the department and faculty members are asked to allow the students to take part in physical activities (Karate, Drill Exercises & Yoga and Meditation) in the P.Ed hours.

YEAR	PHYSICAL ACTIVITY
I YEAR	Karate and Silambam
II YEAR	Drill Exercises
III YEAR	Yoga and Meditation


Physical Directress
S.T.E.T Women's College (A)
Sundarakkottai
Mannargudi-614 016


Principal
PRINCIPAL
Sengamala Thayaar Educational Trust
Women's College, (Autonomous)
Mannargudi.

TIME SCHEDULE

SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE (AUTONOMOUS)



Affiliated to Bharathidasan University, Tiruchirappalli
(Accredited by NAAC)

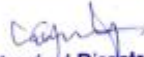
(An ISO 9001:2015 Certified Institution)

Sundarakkaottai, Mannargudi- 614016.

PHYSICAL EDUCATION DEPARTMENT 2020-2021

TIME SCHEDULE- DRILL EXERCISE

Day Order	VI Hour (Drill Exercise)
I	II Maths 'A', II Chemistry, II B.Com 'C', II B.B.A 'B'
II	II N&D, II B.B.A 'A', II Physics 'A'
III	II Micro, II C.S 'C', II C.S 'A'
IV	II B.Com 'B', II C.S 'B', II Maths 'C', II BCA
V	II Maths 'B', II Bio Chemistry, II B.A Economics
VI	II B.A Eng, II B.Com 'A', II Physics 'B'


Physical Directress
S.T.E.T Women's College (A)
Sundarakkottai
Mannargudi-614 016

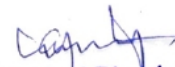

Principal
PRINCIPAL
Sengamala Thayaar Educational Trust
Women's College, (Autonomous)
Mannargudi.

DETAILS OF PARTICIPANTS - CUMULATIVE DATA

DRILL EXERCISE

II YEAR

S.NO	DATE	CLASS	STRENGTH
1.	18.01.2021	C.S 'A', Micro, C.S 'C'	178
2.	19.01.2021	B.Com 'B', C.S 'B', Maths 'C', BCA	250
3.	21.01.2021	B.A Eco, Bio, Maths 'B'	154
4.	22.01.2021	B.A Eng, B.Com 'A', Phy 'B'	147
5.	23.01.2021	BBA 'B', Maths 'A', Che, B.Com 'C'	225
6.	25.01.2021	BBA 'A', N&D, Phy 'A'	151
7.	27.01.2021	C.S 'A', Micro, C.S 'C'	178
8.	28.01.2021	B.Com 'B', C.S 'B', Maths 'C', BCA	250
9.	29.01.2021	B.A Eco, Bio, Maths 'B'	154
10.	30.01.2021	B.A Eng, B.Com 'A', Phy 'B'	147
11.	03.02.2021	C.S 'A', Micro, C.S 'C'	178
12.	04.02.2021	B.Com 'B', C.S 'B', Maths 'C', BCA	250
13.	05.02.2021	B.A Eco, Bio, Maths 'B'	154
14.	06.02.2021	B.A Eng, B.Com 'A', Phy 'B'	147
15.	09.02.2021	BBA 'B', Maths 'A', Che, B.Com 'C'	225
16.	10.02.2021	BBA 'A', N&D, Phy 'A'	151
17.	11.02.2021	C.S 'A', Micro, C.S 'C'	178
18.	12.02.2021	B.Com 'B', C.S 'B', Maths 'C', BCA	250
19.	13.02.2021	B.A Eco, Bio, Maths 'B'	154
Total			3521


Physical Directress
S.T.E.T Women's College (A)
Sundarakkottai
Mannargudi-614 016

DETAILS OF PARTICIPANTS

DEPARTMENT OF PHYSICAL EDUCATION

DRILL EXERCISE -2020-2021

SENGAMALA THIYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE

(AUTONOMOUS)

SUNDARAKKOTTAI, MANNARGUDI - 614016.

(Accredited by NAAC)

(An ISO 9001:2015 Certified Institution)

DEPARTMENT OF PHYSICAL EDUCATION

Drill Exercise (2020 - 2021)

II B.Sc., COMPUTER SCIENCE 'C'



S.No.	Name	Signature
1	Aarthi.T	Aarthi.T
2	Aarthika.E	Aarthika.E
3	Abinaya.M	M. Abinaya
4	Abirami.S	S. Abirami
5	Adhisri.S	Adhisri.S
6	Anamika.I	Anamika.I
7	Aruna.R	Aruna.R
8	AyarunMeharin.H	A. Bairavi
9	Bairavi.R	Bairavi.R
10	Bhuvaneswari.M	Bhuvaneswari.M
11	Brundha.S	Brundha.S
12	Devadharshini.G	Devadharshini.G
13	Gayathri.M	Gayathri.M
14	Gayathri.R	Gayathri.R
15	Gayathridevi.L	Gayathridevi.L
16	Gomathi.R	Gomathi.R
17	Harisree.S	Harisree.S
18	Ishwarya.R	Ishwarya.R
19	Jayasri.A	Jayasri.A
20	Karthiga.R	Karthiga.R
21	Kavitha.D	Kavitha.D
22	Kaviya.B	Kaviya.B
23	Kaviya.V	Kaviya.V
24	Kayathri.S	Kayathri.S
25	Kowsalya.A	Kowsalya.A
26	Madhumathi.A	Madhumathi.A

Principal
Physical Director
S.T.E.T Women's College (A)
Sundarakkottai
Mannargudi-614 016

Principal
PRINCIPAL
Sengamala Thiyaar Educational Trust
Women's College, (Autonomous)
Mannargudi.

DETAILS OF PARTICIPANTS

DEPARTMENT OF PHYSICAL EDUCATION DRILL EXERCISE -2020-2021



SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE
(AUTONOMOUS)
SUNDARAKKOTTAI, MANNARGUDI - 614016.
(Accredited by NAAC)
(An ISO 9001:2015 Certified Institution)
DEPARTMENT OF PHYSICAL EDUCATION
Drill Exercise (2020 - 2021)
II B.Sc., COMPUTER SCIENCE 'C'

S.No.	Name	Signature
27	Mahalakshmi.S	Maha.S
28	Nagalakshmi.A	Naga.A
29	Nalini.M	Nalini.M
30	Nandhini.M	Nandhini.M
31	Nandhini.N	Nandhini.N
32	Nivetha.A	Nivetha.A
33	Noore Fahima.Z	Noore.Z
34	Parkavi.R	Parkavi.R
35	Pirthivi.S	Pirthivi.S
36	Pradeesha.M	Pradeesha.M
37	Reshma.P	Reshma.P
38	Reshma.S	Reshma.S
39	Sameera Begum.M	Sameera.M
40	Santhiya.J	Santhiya.J
41	Santhiya.M	Santhiya.M
42	Saranya Devi.P	Saranya.P
43	Sathiyapriya.S	Sathiyapriya.S
44	Sathiyasri.B	Sathiyasri.B
45	SathyaPrabha.P	SathyaPrabha.P
46	Sharmila.J	Sharmila.J
47	Sharmila.V	Sharmila.V
48	Sineka.R	Sineka.R
49	Sneka.V	Sneka.V
50	Sobika.K	Sobika.K
51	Sobiya.S	Sobiya.S
52	Soorya.R	Soorya.R

Physical Directress
S.T.E.T Women's College (A)
Sundarakkottai
Mannargudi-614 016

Principal
PRINCIPAL
Sengamala Thayaar Educational Trust
Women's College, (Autonomous)
Mannargudi.

DETAILS OF PARTICIPANTS

DEPARTMENT OF PHYSICAL EDUCATION DRILL EXERCISE -2020-2021

SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE
(AUTONOMOUS)
SUNDARAKKOTTAI, MANNARGUDI - 614016.
(Accredited by NAAC)
(An ISO 9001:2015 Certified Institution)
DEPARTMENT OF PHYSICAL EDUCATION
Drill Exercise (2020 - 2021)



II B.Sc., COMPUTER SCIENCE 'C'

S.No.	Name	Signature
53	Soundariya.S	S. Soundariya
54	Soundharya.S	S. Soundharya
55	Sreeja.B	B. Sreeja
56	Suruthi.K.M	K.M. Suruthi
57	Suvedha.S	S. Suvedha
58	Swetha.M	M. Swetha
59	Tamilnilavu.T	T. Tamilnilavu
60	Tamilvani.D	D. Tamilvani
61	Thajnishha.C	C. Thajnishha
62	Valli.S	S. Valli


Physical Directress
S.T.E.T Women's College (A)
Sundarakkottai
Mannargudi-614 016


Principal
PRINCIPAL
Sengamala Thayar Educational Trust
Women's College, (Autonomous)
Mannargudi.

DETAILS OF PARTICIPANTS

DEPARTMENT OF PHYSICAL EDUCATION

DRILL EXERCISE -2020-2021

SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE (AUTONOMOUS)



SUNDARAKKOTTAI, MANNARGUDI - 614016.
(Accredited by NAAC) An ISO 9001:2015 Certified Institution)

DEPARTMENT OF PHYSICAL EDUCATION

Drill Exercise (2020 - 2021)

II B.Sc., COMPUTER SCIENCE 'A'

S.No.	Name	Signature
1	Aarthi.M	M. Aarthi
2	Aarthi.S	S. Aarthi
3	Abarna.K	Abarna.K
4	Abinaya.S	Abinaya.S
5	Agila.A	A. Agila
6	Akana.P	P. Akana
7	Akansha.S	Akansha.S
8	Akila.V	Akila.V
9	Anbuselvi.S	Anbuselvi.S
10	Asika.P	Asika.P
11	Avanthika.S	Avanthika.S
12	Azmina.J.A	Azmina.J.A
13	Charumathi.D	Charumathi.D
14	Dharshini.K	Dharshini.K
15	Durgadevi.B	Durgadevi.B
16	Jahaber Faheera Nasrin.M.S.M	M.S.M Jahaber Faheera Nasrin
17	Janani.R	R. Janani
18	Kalpana.R	R. Kalpana
19	Karthika.K	Karthika.K
20	Kaviya.A	Kaviya.A
21	Kaviya.K	Kaviya.K
22	Keerthana.R	R. Keerthana
23	Keerthika.S (2.6.2002)	Keerthika.S
24	Keerthika.S (19.3.2002)	Keerthika.S
25	Kiruthika.R.M	Kiruthika.R.M
26	Kowsika.M	M. Kowsika
27	Madhubala.A	Madhubala.A

Physical Directress
S.T.E.T Women's College (A)
Sundarakkottai
Mannargudi-614 016

Principal
PRINCIPAL
Sengamala Thayaar Educational Trust
Women's College, (Autonomous)
Mannargudi.

DETAILS OF PARTICIPANTS

DEPARTMENT OF PHYSICAL EDUCATION

DRILL EXERCISE -2020-2021

SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE (AUTONOMOUS)



SUNDARAKKOTTAL, MANNARGUDI - 614016.
(Accredited by NAAC|An ISO 9001:2015 Certified Institution)

DEPARTMENT OF PHYSICAL EDUCATION

Drill Exercise (2020 - 2021)

II B.Sc., COMPUTER SCIENCE 'A'

S.No.	Name	Signature
28	Mushbeer Nalura.T.A	Mushbeer Nalura. T.A
29	Muthumeena.R	Muthumeena.R
30	Nanthini.K	K. Nanthini
31	Nivetha.G	Dr. Nivetha
32	Priyadharshini.P	Priyadharshini.P
33	Priyadharshini.S	Priyadharshini.S
34	Punitha.P	P. Punitha
35	RamjanBegam.J	Ramjan Begam.J.
36	Roja.S	Roja.S
37	Sabitha.T	Sabitha.T
38	Sagundha.M	Sagundha.M
39	SanthaPriya.G	Dr. SanthaPriya
40	Santhini.N	Santhini.N
41	Saranya.R	R. Saranya
42	Saratha.K	Saratha.K
43	Sarika.A	A. Sarika
44	Sharmila.T	Sharmila.T
45	Siva Jothy.K	K. Siva Jothy
46	Siva Sakthi.K	Siva Sakthi.K
47	Sowmiya.R	R. Sowmiya
48	Subashini.G	Subashini.G
49	Subasri.S	S. Subasri
50	Sumitha.S	Sumitha.S
51	Sureka.R	Sureka.R
52	Surya.D (20.12.2001)	Surya.D
53	Surya.D (27.10.2002)	D. Surya
54	Surya.S	S. Surya
55	Sushmitha.T	T. Sushmitha

[Signature]
Physical Directress
S.T.E.T Women's College (A)
Sundarakkottal
Mannargudi-614 016

[Signature]
Principal
PRINCIPAL
Sengamala Thayaar Educational Trust
Women's College, (Autonomous)
Mannargudi.

DETAILS OF PARTICIPANTS

DEPARTMENT OF PHYSICAL EDUCATION DRILL EXERCISE -2020-2021


SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE
(AUTONOMOUS)
SUNDARAKKOTTAL, MANNARGUDI - 614016.
(Accredited by NAAC[An ISO 9001:2015 Certified Institution])
DEPARTMENT OF PHYSICAL EDUCATION
Drill Exercise (2020 - 2021)



II B.Sc., COMPUTER SCIENCE 'A'

S.No.	Name	Signature
56	Thamizhthendral.M	M. Thamizhthendral
57	Thoufin Nihar. A	Thoufin Nihar. A
58	VaishnaviDevi.M	VaishnaviDevi M
59	Valleeswari.S	Valleeswari.s
59	Valleeswari.S	Valleeswari.s
60	Veerakavi.E	E. Veerakavi
61	Vinitha.U	Vinitha. U
62	Vinitha.V	V. Vinitha
63	Vishalini .G	G. Vishalini
64	Yazhini.E	E. yazhini


Physical Directress
S.T.E.T Women's College (A)
Sundarakkottal
Mannargudi-614 016


Principal
PRINCIPAL
Sengamala Thayaar Educational Trust
Women's College, (Autonomous)
Mannargudi.

DETAILS OF PARTICIPANTS

DEPARTMENT OF PHYSICAL EDUCATION DRILL EXERCISE -2020-2021

SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE (AUTONOMOUS)



SUNDARAKKOTTAL, MANNARGUDI - 614016.
(Accredited by NAAC|An ISO 9001:2015 Certified Institution)
DEPARTMENT OF PHYSICAL EDUCATION
Drill Exercise (2020 - 2021)

II B.Sc., MICROBIOLOGY

S.No.	Name	Signature
1.	K. Aarthi	K. Aarthi
2.	R. Aarthi	R. Aarthi
3.	T. Abinaya	T. Abinaya
4.	N. Abitha	N. Abitha
5.	P. Abitha	P. Abitha
6.	A.T. Al Jafreen	A.T. Al Jafreen
7.	A. Arthi	A. Arthi
8.	B. Bavithra	B. Bavithra
9.	S. Deepika	S. Deepika
10.	R. Dhanalakshmi	R. Dhanalakshmi
11.	M. Gomathi	M. Gomathi
12.	S. Hamsavarthani	S. Hamsavarthani
13.	P. Harshini	P. Harshini
14.	S. Janani	S. Janani
15.	E.K. Jayasree	E.K. Jayasree
16.	T. Kamatchi	T. Kamatchi
17.	V. Karthika	V. Karthika
18.	M. Kasthuri	M. Kasthuri
19.	D. Madura	D. Madura
20.	P. Maheeswari	P. Maheeswari
21.	R. Monika	R. Monika
22.	K. Mounika	K. Mounika
23.	R. Nafeesha Begam	R. Nafeesha Begam
24.	N. Nisha	N. Nisha
25.	S. Ooviya	S. Ooviya
26.	R. Pavithra	R. Pavithra

Physical Directress
S.T.E.T Women's College
Sundarakkottal
Mannargudi-614 016

Principal
PRINCIPAL
Sengamala Thayar Educational Trust
Women's College, (Autonomous)
Mannargudi.

DETAILS OF PARTICIPANTS

DEPARTMENT OF PHYSICAL EDUCATION

DRILL EXERCISE -2020-2021

SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE
(AUTONOMOUS)



SUNDARAKKOTTAL, MANNARGUDI - 614016.
(Accredited by NAAC|An ISO 9001:2015 Certified Institution)

DEPARTMENT OF PHYSICAL EDUCATION

Drill Exercise (2020 - 2021)

II B.Sc., MICROBIOLOGY

S.No.	Name	Signature
27	V. Pavithra	V. Pavithra
28	R. Pramya	R. Pramya
29	S. Priyadhrshini	S. Priyadhrshini
30	M. Pushpatharani	M. Pushpatharani
31	Priyanga.N	Priyanga.N
32	Rajalakshmi.M	Rajalakshmi.M
33	Ranjani. S	Ranjani. S
34	RathnaBaby.S	RathnaBaby.S
35	Riyashini.T	Riyashini.T
36	RoshanMasootha A	RoshanMasootha A
37	SafreenaRoshan A S	SafreenaRoshan A S
38	Santhiya. R	Santhiya. R
39	Saranya. T	Saranya. T
40	Sarasvathi. B	Sarasvathi. B
41	Sarojini. R	Sarojini. R
42	Sathyapriya. R	Sathyapriya. R
43	Shalini. P	Shalini. P
44	Sivasangari. V	Sivasangari. V
45	Sneka. T	Sneka. T
46	Sowmiya.B	Sowmiya.B
47	Sowmiya.M	Sowmiya.M
48	Sowntharya. N	Sowntharya. N
49	Subashini.M	Subashini.M
50	Subhashini. K	Subhashini. K
51	Thrisha. R	Thrisha. R
52	Vinothini. V	Vinothini. V

Physical Directress
S.T.E.T Women's College
Sundarakkottal
Mannargudi-614 016

Principal
PRINCIPAL
Sengamala Thayaar Educational Trust
Women's College, (Autonomous)
Mannargudi.

REPORT

SENGAMALA THAYAR EDUCATIONAL TRUST WOMEN'S COLLEGE (AUTONOMOUS)

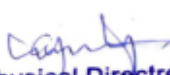


Sundarakkottai, Mannargudi - 614016.
(Accredited by NAAC)
(An ISO 9001:2015 Certified Institution)

DEPARTMENT OF PHYSICAL EDUCATION

REPORT FOR DRILL EXERCISES

In the year 2020-2021 events were conducted at college during Physical Education hours. Our college IInd Year students participated in the event Drill Exercises. Totally 1105 students were benefited. Sports impacts on Education are limitless. Students are encouraged to participate in sports. Sports and health are heavily connected. Sports also help in fight against diseases.


Physical Directress
S.T.E.T Women's College (A)
Sundarakkottai
Mannargudi-614 016

DRILL EXERCISE (2021-2022)

CIRCULAR



SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE
(AUTONOMOUS)

Sundarakkottai, Mannargudi - 614016.
(Accredited by NAAC)
(An ISO 9001:2015 Certified Institution)

DEPARTMENT OF PHYSICAL EDUCATION

C.No: 1

DATE: 27.08.2021

CIRCULAR

Head of the department and faculty members are asked to allow the students to take part in physical activities (Karate, Drill Exercises & Yoga and Meditation) in the P.Ed hours.

YEAR	PHYSICAL ACTIVITY
I YEAR	Karate and Silambam
II YEAR	Drill Exercises
III YEAR	Yoga and Meditation


Physical Directress
S.T.E.T Women's College (A)
Sundarakkottai
Mannargudi-614 016


Principal
PRINCIPAL
Sengamala Thayaar Educational Trust
Women's College, (Autonomous)
Mannargudi.

TIME SCHEDULE

SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE (AUTONOMOUS)



Affiliated to Bharathidasan University, Tiruchirappalli

(Accredited by NAAC)

(An ISO 9001:2015 Certified Institution)

Sundarakkaottai, Mannargudi- 614016.

PHYSICAL EDUCATION DEPARTMENT 2021-2022

Day Order	VI – Hour (Drill Exercise)
I	II Maths 'A', II Chemistry, II B.Com 'C'
II	II N&D, II B.B.A 'A', II Physics
III	II Micro, II C.S 'A', II C.S 'C'
IV	II B.Com 'B', II C.S 'B', II B.C.A
V	II Maths 'B', II Bio Chemistry, II B.A Economics,
VI	II B.A English, II B.Com 'A', II B.B.A 'B'


Physical Directress
S.T.E.T Women's College (A)
Sundarakkottai
Mannargudi-614 016

DETAILS OF PARTICIPANTS

DEPARTMENT OF PHYSICAL EDUCATION DRILL EXERCISE -2021-2022

SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE
(AUTONOMOUS)



SUNDARAKKOTTAI, MANNARGUDI - 614016.
(Accredited by NAAC|An ISO 9001:2015 Certified Institution)
DEPARTMENT OF PHYSICAL EDUCATION
Drill Exercise (2021 - 2022)

II B.Sc., MATHEMATICS 'A'

S.No.	Name	Signature
1	Aarthi .G	Aarthi . G
2	Abinaya . S	Abinaya . S
3	Aishwarya . Cm	Aishwarya . Cm
4	Anubharathi . D	Anubharathi . D
5	Anuja . M	Anuja . M
6	Ashimathul Mahaboob . N . A	Ashimathul Mahaboob . N . A
7	Brinda . S	Brinda . S
8	Deepa . M	Deepa . M
9	Dhanapradha . V	Dhanapradha . V
10	Dhaspana . V	Dhaspana . V
11	Dheasma . M	Dheasma . M
12	Divya . E	Divya . E
13	Divyasri . M	Divyasri . M
14	Elakkiya . L	Elakkiya . L
15	Gajapriya . S	Gajapriya . S
16	Gayathri . M	Gayathri . M
17	Gayathri . R	Gayathri . R
18	Gayathri . T	Gayathri . T
19	Haleematus Sadiyya . K	Haleematus Sadiyya . K
20	Harshavardhini . A	Harshavardhini . A
21	Hemalatha . K	Hemalatha . K
22	Iswarya . S	Iswarya . S
23	Jency . A	Jency . A
24	Kaviya . A	Kaviya . A
25	Keerthika . T	Keerthika . T
26	Kowsalya . S	Kowsalya . S
27	Nanadhi Devi . T	Nanadhi Devi . T

Physical Directress
S.T.E.T Women's College (A)
Sundarakkottai
Mannargudi-614 016

Principal
PRINCIPAL
Sengamala Thayaar Educational Trust
Women's College, (Autonomous)
Mannargudi.

DETAILS OF PARTICIPANTS

DEPARTMENT OF PHYSICAL EDUCATION DRILL EXERCISE -2021-2022

SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE (AUTONOMOUS)



SUNDARAKKOTTAI, MANNARGUDI - 614016.
(Accredited by NAAC|An ISO 9001:2015 Certified Institution)
DEPARTMENT OF PHYSICAL EDUCATION
Drill Exercise (2021 - 2022)

II B.Sc., MATHEMATICS 'A'

S.No.	Name	Signature
28	Nisha. G	Nisha-G
29	Nisha .V	Nisha.V
30	Nithyasri. P	Nithyasri-P
31	Nivetha. R	Nivetha-R
32	Pavithra .J	Pavithra-J
33	Pradeepa. P	Pradeepa-P
34	Prathisha. V	Prathisha-V
35	Praveena. N. L	Praveena-N.L
36	Praveena .V	Praveena-V
37	Priyadharshini. G	Priyadharshini-G
38	Priyadharshini. S	Priyadharshini-S
39	Rajarajeswari. S	Rajarajeswari-S
40	Rajeswari. P	Rajeswari-P
41	Ramya.S	Ramya-S
42	Ranjithamani. K	Ranjithamani-K
43	Sakthi. S	Sakthi-S
44	Shandhini. R	Shandhini-R
45	Sharmili. M	Sharmili-M
46	Sharmili. S	Sharmili-S
47	Sivapriya. K	Sivapriya-K
48	Sri Swetha. R	Sri Swetha-R
49	Sridheepika. S	Sridheepika-S
50	Sujitha. R	Sujitha-R
51	Suriya. P	Suriya-P
52	Suvetha. R	Suvetha-R
53	Synthavi. V	Synthavi-V
54	Vishnupriya. U	Vishnupriya-U
55	Yasotha. M	Yasotha-M

Physical Directress
S.T.E.T Women's College (A)
Sundarakkottai
Mannargudi-614 016

Principal

PRINCIPAL
Sengamala Thayaar Educational Trust
Women's College, (Autonomous)
Mannargudi.

DETAILS OF PARTICIPANTS

DEPARTMENT OF PHYSICAL EDUCATION DRILL EXERCISE -2021-2022

SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE (AUTONOMOUS)



SUNDARAKKOTTAI, MANNARGUDI - 614016.
(Accredited by NAAC|An ISO 9001:2015 Certified Institution)
DEPARTMENT OF PHYSICAL EDUCATION
Drill Exercise (2021- 2022)

II B.Com 'C'

S.No.	Name	Signature
1	Aarthi.R	R. Aarthi
2	Abinaya.S (14.09.2003)	Abinaya.S
3	Abinaya.S (10.10.2002)	S. Abinaya
4	Abinaya.T	T. Abinaya
5	Badmashree.V	Badmashree.V
6	Bhavadharani.N	Bhavadharani.N
7	Deepa.T	T. Deepa
8	Divya.G	G. Divya
9	Divyadarshini.K	Divyadarshini.K
10	Divyalakshmi.V	V. Divyalakshmi
11	Elampirai.S	S. Elampirai
12	Fathima Shamila.A	Fathima Shamila.A
13	Infanda Joselin Preethi.J	Infanda Joselin Preethi.J
14	Jayalakshmi.R	R. Jayalakshmi
15	Kalarubini.K	K. Kalarubini
16	Kamali.M	M. Kamali
17	Kanmani G S	Kanmani.G.S
18	Kanmani.K	Kanmani.K
19	Karthika.J	J. Karthika
20	Keerthana Harini J M	Keerthana Harini J. M
21	Keerthana.M	Keerthana.M
22	Krishnapriya.B	B. Krishnapriya
23	Kuralmozhi.R	R. Kuralmozhi
24	Manisha.P	P. Manisha
25	Nishayar.A	Nishayar.A
26	Nithyapriya.P.S	P.S. Nithyapriya
27	Nithyasri.H	H. Nithyasri
28	Nivetha.K	K. Nivetha
29	Nivetha.S	S. Nivetha
30	Priyadharshini.K	K. Priyadharshini
31	Priyadharshini.P	Priyadharshini.P

Physical Director
S.T.E.T Women's College (A)
Sundarakkottai
Mannargudi-614 016

Principal
PRINCIPAL
Sengamala Thayar Educational Trust
Women's College, (Autonomous)
Mannargudi.

DETAILS OF PARTICIPANTS

DEPARTMENT OF PHYSICAL EDUCATION DRILL EXERCISE-2021-2022

SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE
(AUTONOMOUS)



SUNDARAKKOTTAI, MANNARGUDI - 614016.
(Accredited by NAAC|An ISO 9001:2015 Certified Institution)

DEPARTMENT OF PHYSICAL EDUCATION

Drill Exercise (2021 - 2022)

II B.Com., 'C'

S.No.	Name	Signature
32	Priyadharshini.S	S. Priyadharshini
33	Priyanka.R	R. Priyanka
34	Ragavi.K	K. Ragavi
35	Raghavi.R	R. Raghavi
36	Rajavarshni.R	R. Rajavarshni
37	Ramya.M	Ramya.M
38	Ramyakrishna.M	Ramyakrishna.M
39	Renuga Devi.V	V. Renuga Devi
40	Rooba.S	Rooba.S
41	Sakina.V	Sakina.V
42	Sameera Banu.L	L. Sameera Banu
43	Sandhiya.K (19.07.2003)	Sandhiya.K
44	Sandhiya.K (3.07.2002)	K. Sandhiya
45	Sankaridevi.B	B. Sankaridevi
46	Santhiya.G (12.04.2003)	G. Santhiya
47	Sathiya.K	Sathiya.K
48	Sathya.V	V. Sathya
49	Sathyapriya.B	B. Sathyapriya
50	Shahana.S	S. Shahana
51	Sindhu.K	K. Sindhu
52	Sivalakshmi.V	V. Sivalakshmi
53	Sivaranjani.A	A. Sivaranjani
54	Sobana.S	S. Sobana
55	Sowmiya.S	Sowmiya.S
56	Srinidhi.V	V. Srinidhi
57	Subasri.K	K. Subasri
58	Susmitha.B	B. Susmitha
59	Thamarai Selvi.E	E. Thamarai Selvi
60	Vaishnavi.S	S. Vaishnavi
61	Yazhini.S	S. Yazhini
62	Yogasri.R	R. Yogasri

Physical Directress
S.T.E.T Women's College (A)
Sundarakkottai
Mannargudi-614 016

Principal
PRINCIPAL
Sengamala Thayar Educational Trust
Women's College, (Autonomous)
Mannargudi.

DETAILS OF PARTICIPANTS

DEPARTMENT OF PHYSICAL EDUCATION DRILL EXERCISE -2021-2022

SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE
(AUTONOMOUS)



SUNDARAKKOTTAI, MANNARGUDI - 614016.
(Accredited by NAAC) An ISO 9001:2015 Certified Institution
DEPARTMENT OF PHYSICAL EDUCATION
Drill Exercise (2021 – 2022)

II B.Sc., CHEMISTRY

S.No.	Name	Signature
1.	K. Aarthi	K. Aarthi
2.	R. Aarthi	R. Aarthi
3.	T. Abinaya	T. Abinaya
4.	N. Abitha	N. Abitha
5.	P. Abitha	P. Abitha
6.	A.T. Al Jafreen	A.T. Al Jafreen
7.	A. Arthi	A. Arthi
8.	B. Bavithra	B. Bavithra
9.	S. Deepika	S. Deepika
10.	R. Dhanalakshmi	R. Dhanalakshmi
11.	M. Gomathi	M. Gomathi
12.	S. Hamsavarthani	S. Hamsavarthani
13.	P. Harshini	P. Harshini
14.	S. Janani	S. Janani
15.	E.K. Jayasree	E.K. Jayasree
16.	T. Kamatchi	T. Kamatchi
17.	V. Karthika	V. Karthika
18.	M. Kasthuri	M. Kasthuri
19.	D. Madura	D. Madura
20.	P. Maheeswari	P. Maheeswari
21.	R. Monika	R. Monika
22.	K. Mounika	K. Mounika
23.	R. Nafeesha Begam	R. Nafeesha Begam
24.	N. Nisha	N. Nisha
25.	S. Ooviya	S. Ooviya
26.	R. Pavithra	R. Pavithra


Physical Directress
S.T.E.T Women's College (A)
Sundarakkottai
Mannargudi-614 016


Principal
PRINCIPAL
Sengamala Thayaar Educational Trust
Women's College, (Autonomous)
Mannargudi.

DETAILS OF PARTICIPANTS

DEPARTMENT OF PHYSICAL EDUCATION

DRILL EXERCISE -2021-2022

SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE (AUTONOMOUS)



SUNDARAKKOTTAI, MANNARGUDI - 614016.
(Accredited by NAAC|An ISO 9001:2015 Certified Institution)
DEPARTMENT OF PHYSICAL EDUCATION
Drill Exercise (2021 – 2022)

II B.Sc.,CHEMISTRY

S.No.	Name	Signature
27	V. Pavithra	V. Pavithra
28	R. Pramyia	R. Pramyia
29	S. Priyadhrshini	S. Priyadhrshini
30	M. Pushpatharani	M. Pushpatharani
31	D. Rani	D. Rani
32	A. Rozhal	A. Rozhal
33	P. Rubiya	P. Rubiya
34	M. Salukkiya	M. Salukkiya
35	V. Sathya	V. Sathya
36	E. Selva Priya	E. Selva Priya
37	P. Sendhura	P. Sendhura
38	M. Sineha	M. Sineha
39	P. Sneha	P. Sneha
40	S. Sowmiya (22.10.2002)	S. Sowmiya
41	S. Sowmiya (1.09.2003)	S. Sowmiya
42	P. Srimathi	P. Srimathi
43	S. Srimathi	S. Srimathi
44	B. Subha	B. Subha
45	K. Sujitha	K. Sujitha
46	B. Suruthi	B. Suruthi
47	S. Suvetha	S. Suvetha
48	R. Swathi	R. Swathi
49	B. Swetha	B. Swetha
50	S. Vakitha	S. Vakitha
51	S. Varsha	S. Varsha
52	K. Vavuniya	K. Vavuniya

Physical Directress
S.T.E.T Women's College (A)
Sundarakkottai
Mannargudi-614 016

Principal
PRINCIPAL
Sengamala Thayaar Educational Trust
Women's College, (Autonomous)
Mannargudi.

REPORT

SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE (AUTONOMOUS)



Sundarakkottai, Mannargudi - 614016.
(Accredited by NAAC)
(An ISO 9001:2015 Certified Institution)

DEPARTMENT OF PHYSICAL EDUCATION

REPORT FOR DRILL EXERCISES

In the year 2021-2022 events were conducted at college during Physical Education hours. Our college IInd Year students participated in the event Drill Exercises. Totally 1036 students were benefited. Sports impacts on Education are limitless. Students are encouraged to participate in sports. Sports and health are heavily connected. Sports also help in fight against diseases.


Physical Directress
S.T.E.T Women's College (A)
Sundarakkottai
Mannargudi-614 016

GYMNASIUM 2020 – 2021

DEPARTMENT OF PHYSICAL EDUCATION

CIRCULAR

**SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE
(AUTONOMOUS)**



**Accredited with 'A' Grade by NAAC| ISO (9001:2015) Certified Institution
(Affiliated to Bharathidasan University, Tiruchirappalli)
Sundarakkottai, Mannargudi – 614 016, Tiruvarur (Dt), Tamil Nadu.**

C.No:7B

Date:03.08.2020

CIRCULAR GYMNASIUM

Heads of the Departments and Class Incharges are asked to instruct the
Hostel Students to utilize Gymnasium during 6.30 AM – 7.30 AM and 5.30 PM
– 6.30 PM every day.


Physical Directress
S.T.E.T Women's College (A)
Sundarakkottai
Mannargudi-614 016

Physical Directress


Principal
PRINCIPAL
Sengamala Thayaar Educational Trust
Women's College, (Autonomous)
Mannargudi.

Principal

DETAILS OF PARTICIPANTS



**SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE
(AUTONOMOUS)**

SUNDARAKKOTTAI, MANNARGUDI - 614016

(Accredited by NAAC | An ISO 9001:2015 Certified Institution)

STUDENTS LIST ON GYMNASIUM USAGE - 2020- 2021

DATE: 02.08.2021

SESSION: 6.00 - 7.00 A.M

S.NO	NAME	CLASS	SIGNATURE
1	R.Keerthana	II BCA	R.Keerthana
2	S.Pavithra	II BCA	S.Pavithra
3	K.Priya dharshini	II BCA	K.Priya dharshini
4	P.Priyanka	II BCA	P.Priyanka
5	M.Rasika	II BCA	M.Rasika
6	A.Santhiya	II BCA	A.Santhiya
7	V.Sivaranjani	II BCA	V.Sivaranjani
8	R.Sushmitha	II BCA	R.Sushmitha
9	T.Swathi	II BCA	T.Swathi
10	A.Tharani	II BCA	A.Tharani
11	S.Atchaya	II B.Sc Bio	S.Atchaya
12	R.Bavadharani	II B.Sc Bio	R.Bavadharani
13	J.Gayathri	II B.Sc Bio	J.Gayathri
14	S.Gunalakshmi	II B.Sc Bio	S.Gunalakshmi
15	M.Eniya	II B.Sc Bio	M.Eniya
16	D.Jayalakshmi	II B.Sc Bio	D.Jayalakshmi
17	K.Kaviya	II B.Sc Bio	K.Kaviya
18	K.Keerthika	II B.Sc Bio	K.Keerthika
19	K.Pradeepa	II B.Sc Bio	K.Pradeepa
20	K.Seethalakshmi	II B.Sc Bio	K.Seethalakshmi
21	C.Abinaya	II B.Sc Micro	C.Abinaya
22	A.Abitha	II B.Sc Micro	A.Abitha
23	R.Asmitha	II B.Sc Micro	R.Asmitha
24	S.Dhivya	II B.Sc Micro	S.Dhivya
25	T.Jayamathi	II B.Sc Micro	T.Jayamathi
26	B.Karmugil	II B.Sc Micro	B.Karmugil
27	P.Gowsalya	II B.Sc Micro	P.Gowsalya
28	S.Krishnaveni	II B.Sc Micro	S.Krishnaveni
29	K.Monisha	II B.Sc Micro	K.Monisha
30	N.Priyanka	II B.Sc Micro	N.Priyanka

Physical Directress
 S.T.E.T Women's College (A)
 Sundarakkottai
 Mannargudi-614 016

DETAILS OF PARTICIPANTS



SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE
(AUTONOMOUS)

SUNDARAKKOTTAI, MANNARGUDI - 614016

(Accredited by NAAC | An ISO 9001:2015 Certified Institution)

STUDENTS LIST ON GYMNASIUM USAGE - 2020- 2021

DATE: 02.03.2021

SESSION: 5-30-6 30 PM

S.NO	NAME	CLASS	SIGNATURE
1	R.Abirami	II B.Sc Phy	R. Abirami
2	T.Asmitha	II B.Sc Phy	T. Asmitha
3	C.Backyalakshmi	II B.Sc Phy	C. Backyalakshmi
4	M.Celsiya	II B.Sc Phy	M. Celsiya
5	B.Deepika	II B.Sc Phy	B. Deepika
6	M.Gayathri	II B.Sc Phy	M. Gayathri
7	M.Jothilakshmi	II B.Sc Phy	M. Jothilakshmi
8	A.S.Kaniksha	II B.Sc Phy	A. S. Kaniksha
9	M.Mathivani	II B.Sc Phy	M. Mathivani
10	U.Madhumitha	II B.Sc Phy	U. Madhumitha
11	U.Abarna	II B.Sc Che	U. Abarna
12	A.Abinaya	II B.Sc Che	A. Abinaya
13	N.Hari pridha	II B.Sc Che	N. Hari pridha
14	J.Keerthana	II B.Sc Che	J. Keerthana
15	T.Matheshwari	II B.Sc Che	T. Matheshwari
16	N.Naveena	II B.Sc Che	N. Naveena
17	A.Princess Tamil Gunaseeli	II B.Sc Che	A. Princess Tamil Gunaseeli
18	K.Rojini	II B.Sc Che	K. Rojini
19	K.Sabitha	II B.Sc Che	K. Sabitha
20	J.Sobha	II B.Sc Che	J. Sobha
21	D.Hariniraj	II B.Sc N&D	D. Hariniraj
22	R.Indhumathi	II B.Sc N&D	R. Indhumathi
23	R.Nevika	II B.Sc N&D	R. Nevika
24	G.Recta	II B.Sc N&D	G. Recta
25	C.Sarumeena	II B.Sc N&D	C. Sarumeena
26	A.Sneka	II B.Sc N&D	A. Sneka
27	M.Pravina	II BBA	M. Pravina
28	P.Pushkala	II BBA	P. Pushkala
29	V.Rithika	II BBA	V. Rithika
30	P.Santhiya	II BBA	P. Santhiya

Physical Directress
S.T.E.T Women's College (A)
Sundarakkottai
Mannargudi-614 016

DETAILS OF PARTICIPANTS



SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE
(AUTONOMOUS)

SUNDARAKKOTTAI, MANNARGUDI - 614016

(Accredited by NAAC | An ISO 9001:2015 Certified Institution)

STUDENTS LIST ON GYMNASIUM USAGE - 2020-2021

DATE: 03.03.2021

SESSION: 6.00 - 7.00 AM

S.NO	NAME	CLASS	SIGNATURE
1	M.Suganya	II BBA	M. Suganya
2	M.Priyadarshini	II BBA	M. Priyadarshini
3	R.Kavitha	II B.Com	R. Kavitha
4	M.Lakshmi	II B.Com	M. Lakshmi
5	M.Parkavi	II B.Com	M. Parkavi
6	M.Ramya	II B.Com	M. Ramya
7	G.Rithika	II B.Com	G. Rithika
8	R.Shanmugapriya	II B.Com	R. Shanmugapriya
9	M.Santhiya	II B.Com	M. Santhiya
10	M.Sneca	II B.Com	M. Sneca
11	S.Sowndharya	II B.Com	S. Sowndharya
12	G.Vanathi	II B.Com	G. Vanathi
13	S.Sobika	II B.Com	S. Sobika
14	S.Pireatarsine	II B.Com	S. Pireatarsine
15	D.Nandhini	II B.Sc Maths	D. Nandhini
16	R.Pradeepa	II B.Sc Maths	R. Pradeepa
17	G.Prasanna devi	II B.Sc Maths	G. Prasanna devi
18	B.Rahavi	II B.Sc Maths	B. Rahavi
19	S.Ranjanisri	II B.Sc Maths	S. Ranjanisri
20	S.Subharmathi	II B.Sc Maths	S. Subharmathi
21	S.Shanmugapriya	II B.Sc Maths	S. Shanmugapriya
22	K.Santhiya	II B.Sc Maths	K. Santhiya
23	S.Santhiya	II B.Sc Maths	S. Santhiya
24	C.Shalini	II B.Sc Maths	C. Shalini
25	E.Sowniya	II B.Sc Maths	E. Sowniya
26	R.Kavipriya	II B.Sc Maths	R. Kavipriya
27	P.Kaviya	II B.Sc Cs	P. Kaviya
28	U.Kaviya	II B.Sc Cs	U. Kaviya
29	M.Kowsika	II B.Sc Cs	M. Kowsika
30	K.Nandhini	II B.Sc Cs	K. Nandhini

Physical Directress
S.T.E.T Women's College (A)
Sundarakkottai
Mannargudi-614 016

DETAILS OF PARTICIPANTS

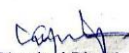


SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE
(AUTONOMOUS)
SUNDARAKKOTTAI, MANNARGUDI - 614016
(Accredited by NAAC | An ISO 9001:2015 Certified Institution)
STUDENTS LIST ON GYMNASIUM USAGE - 2020- 2021

DATE: 03.03.2021

SESSION: 5-30-6-30 pm

S.NO	NAME	CLASS	SIGNATURE
1	V.Pooja	II B.Sc CS	V.Pooja
2	T.Sabitha	II B.Sc CS	T.Sabitha
3	R.Saranya	II B.Sc CS	R.Saranya
4	S.Sathiyapriya	II B.Sc CS	S.Sathiyapriya
5	N.Shanthini	II B.Sc CS	N.Shanthini
6	K.M.Sruthi	II B.Sc CS	K.M.Sruthi
7	R.Sineka	II B.Sc CS	R.Sineka
8	K.Sobika	II B.Sc CS	K.Sobika
9	S.Soundharya	II B.Sc CS	S.Soundharya
10	K.Gowsika	II B.Sc CS	K.Gowsika
11	T.Sushmitha	II B.Sc CS	T.Sushmitha
12	M.Vidhya	II B.Sc CS	M.Vidhya
13	U.Vinitha	II B.Sc CS	U.Vinitha
14	P.Sneka	II B.Sc Micro	P.Sneka
15	R.Thirisha	II B.Sc Micro	R.Thirisha
16	N.Priyadarshini	II B.Sc Phy	N.Priyadarshini
17	B.Sheelila	II B.Sc Phy	B.Sheelila
18	S.Santhiya	II B.Sc Phy	S.Santhiya
19	S.Swetha	II B.Sc Phy	S.Swetha
20	B.M.Savitha	II B.Sc Phy	B.M.Savitha
21	K.Vidhya	II B.Sc Phy	K.Vidhya
22	R.M.Kayathri	II B.Sc Phy	R.M.Kayathri
23	K.Rojini	II B.Sc Che	K.Rojini
24	K.Sabitha	II B.Sc Che	K.Sabitha
25	J.Sobha	II B.Sc Che	J.Sobha
26	R.Sowmiya	II B.Sc Che	R.Sowmiya
27	A.Srimathi	II B.Sc Maths	A.Srimathi
28	T.Subhaleka sundari	II B.Sc Maths	T.Subhaleka Sundari
29	S.Swetha(2001)	II B.Sc Maths	S.Swetha
30	S.Swetha(2002)	II B.Sc Maths	S.Swetha


Physical Directress
S.T.E.T Women's College(A)
Sundarakkottai
Mannargudi-614 016

DETAILS OF PARTICIPANTS



SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE
(AUTONOMOUS)

SUNDARAKKOTTAI, MANNARGUDI - 614016

(Accredited by NAAC | An ISO 9001:2015 Certified Institution)

STUDENTS LIST ON GYMNASIUM USAGE - 2020- 2021

DATE: 07.03.2021

SESSION: 6:00-7:00 Am

S.NO	NAME	CLASS	SIGNATURE
1	S.Arulmozhi	III BA ENG	S. Arulmozhi
2	R.Harshinipriyanka	III BA ENG	R. Harshinipriyanka
3	V.Kaviya	III BA ENG	V. Kaviya
4	S.Sathya	III BA ENG	S. Sathya
5	K.Suganthi	III BA ENG	K. Suganthi
6	G.Agalya	III BA ECO	G. Agalya
7	G.Ishwarya	III BA ECO	G. Ishwarya
8	N.Kalaivani	III BA ECO	N. Kalaivani
9	N.Karthiga	III BA ECO	N. Karthiga
10	N.Muthumani	III BA ECO	N. Muthumani
11	V.Suriya	II MA ECO	V. Suriya
12	K.Elakkiya	II MA ECO	K. Elakkiya
13	S.Parkavi	II M.Com	S. Parkavi
14	K.Ramya	II M.Com	K. Ramya
15	R.Meena	II M.Com	R. Meena
16	S.Bommi	II M.Com	S. Bommi
17	V.Vanmathi	II M.Sc CS	V. Vanmathi
18	K.Sithalakshmi	II M.Sc IT	K. Sithalakshmi
19	T.Soundharya	II M.Sc IT	T. Soundharya
20	S.Arunadevi	II M.Sc MICRO	S. Arunadevi
21	V.Pootheeswari	II M.Sc MICRO	V. Pootheeswari
22	S.Priyankadevi	II M.Sc MICRO	S. Priyankadevi
23	S.Anitha	II MBA	S. Anitha
24	L.Alamelnatchiyar	II MBA	L. Alamelnatchiyar
25	G.Bharathi	II MBA	G. Bharathi
26	T.Pavithra	II MBA	T. Pavithra
27	S.Yamuna	II MBA	S. Yamuna
28	V.Swathipriya	II M.Sc MAT	V. Swathipriya
29	G.Kamalavathanam	II M.Sc MAT	G. Kamalavathanam
30	P.Vidhya	II M.Sc MAT	P. Vidhya

Physical Directress
S.T.E.T Women's College (A)
Sundarakkottai
Mannargudi-614 016

DETAILS OF PARTICIPANTS



SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE
(AUTONOMOUS)

SUNDARAKKOTTAI, MANNARGUDI - 614016

(Accredited by NAAC | An ISO 9001:2015 Certified Institution)

STUDENTS LIST ON GYMNASIUM USAGE - 2020- 2021

DATE: 07.03.2021

SESSION: 5-30 to 6-30 PM

S.NO	NAME	CLASS	SIGNATURE
1	B.Paithra	III BA ECO	B. Paithra
2	B.Priya	III BA ECO	B. Priya
3	V.Vaishnavi	III BA ECO	V. Vaishnavi
4	S.Vidhya	III BA ECO	S. Vidhya
5	R.Bavithra	III BA ECO	R. Bavithra
6	G.Aarthi	III BBA	G. Aarthi
7	R.Durga	III BBA	R. Durga
8	V.Durgadevi	III BBA	V. Durgadevi
9	C.kaviyapriya	III BBA	C. Kaviyapriya
10	M.Pradeepa	III BBA	M. Pradeepa
11	S.Pooja	III BBA	S. Pooja
12	P.Priyanka	III BBA	P. Priyanka
13	M.Ragasudha	III BBA	M. Ragasudha
14	N.Kanniga	III BBA	N. Kanniga
15	N.Sakthipriya	III BBA	N. Sakthipriya
16	S.Abila	III B.COM	S. Abila
17	K.Abitha	III B.COM	K. Abitha
18	R.Anu	III B.COM	R. Anu
19	M.Atchaya	III B.COM	M. Atchaya
20	K.Deepa	III B.COM	K. Deepa
21	V.Hemasri	II M.Sc BIO	V. Hemasri
22	T.Suriyalakshmi	II M.Sc BIO	T. Suriyalakshmi
23	K.Meena	II M.Sc PHY	K. Meena
24	S.Srividhya	II M.Sc PHY	S. Srividhya
25	P.Pavithra	II M.Sc CHE	P. Pavithra
26	M.Sudha	II M.Sc CHE	M. Sudha
27	G.Rajarisha	II M.Sc CHE	G. Rajarisha
28	K.Akila	II FSM&D	K. Akila
29	P.Reena	II FSM&D	P. Reena
30	S.Saranya	II FSM&D	S. Saranya

Physical Directress
S.T.E.T Women's College(A)
Sundarakkottai
Mannargudi-614 016

DETAILS OF PARTICIPANTS

**SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE
(AUTONOMOUS)**



SUNDARAKKOTTAI, MANNARGUDI - 614016
(Accredited by NAAC | An ISO 9001:2015 Certified Institution)

STUDENTS LIST ON GYMNASIUM USAGE - 2020- 2021

Date: 21-02-2021

SESSION: 6.00 - 7.00 AM

S.NO	NAME	CLASS	SIGNATURE
1	R.Abinaya	I B.A Eng	R. Abinaya
2	I.Harini	I B.A Eng	Harini I
3	V.Janani	I B.A Eng	V. Janani
4	R.Kaviya	I B.A Eng	R. Kaviya
5	V.Lakshmi	I B.A Eng	V. Lakshmi
6	K.Praveena	I B.A Eng	K. Praveena
7	D.Rithanya	I B.A Eng	D. Rithanya
8	R.Sangavi	I B.A Eng	R. Sangavi
9	R.Sathya	I B.A Eng	R. Sathya
10	T.Swetha	I B.A Eng	T. Swetha
11	R.Vinitha	I B.A Eng	R. Vinitha
12	A.M.Afrin Sulthana	I B.A Eco	A.M. Afrin Sulthana
13	A.Abitha	I B.A Eco	A. Abitha
14	P.Renuga	I B.A Eco	P. Renuga
15	M.Ruthra devi	I B.A Eco	M. Ruthra devi
16	T.Soundharya	I B.A Eco	T. Soundharya
17	S.Vishalini	I B.A Eco	S. Vishalini
18	Vishnavi	I B.A Eco	Vishnavi
19	A.Arul Kani	I BBA	A. Arul Kani
20	M.Akalya	I BBA	M. Akalya
21	P.Jayapriya	I BBA	P. Jayapriya
22	J.Kirubadevi	I BBA	J. Kirubadevi
23	Neevena	I BBA	Neevena
24	V.Deepika	I M.com	V. Deepika
25	K.Kaviyarasi	I M.com	K. Kaviyarasi
26	A.Kowsika	I M.com	A. Kowsika
27	S.Kaleeswari	I M.com	S. Kaleeswari
28	R.Karthiga	I M.com	R. Karthiga
29	A.Maharajothi	I M.com	A. Maharajothi
30	R.Nevethitha	I M.com	R. Nevethitha

Physical Directress
S.T.E.T Women's College (A)
Sundarakkottai
Mannargudi-614 016

DETAILS OF PARTICIPANTS

SENGAMALA THAYAR EDUCATIONAL TRUST WOMEN'S COLLEGE
(AUTONOMOUS)

SUNDARAKKOTTAI, MANNARGUDI - 614016

(Accredited by NAAC | An ISO 9001:2015 Certified Institution)

STUDENTS LIST ON GYMNASIUM USAGE - 2020-2021


Date 02.02.2021

Session 6.00 - 7.00 AM

S.NO	NAME	CLASS	SIGNATURE
1	R.Avanthika	II BA ENG	R.Avanthika
2	S.Bhuvana	II BA ENG	S.Bhuvana
3	C.Dhivya	II BA ENG	C.Dhivya
4	S.B.Lavanya	II BA ENG	C.Dhivya
5	K.Pragatheswari	II BA ENG	K.Pragatheswari
6	M.Ramani	II BA ENG	M.Ramani
7	T.Sakthipriya	II BA ENG	T.Sakthipriya
8	R.Aravindham	II BA ECO	R.Aravindham
9	A.Pathmavathi	II BA ECO	A.Pathmavathi
10	P.Deepika	II BA ECO	P.Deepika
11	S.Kaviya	II BA ECO	S.Kaviya
12	V.Mahalakshmi	II BA ECO	V.Mahalakshmi
13	V.Pooviji	II BA ECO	V.Pooviji
14	S.Sakitha	II BA ECO	S.Sakitha
15	P.Sathya	II BA ECO	P.Sathya
16	A.Abirami	II BBA	A.Abirami
17	M.Anjalidevi	II BBA	M.Anjalidevi
18	P.Boomika	II BBA	P.Boomika
19	R.Bleesi	II BBA	R.Bleesi
20	J.Kannikapriathi	II BBA	J.Kannikapriathi
21	N.Nanthini	II BBA	N.Nanthini
22	P.Anusiya	II B.Com	P.Anusiya
23	B.Balasunthari	II B.Com	P.Anusiya
24	M.Dhivya	II B.Com	M.Dhivya
25	R.Durga	II B.Com	R.Durga
26	M.Durgadevi	II B.Com	M.Durgadevi
27	V.Gayathri	II B.Com	V.Gayathri
28	S.Kalaivani	II B.Com	S.Kalaivani
29	P.Kaviarasi	II B.Com	P.Kalaivani
30	K.Kaleeswari	II B.Com	K.Kaleeswari

Physical Directress
S.T.E.T Women's College (A)
Sundarakkottai
Mannargudi-614 016

DETAILS OF PARTICIPANTS

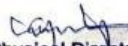

SENGAMALA THAYAR EDUCATIONAL TRUST WOMEN'S COLLEGE
(AUTONOMOUS)
SUNDARAKKOTTAI, MANNARGUDI - 614016
(Accredited by NAAC | An ISO 9001:2015 Certified Institution)

STUDENTS LIST ON GYMNASIUM USAGE - 2020- 2021

Date 02.02.2021

Session 6.00 - 7.00 AM

S.NO	NAME	CLASS	SIGNATURE
1	R.Avanthika	II BA ENG	R.Avanthika
2	S.Bhuvana	II BA ENG	S.Bhuvana
3	C.Dhivya	II BA ENG	C.Dhivya
4	S.B.Lavanya	II BA ENG	S.B.Lavanya
5	K.Pragatheswari	II BA ENG	K.Pragatheswari
6	M.Ramani	II BA ENG	M.Ramani
7	T.Sakthipriya	II BA ENG	T.Sakthipriya
8	R.Aravindham	II BA ECO	R.Aravindham
9	A.Pathmavathi	II BA ECO	A.Pathmavathi
10	P.Deepika	II BA ECO	P.Deepika
11	S.Kaviya	II BA ECO	S.Kaviya
12	V.Mahalakshmi	II BA ECO	V.Mahalakshmi
13	V.Pooviji	II BA ECO	V.Pooviji
14	S.Sakitha	II BA ECO	S.Sakitha
15	P.Sathya	II BA ECO	P.Sathya
16	A.Abirami	II BBA	A.Abirami
17	M.Anjalidevi	II BBA	M.Anjalidevi
18	P.Boomika	II BBA	P.Boomika
19	R.Bleesi	II BBA	R.Bleesi
20	J.Kannikapriathi	II BBA	J.Kannikapriathi
21	N.Nanthini	II BBA	N.Nanthini
22	P.Anusiya	II B.Com	P.Anusiya
23	B.Balasunthari	II B.Com	B.Balasunthari
24	M.Dhivya	II B.Com	M.Dhivya
25	R.Durga	II B.Com	R.Durga
26	M.Durgadevi	II B.Com	M.Durgadevi
27	V.Gayathri	II B.Com	V.Gayathri
28	S.Kalaivani	II B.Com	S.Kalaivani
29	P.Kaviasari	II B.Com	P.Kaviasari
30	K.Kaleeswari	II B.Com	K.Kaleeswari


 Physical Directress
 S.T.E.T Women's College (A)
 Sundarakkottai
 Mannargudi-614 016

DETAILS OF PARTICIPANTS



SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE
(AUTONOMOUS)
SUNDARAKKOTTAI, MANNARGUDI - 614016
(Accredited by NAAC | An ISO 9001:2015 Certified Institution)

STUDENTS LIST ON GYMNASIUM USAGE - 2020- 2021

Date: 02.02.2021

So SSP on 5.30-6.30P

S.NO	NAME	CLASS	SIGNATURE
1	S.Abinaya	II B.Sc., Maths	S. Abinaya
2	M.Abinaya	II B.Sc., Maths	M. Abinaya
3	M.Abisree	II B.Sc., Maths	M. Abisree
4	K.Agalya	II B.Sc., Maths	K. Agalya
5	S.Arunthathi	II B.Sc., Maths	S. Arunthathi
6	M.Chithrabanu	II B.Sc., Maths	M. Chithrabanu
7	R.Dharani	II B.Sc., Maths	R. Dharani
8	T.Dharshini	II B.Sc., Maths	T. Dharshini
9	V.Dhivya	II B.Sc., Maths	V. Dhivya
10	V.Durga	II B.Sc., Maths	V. Durga
11	R.Iyeswaryalakshmi	II B.Sc., Maths	R. Iyeswaryalakshmi
12	C.Kanageswari	II B.Sc., Maths	C. Kanageswari
13	A.Kavipriya	II B.Sc., Maths	A. Kavipriya
14	B.Kayathri	II B.Sc., Maths	B. Kayathri
15	R.Keerthika	II B.Sc., Maths	R. Keerthika
16	P.Malini	II B.Sc., Maths	P. Malini
17	M.Madhumitha	II B.Sc., Maths	M. Madhumitha
18	R.P.Abiadhirai	II B.Sc., Maths	R.P. Abiadhirai
19	M.Abinaya	II B.Sc., Maths	M. Abinaya
20	S.Abinaya	II B.Sc., Maths	S. Abinaya
21	S.Ananya	II B.Sc., Maths	S. Ananya
22	S.Anbuselvi	II B.Sc., Maths	S. Anbuselvi
23	M.Arthi	II B.Sc., Maths	M. Arthi
24	P.Aashika	II B.Sc., Maths	P. Aashika
25	S.Avanthika	II B.Sc., Maths	S. Avanthika
26	S.Dharshini	II B.Sc., Maths	S. Dharshini
27	B.Durgadevi(21/12/2002)	II B.Sc., Maths	B. Durgadevi
28	B.Durgadevi(30/12/2002)	II B.Sc., Maths	B. Durgadevi
29	S.Kalaiselvi	II B.Sc., Maths	S. Kalaiselvi
30	R.Kalpana	II B.Sc., Maths	R. Kalpana


 Physical Directress
 S.T.E.T Women's College(A)
 Sundarakkottai
 Mannargudi-614 016

DETAILS OF PARTICIPANTS



**SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE
(AUTONOMOUS)**

SUNDARAKKOTTAL, MANNARGUDI - 614016
(Accredited by NAAC | An ISO 9001:2015 Certified Institution)

STUDENTS LIST ON GYMNASIUM USAGE - 2020-2021

Date: 11.02.2021

Session: 6.00-7.00AM

S.NO	NAME	CLASS	SIGNATURE
1	R.Keerthana	II BCA	R.Keerthana
2	S.Pavithra	II BCA	S. Pavithra
3	K.Priya dharshini	II BCA	K. Priyadharshini
4	P.Priyanka	II BCA	P. Priyanka
5	M.Rasika	II BCA	M. Rasika
6	A.Santhiya	II BCA	A. Santhiya
7	V.Sivaranjani	II BCA	V. Sivaranjani
8	R.Sushmitha	II BCA	R. Sushmitha
9	T.Swathi	II BCA	T. Swathi
10	A.Tharani	II BCA	A. Tharani
11	S.Atchaya	II Bio	S. Atchaya
12	R.Bavadharani	II Bio	R. Bavadharani
13	J.Gayathri	II Bio	J. Gayathri
14	S.Gunalakshmi	II Bio	S. Gunalakshmi
15	M.Eniya	II Bio	M. Eniya
16	D.Jayalakshmi	II Bio	D. Jayalakshmi
17	K.Kaviya	II Bio	K. Kaviya
18	K.Keerthika	II Bio	K. Keerthika
19	K.Pradeepa	II Bio	K. Pradeepa
20	K.Seethalakshmi	II Bio	K. Seethalakshmi
21	C.Abinaya	II Micro	C. Abinaya
22	A.Abitha	II Micro	A. Abitha
23	R.Asmitha	II Micro	R. Asmitha
24	S.Dhivya	II Micro	S. Dhivya
25	T.Jayamathi	II Micro	T. Jayamathi
26	B.Karmugil	II Micro	B. Karmugil
27	P.Gowsalya	II Micro	P. Gowsalya
28	S.Krishnaveni	II Micro	S. Krishnaveni
29	K.Monisha	II Micro	K. Monisha
30	N.Priyanka	II Micro	N. Priyanka

Physical Directress
S.T.E.T Women's College (A)
Sundarakkottai
Mannargudi-614 016

DETAILS OF PARTICIPANTS



SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE
(AUTONOMOUS)

SUNDARAKKOTTAI, MANNARGUDI - 614016

(Accredited by NAAC | An ISO 9001:2015 Certified Institution)

STUDENTS LIST ON GYMNASIUM USAGE - 2020- 2021

DATE: 02.08.2021

SESSION: 6.00 - 7.00 A.M

S.NO	NAME	CLASS	SIGNATURE
1	R.Keerthana	II BCA	R.Keerthana
2	S.Pavithra	II BCA	S.Pavithra
3	K.Priya dharshini	II BCA	K.Priyadharshini
4	P.Priyanka	II BCA	P.Priyanka
5	M.Rasika	II BCA	M.Rasika
6	A.Santhiya	II BCA	A.Santhiya
7	V.Sivaranjani	II BCA	V.Sivaranjani
8	R.Sushmitha	II BCA	R.Sushmitha
9	T.Swathi	II BCA	T.Swathi
10	A.Tharani	II BCA	A.Tharani
11	S.Atchaya	II B.Sc Bio	S.Atchaya
12	R.Bavadharani	II B.Sc Bio	R.Bavadharani
13	J.Gayathri	II B.Sc Bio	J.Gayathri
14	S.Gunalakshmi	II B.Sc Bio	S.Gunalakshmi
15	M.Eniya	II B.Sc Bio	M.Eniya
16	D.Jayalakshmi	II B.Sc Bio	D.Jayalakshmi
17	K.Kaviya	II B.Sc Bio	K.Kaviya
18	K.Keerthika	II B.Sc Bio	K.Keerthika
19	K.Pradeepa	II B.Sc Bio	K.Pradeepa
20	K.Seethalakshmi	II B.Sc Bio	K.Seethalakshmi
21	C.Abinaya	II B.Sc Micro	C.Abinaya
22	A.Abitha	II B.Sc Micro	A.Abitha
23	R.Asmitha	II B.Sc Micro	R.Asmitha
24	S.Dhivya	II B.Sc Micro	S.Dhivya
25	T.Jayamathi	II B.Sc Micro	T.Jayamathi
26	B.Karmugil	II B.Sc Micro	B.Karmugil
27	P.Gowsalya	II B.Sc Micro	P.Gowsalya
28	S.Krishnaveni	II B.Sc Micro	S.Krishnaveni
29	K.Monisha	II B.Sc Micro	K.Monisha
30	N.Priyanka	II B.Sc Micro	N.Priyanka


Physical Directress
S.T.E.T Women's College (A)
Sundarakkottai
Mannargudi-614 016

DETAILS OF PARTICIPANTS



SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE
(AUTONOMOUS)
SUNDARAKKOTTAI, MANNARGUDI - 614016
(Accredited by NAAC | An ISO 9001:2015 Certified Institution)
STUDENTS LIST ON GYMNASIUM USAGE - 2020- 2021

DATE: 12.03.2021

SESSION: 6.00 - 7.00 AM

S.NO	NAME	CLASS	SIGNATURE
1	N.Sathiya	III BBA	N. Sathiya
2	S.Sivaranjani	III BBA	S. Sivaranjani
3	R.Shanmugapriya	III BBA	R. Shanmugapriya
4	S.Subascema	III BBA	S. Subascema
5	K.Thuvathini	III BBA	K. Thuvathini
6	J.Vanamayil	III BBA	J. Vanamayil
7	G.Vasuki	III BBA	G. Vasuki
8	R.Kowsika	III BBA	R. Kowsika
9	K.Ethayakani	III BBA	K. Ethayakani
10	E.Elayaselvi	III BBA	E. Elayaselvi
11	M.Deepika	III B.COM	M. Deepika
12	M.Kalpana	III B.COM	M. Kalpana
13	G.Nithyasri	III B.COM	G. Nithyasri
14	R.Priyadharshini	III B.COM	R. Priyadharshini
15	H.Reetha	III B.COM	H. Reetha
16	P.Abirami	III B.Sc MATHS	P. Abirami
17	D.Aarthi	III B.Sc MATHS	D. Aarthi
18	R.Bindhiya	III B.Sc MATHS	R. Bindhiya
19	R.Dharshini	III B.Sc MATHS	R. Dharshini
20	M.Karthika	III B.Sc MATHS	M. Karthika
21	L.Lakshana	III B.Sc MATHS	L. Lakshana
22	A.Madharasi	III B.Sc MATHS	A. Madharasi
23	S.Madhubala	III B.Sc MATHS	S. Madhubala
24	S.Kaviya	III B.Sc MATHS	S. Kaviya
25	M.Praba	III B.Sc MATHS	M. Praba
26	G.Priya	III B.Sc MATHS	G. Priya
27	P.Sakthipriya	III B.Sc MATHS	P. Sakthipriya
28	C.Sangeetha	III B.Sc MATHS	C. Sangeetha
29	R.sathya	III B.Sc MATHS	R. Sathya
30	G.B.selvarani	III B.Sc MATHS	G. B. selvarani

(Signature)
Physical Directress
S.T.E.T Women's College (A)
Sundarakkottai
Mannargudi-614 016

DETAILS OF PARTICIPANTS



SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE
(AUTONOMOUS)
SUNDARAKKOTTAI, MANNARGUDI - 614016
(Accredited by NAAC | An ISO 9001:2015 Certified Institution)
STUDENTS LIST ON GYMNASIUM USAGE - 2020- 2021

DATE: 12.03.2021

SESSION: 5.30- 6.30 p.m

S.NO	NAME	CLASS	SIGNATURE
1	B.Sabeetha	III B.COM	B. Sabeetha
2	A.SriGayathridevi	III B.COM	A. SriGayathridevi
3	K.Shanmugapriya	III B.COM	K. Shanmugapriya
4	M.Sandhiya	III B.COM	M. Sandhiya
5	S.Thamizhpriya	III B.COM	S. Thamizhpriya
6	A.Vasanthi	III B.COM	A. Vasanthi
7	R.Yogadharanika	III B.COM	R. Yogadharanika
8	M.Maneeshwari	III B.COM	M. Maneeshwari
9	T.Durgashalini	III B.COM	T. Durgashalini
10	V.Kanika	III B.COM	V. Kanika
11	Vijayalakshmi	III B.COM	Vijayalakshmi
12	G.B.selvarani	III B.Sc MATHS	G. B. selvarani
13	M.Sowmiya	III B.Sc MATHS	M. Sowmiya
14	V.Vaishnavi	III B.Sc MATHS	V. Vaishnavi
15	S.Gownitha	III B.Sc MATHS	S. Gownitha
16	R.Yamuna	III B.Sc MATHS	R. Yamuna
17	R.Yazhini	III B.Sc MATHS	R. Yazhini
18	S.Abitha	III B.Sc MATHS	S. Abitha
19	S.Arthi	III B.Sc MATHS	S. Arthi
20	S.Madhumitha	III B.Sc MATHS	S. Madhumitha
21	M.Praveena	III B.Sc MATHS	M. Praveena
22	S.Sangeetha	III B.Sc MATHS	S. Sangeetha
23	M.Subiksha	III B.Sc MATHS	M. Subiksha
24	N.Vidhya	III B.Sc MATHS	N. Vidhya
25	B.Vijayalakshmi	III B.Sc MATHS	B. Vijayalakshmi
26	P.Abinaya	III B.Sc CS	P. Abinaya
27	S.Abirami	III B.Sc CS	S. Abirami
28	S.Abitha	III B.Sc CS	S. Abitha
29	M.Atchayamaruvarasi	III B.Sc CS	M. Atchayamaruvarasi
30	R.Anitha	III B.Sc CS	R. Anitha

Physical Directress
S.T.E.T Women's College (A)
Sundarakkottai
Mannargudi-614 016

DETAILS OF PARTICIPANTS



SENGAMALA THIYAGAR EDUCATIONAL TRUST WOMEN'S COLLEGE
(AUTONOMOUS)

SUNDARAKKOTTAI, MANNARGUDI - 614016

(Accredited by NAAC | An ISO 9001:2015 Certified Institution)

STUDENTS LIST ON GYMNASIUM USAGE - 2020-2021

DATE: 13.02.2021

SESSION: 6.00 - 7.00 AM

S.NO	NAME	CLASS	SIGNATURE
1	P.Deepa	III B.Sc CS	P. Deepa
2	S.Madhumitha	III B.Sc CS	S. Madhumitha
3	N.Nandhini	III B.Sc CS	N. Nandhini
4	M.Nikitha	III B.Sc CS	M. Nikitha
5	M.Pairavi	III B.Sc CS	M. Pairavi
6	U.Pavithra	III B.Sc CS	U. Pavithra
7	P.Praba	III B.Sc CS	P. Praba
8	D.Prabavathi	III B.Sc CS	D. Prabavathi
9	V.Preethi	III B.Sc CS	V. Preethi
10	S.Rethanavathi	III B.Sc CS	S. Rethanavathi
11	M.Ruthra	III B.Sc CS	M. Ruthra
12	S.Saranya	III B.Sc CS	S. Saranya
13	K.Sasirekha	III B.Sc CS	K. Sasirekha
14	S.Sneha	III B.Sc CS	S. Sneha
15	K.Sivasankari	III B.Sc CS	K. Sivasankari
16	R.Abinsathya	III BCA	R. Abinsathya
17	R.Isaiyarasi	III BCA	R. Isaiyarasi
18	G.Kirubashini	III BCA	G. Kirubashini
19	M.Gokila	III BCA	M. Gokila
20	M.Gobika	III BCA	M. Gobika
21	G.Monika	III BCA	G. Monika
22	R.Rubasri	III BCA	R. Rubasri
23	V.Arulmozhi	III B.Sc MICRO	V. Arulmozhi
24	M.Gayathri	III B.Sc MICRO	M. Gayathri
25	S.Mahadevi	III B.Sc MICRO	S. Mahadevi
26	P.Mohanabagya	III B.Sc MICRO	P. Mohanabagya
27	S.Sangeetha	III B.Sc MICRO	S. Sangeetha
28	R.Sathana	III B.Sc MICRO	R. Sathana
29	P.Tringline	III B.Sc MICRO	P. Tringline
30	J.Uvasri	III B.Sc MICRO	J. Uvasri

Physical Directress
S.T.E.T Women's College (A)
Sundarakkottai
Mannargudi-614 016

GYMNASIUM



GYMNASIUM



REPORT



**SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE
(AUTONOMOUS)**

SUNDARAKKOTTAI, MANNARGUDI - 614016

(Accredited by NAAC | An ISO 9001:2015 Certified Institution)

REPORT GYMNASIUM

The gymnasium is located in STET Hostel. The main objective of the gymnasium is to help the students develop more strength and stamina in terms of their health and other activities. STET hostel students use gymnasium classes morning at 6.00-7.00 AM and evening at 5.30-6.30 PM. Both Undergraduate and Post Graduate students are motivated to use gymnasium. Totally 620 students are benefited through this gymnasium.


**Physical Directress
S.T.E.T Women's College (A)
Sundarakkottai
Mannargudi-614 016**



SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE (AUTONOMOUS)
SUNDARAKKOTTAI, MANNARGUDI - 614016
(Accredited by NAAC | An ISO 9001:2015 Certified Institution)

HEALTH AND HYGIENE

Nutrition and fitness are important aspects of overall student health and as students enter and navigate through college, establishing and maintaining healthy habits are important.

College students not only have to deal with adjusting to high-level coursework, social changes, and living away from home, but also health-inhibiting factors like tight budgets, busy schedules, and figuring out how to eat well without parental guidance. Most fitness and nutrition challenges for college students have fairly simple solutions that, with time and practice, can keep students feeling well term after term.

Health Club

Health club secretary takes care of the health room, amenities, ambulance, first aid and access to the Doctor, in case of necessity. The club is committed to provide unparalleled fitness programs, services, and facilities in order to promote health, wellness and activities that strengthen local communities and their lifestyle.

Objectives

- To provide physical activity that will enable each person to monitor desired gains.
- To provide activities that relieve emotional strain and tension.
- To teach self-care practices.
- To give one a sense of purpose
- To develop all aspects of oneself physical, social, mental, spiritual

Our Library is the repository of knowledge resources that are also stacked with encyclopedia of food science, encyclopedia of health and nutrition, encyclopedia of nutrition and welfare.

CAPACITY DEVELOPMENT AND SKILL ENHANCEMENT PROGRAMME

LIFE SKILLS(HEALTH AND HYGIENE)

- Webinar on "Health and Well-Being during Covid-19 Pandemic"
- Webinar on "Protecting Yourself from COVID – 19"
 - State Level Online Quiz competition on "HIV/AIDS Awareness"
- Assessment of Body Mass Index(BMI Screening)
- Haemoglobin Screening
- Blood Grouping
- Green Auditing
- COVID -19 Awareness Webinar on "Be Safe"
- Awareness Programme on "Road Safety"
- Covid-19 Awareness Programme
- Dietary Internship (UG and PG)
- Temperature Screening
- Awareness Programme on Covid-19
- NSS programme on "Clean India"
- Awareness Programme on "Women's Safeness"
- Corona Awareness Programme

CAPACITY DEVELOPMENT AND SKILL ENHANCEMENT PROGRAMME

LIFE SKILLS(HEALTH AND HYGIENE)

- Covid-19 Awareness Programme
- E-Quiz on "Awareness on Covid-19"
- Vaccination Camp
- Online Quiz on "Immune Boosting Foods for Covid-19"
- Covid Awareness Programme
- Webinar on "Malnutrition - Burden, Challenges and Means to Combat"
- Webinar on "Enhancing Environmental Awareness for Future Scenario"
- Dengue Awareness Programme
- Distribution of "Kabasura Kudineer"
- Blood Donation Camp
- Energy Conservation Day Quiz
- General Awareness Online Quiz on "Covid-19"
- Awareness on "Health and Hygiene"

LIFE SKILLS - HEALTH AND HYGIENE

WEBINAR ON HEALTH AND WELL BEING DURING COVID -19

PANDEMIC (01.06.2020)

SENGAMALA THAYAR EDUCATIONAL TRUST WOMEN'S COLLEGE



(Affiliated to Bharathidasan University, Tiruchirappalli)
Recognized by UGC under section 2(f) & 12(B)
(Accredited with 'A' Grade (CGPA: 3.45/4.00) by NAAC)
(An ISO 9001: 2015 Certified Institution)

SILVER JUBILEE YEAR (2019-2020)



Certification Partner Global
ISO 9001: 2015

WEBINAR ON HEALTH AND WELL-BEING DURING COVID-19 PANDEMIC

e- certificate will be provided
Registration Free

Resource Person
Prof. Rahul Rao

Registered Healthcare and Hospital Consultant, NBQP,
QCI (Govt. of India), Corporate trainer- Healthcare
Quality, Dr Reddy Laboratories.



Coordinators:

Dr.N.Uma Maheswari, Vice Principal and Head, PG and
Research Department of Microbiology
Dr.R.Anuradha, Vice Principal and Head, PG and
Research Department of Biochemistry
Ms. G.K.Gomathi, Assistant Professor and Head,
Department of Nutrition and Dietetics
Contact Numbers: 9942083056, 6379225916,
9865777889

DATE: 01.06.2020
TIME: 3PM TO 4PM
By GOOGLE MEET

Please Register:
<https://forms.gle/ctpuVewhn3xs31iW7>

**Chennai
Softech**

RESEARCH & INNOVATION

DETAILS OF PARTICIPANTS

WEBINAR ON HEALTH AND WELL BEING DURING COVID-19

LIST OF PARTICIPANTS

DATE:01.06.2020

CERTIFICATE NUMBER	NAME	MAIL ID
HEALTH AND WELL BEING - 1	R. VIJAYALAKSHMI	vijiharisenthil@gmail.com
HEALTH AND WELL BEING - 2	MITHRA.M	mithraanukumar@gmail.com
HEALTH AND WELL BEING - 3	SUBHA SRI R	helen.a.sharma777@gmail.com
HEALTH AND WELL BEING - 4	DR.A.EZHILARASU	ezhilnar@gmail.com
HEALTH AND WELL BEING - 5	DR V GEETHA	kkmannaig@gmail.com
HEALTH AND WELL BEING - 6	V. MANIMEKALAI	v.manimekalai84@gmail.com
HEALTH AND WELL BEING - 7	DR.M.ANGEL	dr.angelstephen@gmail.com
HEALTH AND WELL BEING - 8	ARULMOZHI. R	amozhi72@gmail.com
HEALTH AND WELL BEING - 9	DR.M.HEMALATHA	hemaravvy@gmail.com
HEALTH AND WELL BEING - 10	DR.R.ANURADHA	mathianuradha@gmail.com
HEALTH AND WELL BEING - 11	SAI SUHARSENE.I	sushmis99@gmail.com
HEALTH AND WELL BEING - 12	B.PAVITHRA	pavithrabas2000@gmail.com
HEALTH AND WELL BEING - 13	DR. R. ANITHA	anithaocsq@gmail.com
HEALTH AND WELL BEING - 14	DR.B.THAMILMARASELVI	profbtms17@gmail.com
HEALTH AND WELL BEING - 15	J. HARINE SARGUNAM	harinelawren@gmail.com
HEALTH AND WELL BEING - 17	GEETHA LAKSHMI	geethadxb@hotmail.com
HEALTH AND WELL BEING - 18	K.KAAVIYA	kaaviyakumar1309@gmail.com
HEALTH AND WELL BEING - 19	V AKILANDESWARI	akilavijayan13@gmail.com
HEALTH AND WELL BEING - 20	DR. S. VISHNUPRIYA	sethurananvishnupriya@gmail.com
HEALTH AND WELL BEING - 21	KANIMOZHI.A	kani93mku@gmail.com
HEALTH AND WELL BEING - 22	DR. U. GAYATHRI	niranjangayathri@gmail.com
HEALTH AND WELL BEING - 23	SRIPOOJA	sripooja2911@gmail.com
HEALTH AND WELL BEING - 24	DR.A.KOTTAI MUTHU	akottaimuthu@gmail.com
HEALTH AND WELL BEING - 25	DR. T. ANANTHI	elangani576@gmail.com
HEALTH AND WELL BEING - 26	SRIPOOJA.B	sripooja2911@gmail.com
HEALTH AND WELL BEING - 27	ANITHA. R	anithadiet2008@gmail.com
HEALTH AND WELL BEING - 28	A.PRABAVATHI	prabasuji40@gmail.com
HEALTH AND WELL BEING - 29	SHILPA P	shilpap9299@gmail.com
HEALTH AND WELL BEING - 30	REGA V	regaravi42@gmail.com
HEALTH AND WELL BEING - 31	ABINAYA D	abi.eng.stet@gmail.com
HEALTH AND WELL BEING - 32	DR. BHUVANESWARI S	bhunz2010@gmail.com
HEALTH AND WELL BEING - 33	DR.R.SUBASHINI	dr.r.subashini@gmail.com
HEALTH AND WELL BEING - 34	DR. A. DOSS	androdoss@gmail.com
HEALTH AND WELL BEING - 35	AISHWARYA	aishwaryarathinavel2001@gmail.com
HEALTH AND WELL BEING - 36	K.ELAKKYA	mathyfeb12@gmail.com
HEALTH AND WELL BEING - 37	DR.K.M.SYED ALI FATHIMA	kmsfathima@yahoo.co.in
HEALTH AND WELL BEING - 38	RAJAN S	ksrajan99@gmail.com

DETAILS OF PARTICIPANTS

CERTIFICATE NUMBER	NAME	MAIL ID
HEALTH AND WELL BEING -39	ANANDHAN.M	aanandhan158@gmail.com
HEALTH AND WELL BEING -40	K.PRADEEBA	pradeeps202021@gmail.com
HEALTH AND WELL BEING -41	DR.K.MURUGAIAH	sdetdrkm@gmail.com
HEALTH AND WELL BEING -42	DR.S.USHARANI	usharani1886@gmail.com
HEALTH AND WELL BEING -43	T. SURIYALAKSHMI	jothihaharish@gmail.com
HEALTH AND WELL BEING -44	T. SURIYALAKSHMI	jothihaharish@gmail.com
HEALTH AND WELL BEING -45	U.KEERTHANAA	Keerthanaakumar49@gmail.com
HEALTH AND WELL BEING -46	LAVANYA M	25lavanya2001@gmail.com
HEALTH AND WELL BEING -47	MS.S.PONNARASI	ponnarasi96s@gmail.com
HEALTH AND WELL BEING -48	NANTHINI.B	nanthiniseetha1993@gmail.com
HEALTH AND WELL BEING -49	S.RAJESWARI	angayarraji@gmail.com
HEALTH AND WELL BEING -50	MS. R.TAMILKODI	tamilkodivasu@gmail.com
HEALTH AND WELL BEING -51	DR.G.PRASANNA	gprasannakeerthi@gmail.com
HEALTH AND WELL BEING -52	T. SURIYALAKSHMI	jothihaharish@gmail.com
HEALTH AND WELL BEING -53	RJ BHARATHI	rjbharathi2005@gmail.com
HEALTH AND WELL BEING -54	R. MANIKANDAN	srimani7201@gmail.com
HEALTH AND WELL BEING -55	S.UDAYAKUMAR	drudaya@kingsindia.net
HEALTH AND WELL BEING -56	A.MARY SELVA ISRAELIYA	aselsa3081993@gmail.com
HEALTH AND WELL BEING -57	P. MAHESWARI	maheswaritvr1@gmail.com
HEALTH AND WELL BEING -58	DR. S. SARAVANAN	saro_nms@rediffmail.com
HEALTH AND WELL BEING -59	E. SURIYA	esuriya1996@gmail.com
HEALTH AND WELL BEING -60	R.THIRAVIYA	rthiraviya94@gmail.com
HEALTH AND WELL BEING -61	P. MAHESWARI	maheswaritvr1@gmail.com
HEALTH AND WELL BEING -62	R.SANGAVI	prsgavi@gmail.com
HEALTH AND WELL BEING -63	ABISHA T. J	abisha@wyd@gmail.com
HEALTH AND WELL BEING -64	DR. T. ANANDARAJ	aanandarsj84@gmail.com
HEALTH AND WELL BEING -65	ABISHA T. J	abisha@wyd@gmail.com
HEALTH AND WELL BEING -66	R.SARUMATHI	sarur419@gmail.com
HEALTH AND WELL BEING -67	B.MEHARUNNISHA	marzusm11@gmail.com
HEALTH AND WELL BEING -68	S. NANTHINI	nanthinisubramanian@ail.com
HEALTH AND WELL BEING -69	KEERTHANA.K	keerthanambbs7520@gmail.com
HEALTH AND WELL BEING -70	M. BARATH	barathmohan2611@gmail.com
HEALTH AND WELL BEING -71	K. VIJI	vijikarthikrohit@gmail.com
HEALTH AND WELL BEING -72	JASMINE C	jasmine.mscit@gmail.com
HEALTH AND WELL BEING -73	R.KAMALAPRIYAN	tamilkodivasu@gmail.com
HEALTH AND WELL BEING -74	DR.N.UMA MAHESWARI	umasamyamf@gmail.com
HEALTH AND WELL BEING -75	G.SENPAGAPRIYA	gsenpagapriya@gmail.com
HEALTH AND WELL BEING -76	EUGINEKING@GMAIL.CO M	
HEALTH AND WELL BEING -77	DR. S R PADMA	padmasr@tnau.ac.in
HEALTH AND WELL BEING -78	T.REVATHI	revathithiru98@gmail.com
HEALTH AND WELL BEING -79	A G SUJITRA	sujitra.ag1983@gmail.com

CERTIFICATES



SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE
(Affiliated to Bharathidasan University, Tiruchirappalli)
Recognized by UGC under section 2(f) & 12(B)
(Accredited with 'A' Grade (CGPA: 3.45/4.00) by NAAC)
(An ISO 9001: 2015 Certified Institution)



CPG
Certification Partner Glob
ISO 9001: 2015

SILVER JUBILEE YEAR (2019-2020)

CERTIFICATE OF PARTICIPATION


This is to certify that
R. Vijayalakshmi
Assistant professor
Stet women's college ,Mannargudi
has participated in the webinar titled
"HEALTH AND WELL-BEING DURING COVID-19 PANDEMIC"
held on 01/06/2020 organized by
PG AND RESEARCH DEPARTMENT OF MICROBIOLOGY, BIOCHEMISTRY AND NUTRITION & DIETETICS
with
Chennai Softech - Technical Partner.





PRINCIPAL
Sengamala Thayaar Educational Trust
WOMEN'S COLLEGE, MANNARGUDI

Dr. S. Amudha, M.Com., M.Phil., M.B.A., Ph.D



SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE
(Affiliated to Bharathidasan University, Tiruchirappalli)
Recognized by UGC under section 2(f) & 12(B)
(Accredited with 'A' Grade (CGPA: 3.45/4.00) by NAAC)
(An ISO 9001: 2015 Certified Institution)




CPG
Certification Partner Glob
ISO 9001: 2015

SILVER JUBILEE YEAR (2019-2020)

CERTIFICATE OF PARTICIPATION

This is to certify that
MITHRA.M
Student
Idhaya College for women
has participated in the webinar titled
"HEALTH AND WELL-BEING DURING COVID-19 PANDEMIC"
held on 01/06/2020 organized by
PG AND RESEARCH DEPARTMENT OF MICROBIOLOGY, BIOCHEMISTRY AND NUTRITION & DIETETICS
with
Chennai Softech - Technical Partner.





PRINCIPAL
Sengamala Thayaar Educational Trust
WOMEN'S COLLEGE, MANNARGUDI

Dr. S. Amudha, M.Com., M.Phil., M.B.A., Ph.D

CERTIFICATES

SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE
(Affiliated to Bharathidasan University, Tiruchirappalli)
Recognized by UGC under section 2(f) & 12(B)
(Accredited with 'A' Grade (CGPA: 3.45/4.00) by NAAC)
(An ISO 9001: 2015 Certified Institution)

SILVER JUBILEE YEAR (2019-2020)

CPG
Certification Partner Global
ISO 9001: 2015

CERTIFICATE OF PARTICIPATION

This is to certify that
Subha Sri R
Student
Anna University bit campus Trichy
has participated in the webinar titled
"HEALTH AND WELL-BEING DURING COVID-19 PANDEMIC"
held on 01/06/2020 organized by
PG AND RESEARCH DEPARTMENT OF MICROBIOLOGY, BIOCHEMISTRY AND NUTRITION & DIETETICS
with
Chennai Softech - Technical Partner.

Chennai Softech

PRINCIPAL
Sengamala Thayaar Educational Trust
WOMEN'S COLLEGE, MANNARGUDI

Dr. S. Amudha, M.Com., M.Phil., M.B.A., Ph.D

SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE
(Affiliated to Bharathidasan University, Tiruchirappalli)
Recognized by UGC under section 2(f) & 12(B)
(Accredited with 'A' Grade (CGPA: 3.45/4.00) by NAAC)
(An ISO 9001: 2015 Certified Institution)

SILVER JUBILEE YEAR (2019-2020)

CPG
Certification Partner Global
ISO 9001: 2015

CERTIFICATE OF PARTICIPATION

This is to certify that
Dr.R.Anuradha
Assistant professor
Sengamala Thayaar Educational Trust women's college
has participated in the webinar titled
"HEALTH AND WELL-BEING DURING COVID-19 PANDEMIC"
held on 01/06/2020 organized by
PG AND RESEARCH DEPARTMENT OF MICROBIOLOGY, BIOCHEMISTRY AND NUTRITION & DIETETICS
with
Chennai Softech - Technical Partner.

Chennai Softech

PRINCIPAL
Sengamala Thayaar Educational Trust
WOMEN'S COLLEGE, MANNARGUDI

Dr. S. Amudha, M.Com., M.Phil., M.B.A., Ph.D

REPORT

REPORT

**PG and Research Department of Biochemistry , Microbiology &
Nutrition and Dietetics**

WEBINAR

ON

HEALTH AND WELL –BEING DURING COVID-19 PANDEMIC

01.06.2020

PG and Research Department of Biochemistry , Microbiology & Nutrition and Dietetics jointly organized One day Webinar on **Health and Well - Being during Covid - 19 Pandemic** on 01.06.2020 with Chennai Softech as Technical Partner to combat the spread of Covid - 19 . Resource Person Prof Rahul Rao , Registered Health Care and Hospital Consultant , NBQP , QCI (Govt of India) , Corporate Trainer of Health Care Quality , Dr Reddy's Laboratory shared lots of information about the seriousness of Pandemic situation and the importance to improve the immunity status to overcome Covid - 19 . 495 participants were participated in this webinar and gathered ideas and knowledge to protect themselves and their family from this Pandemic environment.



Principal

PRINCIPAL
Sengamala Thayaar Educational Trust
Women's College, (Autonomous)
Mannargudi.

WEBINAR ON PROTECTING YOURSELF FROM

COVID - 19 (09.09.2020)

INVITATION

SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE
(AUTONOMOUS)
(Accredited by NAAC)
(An ISO 9001: 2015 Certified Institution)
SUNDARAKKOTTAI, MANNARGUDI - 614016, TAMILNADU, S.INDIA
stetexnora@gmail.com

STUDENTS' EXNORA



SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE
(AUTONOMOUS)
(Accredited by NAAC)
(An ISO 9001 : 2015 Certified Institution)
SUNDARAKKOTTAI, MANNARGUDI - 614016, TAMILNADU, S.INDIA
stetexnora@gmail.com

STUDENTS' EXNORA
ORGANIZES WEBINAR
ON
"PROTECTING YOURSELF FROM COVID 19"

RESOURCE PERSON

Date: 09.09.2020
Organizing Coordinator
Dr.S. Geetha
Ms. T.Vimala

Time: 10.30 a.m to 11. 30 a.m.



Dr.B.Anitharani,
Director,
Karpaga University of Management,
(Affiliated to Anna University) Pudukkottai.



GOOGLE MEET LINK

SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE

(AUTONOMOUS)

(Accredited by NAAC)

(An ISO 9001: 2015 Certified Institution)

SUNDARAKKOTTAI, MANNARGUDI – 614016, TAMILNADU, S.INDIA

stetexnora@gmail.com



STUDENTS' EXNORA

Google Meet Link

Respected Sir/ Madam,
Greetings from Sengamala
Thayaar Educational Trust
Women's College (Autonomous),
Mannargudi,

With great pleasure,
Students'Exnora organize the
Webinar on "
Protecting Yourself from COVID -
19 "

We invite to participate in the
webinar

No Registration Fee

E - Certificate will be provided

Date: 09.09.2020

Time: 10.00a.m. to 11 30.a.m.

Google meet link:

<https://meet.google.com/eet-aanx-vgv>

Resource person

Dr.B.Anitharani,

Director,

Karpaga University of

Management,

(Affiliated to Anna University)



ATTENDANCE

SENGAMALA THAYAR EDUCATIONAL TRUST WOMEN'S COLLEGE (AUTONOMOUS)

(Accredited by NAAC)

(An ISO 9001: 2015 Certified Institution)

SUNDARAKKOTTAI, MANNARGUDI – 614016, TAMILNADU, S.INDIA

stetexnora@gmail.com



STUDENTS' EXNORA

Google Meet Attendance

11:03

About this call

People	Information
A. Abi Ravi	✂ ⋮
Agalya B	✂ ⋮
A. Akalya Akalya	✂ ⋮
Amirdheswari. M	✂ ⋮
Anu Anu	✂ ⋮
Anustika Anustika	✂ ⋮
A. Arthi Nagarajan	✂ ⋮
asalya asalya	✂ ⋮
6. Ashika R	✂ ⋮
B. Bavithra	✂ ⋮
B. Boomika Boomika	✂ ⋮
Boomika Laksh	✂ ⋮
B. Buvaneshwari B	✂ ⋮

REC V G

You Geeth +87

11:03

About this call

People	Information
Ishwarya Krishna	✂ ⋮
JAYA PRIYA	✂ ⋮
K. Kajesha Deena	✂ ⋮
K. Kamalya.p Palanivelu	✂ ⋮
K. Kamatchi Thirugnam	✂ ⋮
Kasthuri Karthik	✂ ⋮
Kaviya J	✂ ⋮
K. Kaviya K	✂ ⋮
kaviya kamaraj	✂ ⋮
K. Kowshika B	✂ ⋮
Madhumitha. D	✂ ⋮
Maha sekar	✂ ⋮
M. Mahalakshmi .M	✂ ⋮

REC V G

You Geeth +88

FEEDBACK FORM



Feedback form

The screenshot shows a Google Form titled "Sengamala Thayaar Educational Trust Women's College (Autonomous), Sundarakkottai, Mannargudi. Students' Exnora Webinar Feedback Form". The form is displayed on a computer screen with a Windows taskbar at the bottom. The form includes a header image of a guitar, the college name, and a description of the webinar. The form is currently open in a Google account, and the email address "stetexnora@gmail.com" is visible. A "Required" field is indicated for the email address. The Windows taskbar shows various application icons and a search bar.

Sengamala Thayaar Educational Trust
Women's College (Autonomous),
Sundarakkottai, Mannargudi. Students'
Exnora Webinar Feedback Form

Students' Exnora Webinar on "Protecting Yourself from Covid 19" Feedback Form

stetexnora@gmail.com [Switch account](#)

* Required

Email *

Your email

Activate Windows
Go to Settings to activate Windows.

Fwd: STUDENTS EXINORA ACTIVA X Webinar - stetexnora@gmail.com X My Drive - Google Drive X Untitled form (Responses) - Google Forms X

docs.google.com/spreadsheets/d/1EGn92EmrWpWpO1RxTCmXydmZ7JyldpgjXdoDJE/edit#gid=406922322

Reading list

Untitled form (Responses) ☆ □ □

File Edit View Insert Format Data Tools Extensions Help

100% \$ % .00 123 Default (Ari... 10 B I U A

	B	D	E	F	G	H	I	J
1	Email Address	Full Name	Department (Department Name of the Institution	Mobile No.				
2	stetexnora@gmail.com	Dr S Geetha	Department of Business	Sengamala Thayaar Edu	7598420114			
3	cb19b219286vekkalswa	Vekkaliswari R	BBA	STET	6379138611			
4	subisubiksha18@gmail.c	Subiksha k	Business administration	Sengamala thaayar	6374009359			
5	cb19b219227aarthip@gr	Aarthi P	Business administration	STET	7305458445			
6	kaladevithirumurugan@g	Dr S KALADEVI	DEPARTMENT OF TAMI	SENGAMALA THAYAAR	9655410206			
7	kirubadurga2003@gmail	J.kirubadevi	BBA- A	STET	7603829191			
8	cb19b219286vekkalswa	Vekkaliswari R	BBA	STET	6379138611			
9	vimalastet@gmail.com	T.Vimala	CHEMISTRY	S.T.E.T Women's College	9442004806			
10	cb19b219277snehashri	S.snehashri	BBA	Stet	9360836494			
11	sowmiya5104@gmail.coi	R.sowmiya	BBA.A	STET women's college	9342298072			
12	ashikaramalingam2003@	R.Ashika	BBA-A'section	STET Women's collage	9344322655			
13	santhiyasankar03@gmail	S. Santhiya	BBA	Stet	9043315293			
14	subisubiksha18@gmail.c	Subiksha k	Business administration	Sengamala thaayar educ	6374009359			
15	abiravi179@gmail.com	R. Abinaya	II-BBA-"A"	Stet women's college	9944653554			
16	sowmiya5104@gmail.coi	R.sowmiya	BBA. A	STET Women's college	9342298072			
17	durgadurga80977@gmail	N. Durgadevi	B.sc Computer Science	S.T.E.T				

+ Form Responses 1

covid-19-resident...pptx ✓ Verified

covid-19-resident...pptx ✓ Verified

Type here to search

16:55 08-01-2022

CERTIFICATE

SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE (AUTONOMOUS)

(Accredited by NAAC)

(An ISO 9001: 2015 Certified Institution)

SUNDARAKKOTTAI, MANNARGUDI - 614016, TAMILNADU, S.INDIA

stetexnora@gmail.com



STUDENTS' EXNORA




SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE (AUTONOMOUS).

(Accredited by NAAC, An ISO 9001:2015 Certified Institution), Sundarakkottai -
614016, Mannargudi, Thiruvarur (Dt), Tamil Nadu, India.



STUDENTS' EXNORA Certificate of Participation

This is certify that K.Kowsalya , Department of Chemistry, STET Women's
College (A) has actively participated in the webinar on **"Protecting Yourself
From Covid 19"** organized by the Students' Exnora, Sengamala Thayaar
Educational Trust Women's College (A) on 14.12.2020.


Dr. S. Amudha
Principal

Active Vinodhini
Coordinator

REPORT

SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE

(AUTONOMOUS)

(Accredited by NAAC)

(An ISO 9001: 2015 Certified Institution)

SUNDARAKKOTTAI, MANNARGUDI – 614016, TAMILNADU, S.INDIA

stetexnora@gmail.com



STUDENTS' EXNORA

Students' Exnora, Sengamala Thayaar Educational Trust Women's College, (Autonomous) organized webinar on “ Producing Yourself from Covid 19” on 09.09.2020 through Google Meet in which Dr. P.Anitha Rani, Director, Karpaga University of Management, Pudukkottai, acted as a resource Person. She pointed out “The best way to prevent illness is to avoid being exposed to this virus.” As the vaccines continue their roll out, here are the simple steps we can take to help prevent the spread of COVID-19 and protect our self and others. Participants raised many questions and provided comments regarding the Covid 19. Dr.S.Geetha Assistant professor Department of Business Administration expressed her gratitude towards the Management for their constant support and encouragement to attend such enriching sessions.

T. Vinabha



STATE LEVEL ONLINE QUIZ COMPETITION ON “HIV/AIDS AWARENESS”

RED RIBBON CLUB AND TAMIL NADU STATE AIDS CONTROL
SOCIETY(TANSACS)

INVITATION

**Tamil Nadu State AIDS Control Society**

Quiz for Red Ribbon Club (RRC) Students
Awareness on HIV/AIDS, STI, Voluntary
Blood Donation & COVID-19



Quiz competition starts at 10.00 am and closes by 10.45 am
on 30th December 2020

Integrated Counseling and Testing
Services for prevention to care
continuum of HIV/AIDS

06 DAYS TO GO

Top two winners:
Rs.10,000/- each

Next 10 toppers:
Rs.5000/- each

Visit quiz.tnsacs.in
for more details.

**STAY
TUNED**

Registration is mandatory and it is in progress now.
It ends on 25th December 2020 at 5 PM

DETAILS OF PARTICIPANTS

RED RIBBON CLUB

SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE (AUTONOMOUS)
(Affiliated to Bharathidasan University, Tiruchirappalli)
(Accredited by NAAC: An ISO 9001:2015 Certified Institution)
Sundarakkottai Mannargudi – 614016
Tamil Nadu, India



Date: 30.12.2020

ONLINE QUIZ COMPETITION- TAMIL NADU STATE AIDS CONTROL SOCIETY

LIST OF PARTICIPANTS

S.NO.	CLASS	NAME OF THE STUDENT
1.	I B.A. English	R. Amritha Kalaivani
2.		A.Alman Banu
3.	I BBA "A"	K. Subiksha
4.		T.Sivasakthi
5.	I BBA "B"	M. Sneha
6.		D.Bharathi
7.	I B.Com "A"	A.Akalya
8.		M. Charumathi
9.		R.Keerthana
10.		S.Waseema
11.	I B.Com "B"	K.Muhibbina Zesra
12.		R. Sowmiya
13.		A.Sriranjani
14.		B.Abinaya
15.		K.Rakshitha
16.	I B.Com "C"	V.Badmashree
17.		P.Manisha
18.		S.Sowmiya
19.	I B.A. Economics	R.Anjali
20.		A.Tharani
21.		M.Madhumitha
22.	I B.Sc., Mathematics "A"	T.gayathri
23.		A.Harshavarthini

“ Arise, Awake and Stop not, till the Goal is Reached”

DETAILS OF PARTICIPANTS

RED RIBBON CLUB

SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE (AUTONOMOUS)
(Affiliated to Bharathidasan University, Tiruchirappalli)
(Accredited by NAAC: An ISO 9001:2015 Certified Institution)
Sundarakkottai Mannargudi – 614016
Tamil Nadu, India



Date: 30.12.2020

S.NO.	CLASS	NAME OF THE STUDENT
24.	I B.Sc., Mathematics "A"	S.Srideepika
25.		P.Surya
26.		R.Suvetha
27.	I B.Sc., Mathematics "B"	M. Mahaja farhana
28.		R.Aarthi
29.		R.Subalakshmi
30.		A.Jayasudha
31.		S.Harshini
32.	I B.Sc., Computer Science "A"	J.Roshini
33.		D.Shivani
34.		R.Pavithra
35.		A.Harini
36.		M.Rathika
37.		I.Pavithra
38.	I B.Sc., Computer Science "B"	R.Vishnavi
39.		G.Keerthana
40.		N.Aashika Barveen
41.		V.Swetha
42.		G.Abinaya
43.		T.Amritha
44.	I B.Sc., Computer Science "C"	C.Aruna
45.		C.Kanagathrishna
46.		M.Madhuvarshini
47.		R.Rajeshwari
48.		R.Yazhini
49.	I B.Sc., Biochemistry	A.Amutharasi,
50.		S.Arundhathi,
51.		M.Kanimozhi,
52.		R.Swathi,
53.		R Vaishali,.
54.		

“ Arise, Awake and Stop not, till the Goal is Reached”

DETAILS OF PARTICIPANTS

RED RIBBON CLUB

SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE (AUTONOMOUS)
(Affiliated to Bharathidasan University, Tiruchirappalli)
(Accredited by NAAC: An ISO 9001:2015 Certified Institution)
Sundarakkottai Mannargudi – 614016
Tamil Nadu, India



Date: 30.12.2020

S.NO.	CLASS/DEPARTMENT	NAME OF THE STUDENT
55.		D.Anushya.
56.	I B.Sc., Microbiology	G.R.. Kaarunya
57.		C. Dhaarnya
58.		V.Dheena
59.		M.Farhana Barveen
60.		K.Puspha
61.	I B.Sc., Nutrition and Dietetics	M. Ezhileshwari
62.		M.Haridurga
63.		S.Kaviyarasi
64.	I B.Sc., Physics	M.Yogitha
65.		P.Sarathi
66.		K. Akila
67.	I B.Sc., Chemistry	R.Dhanalakshmi
68.		A.Arthi
69.		A.T. Al Jafreen
70.	I BCA	B.Abinaya
71.		S.Vinitha
<u>LIST OF STAFF MEMBERS/CO-ORDINATORS</u>		
72.	Assistant Professor, Dept. of Microbiology	Dr.K.Ahिलandeswari
73.	Assistant Professor, Dept. of Biochemistry	Dr.R.Nalini



“ Arise, Awake and Stop not, till the Goal is Reached”

REPORT

RED RIBBON CLUB

SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE (AUTONOMOUS)
(Affiliated to Bharathidasan University, Tiruchirappalli)
(Accredited by NAAC: An ISO 9001:2015 Certified Institution)
Sundarakkottai Mannargudi – 614016
Tamil Nadu, India



Title : Online Quiz Competition

Venue : Online- Google Meet Platform

Date : 30.12.2020

REPORT OF THE PROGRAMME

In order to create alertness on Health and Hygiene, Online Quiz competition was conducted by Tamil Nadu State AIDS control Society (TANSACS) on 30.12.2020. All Students were instructed to participate and advised to prepare for the same. Information's related to Health and Hygiene, Blood Grouping, HIV & TB, Balanced Diet and importance of vaccination were discussed with students to improve their performance in the competition. Totally 70 students participated and got eligible scores in the quiz. All student participants received participation E-certificates from Tamil Nadu State AIDS control Society (TANSACS). Eventually, all participants were appreciated by our Principal.



10°37'21.6"N 79°26'11.0"E -10.622678, 79.436401

“ Arise, Awake and Stop not, till the Goal is Reached”



DEPARTMENT OF NUTRITION AND DIETETICS

ASSESSMENT OF BODY MASS INDEX (BMI SCREENING)

(11.02.2021 & 13.02.2021)

CIRCULAR

SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE,
(AUTONOMOUS)

(Accredited with A grade by NAAC)

SUNDARAKKOTTAI, MANNARGUDI.

CIRCULAR

DEPARTMENT OF NUTRITION AND DIETETICS

Owing to Weight management problem (Underweight and Overweight) we are screening **Body Mass Index (BMI)** for I Year UG Students to create a sensible impact on "Underweight and Overweight" on **11.02.2021 TO 13.02.2021** at Nutrition and Dietetics Laboratory. Head of the departments and Class In charges are asked to instruct the students to avail this opportunity as per the schedule enclosed.


Principal
PRINCIPAL
Sengamala Thayaar Educational Trust
Women's College, (Autonomous)
Mannargudi.

PRINCIPAL


Head of the Department
Department of Nutrition and Dietetics
S.T.E.T. Women's College (Autonomous)
Mannargudi - 614 016

HEAD OF THE DEPARTMENT

Note:

- ✓ Student representative should furnish all details in the given health card with the help of class incharge.
- ✓ Please send your class name list to stetnutrition@gmail.com

INVITATION

**SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE
(AUTONOMOUS)**

 (Accredited with "A" grade by NAAC)
(An ISO 9001:2015 Certified Institution) 

SUNDARAKKOTTAL, MANNARGUDI

DEPARTMENT OF NUTRITION AND DIETETICS

Organize

**ASSESSMENT OF BODY MASS INDEX
(BMI SCREENING)**

VENUE: Nutrition and Dietetics Laboratory

DATE: 11.02.2021 -13.02.2021

BODY MASS INDEX (BMI SCREENING)

BODY MASS INDEX (BMI) SCREENING PHOTOS 2020-2021



BODY MASS INDEX (BMI SCREENING)



REPORT

**SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE,
(AUTONOMOUS)
(Accredited with A grade by NAAC)
SUNDARAKKOTTAI, MANNARGUDI.**

DEPARTMENT OF NUTRITION AND DIETETICS

REPORT

To create awareness on weight management, Department of Nutrition and Dietetics screened body mass index for all first year UG programme students and created sensible impact on problems occurred due to underweight and overweight. The students were given counselling based on their Body Mass Index and health card was issued for future review.


Head of the Department
Department of Nutrition and Dietetics
S.T.E.T. Women's College (Autonomous)
Mannargudi - 614 016

DEPARTMENT OF NUTRITION AND DIETETICS

ASSESSMENT OF BODY MASS INDEX (BMI SCREENING)

(08.10.2021 & 09.10.2021)

CIRCULAR



SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN 'S COLLEGE
(AUTONOMOUS)

(Accredited by NAAC | An ISO 9001:2015 Certified Institution)
SUNDARAKKOTTAI, MANNARGUDI-614 016.



TAMILNADU, INDIA.

DEPARTMENT OF NUTRITION AND DIETETICS

BODY MASS INDEX (2021-2022)


CIRCULAR

C.No. 29

Date: 06.10.2021

Owing to Weight management problem (Underweight and Overweight) we are screening **Body Mass Index (BMI)** for I Year UG Students to create a sensible impact on "Underweight and Overweight" on **08.10.2021 to 09.10.2021** at Nutrition and Dietetics Laboratory. Head of the departments and Class In charges are asked to instruct the students to avail this opportunity as per the schedule enclosed.


Head of the Department
Department of Nutrition and Dietetics
S.T.E.T. Women's College (Autonomous)
Mannargudi - 614 016


Principal
PRINCIPAL
Sengamala Thayaar Educational Trust
Women's College, (Autonomous)
Mannargudi.

Note:

- ✓ Student representative should furnish all details in the given health card with the help of class incharge.
- ✓ Please send your class name list to stetnutrition@gmail.com

INVITATION



**SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE
(AUTONOMOUS)**

(Accredited by NAAC | An ISO 9001:2015 Certified Institution)

SUNDARAKKOTTAI, MANNARGUDI-614 016.

TAMILNADU, INDIA.



DEPARTMENT OF NUTRITION AND DIETETICS

BODY MASS INDEX (2021-2022)

INVITATION

SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE (AUTONOMOUS)
(Accredited by NAAC)
(An ISO 9001:2015 Certified Institution)
Sundarakkottai, Mannargudi-614 016. Tiruvallur (Dt).

**DEPARTMENT OF NUTRITION AND DIETETICS
ORGANIZES
ASSESSMENT OF BODY MASS INDEX**

DATE: 08.10.2021-09.10.2021
VENUE: NUTRITION AND DIETETICS LABORATORY

STUDENTS BMI REPORT



SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN' COLLEGE
(AUTONOMOUS)

(Accredited by NAAC | An ISO 9001:2015 Certified Institution)

SUNDARAKKOTTAI, MANNARGUDI-614 016.

TAMILNADU, INDIA.



DEPARTMENT OF NUTRITION AND DIETETICS

STUDENTS BMI REPORT (2021-2022)

S.NO	NAME	CLASS	GRADE
1	Abitha.S	I CS 'A'	UW
2	Akalya.A	I CS 'A'	NORMAL
3	Akalya.K	I CS 'A'	UW
4.	Amirtha.R	I CS 'A'	UW
5.	Anisha.G	I CS 'A'	UW
6.	Archana.A	I CS 'A'	UW
7.	Archana.M	I CS 'A'	G2
8.	Ashika Parveen.A	I CS 'A'	G2
9.	Ashwini.R	I CS 'A'	G1
10.	Asvitha.S	I CS 'A'	UW
11.	Aswini.S	I CS 'A'	G1
12.	Bhavadharani.M	I CS 'A'	UW
13.	Dharani.S	I CS 'A'	G1
14.	Divya.D	I CS 'A'	OW
15.	Eswari.P	I CS 'A'	G1
16.	Fairose Banu.S	I CS 'A'	UW
17.	Fazila Begum.P	I CS 'A'	NORMAL

STUDENTS BMI REPORT



SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN' COLLEGE
(AUTONOMOUS)

(Accredited by NAAC | An ISO 9001:2015 Certified Institution)

SUNDARAKKOTTAI, MANNARGUDI-614 016.

TAMILNADU, INDIA.



DEPARTMENT OF NUTRITION AND DIETETICS

STUDENTS BMI REPORT (2021-2022)

S.NO	NAME	CLASS	GRADE
18.	Gopika.V	I CS 'A'	UW
19.	Gunasri.P	I CS 'A'	NORMAL
20.	Hairun Safikka.J.S	I CS 'A'	NORMAL
21.	Ishwarya.S	I CS 'A'	UW
22.	Janani.R	I CS 'A'	OW
23.	Janani.R	I CS 'A'	NORMAL
24.	Jenisha.E	I CS 'A'	G1
25.	Kaviya.K	I CS 'A'	UW
26.	Kaviya.V	I CS 'A'	NORMAL
27.	Kiruthika.R	I CS 'A'	UW
28.	Lakshmipriya.B	I CS 'A'	NORMAL
29.	Mahalakshmi.S	I CS 'A'	G3
30.	Mahasree.R	I CS 'A'	NORMAL
31.	Maheshwari.R	I CS 'A'	OW
32.	Mathimala.M	I CS 'A'	UW
33.	Merlin Sofiya.A	I CS 'A'	NORMAL
34.	Nanthini.N	I CS 'A'	NORMAL
35.	Nathira Barveen.B	I CS 'A'	UW

STUDENTS BMI REPORT



SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN' COLLEGE
(AUTONOMOUS)

(Accredited by NAAC | An ISO 9001:2015 Certified Institution)

SUNDARAKKOTTAI, MANNARGUDI-614 016.

TAMILNADU, INDIA.



DEPARTMENT OF NUTRITION AND DIETETICS

STUDENTS BMI REPORT (2021-2022)

S.NO	NAME	CLASS	GRADE
36.	Nivetha.K	I CS 'A'	UW
37.	Nivetha.S	I CS 'A'	NORMAL
38.	Peshika.S	I CS 'A'	NORMAL
39.	Pooja.R	I CS 'A'	UW
40.	Preethi.R	I CS 'A'	OW
41.	Priya Dharshini.S	I CS 'A'	NORMAL
42.	Priya.M	I CS 'A'	G1
43.	Priyanka.S	I CS 'A'	UW
44.	Santhiya.V	I CS 'A'	NORMAL
45.	Sathana.G	I CS 'A'	UW
46.	Sathyabama.S	I CS 'A'	NORMAL
47.	Sivanandhini.K	I CS 'A'	G3
48.	Soumya.A	I CS 'A'	NORMAL
49.	Sowmiya.R	I CS 'A'	OW
50.	Subhadevi.R	I CS 'A'	UW
51.	Sugaina Sanofar.S	I CS 'A'	NORMAL
52.	Suguna.R	I CS 'A'	NORMAL
53.	Sumaiya Afrin.E	I CS 'A'	UW

STUDENTS BMI REPORT



SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN' COLLEGE
(AUTONOMOUS)

(Accredited by NAAC | An ISO 9001:2015 Certified Institution)

SUNDARAKKOTTAI, MANNARGUDI-614 016.

TAMILNADU, INDIA.



DEPARTMENT OF NUTRITION AND DIETETICS

STUDENTS BMI REPORT (2021-2022)

S.NO	NAME	CLASS	GRADE
54.	Sumithra.R	I CS 'A'	UW
55.	Sureka.S	I CS 'A'	NORMAL
56.	Sushmitha.R	I CS 'A'	NORMAL
57.	Thamizhini.S	I CS 'A'	UW
58.	Vahita Raguman.A	I CS 'A'	OW
59.	Vidya Sri.V	I CS 'A'	NORMAL
60.	Vigneshwari.T	I CS 'A'	G1
61.	Vinotha.R	I CS 'A'	UW
62.	Vinothini Priya.G	I CS 'A'	NORMAL

STUDENTS BMI REPORT

SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN' COLLEGE
(AUTONOMOUS)



(Accredited by NAAC | An ISO 9001:2015 Certified Institution)
SUNDARAKKOTTAL, MANNARGUDI-614 016.



TAMILNADU, INDIA.

DEPARTMENT OF NUTRITION AND DIETETICS

STUDENTS BMI REPORT (2021-2022)

S.NO	NAME	CLASS	GRADE
1	Abitha.S	I N & D	UW
2	Afrin Shifaya.A	I N & D	NORMAL
3	Akshaya.G.N	I N & D	NORMAL
4	Anitha.V	I N & D	NORMAL
5	Annaitherasa.R	I N & D	NORMAL
6	Aruna.M	I N & D	NORMAL
7	Chandralekha.M	I N & D	UW
8	Devadharshini.M	I N & D	UW
9	Dhanusiya.T	I N & D	UW
10	Durga Devi.P	I N & D	UW
11	Ezhilnila.R	I N & D	NORMAL
12	Gayathri.K	I N & D	UW
13	Haleema Nashrin.B.H	I N & D	G1
14	Harinee.M	I N & D	G1
15	Hemadharshini.C	I N & D	OW
16	Iswaryalakshmi.K	I N & D	UW
17	Lavanya.G.G	I N & D	UW

STUDENTS BMI REPORT

SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN' COLLEGE
(AUTONOMOUS)



(Accredited by NAAC | An ISO 9001:2015 Certified Institution)

SUNDARAKKOTTAL, MANNARGUDI-614 016.



TAMILNADU, INDIA.

DEPARTMENT OF NUTRITION AND DIETETICS

STUDENTS BMI REPORT (2021-2022)

S.NO	NAME	CLASS	GRADE
18.	Mumtaj.S.N	I N & D	G1
19.	Nabeela Barveen.A	I N & D	UW
20.	Pavithra.K	I N & D	G2
21.	Pavithra.T	I N & D	OW
22.	Prabha.M	I N & D	UW
23.	Praveena.S	I N & D	G1
24.	Preethika.S	I N & D	UW
25.	Rashni.T	I N & D	UW
26.	Rithika.R	I N & D	NORMAL
27.	Sangavi.K	I N & D	G1
28.	Selvapriya.S	I N & D	NORMAL
29.	Shanmugapriya.A	I N & D	UW
30.	Sharmila.S	I N & D	OW
31.	Silfana Sufrin.S	I N & D	G1
32.	Sivasalini.A	I N & D	NORMAL
33.	Sumaiya.J	I N & D	NORMAL
34.	Swathi.D	I N & D	OW
35.	Swathi.S	I N & D	G1

STUDENTS BMI REPORT



SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN' COLLEGE
(AUTONOMOUS)

(Accredited by NAAC | An ISO 9001:2015 Certified Institution)

SUNDARAKKOTTAL, MANNARGUDI-614 016.

TAMILNADU, INDIA.



DEPARTMENT OF NUTRITION AND DIETETICS

STUDENTS BMI REPORT (2021-2022)

S.NO	NAME	CLASS	GRADE
36	Swetha.S (12.08.2003)	I N & D	G1
37	Swetha.S (25.10.2003)	I N & D	G1
38	Varshini.S	I N & D	NORMAL
39	Vijayasri.M	I N & D	NORMAL
40	Vishnupriya.E	I N & D	OW

ASSESSMENT OF BODY MASS INDEX (BMI SCREENING)

(08.10.2021 & 09.10.2021)



**SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN' COLLEGE
(AUTONOMOUS)**

(Accredited by NAAC | An ISO 9001:2015 Certified Institution)

SUNDARAKKOTTAI, MANNARGUDI-614 016.

TAMILNADU, INDIA.



DEPARTMENT OF NUTRITION AND DIETETICS

BODY MASS INDEX-PHOTOS (2021-2022)



REPORT

SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN' COLLEGE (AUTONOMOUS)



(Accredited by NAAC | An ISO 9001:2015 Certified Institution)

SUNDARAKKOTTAI, MANNARGUDI-614 016.




TAMILNADU, INDIA.

DEPARTMENT OF NUTRITION AND DIETETICS

BODY MASS INDEX-REPORT (2021-2022)

To create awareness on weight management, Department of Nutrition and Dietetics screened Body Mass Index for all first year Under Graduate students on 08.10.2021 & 09.10.2021. The students were given counseling based on their Body Mass Index and health card was issued for future review. According to the reference given by World Health Organisation, a Body Mass Index of 25.0 or more is overweight, while the healthy range is 18.5 to 24.9. BMI applies to most adults 18-65 years. Nearly 286 students had underweight, 322 students had normal weight, 70 students had overweight and 155 students were under the Grade I, II and III obesity. 833 Students were benefitted.


Head of the Department
Department of Nutrition and Dietetics
S.T.E.T. Women's College (Autonomous)
Mannargudi - 614 016


Principal
PRINCIPAL
Sengamala Thayaar Educational Trust
Women's College, (Autonomous)
Mannargudi.

DEPARTMENT OF BIOCHEMISTRY

HAEMOGLOBIN SCREENING (12.02.2021, 13.02.21)

CIRCULAR



SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE (AUTONOMOUS)
(Accredited by NAAC; An ISO 9001:2015 Certified Institution)
SUNDARAKKOTTAI, MANNARGUDI – 614 016.

C.No. 29

Date: 11.02.2021

CIRCULAR

Our PG and Research Department of Biochemistry is going to screen the Haemoglobin level for first year UG students on 12.02.2021 & 13.02.2021 at Biochemistry laboratory. Head of the Departments and class- in-charges are asked to instruct the students to find their Haemoglobin level. Here with, the time schedule is attached.


Principal
PRINCIPAL
Sengamala Thayaar Educational Trust
Women's College, (Autonomous)
Mannargudi.


HEAD
PG and Research Department of Biochemistry
Sengamala Thayaar Educational Trust
Women's College (Autonomous)
Sundarakkottai, Mannargudi - 614 016

Head of the Department

Note: Please send your class Name list (Word Format) to stetbio@gmail.com

INVITATION



SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE (AUTONOMOUS)
(Accredited by NAAC; An ISO 9001:2015 Certified Institution)
SUNDARAKKOTTAI, MANNARGUDI – 614 016.

INVITATION OF HAEMOGLOBIN SCREENING



SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE
(AUTONOMOUS)
(Accredited by NAAC; An ISO 9001:2015 Certified Institution)
SUNDARAKKOTTAI, MANNARGUDI – 614 016.

PG AND RESEARCH DEPARTMENT OF BIOCHEMISTRY

ORGANIZES

EXTENSION ACTIVITY ON
HAEMOGLOBIN SCREENING

Place: Biochemistry Lab

Date: 12.02.2021 & 13.02.2021

Time: 09.50 a.m. – 03.30 p.m.

TIME SCHEDULE



SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE (AUTONOMOUS)
(Accredited by NAAC; An ISO 9001:2015 Certified Institution)
SUNDARAKKOTTAI, MANNARGUDI – 614 016.

TIME SCHEDULE OF HAEMOGLOBIN SCREENING

S.No.	CLASS	TIME
12.02.2021		
1	B.Sc., Biochemistry	09.50-10.15 A.M
2	B.A., Economics	10.15 – 10.45 A.M
3	B.B.A 'B'	10.45 – 11.15 A.M
4	B.B.A 'A'	11.15 – 11.45 A.M
5	B.C.A	11.45 – 12.15 A.M
6	B.Sc., Chemistry	12.15 – 12.45 A.M
7	B.Sc., Maths 'B'	01.30 – 2.00 P.M
8	B.Sc., Maths 'A'	02.00 – 2.30 P.M
9	B.Com 'B'	02.30 – 03.00 P.M
10	B.Com 'A'	03.00 – 03.30 P.M
13.02.2021		
11	B.Com 'C'	10.15 – 10.45 A.M
12	B.A., English	10.45 – 11.15 A.M
13	B.Sc., Physics 'B'	11.15 – 11.45 A.M
14	B.Sc., Physics 'A'	11.45 – 12.15 A.M
15	B.Sc., N & D	12.15 – 12.45 A.M
16	B.Sc., Microbiology	01.30 – 2.00 P.M
17	B.Sc., Computer Science 'C'	02.00 – 2.30 P.M
18	B.Sc., Computer Science 'B'	02.30 – 03.00 P.M
19	B.Sc., Computer Science 'A'	03.00 – 03.30 P.M


HEAD
PG and Research Department of Biochemistry
Sengamala Thayaar Educational Trust
Women's College (Autonomous)
Sundarakkottai, Mannargudi - 614 016

DETAILS OF PARTICIPANTS



SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE (AUTONOMOUS)
(Accredited by NAAC; An ISO 9001:2015 Certified Institution)
SUNDARAKKOTTAI, MANNARGUDI – 614 016.

CUMULATIVE DATA OF HAEMOGLOBIN SCREENING

PG AND RESEARCH DEPARTMENT OF BIOCHEMISTRY

EXTENSION ACTIVITY ON HAEMOGLOBIN SCREENING

CUMULATIVE DATA

S.No.	Class	Total strength	No. of students within normal value	No. of students within below normal value
1.	B.A., Economics	57	06	51
2.	B.A., English	60	09	51
3.	B.B.A 'A'	61	07	54
4.	B.B.A 'B'	59	06	53
5.	B.Com 'A'	62	16	46
6.	B.Com 'B'	63	11	52
7.	B.Com 'C'	62	08	54
8.	B.Sc., Maths 'A'	55	09	46
9.	B.Sc., Maths 'B'	54	07	47
10.	B.Sc., Computer Science 'A'	61	16	45
11.	B.Sc., Computer Science 'B'	60	13	47
12.	B.Sc., Computer Science 'C'	60	10	50
13.	B.Sc., Biochemistry	54	11	43
14.	B.Sc., Microbiology	55	09	46
15.	B.Sc., N & D	44	04	40
16.	B.Sc., Chemistry	52	12	40
17.	B.Sc., Physics	52	10	42
18.	B.C.A	65	12	53
TOTAL		1036	176	860

HAEMOGLOBIN SCREENING(12.02.2021, 13.02.21)



SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE (AUTONOMOUS)
(Accredited by NAAC; An ISO 9001:2015 Certified Institution)
SUNDARAKKOTTAI, MANNARGUDI – 614 016.

SNAPSHOT OF HAEMOGLOBIN SCREENING



REPORT



SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE (AUTONOMOUS)
(Accredited by NAAC; An ISO 9001:2015 Certified Institution)
SUNDARAKKOTTAI, MANNARGUDI – 614 016.

PG AND RESEARCH DEPARTMENT OF BIOCHEMISTRY **EXTENSION ACTIVITY ON HAEMOGLOBIN SCREENING**

REPORT

Our Department had conducted an Extension activity entitled with Haemoglobin Screening from 12.02.2021 to 13.02.2021 at Biochemistry Lab, S.T.E.T. Women's College (Autonomous), Mannargudi. In this activity, we have screened haemoglobin for 1036 first year UG students. From these result, 176 students (17%) with normal haemoglobin values, 860 students (83%) were in below normal values are identified. The below normal haemoglobin value students are instructed to keep the haemoglobin value in normal after nutritional counseling.

HEAD

PG and Research Department of Biochemistry
Sengamala Thayaar Educational Trust
Women's College (Autonomous)
Sundarakkottai, Mannargudi - 614 016

DEPARTMENT OF BIOCHEMISTRY

HAEMOGLOBIN SCREENING (21.12.2021 & 25.12.2021)

CIRCULAR

CIRCULAR OF HAEMOGLOBIN SCREENING

C. No.: 41- A

Date: 18.12.2021

CIRCULAR

Our PG and Research Department of Biochemistry is going to screen the Haemoglobin level for Second, Third year UG students, First, Second year PG students and B.Ed students from 21.12.2021 to 25.12.2021 at Biochemistry laboratory. Head of the Departments and class- in-charges are asked to instruct the students to find their Haemoglobin level. Here with, the time schedule is attached.

TIME SCHEDULE

S.No.	Programme	Time
21.12.2021		
1	Second year UG students	10.00 a.m. – 04.00 p.m.
22.12.2021		
2	Third year UG students	10.00 a.m. – 04.00 p.m.
23.12.2021		
3	First year PG students	10.00 a.m. – 04.00 p.m.
24.12.2021		
4	Second year UG students	10.00 a.m. – 04.00 p.m.
25.12.2021		
5	B.Ed students	10.00 a.m. – 01.00 p.m.

Note: Please send your class Name list (Word Format) to stetbio@gmail.com


Principal

PRINCIPAL
Sengamala Thayaar Educational Trust
Women's College, (Autonomous)
Mannargudi.


HEAD

PG and Research Department of Biochemistry
Sengamala Thayaar Educational Trust
Women's College (Autonomous)
Sundarakkottai, Mannargudi - 614 016

HAEMOGLOBIN SCREENING - CUMULATIVE DATA

PARTICIPANT OF HAEMOGLOBIN SCREENING

II YEAR UG STUDENTS

S.No.	Class	Total Strength	Within Normal	Below Normal
1.	II BA Economics	54	39	15
2.	I IBA English	60	43	17
3.	II BBA -A	60	44	16
4.	II BBA- B	55	40	15
5.	II B. Com-A	60	49	11
6.	II B. Com - B	62	50	12
7.	II B. Com- C	61	48	13
8.	II Maths -A	53	26	27
9.	II Maths - B	54	37	17
10.	II Computer Science -A	59	49	10
11.	II Computer Science - B	50	50	8
12.	II Computer Science - C	57	46	13
13.	II Biochemistry	45	43	10
14.	II Microbiology	54	44	10
15.	II Nutrition & Dietetics	44	38	6
16.	II Physics	51	34	14
17.	II Chemistry	52	43	9
18.	II BCA	62	47	15
TOTAL		1011	770	241

DETAILS OF PARTICIPANTS

III YEAR UG STUDENTS

S.No.	Class	Total Strength	Within Normal	Below Normal
1.	III BA Economics	48	30	18
2.	III BA English	58	45	13
3.	III BBA A	60	41	19
4.	III BBA B	59	44	15
5.	III B. Com "A"	53	48	5
6.	III B. Com "B"	58	40	10
7.	III B. Com "C"	44	34	10
8.	III Maths A	60	44	16
9.	III Maths B	58	42	16
10.	III Maths C	60	42	18
11.	III Computer Science "A"	50	37	13
12.	III Computer Science "B"	57	51	6
13.	III Computer Science C	62	54	8
14.	III Biochemistry	45	32	13
15.	III Microbiology	51	37	14
16.	III Nutrition & Dietetics	46	31	15
17.	III Physics A	39	29	10
18.	III Physics B	39	30	9
19.	III Chemistry	51	36	15
20.	III BCA	64	52	12
TOTAL		1062	799	263

I YEAR PG STUDENTS

S.No.	Class	Total Strength	Within Normal	Below Normal
1.	I MA Economics	18	13	5
2.	I MA English	7	7	-
3.	I M.Com	42	37	3
4.	I Mathematics A	27	16	11
5.	I MathematicsB	28	21	7
6.	I Computer Science	25	20	5
7.	I Information Technology	36	23	13
8.	I Biochemistry	26	17	9
9.	I Microbiology	25	23	2
10.	I Food Service Management And Dietetics	20	15	5
11.	I Physics	27	19	8
12.	I chemistry	18	12	6
13.	I MCA	40	29	11
14.	I MBA	40	34	6
TOTAL		379	286	93

DETAILS OF PARTICIPANTS

II YEAR PG STUDENTS

S.No.	Class	Total Strength	Within Normal	Below Normal
1.	II MA Economics	17	12	5
2.	II MA English	10	3	7
3.	II M.Com	24	14	7
4.	II Mathematics A	35	20	15
5.	II MathematicsB	35	26	9
6.	II Computer Science	25	14	11
7.	II Information Technology	34	17	17
8.	II Biochemistry	20	14	6
9.	II Microbiology	12	10	2
10.	II Food Service Management And Dietetics	17	13	4
11.	II Physics	25	18	7
12.	II chemistry	22	16	6
13.	II MCA	37	29	8
14.	II MBA	39	29	10
TOTAL		352	235	117

B.Ed., STUDENTS

S.No.	Class	Total Strength	Within Normal	Below Normal
1.	I B.Ed	100	98	12
TOTAL		100	98	12

HAEMOGLOBIN SCREENING (21.12.2021 & 25.12.2021)

SNAPSHOT OF HAEMOGLOBIN SCREENING FOR FIRST YEAR UG STUDENTS



REPORT

REPORT OF HAEMOGLOBIN SCREENING FOR FIRST YEAR UG STUDENTS

PG AND RESEARCH DEPARTMENT OF BIOCHEMISTRY

HAEMOGLOBIN SCREENING FOR FIRST YEAR UG STUDENTS

REPORT

Our department of Biochemistry had conducted an Extension activity entitled with "Hemoglobin Screening for Second, Third year UG students, First, Second year PG students and B.Ed students from 21.12.2021 to 25.12.2021 at Biochemistry Lab, S.T.E.T. Women's College (A), Mannargudi. In this activity, we have screened haemoglobin for 2904 students. From these results, out 2904 students, 2178 students (75 %) with normal haemoglobin values, 726 (25 %) were in below normal values identified. The below normal haemoglobin value students are instructed to keep the haemoglobin value in normal after nutritional counseling.

S.No.	Programme	Total strength	No. of Students Within Normal value	No. of Students Below Normal Value
1.	Second Year UG Students	1011	770	241
2.	Third Year UG Students	1062	799	263
3.	First Year PG Students	0379	286	093
4.	Second Year PG Students	0352	235	117
5.	B.Ed Students	0100	088	012
Total		2904	2178	726



HEAD

PG and Research Department of Biochemistry
Sengamala Thayaar Educational Trust
Women's College (Autonomous)
Sundarakkottai, Mannargudi - 614 016

BLOOD GROUP TESTING (10.02.2021)

RED RIBBON CLUB AND DEPARTMENT OF MICROBIOLOGY

INVITATION



SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE

(AUTONOMOUS)

(AFFILIATED TO BHARATHIDASAN UNIVERSITY, TIRUCHIRAPPALLI)

(Nationally Accredited With "A" Grade by NAAC)

(An ISO 9001:2015 Certified Institution)

SUNDARAKKOTTAI, MANNARGUDI-614 016

**PG AND RESEARCH DEPARTMENT OF
MICROBIOLOGY**

&

RED RIBBON CLUB

Organizes

BLOOD GROUP TESTING



PLACE

UG LABORATORY, PG AND RESEARCH DEPARTMENT OF MICROBIOLOGY

Date

10.02.2021

LIST OF COORDINATORS

RED RIBBON CLUB

SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE (AUTONOMOUS)
(Affiliated to Bharathidasan University, Tiruchirappalli)
(Accredited by NAAC: An ISO 9001:2015 Certified Institution)
Sundarakkottai Mannargudi – 614016
Tamil Nadu, India



Date: 30.12.2020

BLOOD GROUP TESTING LIST OF THE STAFF MEMBERS/CO-ORDINATORS

S.NO.	NAME OF THE STAFF MEMBERS/ CO-COORDINATORS	DEPARTMENT
1.	Dr. N.Uma Maheswari	Microbiology
2.	Dr. M.Kannahi	Microbiology
3.	Dr. J.Victoria	Microbiology
4.	Dr. R.Mangalanayaki	Microbiology
5.	Dr. G.Manimegalai	Microbiology
6.	Dr.K.Ahilandeswari	Microbiology
7.	Ms.P.Maheswari	Microbiology
8.	Ms.T.Tamilvani	Microbiology
9.	Dr.R.Nalini	Biochemistry



“ Arise, Awake and Stop not, till the Goal is Reached”

BLOOD GROUP TESTING - LIST OF PARTICIPANTS

RED RIBBON CLUB

SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE (AUTONOMOUS)
(Affiliated to Bharathidasan University, Tiruchirappalli)
(Accredited by NAAC: An ISO 9001:2015 Certified Institution)
Sundarakkottai Mannargudi – 614016
Tamil Nadu, India



Date: 13.01.2021

BLOOD GROUP TESTING LIST OF THE PARTICIPANTS

S.NO	NAME OF THE STUDENT	CLASS
1.	P.Akalya	II M.Sc. Microbiology
2.	S.Akila	
3.	R.Anusuya	
4.	S.Arunadevi	
5.	P.Bavatharani	
6.	R.Dhivya	
7.	N.Elavarasi	
8.	R.Gayathri	
9.	E.Janani	
10.	Kalaranjani. K	
11.	Kaviha.B	
12.	Kiruba.C	
13.	Kiruthika.S	
14.	Lavanya .V	
15.	Madhumitha.M	
16.	Maha M.K	
17.	Pothyswary.V	
18.	Pratheepa .R	
19.	Priyangadevi.S	
20.	Sathiya lakshmi. M	
21.	Aarthi .M.	I M.Sc. Microbiology
22.	Anusuya. M	
23.	Ashika.V	
24.	Bhavani. R	
25.	Desiya.N	

“Arise, Awake and Stop not, till the Goal is Reached”

BLOOD GROUP TESTING - LIST OF PARTICIPANTS

RED RIBBON CLUB

SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE (AUTONOMOUS)
(Affiliated to Bharathidasan University, Tiruchirappalli)
(Accredited by NAAC: An ISO 9001:2015 Certified Institution)
Sundarakkottai Mannargudi – 614016
Tamil Nadu, India



Date: 30.12.2020

S.NO	NAME OF THE STUDENT	CLASS
26.	Divya.M	I M.Sc. Microbiology
27.	Iswarya.S	
28.	Kaleeswari.A	
29.	Priscilla .S	
30.	Santhiya.P	
31.	Sethurani.P	
32.	Stella Packiam. P	
33.	M. Janani	II B.Sc., Maths
34.	R. Sujitha	
35.	S. Abirami	
36.	K. Dharani	
37.	A. Abinaya	
38.	N. Priyaharini	II B.Com
39.	V. Soundaralakshmi	
40.	A. Sriranjani	
41.	K. Akilandaeshwari	
42.	A. FathimaShamila	
43.	Abinaya	
44.	B. Swathi	
45.	S.Jayasri	
46.	S. Priyadarshini	
47.	M. Kamali	
48.	M. SuhainaParveen	II B.Sc. Microbiology
49.	Sundralakshmi	
50.	M. Samyuktha	II BBA



“Arise, Awake and Stop not, till the Goal is Reached”

BLOOD GROUP TESTING - 10.02.21



REPORT



RED RIBBON CLUB

SENGAMALA THAYAR EDUCATIONAL TRUST WOMEN'S COLLEGE (AUTONOMOUS)
(Affiliated to Bharathidasan University, Tiruchirappalli)
(Accredited by NAAC: An ISO 9001:2015 Certified Institution)
Sundarakkottai Mannargudi – 614016
Tamil Nadu, India



Title : Blood Group Testing

Venue : Microbiology Department, S.T.E.T Women's College (Autonomous), Sundarakkottai

Date : 10.02.2021

REPORT OF THE PROGRAMME

RRC joined with PG and Research Department of Microbiology organized a camp on "Blood Group Testing" for the benefit of I year UG students on 10.02.2021. In this program, over all I year students of our college, 973 fresher students were benefitted. Our club members actively involved in this event and also create alertness about blood donation among the students. The interested students are also advised to register their names in the district blood bank for emergency situations. The students of II PG Microbiology and RRC members make all the arrangements enthusiastically for blood group testing in our campus.



" Arise, Awake and Stop not, till the Goal is Reached"

BLOOD GROUP TESTING (08.10.2021)

RED RIBBON CLUB AND DEPARTMENT OF MICROBIOLOGY

CIRCULAR



SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE (Autonomous)

(Accredited by NAAC)

(An ISO 9001:2015 Certified Institution)

SUNDARAKKOTTAI, MANNARGUDI - 614 016, THIRUVARUR DISTRICT, TAMIL NADU

e - mail : stetwc@gmail.com Website : www.stet.edu.in

Phone : 255423, 255405

Dr. S. Amudha, M.Com., M.Phil., M.B.A., Ph.D.,
Principal.

Date 04.10.2021

Circular No.:33 B

CIRCULAR

BLOOD GROUP TESTING

Red Ribbon Club joined with PG and Research Department of Microbiology going to organize a camp on "Blood Group Testing" for the benefit of I year UG students on 08.10.2021. Heads of the department and class in-charges are asked to instruct the students to test their blood group.

Venue: Room No.6

Microbiology Laboratory,
Vivekanantham Block

HEAD
PG and Research Department of Microbiology
Sengamala Thayaar Educational Trust
Women's College (Autonomous)
Sundarakkottai - 614 016, Mannargudi.

Signature of the Principal

PRINCIPAL
Sengamala Thayaar Educational Trust
Women's College, (Autonomous)
Mannargudi.

"Arise Awake and Stop Not, till the Goal is Reached"

INVITATION



SENGAMALATHAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE

(AUTONOMOUS)

(AFFILIATED TO BHARATHIDASAN UNIVERSITY, TIRUCHIRAPPALLI)

(Nationally Accredited With "A" Grade by NAAC)

(An ISO 9001:2015 Certified Institution)

SUNDARAKKOTTAI, MANNARGUDI-614 016

**PG AND RESEARCH DEPARTMENT OF
MICROBIOLOGY**

&

RED RIBBON CLUB

Organizes

BLOOD GROUP TESTING



PLACE

UG LABORATORY, PG AND RESEARCH DEPARTMENT OF MICROBIOLOGY

DATE

08.10.2021

TIME SCHEDULE


PG AND RESEARCH DEPARTMENT OF MICROBIOLOGY

RED RIBBON CLUB


BLOOD GROUP TESTING

TIME SCHEDULE- I YEAR

S.No	CLASS	TIME
1.	B.A Economics	10.15 – 10.30 A.M
2.	B.A English	10.30 – 10.45 A.M
3.	B.B.A 'A'	10.45 – 11.00 A.M
4.	B.B.A'B'	11.00– 11.15 A.M
5.	B.Com 'A'	11.15 – 11.30 A.M
6.	B.Com 'B'	11.30 – 11.45 A.M
7.	B.Com 'C'	11.45 – 12.00 P.M
8.	B.Sc., Mathematics	12.00 – 12.15 P.M
9.	B.Sc., Computer Science 'A'	12.15 – 12.30 P.M
10.	B.Sc., Computer Science 'B'	12.30 – 12.45 P.M
11.	B.Sc., Biochemistry	1.30 – 1.45 P.M
12.	B.Sc., Microbiology	1.45 – 2.00 P.M
13.	B.Sc., N&D	2.15 – 2.30 P.M
14.	B.Sc., Physics	2.30 – 2.45 P.M
15.	B.Sc., Chemistry	2.45– 3.00 P.M
16.	B.C.A	3.00– 3.15 P.M



HEAD
PG and Research Department of Microbiology
Sengamala Thayaar Educational Trust
Women's College (Autonomous)
Sundarakkottai - 614 016, Mannargudi.



Signature of the Principal

PRINCIPAL
Sengamala Thayaar Educational Trust
Women's College, (Autonomous)
Mannargudi.

DETAILS OF PARTICIPANTS



SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE (AUTONOMOUS)

(Affiliated to Bharathidasan University, Tiruchirappalli)
(Accredited by NAAC: An ISO 9001:2015 Certified Institution)
Sundarakkottai Mannargudi – 614016
Tamil Nadu, India

RED RIBBON CLUB

stetrrc@gmail.com



Date: 08.10.2021

BLOOD GROUP TESTING **LIST OF THE PARTICIPANTS**

S.NO	NAME OF THE STUDENT	CLASS
1.	Aarthi .M.	II M.Sc. Microbiology
2.	Anusuya. M	
3.	Ashika.V	
4.	Bhavani. R	
5.	Desiya.N	
6.	Divya.M	
7.	Iswarya.S	
8.	Kaleeswari.A	
9.	Priscilla .S	
10.	Santhiya.P	
11.	Sethurani.P	
12.	Stella Packiam. P	
13.	Anantha jothi.R	I M.Sc. Microbiology
14.	Anuciya.R	
15.	Anuja.M	
16.	Arulmozhi.V	
17.	Bharathi.S	
18.	Deepika.S	
19.	Gayathri.M	
20.	Lakshmi priya. K.S	
21.	Madhumitha. S	
22.	Mahadevi.S	
23.	Meena.R	
24.	Mohana bhagya.P	
25.	Pavithra.V	
26.	Priyadharshni. R	
27.	Sangavi.K	
28.	Sarulatha. K	
29.	Shalini.G	
30.	Sineha.R	
31.	Sowndarya.L	

“ Arise, Awake and Stop not, till the Goal is Reached”

STAFF COORDINATORS LIST



SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE (AUTONOMOUS)

(Affiliated to Bharathidasan University, Tiruchirappalli)
(Accredited by NAAC: An ISO 9001:2015 Certified Institution)
Sundarakkottai Mannargudi – 614016
Tamil Nadu, India

RED RIBBON CLUB

stetrrc@gmail.com



Date: 08.10.2021

BLOOD GROUP TESTING
LIST OF THE STAFF MEMBERS/CO-ORDINATORS

S.NO.	NAME OF THE STAFF MEMBERS/ CO-ORDINATORS	DEPARTMENT
1.	Dr. N.Uma Maheswari	Microbiology
2.	Dr. M.Kannahi	Microbiology
3.	Dr. J.Victoria	Microbiology
4.	Dr. R.Mangalanayaki	Microbiology
5.	Dr. G.Manimegalai	Microbiology
6.	Dr.K.Ahिलandeswari	Microbiology
7.	Ms.P.Maheswari	Microbiology
8.	Ms.T.Tamilvani	Microbiology
9.	Mrs. A.M. Thafshila Afrin	Biochemistry



"Arise, Awake and Stop not, till the Goal is Reached"

REPORT



SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE (AUTONOMOUS)

(Affiliated to Bharathidasan University, Tiruchirappalli)
(Accredited by NAAC: An ISO 9001:2015 Certified Institution)
Sundarakkottai Mannargudi – 614016
Tamil Nadu, India

RED RIBBON CLUB

stetrrc@gmail.com



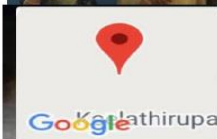
Title : Blood Group Testing

Venue : Microbiology Department, S.T.E.T Women's College (Autonomous), Sundarakkottai

Date : 08.10.2021

REPORT OF THE PROGRAMME

On October 8, 2021, RRC, in collaboration with PG and the Research Department of Microbiology, hosted a camp on "Blood Group Testing" for I year UG students. All of our college's first-year students benefited from this initiative. Our club members took an active role in this event, raising awareness about blood donation among students. Students who are interested should also register their names with the district blood bank in case of an emergency. The students of II PG Microbiology and members of the RRC actively make all of the arrangements for blood group testing on our campus.



Sundarakkottai, Tamil Nadu, India
STET Women's College, Sundarakkottai, Tamil Nadu
614016, India
Lat 10.618613°
Long 79.43093°
08/10/21 02:41 PM



“ Arise, Awake and Stop not, till the Goal is Reached”

GREEN AUDITING

DEPARTMENT OF CHEMISTRY



SENGAMALATHAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE

(Autonomous)

(Accredited with "A" Grade by NAAC) | (An ISO 9001:2015 Certified Institution)

Sundarakottai, Mannargudi-61401

GREEN AUDITING IN S.T.E.T CAMPUS

GREEN AUDIT-CHECKING OF CARBON- DI – OXIDE LEVEL

- Green audit was initiated with the beginning of 1970s with the motive of inspecting the work conducted within the organization can cause risk to the health of inhabitants and the environment.
- It exposes the authenticity of the proclamation made by multinational companies, armies and national government with the concern of health issues as the consequences of environmental pollution.
- Green Audit is assigned to the criteria 7 of NAAC, National Assessment and Accreditation Council which is a self-governing organization of India that declares the institutions as Grade A, Grade B, or Grade C according to the scores assigned at the time of accreditation.

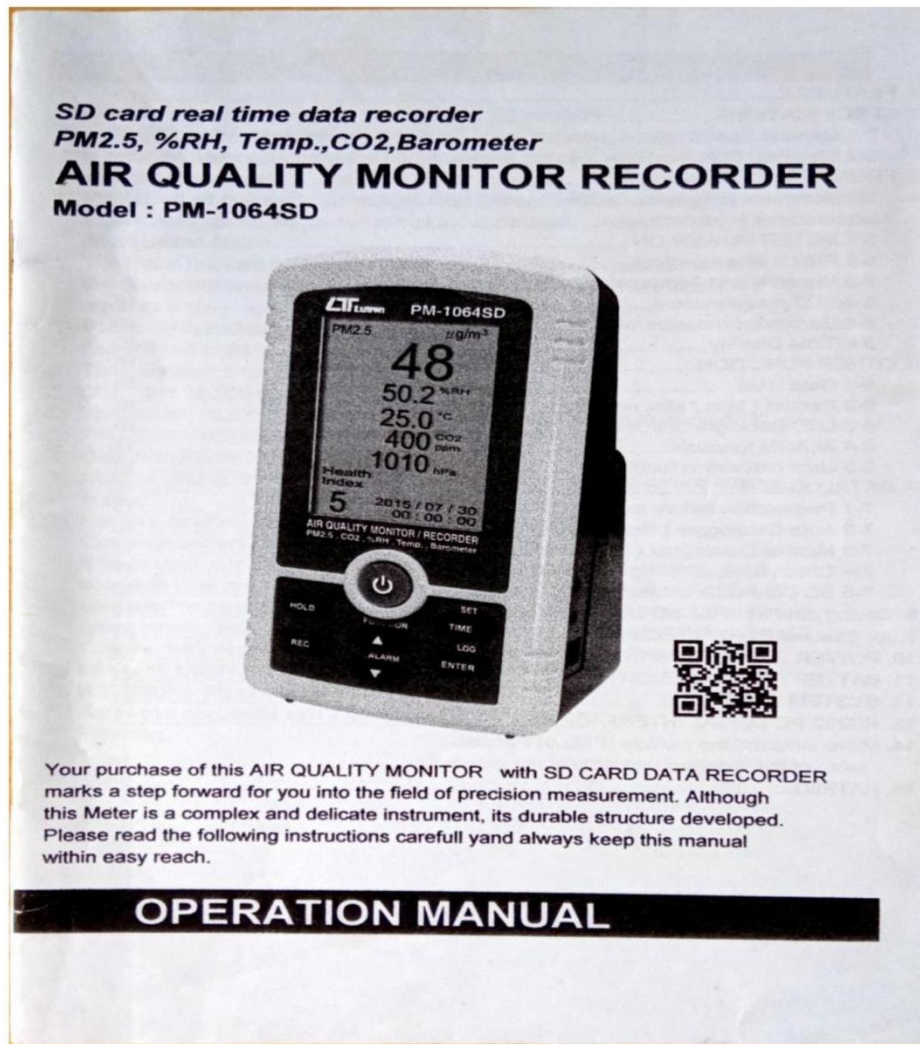
BENEFITS OF GREEN AUDIT

- It would help to shield the environment.
- Recognize the cost saving methods through waste minimizing and managing.
- Point out the prevailing and forthcoming complications.
- Authenticate conformity with the implemented laws.
- Empower the organizations to frame a better environmental performance.
- It portrays a good image of a company which helps building better relationship with the group of stakeholders.
- Enhance the alertness for environmental guidelines and duties.

GREEN AUDIT – CARBON ACCOUNTING

Carbon accounting undertakes the measure of bulk of carbon –di - oxide equivalents exhaled by the organization through which the carbon accounting is done. It is necessary to know how much the organization is contributing towards the sustainable development. The auditor considers several efforts practiced by the institute to lower the Green House Gases in the atmosphere in order to make the campus more environment friendly.

The Air Quality Monitor Instrument was purchased from Bharath Instrument Services on 20.11.2019.



This instrument is used to determine the carbon-di-oxide level in the atmosphere. This gives the following information, which is listed below

S.NO	RANGE	REMARKS
1	0-100	Good
2	101- 200	Moderate
3	201- 300	Healthy
4	301 -400	Unhealthy for Sensitive Groups
5	401-500	Unhealthy
6	501-600	Hazardous

With this instrument, the Carbon - di- oxide level is monitored twice or thrice in a month. The results are summarized below,

Atmospheric CO₂ Level(ppm) in College Campus

S.NO	DATE	Entrance	Ground	Herbal Garden	TVS BLOCK
1.	04.01.2021	420	450	299	321
2.	11.01.2021	392	403	402	350
3.	18.01.2021	453	497	365	323
4.	02.02.2021	300	616	275	496
5.	08.02.2021	572	463	240	371
6.	15.02.2021	456	457	264	336
7.	22.02.2021	417	450	214	424
8.	03.03.2021	469	472	236	419
9.	08.03.2021	423	451	209	404
10.	15.03.2021	530	642	254	446
11.	22.03.2021	417	450	214	424
12.	29.03.2021	469	472	232	419
13.	05.04.2021	413	450	220	408
14.	12.04.2021	418	487	231	379
15.	19.04.2021	392	403	220	350
16.	26.04.2021	453	497	220	350
17.	03.05.2021	432	450	216	404

RESULT SUMMARY

- By comparing the data by the instrument and our college values our Campus is green in Herbal Garden. It is constant in every reading.
- Healthy and Unhealthy in some blocks it was varied in each and every reading.
- But we are not in a Hazardous Zone.

READINGS IN OUR COLLEGE CAMPUS

HERBAL GARDEN ⁵



GROUND



RECOMMENDATION:

- Green audit is a process of systematic identification, quantification, recording, reporting and analysis of components of environmental diversity of various establishments.
- Green Audit is the most efficient way to identify the Environment Management and conservation in the college campus.
- Create awareness of environmental sustainability and take action to ensure environmental sustainability.
- Promote environmental awareness in our campus plan to plantation of trees or herbs in garden or campus.
- An audit of the impact of the activities of an organization on the environment. Its purpose is usually to ensure that the organization has clear environmental policies, and that its policies are subject to regular review.

COVID 19 AWARENESS WEBINAR ON “BE SAFE” (31.01.2021)

INVITATION



**SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S
COLLEGE (AUTONOMOUS)**

(Accredited by NAAC) (An ISO 9001:2015 Certified Institution)
SUNDARAKKOTTAI, MANNARGUDI-614 016.
TAMILNADU, INDIA.



PG AND RESEARCH DEPARTMENT OF COMMERCE

INVITATION

The poster is a blue rectangular card with white and yellow text. At the top left is the college logo. The top section contains the college name, address, and phone number. Below this are two circular logos: the Inner Wheel Club of Mannargudi and a 'CHANGE' logo. The middle section states the college is collaborating with the Inner Wheel Club of Mannargudi, District 298, to organize a webinar. The webinar title 'BE SAFE (Motivational Speech)' is in large, bold letters. To the right of the title is a photo of the speaker, Dr. S. Chitra. Below the title, the speaker's name and qualifications are listed, followed by the sponsor. The Google Meeting Link is provided. At the bottom, a clock icon indicates the time (3.30 to 4.30 PM) and a calendar icon indicates the date (On 31st, Sunday). There are decorative dotted lines on the right side of the poster.

S.T.E.T Women's college
Sundarakottai Post,
Mannargudi - 614 016
Ph: 04367 -255423

S.T.E.T Women's college
in collaboration with
INNER WHEEL CLUB OF MANNARGUDI
District 298
Organizes a Webinar

BE SAFE
(Motivational Speech)

Speaker : Dr.S.Chitra.,MBBS.,DGO.,
Sponsored by : IWC Mannargudi

Google Meeting Link:-
<https://us04web.zoom.us/j/75796968813?pwd=MjBoM2Q3RjNlMk1VYzZAYkdEMzVlFOQT09>

3.30 to 4.30PM
On 31st, Sunday

“Arise, awake and stop not till the goal is reached.”

DETAILS OF PARTICIPANTS



**SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S
COLLEGE (AUTONOMOUS)**
(Accredited by NAAC) (An ISO 9001:2015 Certified Institution)
SUNDARAKKOTTAI, MANNARGUDI-614 016.
TAMILNADU, INDIA.



PG AND RESEARCH DEPARTMENT OF COMMERCE

ONLINE WEBINAR

Title : "BE SAFE" online Webinar
Venue : Google Meet
Resource : Dr.S.Chitra M.B.B.S DGO, Tamilnadu Hospital, Mannargudi
Person
Date : 31.01.2021

List of Students and Teachers Participated

S.No.	Class	Name of the Students
1.	Agalya.D	III B.Sc Mathematics
2.	Sudharsana.A	III B.Sc Mathematics
3.	Aarthi. E	III B.Sc Mathematics
4.	Swetha. M	III B.Sc Mathematics
5.	Abitha.S	III B.Sc Mathematics
6.	Nandhini.V	III B.Sc Mathematics
7.	Aarthi. A	III B.Sc Mathematics
8.	Divya Bharathi S	III B.Sc Mathematics
9.	Nandhini Devi.R	III B.Sc Mathematics
10.	Karpagavalli.S	III B.Sc Mathematics
11.	Sangeetha. V	III B.Sc Mathematics
12.	Shiba Parvin M	III B.Sc Mathematics
13.	Saranya. K	III B.Sc Mathematics
14.	Karthika Devi A	III B.Sc Mathematics
15.	Ramya.R	III B.Sc Mathematics
16.	Kurinchi.S	III B.Sc Mathematics
17.	Pavithra. R	III B.Sc Mathematics
18.	Vaishnavi V	III B.Sc Mathematics
19.	Sakthipriya.P	III B.Sc Mathematics
20.	Kaviya.S	III B.Sc Mathematics
21.	Amutha.B	III B.Sc Mathematics
22.	Doni Lakshmi.N	III B.Sc Mathematics
23.	Kowsikha.A.K	III B.Sc Mathematics
24.	Saranya.S	III B.Sc Mathematics
25.	Aarthi.R	III B.Sc Mathematics

"Arise, awake and stop not till the goal is reached."

DETAILS OF PARTICIPANTS

S.No.	Class	Name of the Students
68.	FirthousMarliya A.G	III B.Sc Mathematics
69.	Bhuvaneswari .S	III B.Com
70.	Subasri. S	III B.Com
71.	Manieswar. M	III B.Com
72.	Dhivyalakshmi .T	III B.Com
73.	Ananthi .K	III B.Sc Mathematics
74.	Srisakthi.K	III B.Com
75.	R.Sathya	III B.Com
76.	ShamemaBalkis.S	III B.Com
77.	Sathya R	III B.Com
78.	Kirubarani D	III B.Sc Mathematics
79.	BindhuPriyamLatha C	III B.Sc Mathematics
80.	Shanthini.A	III B.Com
81.	Shanthini.A	III B.Com
82.	Neevika. B	III B.Com
83.	Neevika. B	III B.Com
84.	N.Ramanapriya	III B.Com
85.	Sakthi Abarna.G	III B.Com
86.	Amirtha.V	III B.Com
87.	Priyadharshini.R	III B.Com
88.	Prithiga R	III B.Com
89.	Pradeepa. E	III B.Com
90.	Pradeepa. E	III B.Com
91.	Abarna.R	III B.Com
92.	Lina Roselin P S	III B.Com
93.	Sornalatha. M	III B.Com
94.	Monika S	III B.Com
95.	Sornalatha. M	III B.Com
96.	Abinaya.A	III B.Sc Mathematics
97.	Vasanthi. A	III B.Com
98.	Atchaya.V	III B.Sc Mathematics
99.	Elakiya.G	III B.Com
100.	Logeshwari.S	III B.Com
101.	Kowsalya.T	III B.Com
102.	Thirusha P	III B.Com
103.	Soundharya .S	III B.Com
104.	Priyadharshini M	III B.Com
105.	Saranya R	III B.Com
106.	Saranya R	III B.Com
107.	Dhanalakshmi. I	III B.Com
108.	Shalini R	III B.Com
109.	Shalini R	III B.Com

“Arise, awake and stop not till the goal is reached.”

DETAILS OF PARTICIPANTS

S.No.	Class	Name of the Students
110.	Thendral.V	III B. Sc Mathematics
111.	Sushmitha.K	III B.Com
112.	Ahana.P	III B.Com
113.	Vaishnavi.M	III B.Sc Mathematics
114.	Varsha. S	III B.Com
Staff Co-ordinators		
01.	Assistant Professor	Dr.K.Gomathi
02.	Assistant Professor	Ms.R.Menaga



"Arise, awake and stop not till the goal is reached."

REPORT



**SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S
COLLEGE (AUTONOMOUS)**

(Accredited by NAAC) (An ISO 9001:2015 Certified Institution)
**SUNDARAKKOTTAI, MANNARGUDI-614 016.
TAMILNADU, INDIA.**



**PG AND RESEARCH DEPARTMENT OF COMMERCE
REPORT OF THE EVENT**

ROTARACT CLUB-2020-2021

Title : "BE SAFE" Online Webinar
Venue : Google Meet
Resource : Dr.S.Chitra M.B.B.S DGO, Tamilnadu Hospital,
Person : Mannargudi
Date : 31.01.2021

Our club along with Inner wheel club of Mannargudi jointly organized a Webinar on 31.01.2021 in the Topic "BE SAFE". In this Programme Dr.S.Chitra M.B.B.S DGO, Tamilnadu Hospital, Mannargudi gave an Awareness speech about COVID 19 to our students. 100 of our Students were Participated in this Programme.



"Arise, awake and stop not till the goal is reached."

AWARENESS PROGRAMME ON ROAD SAFETY

(22.02.21)

YOUTH RED CROSS AND INDIAN RED CROSS SOCIETY

CIRCULAR



**SENGAMALA THAYAAR EDUCATIONAL TRUST
WOMEN'S COLLEGE (Autonomous)**

(Accredited by NAAC)

(An ISO 9001:2015 Certified Institution)

SUNDARAKKOTTAI, MANNARGUDI - 614 016, THIRUVARUR DISTRICT, TAMIL NADU

e - mail : stetwc@gmail.com Website : www.stet.edu.in

Phone : 255423, 255405

13.02.2021

Dr. S. Amudha, M.Com., M.Phil., M.B.A., Ph.D.,
Principal.

Date : .

C.No : 30E

CIRCULAR

YOUTH RED CROSS

ROAD SAFETY AWARENESS PROGRAMME

All the HOD's and respective class in-charges are hereby requested to send their Part-V YRC students of Final Year UG for the "YRC Road Safety Awareness Programme" going to be held on 22nd February 2021 in Conference hall at 10.30 A.M

"Arise Awake and Stop Not, till the Goal is Reached "

INVITATION

**SENGAMALA THAYAAR EDUCATIONAL
TRUST WOMEN'S
COLLEGE(AUTONOMOUS)
MANNARGUDI**



YOUTH RED CROSS CLUB

(Health, Service ,Friendship)

&

INDIAN RED CROSS SOCIETY,TIRUVARUR

cordially invites you to the

**“ROAD SAFETY AWARENESS
PROGRAM”**



Date : 22.02.2021

venue : conference hall

DETAILS OF PARTICIPANTS

ROAD SAFETY AWARENESS PROGRAMME -PARTICIPANTS LIST

SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE,(A) MANNARGUDI

ROAD SAFETY AWARENESS PROGRAMME PARTICIPANT LIST

S.NO	NAME	CLASS	SIGNATURE
1	V.Atchaya	I B.Sc., Microbiology	V. Atchaya
2	A. Anamika	II Bio-chemistry	A. Anamika
3	V. Anbarasi	I B.Sc., Mathematics ('B')	V. Anbarasi
4	N. Ramya	I Computer Application	N. Ramya
5	K. Sornalakshmi	I B.Sc., Bio-chemistry	K. Sornalakshmi
6	V. Vijayalakshmi	I BBA ('A')	V. Vijayalakshmi
7	K. Ramya	II Mathematics ('C')	K. Ramya
8	S. Vaishnavi	II B.com ('A')	S. Vaishnavi
9	S. Hama	II BCA	S. Hama
10	S. Kavya	II Chemistry	S. Kavya
11	S. Ravathi	I N& D	S. Ravathi
12	V. Thendral	II N&D	V. Thendral
13	S. Narmatha	I B.Sc., Microbiology	S. Narmatha
14	T. Kamali	I B.Sc., Microbiology	T. Kamali
15	S. Abinaya	I B.Sc., Mathematics ('A')	S. Abinaya
16	C.M. Aishwarya	I B.Sc., Mathematics ('A')	C.M. Aishwarya
17	D. Anubarathi	I B.Sc., Mathematics ('A')	D. Anubarathi
18	M. Ragavi	I B.Sc., Mathematics ('B')	M. Ragavi
19	A. Tamilarasi	I B.Sc., Mathematics ('B')	A. Tamilarasi
20	S. kowshika	I B.A., Economics	S. kowshika
21	R. Badmashivapriya	I B.A., Economics	R. Badmashivapriya
22	K. Kavipriya	I B.Sc., Bio-chemistry	K. Kavipriya
23	S. Narmathadevi	I B.Sc., Bio-chemistry	S. Narmathadevi
24	D. Madhumitha	I B.Sc., Bio-chemistry	D. Madhumitha
25	L. Hana	I BBA ('A')	L. Hana
26	T. Iswarya	I BBA ('A')	T. Iswarya
27	J. Kirubadevi	I BBA ('A')	J. Kirubadevi
28	P. Rashmika	I CS ('C')	P. Rashmika
29	P. Yashini	I CS ('C')	P. Yashini
30	R. Arundhigar	I Physics	R. Arundhigar
31	S. Jayashree	I Physics	S. Jayashree
32	S. soundharya	I B.A English	S. soundharya
33	S. Sukirtha	I B.A English	S. Sukirtha
34	B. Viji	I B.A English	B. Viji
35	S. Safanansulana	I B.A English	S. Safanansulana
36	S. Harini	I Computer Application	S. Harini
37	R. Dhivyashree	I Computer Application	R. Dhivyashree

LIST OF PARTICIPANTS

ROAD SAFETY AWARENESS PROGRAMME -PARTICIPANTS LIST

S.NO	NAME	CLASS	SIGNATURE
38	S.Dhevasudha	I Computer Application	S.Dhevasudha
39	B.Suruthi	I Chemistry	B.Suruthi
40	K.Sujitha	I Chemistry	K.Sujitha
41	P.Abarna	I N& D	P.Abarna
42	K.Agalya	I N& D	K.Agalya
43	J.Divya	I N& D	J.Divya
44	K.Kavipriya	I N& D	K.Kavipriya
45	M.Indhuja	II N&D	M.Indhuja
46	R.Indhumadhi	II N&D	R.Indhumadhi
47	M.Mounika	II N&D	M.Mounika
48	K.Neelashree	II N&D	K.Neelashree
49	R.Aishwarya	II Bio-chemistry	R.Aishwarya
50	V.Arunadevi	II Bio-chemistry	V.Arunadevi

V. Arunadevi



ROAD SAFETY AWARENESS PROGRAMME - 22.2.2021



ROAD SAFETY AWARENESS PROGRAMME- 22.2.2021



REPORT

REPORT

YOUTH RED CROSS

DATE: 22.02.2021

PLACE: Conference Hall, S.T.E.T. College,
Mannargudi

Part V Activity on “Road Safety Awareness” was sensibly prearranged with 50 numbers of Youth Red Cross students of our Youth Red Cross Club along with the Indian Red Cross Society Tiruvarurar S.T.E.T Women’s College Conference Hall Mannargudi on 22.02.2021 . Indian Red Cross Society members provided hygienic kit for 20 poor Students.



YOUTH RED CROSS

COVID-19 AWARENESS PROGRAMME

CIRCULAR



**SENGAMALA THAYAAR EDUCATIONAL TRUST
WOMEN'S COLLEGE (Autonomous)**

(Accredited by NAAC)

(An ISO 9001:2015 Certified Institution)

SUNDARAKKOTTAI, MANNARGUDI - 614 016, THIRUVARUR DISTRICT, TAMIL NADU

e - mail : stetwc@gmail.com Website : www.stet.edu.in

Phone : 255423, 255405

Dr. S. Amudha, M.Com., M.Phil., M.B.A., Ph.D.,
Principal.

Date : .

10.02.2021

C. No: 28E

CIRCULAR

YOUTH RED CROSS

COVID - 19 AWARENESS PROGRAMME

All the department HOD's and class in-charges are here by requested to send their part V YRC students of UG II year classes for the "Covid 19 Awareness " going to be held on 13th February 2021 in Auditorium at 10.30a.m

Signature of the Principal

PRINCIPAL
Sengamala Thayaar Educational Trust
Women's College, (Autonomous)
Mannargudi.

"Arise Awake and Stop Not, till the Goal is Reached "

INVITATION

**SENGAMALA THAYAR EDUCATIONAL TRUST WOMEN'S
COLLEGE(AUTONOMOUS)**

MANNARGUDI



YOUTH RED CROSS CLUB

(Health, Service ,Friendship)

CORDIALLY INVITES YOU TO THE

"COVID 19 AWARENESS"



Date : 13.02.2021

venue : College Campus

COVID 19 AWARENESS PROGRAMME DETAILS OF PARTICIPANTS - STUDENTS

SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE (A)
SUNDARAKKOTTAI, MANNARGUDI
YOUTH RED CROSS
COVID 19 AWARENESS BENEFICIARIES STUDENTS NAME LIST

S.NO	NAME OF THE STUDENT	DEPARTMENT	SIGNATURE
1.	G.Harini	II Physics ('A')	G. Harini
2.	R.K.Harini	II Physics ('A')	R.K. Harini
3.	S.Vinayagapriya	II Physics ('A')	S. Vinayagapriya
4.	P.Nivetha	II Physics ('B')	P. Nivetha
5.	A.Aishaparveen	II Physics ('B')	A. Aishaparveen
6.	M.Vaishnavidhevi	II CS ('C')	M. Vaishnavidhevi
7.	K.Shivashakthi	II CS ('C')	K. Shivashakthi
8.	N.Dhurgadevi	II CS ('B')	N. Dhurgadevi
9.	R. Yoga	II CS ('B')	R. Yoga
10.	S.Swetha	II CS ('C')	S. Swetha
11.	R.Sarojiini	II Microbiology	R. Sarojiini
12.	S.Ranjani	II Microbiology	S. Ranjani
13.	V.Swetha	II BBA ('A')	V. Swetha
14.	R.Priyadharshini	II BBA ('A')	R. Priyadharshini
15.	J.Bovaneshwari	II BBA ('B')	J. Bovaneshwari
16.	R.Ranjani	II BBA ('B')	R. Ranjani
17.	S.Abinaya	II BCA	S. Abinaya
18.	S.Thirumalar	II BCA	S. Thirumalar
19.	A.Abinaya	II Chemistry	A. Abinaya
20.	R.Abirami	II Chemistry	R. Abirami
21.	K.Manogika	II Chemistry	K. Manogika
22.	T.Nageshwari	II BA Economics	T. Nageshwari
23.	S.Kaviyanjali	II BA Economics	S. Kaviyanjali
24.	F.Salini	II BA English	F. Salini
25.	S.Merlincyndrilla	II BA English	S. Merlincyndrilla
26.	K.Kavya	II BA English	K. Kavya
27.	B.Ragavi	II Mathematics ('A')	B. Ragavi
28.	G.Prasannadevi	II Mathematics ('A')	G. Prasannadevi
29.	M.Darani	II Mathematics ('B')	M. Darani
30.	R.Swetha	II Mathematics ('B')	R. Swetha
31.	K.Arthi	II Mathematics ('C')	K. Arthi
32.	P.Nandhini	II Mathematics ('C')	P. Nandhini
33.	R.Abirami	II B.com ('A')	R. Abirami
34.	N.Anusha	II B.com ('A')	N. Anusha
35.	S.Nandhini	II B.com ('B')	S. Nandhini
36.	P.Dhivya	II B.com ('B')	P. Dhivya
37.	R.Sneha	II B.com ('C')	R. Sneha
38.	A.Vishnupriya	II B.com ('C')	A. Vishnupriya
39.	N.Thowbeeha	II B.com ('C')	N. Thowbeeha
40.	B.Manjari	II B.com ('C')	B. Manjari
41.	R.Aishwarya	II Bio-chemistry	R. Aishwarya

COVID 19 AWARENESS PROGRAMME PARTICIPANTS LIST

42.	V.Arunadevi	II Bio-chemistry	V. Arunadevi
43.	U.Sandhiya	II Bio-chemistry	U. Sandhiya
44.	R.Bavadharani	II Bio-chemistry	R. Bavadharani
45.	M.Iniya	II Bio-chemistry	M. Iniya
46.	S.Jeslinmery	II Bio-chemistry	S. Jeslinmery
47.	K.Dhatshayani	II N&D	K. Dhatshayani
48.	P.Gayathri	II N&D	P. Gayathri
49.	S.Gnashika	II N&D	S. Gnashika
50.	M.Indhuja	II N&D	M. Indhuja

V. An




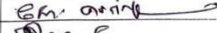
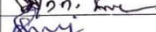


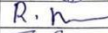

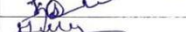
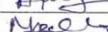
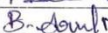
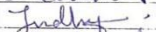
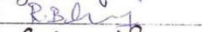
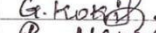
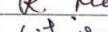
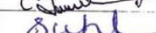
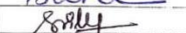
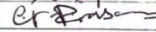

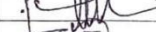
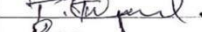
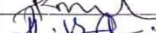
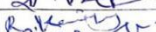

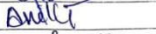
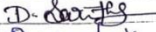





COVID 19 AWARENESS PROGRAMME

PARTICIPANTS LIST - STAFF MEMBERS

SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE (A)
SUNDARAKKOTTAI, MANNARGUDI

YOUTH RED CROSS

COVID 19 AWARENESS BENEFICIARIES STAFFS NAME LIST

S.NO	NAME OF THE STAFF	DEPARTMENT	SIGNATURE
1.	Kavitha.V	Tamil	
2.	Porchelvi.J	Tamil	
3.	Kalaiselvi.R	Tamil	
4.	Ponnarasi.S	English	
5.	Suriya.E	English	
6.	Nanthini.B	English	
7.	Malathi.R	Economics	
8.	Shanthi.J	Economics	
9.	Sudha.K	BBA	
10.	Sumathi.R	BBA	
11.	Balamirtham.M	Commerce	
12.	Arulmozhi.B	Commerce	
13.	Vidhya.J	Commerce	
14.	Bharathi.R	Maths	
15.	Kokila.G	Maths	
16.	Menaga.R	Maths	
17.	Jasmine.C	Computre Science	
18.	Keerthika.S	Computre Science	
19.	Srilekha.A	Computre Science	
20.	Prasanna.G	Biochemistry	
21.	Manikandaselvi.S	Biochemistry	
22.	Ahilandeswari.K	Microbiology	
23.	Tamilvani.T	Microbiology	
24.	Maheswari.P	Microbiology	
25.	Vijayalakshmi.R	Nutrition And Dietetics	
26.	Kaviyarasi.R	Nutrition And Dietetics	
27.	Uthaya.G	Nutrition And Dietetics	
28.	Vidhya.A	Nutrition And Dietetics	
29.	Saritha.D	Physics	
30.	Maheswari.R	Physics	

V. Anis



COVID 19 AWARENESS PROGRAMME

PARTICIPANTS LIST - LABOURS

SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE (A)
SUNDARAKKOTTAI, MANNARGUDI

YOUTH RED CROSS

COVID 19 AWARENESS BENEFICIARIES LABOURS NAME LIST

S.NO	NAME OF THE LABOUR	SIGNATURE
1.	Kaliyaperumal.P	P. Kaliyaperumal
2.	Anjammal.M	M. Anjammal
3.	Raveena.S	Raveena.S
4.	Balaji.J	Balaji.J
5.	Thamarai.P	Thamarai.P
6.	Ramesh.G	Ramesh.G
7.	Sunderasan.T	Sunderasan.T
8.	Kumar.P	Kumar.P
9.	Radhika.T	Radhika.T
10.	Kannahi.J	J. Kannahi
11.	Parthipan.J	J. Parthipan
12.	Kathir.R	Kathir.R
13.	Kanagam.N	N. Kanagam
14.	Gopal.H	H. Gopal
15.	Parvathi.S	S. Parvathi
16.	Anbu.G	G. Anbu
17.	Ganesh.R	R. Ganesh
18.	Mani.T	T. Mani
19.	Nalini.G	G. Nalini
20.	Ravi.D	D. Ravi

V. Anand



COVID 19 AWARENESS PROGRAMME (13.02.2021)



REPORT

REPORT

DATE: 13.02.2021

PLACE: S.T.E.T Women's College,
Mannargudi

Part V Activity on "Covid 19 Awareness" was sensibly prearranged with 15 numbers of Youth Red Cross students at S.T.E.T Women's College, Mannargudi on 13.02.2021. At this time when corona exposure was high we explaining to the students a lot about Corona prevention methods and provide Mask and Sanitizer to our Staffs ,Students and Labours.



DIETARY INTERNSHIP

DEPARTMENT OF NUTRITION AND DIETETICS

PG DIETARY INTERNSHIP –EMAIL COMMUNICATION (15.03.2021-30.03.2021)

stetnutrition@gmail.com | [Google Account](#) | [Settings](#) | [Help](#) | [Sign out](#)

You have been redirected to the basic HTML version because this browser is not supported. To use standard view please upgrade to a [supported browser](#).



[Show search options](#)

[Create a filter](#)

[« Back to Search results](#)

[Collapse all](#) [Print](#) [New window](#)

DIETETICS INTERNSHIP- STET WOMEN'S COLLEGE, MANNARGUDI



Tue, Mar 9, 2021 at 12:34 PM

stet nutrition

<stetnutrition@gmail.com>

To: info@kauveryhospital.com, hrd.tennur@kauveryhospital.com, vijiharisenthil
<vijiharisenthil@gmail.com>, stetnutrition <stetnutrition@gmail.com>

[Reply](#) | [Reply to all](#) | [Forward](#) | [Print](#) | [Delete](#) | [Show original](#)

To

HR Department

Kauvery hospital, Tennur Trichy

Copy to. Chief **Dietician**, Kauvery Hospital, Tennur, Trichy

With reference to the above, I take this opportunity to kindly request you to allow and permit our final year PG Food Service Management and Dietetics Students (17Nos.) to undergo Dietary Internship in your reputed hospital for a period of 15 Days. Please find here the enclosure of the letter along with a name list of students for your perusal and record. This is for your kind information and necessary action. I hope you will be kind enough to oblige and looking forward a positive reply.

Thanks & Regards

Ms.G.K. Gomathi

Asst. Prof. & Head

Dept, of Nutrition and Dietetics

STET Women's College, Mannargudi

864K



IPG INTERNSHIP.pdf [View as HTML](#) [Download](#)

[Reply](#) | [Reply to all](#) | [Forward](#) | [Print](#) | [Delete](#) | [Show original](#)

PERMISSION LETTER



Department of Nutrition and Dietetics

Sengamala Thavaar Educational Trust Women's College (Autonomous),

Sundarakkottai, Mannargudi, 614 016

Ph:04367-255405

Email: stetnutrition@gmail.com

stetndautonomy@gmail.com

Ref.: ND-A/STET/D-Internship/

Date 09/03/2021

From

Ms. G. K. Gomathi
Assist. Prof. & Head

To

H R Department
KAUVERY HOSPITAL
No.1, K.C. Road, Tennur, Tiruchirappalli,
Tamil Nadu 620017

Sir/ Madam

Greetings

Sub.: Request for a DIETETIC internship in your esteemed Hospital – Reg.

I am therefore writing to you to express our keen interest in being part of your multispecialty hospital by way of taking a short-term "Dietetics- Internship". In continuation, I take this opportunity to kindly request you to allow and permit our 1st year PG Food Service Management and Dietetics Students (17 Nos.) to undergo Dietetics internship in your hospital, for a period of 15 Days from 15-03-2021 to 30-03- 2021. Herewith, I enclose a name list of students for your perusal and record. This is for your kind information and necessary action. Not only our students will be able to learn and apply the theoretical skills they have learnt in the past years, but also this will give them the opportunity to impact the lives as a desire to be a dietitian/ Nutritionist.

I hope you will be kind enough to oblige and looking forward a positive reply.

Encl.: Students name List

Truly

Ms. G. K. Gomathi

DETAILS OF PARTICIPANTS



Department of Nutrition and Dietetics

Sengamala Thayar Educational Trust Women's College (Autonomous),

Sundarakkottai, Mannargudi, 614 016

Ph:04367-255405

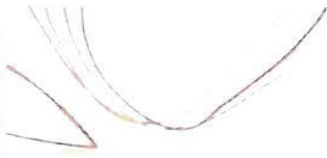
Email: stetnutrition@gmail.com

stetndautonomy@gmail.com

STUDENTS NAMELIST

S. No	Register No.	Name of the Students
1.	P20 250001	ABITHA.K
2.	P20 250002	BAVADHARINI. M
3.	P20 250003	BOOJA.S
4.	P20 250004	FATHIMA THASRIN.J
5.	P20 250005	JASIMA BEEVI.S.H
6.	P20 250006	KAVYA.N
7.	P20 250007	MOURIYA.N
8.	P20 250008	NAGALAKSHMI.M
9.	P20 250009	NAVINA.A
10.	P20 250010	NOORUL SUMAIYA.P.M.H
11.	P20 250011	RAGUNA DEVI.G
12.	P20 250012	RAMYA.K
13.	P20 250013	RASIKA.R
14.	P20 250014	RENUGA.S
15.	P20 250015	SUBASRI.P
16.	P20 250016	SUSMITHA.V
17.	P20 250017	YAMUNA.S

PG DIETARY INTERNSHIP - CERTIFICATES



THE NEW AGE FAMILY HOSPITAL



KH/KA/EST/CERT-57/44

31th March 2021

CERTIFICATE

This is to certify that **Ms. K. ABITHA** pursuing I year M.Sc Food Service Management & Dietetics from Sengamala Thayaar Educational Trust Women's College (Autonomous) undergone internship training in Dietary Department from 15th March 2021 to 30th March 2021.

She has completed her internship training successfully.

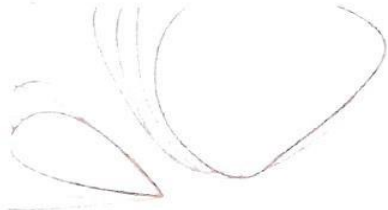
For Kauvery Academy
Dr. P. Subburethina Bharathi
Assistant General Manager - L&D



Regd. Office :
KMC Speciality Hospitals (India) Ltd
CIN - L85110TN1982PLC009781
No. 6, Royal Road, Cantonment, Trichy - 620 001.
T 0431 - 4077777 F 0431 - 2415402
E info@kauveryhospital.com | W www.kauveryhospital.com



PG DIETARY INTERNSHIP - CERTIFICATES



THE NEW AGL FAMILY HOSPITAL



KH/KA/EST/CERT-57/45

31th March 2021

CERTIFICATE

This is to certify that **Ms. M. BAVADHARINI** pursuing 1 year M.Sc Food Service Management & Dietetics from Sengamala Thayaar Educational Trust Women's College (Autonomous) undergone internship training in Dietary Department from 15th March 2021 to 30th March 2021.

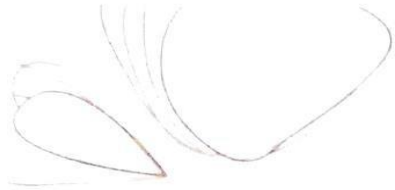
She has completed her internship training successfully.

For Kauvery Academy
Dr. P. Subburethina Bharathi
Assistant General Manager - L&D



Regd. Office :
KMC Speciality Hospitals (India) Ltd
CIN - L85110TN1982PLC009781
No. 6, Royal Road, Cantonment, Trichy - 620 001.
T 0431 - 4077777 F 0431 - 2415402
E info@kauveryhospital.com | W www.kauveryhospital.com

PG DIETARY INTERNSHIP - CERTIFICATE



THE NEW AGE FAMILY HOSPITAL



KH/KA/EST/CERT-57/46

31st March 2021

CERTIFICATE

This is to certify that **Ms. S BOOJA** pursuing I year M.Sc Food Service Management & Dietetics from Sengamala Thayaar Educational Trust Women's College (Autonomous) undergone internship training in Dietary Department from 15th March 2021 to 30th March 2021.


She has completed her internship training successfully.

For Kauvery Academy
Dr. P. Subburethina Bharathi
Assistant General Manager - L&D



Regd. Office :
KMC Speciality Hospitals (India) Ltd
CIN - L85110TN1982PLC009781
No. 6 Royal Road, Cantonment, Trichy - 620 001.
T 0431 - 4077777 F 0431 - 2415402
E info@kauveryhospital.com | W www.kauveryhospital.com

PG DIETARY INTERNSHIP - CERTIFICATE



THE NEW AGE FAMILY HOSPITAL

kauvery
hospital

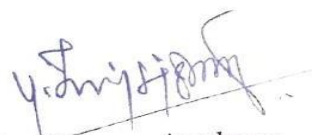
KH/KA/EST/CERT-57/47

31th March 2021


CERTIFICATE


This is to certify that Ms. J FATHIMA THASRIN pursuing I year M.Sc Food Service Management & Dietetics from Sengamala Thayaar Educational Trust Women's College (Autonomous) undergone internship training in Dietary Department from 15th March 2021 to 30th March 2021.

She has completed her internship training successfully.



For Kauvery Academy
Dr. P. Subburethina Bharathi
Assistant General Manager - L&D





Regd. Office :
KMC Speciality Hospitals (India) Ltd
CIN - L85110TN1982PLC009781
No. 6, Royal Road, Cantonment, Trichy - 620 001.
T 0431 - 4077777 F 0431 - 2415402
E info@kauveryhospital.com | W www.kauveryhospital.com

PG DIETARY INTERNSHIP - CERTIFICATE

THE NEW AGE FAMILY HOSPITAL



KTN/KA/EST/CERT- 02/2021

29th April 2021

CERTIFICATE

This is to certify that Ms. MOURIYA.N (Reg No : P20 250007) First Year M.Sc Food Services Management and Dietetics Sengamala Thayaar Educational Trust Women's College (Autonomous), Dietitian Observership training for the period of 15 days from 15th April 2021 to 30th April 2021.

She has completed his internship training successfully.

For Kauvery Academy

A handwritten signature in blue ink, appearing to read "P. Subburethina Bharathi".

Dr. P. Subburethina Bharathi

Assistant General Manager

Kauvery Academy



kauvery hospital | No. 1, K.C. Road, Tennur, Trichy - 620 017.

CIN - U85110TN1997PLC039491

P 0431 - 4022555 | E info@kauveryhospital.com | W www.kauveryhospital.com

A unit of SRI KAUVERY MEDICAL CARE (India) LTD.,

PG DIETARY INTERNSHIP - CERTIFICATE

THE NEW AGE FAMILY HOSPITAL



KTN/KA/EST/CERT- 02/2021

29th April 2021

CERTIFICATE

This is to certify that **Ms. NAGALAKSHMI.M** (Reg No : P20 250008)
First Year M.Sc Food Services Management and Dietetics Sengamala Thayaar
Educational Trust Women's College (Autonomous), Dietitian Observership
training for the period of 15 days from 15th April 2021 to 30th April 2021.

She has completed his internship training successfully.

For Kauvery Academy

Dr. P. Subburethina Bharathi

Assistant General Manager

Kauvery Academy



kauvery hospital | No. 1, K.C. Road, Tennur, Trichy - 620 017.
CIN - U85110TN1997PLC039491
P 0431 - 4022555 | E info@kauveryhospital.com | W www.kauveryhospital.com
A unit of SRI KAVERY MEDICAL CARE (India) LTD.,

PG DIETARY INTERNSHIP - CERTIFICATE

THE NEW AGE FAMILY HOSPITAL



KTN/KA/EST/CERT- 02/2021

29th April 2021

CERTIFICATE

This is to certify that **Ms. NAVINA.A** (Reg No : P20 250009) First Year **M.Sc Food Services Management and Dietetics** Sengamala Thayaar Educational Trust Women's College (Autonomous), Dietitian Observership training for the period of 15 days from 15th April 2021 to 30th April 2021.

She has completed his internship training successfully.

For Kauvery Academy

Dr. P. Subburethina Bharathi

Assistant General Manager

Kauvery Academy



kauvery hospital | No. 1, K.C. Road, Tennur, Trichy - 620 017.

CIN - U85110TN1997PLC039491

P 0431 - 4022555 | E info@kauveryhospital.com | W www.kauveryhospital.com

A unit of SRI KAVERY MEDICAL CARE (India) LTD.,

PG DIETARY INTERNSHIP - CERTIFICATE

THE NEW AGE EYE & LASER HOSPITAL



KTN/KA/EST/CERT- 02/2021

29th April 2021

CERTIFICATE

This is to certify that **Ms. NOORUL SUMAIYA.P.M.H**
(Reg No : P20 250010) First Year M.Sc Food Services Management and Dietetics
Sengamala Thayaar Educational Trust Women's College (Autonomous),
Dietitian Observership training for the period of 15 days from 15th April 2021
to 30th April 2021.

She has completed his internship training successfully.

For Kauvery Academy

Dr. P. Subburethina Bharathi

Assistant General Manager

Kauvery Academy





kauvery hospital | No. 1, K.C. Road, Tennur, Trichy - 620 017.

CIN - U85110TN1997PLC039491

P 0431 - 4022555 | E info@kauveryhospital.com | W www.kauveryhospital.com

A unit of SRI KAVERY MEDICAL CARE (India) LTD.,

PG DIETARY INTERNSHIP - CERTIFICATE



KTN/KA/EST/CERT- 02/2021

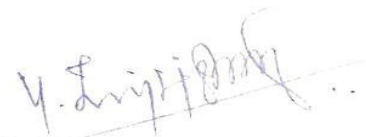
29th April 2021

CERTIFICATE


This is to certify that Ms. RAGUNA DEVI.G (Reg No : P20 250011)
First Year M.Sc Food Services Management and Dietetics Sengamala Thayaar
Educational Trust Women's College (Autonomous), Dietitian Observership
training for the period of 15 days from 15th April 2021 to 30th April 2021.

She has completed his internship training successfully.


For Kauvery Academy



Dr. P. Subburethina Bharathi
Assistant General Manager
Kauvery Academy



kauvery hospital | No. 1, K.C. Road, Tennur, Trichy - 620 017.
CIN - U85110TN1997PLC039491
P 0431 - 4022555 | E info@kauveryhospital.com | W www.kauveryhospital.com
A unit of SRI KAVERY MEDICAL CARE (India) LTD.,



PG DIETARY INTERNSHIP - CERTIFICATE

THE NEW AGE FAMILY HOSPITAL



KH/KA/EST/CERT-57/39

31th March 2021

CERTIFICATE

This is to certify that **Ms. R RASIKA** pursuing I year M.Sc Food Service Management & Dietetics from Sengamala Thayaar Educational Trust Women's college (Autonomous) undergone internship training in Dietary Department from 15th March 2021 to 30th March 2021.

She has completed her internship training successfully.

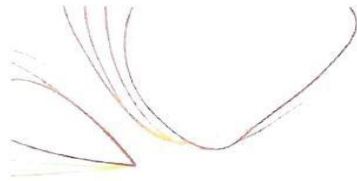
For Kauvery Academy
Dr. P. Subburethina Bharathi
Assistant General Manager - L&D



kauvery hospital Heartcity

Old No. 12, New No. 52, I Alexandria Road, I Cantonment, I Trichy - 620 001.
P 0431 - 4003500 | E heartcity@kauveryhospital.com | W www.kauveryhospital.com
CIN - U85110TN1997PLC039491
Regd off - New No. 17A, Old No. 8A, Murray's Gate Road, Alwarpet, Chennai - 600018.
Sri Kauvery Medical Care (India) Limited
Formerly known as Sri Kauvery Medical Care (Trichy) Ltd.,

PG DIETARY INTERNSHIP - CERTIFICATE



THE NEW AGE FAMILY HOSPITAL



KH/KA/EST/CERT-57/43

31th March 2021

CERTIFICATE

This is to certify that **Ms. S YAMUNA** pursuing I year M.Sc Food Service Management & Dietetics from Sengamala Thayaar Educational Trust Women's College (Autonomous) undergone internship training in Dietary Department from 15th March 2021 to 30th March 2021.

She has completed her internship training successfully.

For Kauvery Academy
Dr. P. Subburethina Bharathi
Assistant General Manager - L&D



kauvery hospital Heartcity

Old No. 12, New No. 52, | Alexandria Road, | Cantonment, | Trichy - 620 001.

P 0431 - 4003500 | E heartcity@kauveryhospital.com | W www.kauveryhospital.com

CIN - U85110TN1997PLC039491

Regd off : New No.17A, Old No. 8A, Murray's Gate Road, Alwarpet, Chennai - 600018.

Sri Kauvery Medical Care (India) Limited

Formerly known as Sri Kauvery Medical Care (Trichy) Ltd.,



PG DIETARY INTERNSHIP (15.03.2021-30.03.2021)



REPORT



SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE
(AUTONOMOUS)

(Accredited by NAAC) (An ISO 9001:2015 Certified Institution)

SUNDARAKKOTTAI, MANNARGUDI-614 016.

TAMILNADU, INDIA.



DEPARTMENT OF NUTRITION AND DIETETICS
M.Sc., FOOD SERVICE MANAGEMENT AND DIETETICS
DIETARY INTERNSHIP REPORT (2020-2021)

Dietary Internship is a Core Practical II Structured in the Second Semester . The Department scheduled the programme previously by Oral and written communication to the selected hospital. 17 students of final year Post Graduate Programme had sent to Kauvery Hospital, Tiruchirappalli for the period of fifteen days. Students have separated into batches and trained . Case study has done by the students individually and submitted the report to the Dietician . The Dietician assigned the marks according to the attendance, performance and case study report of each student and certificates were provided.

HEAD OF THE DEPARTMENT

Head of the Department
Department of Nutrition and Dietetics
S.T.E.T. Women's College (Autonomous)
Mannargudi - 614 016

"Arise, awake and stop not till the goal is reached."

**UG DIETARY INTERNSHIP
(18.02.2021- 06.03.2021)**

Meenakshi Hospital, Thanjavur

**UG DIETARY INTERNSHIP –EMAIL COMMUNICATION (18.02.2021-
04.03.2021)**



Department of Nutrition and Dietetics

Sengamala Thayaar Educational Trust Women's College (Autonomous),
Sundarakkottai, Mannargudi, 614 016

Ph:04367-255405

Email: stetnutrition@gmail.com

Sundarakkottai
08.02.2021

From

Ms. G.K. Gomathi, M.Sc., M.Phil., P.G.D.H.M., SET.,
Assistant Professor & Head,

To

The Manager,
The HR Department
Meenatchi Hospital
Thanjavur

**Respected Sir,
Greeting!**

I bring to your kind notice that we are having Memorandum of understanding (MOU) with your esteemed institution. In accordance with that, I would like to send our III year (B.Sc., Nutrition and Dietetics) (40 students) for dietetic internship in your well reputed hospital for 15 days duration (from 18.02.2021 to 04.03.2021). So I requested you to proceed and do the needful.

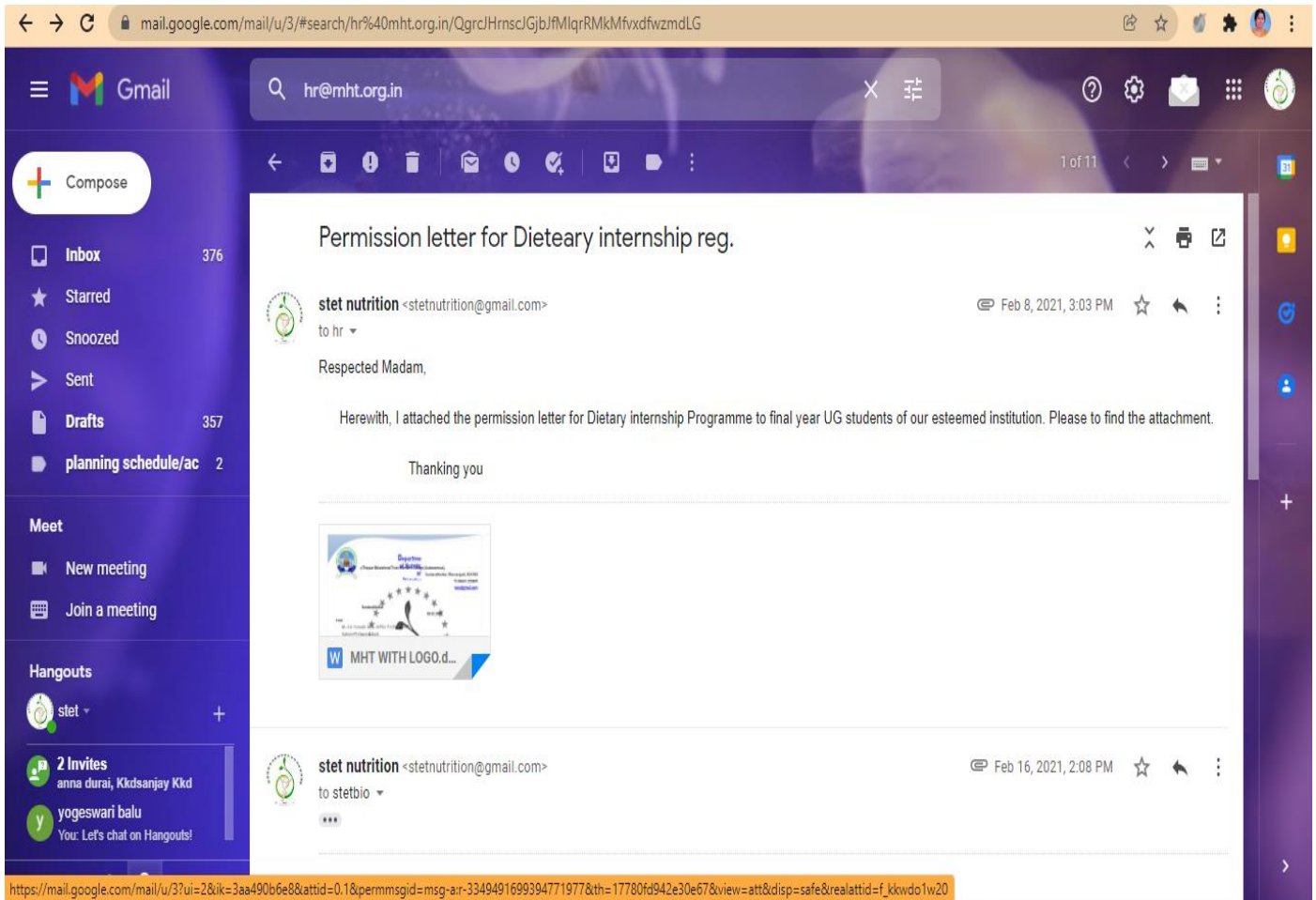
Thanking you

spirit · mind · body
HOLISTIC
health & fitness

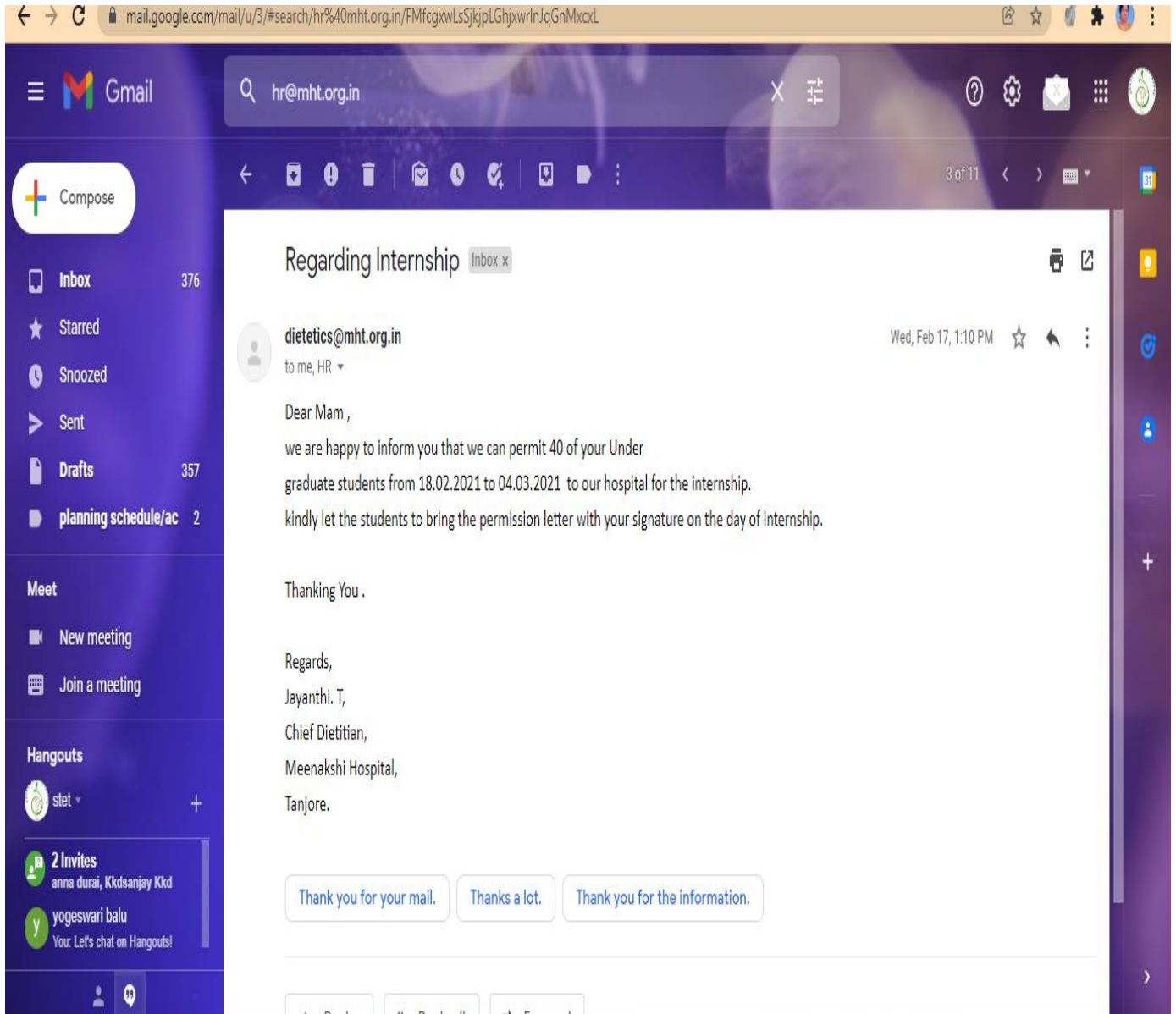
Your's faithfully

(Ms.G.K.Gomathi)

ACCEPTANCE LETTER



PERMISSION LETTER



UG DIETARY INTERNSHIP CERTIFICATE



meenakshi HOSPITAL

TANJORE

06.03.2021

TO WHOMSOEVER IT MAY CONCERN

This is to certify that **Ms. K. Abitha, (R.No:CB18S394901)** Third year student of **B.Sc(Nutrition and Dietetics)** from **Sengamala Thayaar Educational Trust Women's College(Autonomous), Mannargudi - 614 016 - Tamil Nadu**. She has successfully completed her Internship training at department of **Nutrition and Dietetics** from **18.02.2021 to 06.03.2021** in our Hospital.

During the training period her code and conduct were good.

We wish all the best for her better future.

For Meenakshi Hospital


M. Selvapandi
Manager
Human Resources.



First and Only **NABH Accredited Hospital** in Trichy, Tanjore Delta Districts.

244/2, Trichy Main Road, Near New Bus Stand, Nilagiri South Park, Tanjore - 613 005, Tamil Nadu, India.
P. 04362-226474/226575 F. 04362-228159 E. info@mht.org.in. W. www.meenakshihospital.com

UG DIETARY INTERNSHIP CERTIFICATE



meenakshi HOSPITAL

TANJORE

06.03.2021

TO WHOMSOEVER IT MAY CONCERN

This is to certify that **Ms. B. Akila**, (R.No:CB185394902) Third year student of **B.Sc(Nutrition and Dietetics)** from **Sengamala Thayaar Educational Trust Women's College(Autonomous), Mannargudi - 614 016 - Tamil Nadu**. She has successfully completed her Internship training at department of **Nutrition and Dietetics** from **18.02.2021 to 06.03.2021** in our Hospital.

During the training period her code and conduct were good.

We wish all the best for her better future.

For Meenakshi Hospital


M. Selvapandi
Manager
Human Resources.



First and Only **NABH Accredited Hospital** in Trichy, Tanjore Delta Districts.

244/2, Trichy Main Road, Near New Bus Stand, Nilagiri South Park, Tanjore - 613 005, Tamil Nadu, India.
P. 04362-226474/226575 F. 04362-228159 E. info@mht.org.in W. www.meenakshihospital.com

UG DIETARY INTERNSHIP CERTIFICATE



meenakshi HOSPITAL

TANJORE

06.03.2021

TO WHOMSOEVER IT MAY CONCERN

This is to certify that **Ms. K. Durgadevi, (R.No:CB18S394906)** Third year student of **B.Sc(Nutrition and Dietetics)** from **Sengamala Thayaar Educational Trust Women's College(Autonomous), Mannargudi - 614 016 - Tamil Nadu**. She has successfully completed her Internship training at department of **Nutrition and Dietetics** from **18.02.2021 to 06.03.2021** in our Hospital.

During the training period her code and conduct were good.

We wish all the best for her better future.

For Meenakshi Hospital


M. Selvapandi
Manager
Human Resources.



First and Only **NABH Accredited Hospital** in Trichy, Tanjore Delta Districts.

244/2, Trichy Main Road, Near New Bus Stand, Nilagiri South Park, Tanjore - 613 005, Tamil Nadu, India.
P. 04362-226474/226575 F. 04362-228159 E. info@mht.org.in. W. www.meenakshihospital.com

UG DIETARY INTERNSHIP CERTIFICATE



meenakshi HOSPITAL

TANJORE

06.03.2021

TO WHOMSOEVER IT MAY CONCERN

This is to certify that **Ms. D. Kavya**, (R.No:CB18S394911) Third year student of **B.Sc(Nutrition and Dietetics)** from **Sengamala Thayaar Educational Trust Women's College(Autonomous), Mannargudi - 614 016 - Tamil Nadu**. She has successfully completed her Internship training at department of **Nutrition and Dietetics** from **18.02.2021 to 06.03.2021** in our Hospital.

During the training period her code and conduct were good.

We wish all the best for her better future.

For Meenakshi Hospital


M. Selvapandi
Manager
Human Resources.



First and Only **NABH Accredited Hospital** in Trichy, Tanjore Delta Districts.

244/2, Trichy Main Road, Near New Bus Stand, Nilagiri South Park, Tanjore - 613 005, Tamil Nadu, India.
P. 04362-226474/226575 F. 04362-228159 E. info@mht.org.in W. www.meenakshihospital.com

UG DIETARY INTERNSHIP CERTIFICATE



meenakshi HOSPITAL

TANJORE

06.03.2021

TO WHOMSOEVER IT MAY CONCERN

This is to certify that **Ms. B. Kiruthika Devi**, (R.No:CB185394912) Third year student of **B.Sc(Nutrition and Dietetics)** from **Sengamala Thayaar Educational Trust Women's College(Autonomous), Mannargudi - 614 016 - Tamil Nadu**. She has successfully completed her Internship training at department of **Nutrition and Dietetics** from **18.02.2021 to 06.03.2021** in our Hospital.

During the training period her code and conduct were good.

We wish all the best for her better future.

For Meenakshi Hospital


M. Selvapandi
Manager
Human Resources.



First and Only **NABH Accredited Hospital** in Trichy, Tanjore Delta Districts.

244/2, Trichy Main Road, Near New Bus Stand, Nilagiri South Park, Tanjore - 613 005, Tamil Nadu, India.
P. 04362-226474/226575 F. 04362-228159 E. info@mht.org.in W. www.meenakshihospital.com

UG DIETARY INTERNSHIP



REPORT

SENGAMALA THAYAR EDUCATIONAL TRUST WOMEN'S COLLEGE
(AUTONOMOUS)

(Accredited by NAAC) (An ISO 9001:2015 Certified Institution)

SUNDARAKKOTTAI, MANNARGUDI-614 016.

TAMILNADU, INDIA.



DEPARTMENT OF NUTRITION AND DIETETICS

B.Sc., NUTRITION AND DIETETICS

DIETARY INTERNSHIP REPORT (2020-2021)

Dietary Internship is a Major Based Elective III practical structured in the Sixth Semester The Department scheduled the programme previously by Oral and written communication to the selected hospital. 40 students of final year Under graduate programme had sent to Meenakshi Hospital, Thanjavur for the period of fifteen days. Students have separated into batches and trained. Case study has done by students individually and submitted the report to the Dietician. The Dietician assigned the marks according to the attendance, performance and case study report of each student and certificates were provided.

HEAD OF THE DEPARTMENT

Head of the Department
Department of Nutrition and Dietetics
S.T.E.T. Women's College (Autonomous)
Mannargudi - 614 016

"Arise, awake and stop not till the goal is reached."

TEMPERATURE SCREENING

HEALTH CLUB

CIRCULAR



HEALTH CLUB
SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE
(AUTONOMOUS)
(Accredited by NAAC) (An ISO 9001:2015 Certified Institution)
SUNDARAKKOTTAI, MANNARGUDI-614 016.
TAMILNADU, INDIA.




CIRCULAR

C.No.12D

Date: 30.12.2020

As per the instruction and regulation by Ministry of Health and Welfare, Health club and Department of Nutrition and Dietetics planned to screen body temperature for all students at College entrance. Head of the departments and Class In charges are asked to instruct the students to check their body temperature as mandatory.




Head of the Department
Department of Nutrition and Dietetics
S.T.E.T. Women's College (Autonomous)
Mannargudi - 614 016

SECRETARY


"Arise, awake and stop not till the goal is reached."

DETAILS OF PARTICIPANTS

HEALTH CLUB TEMPERATURE SCREENING DETAILS OF PARTICIPANTS

S.NO	DATE	PROGRAMME	VENUE	BENEFICIARIES	
1.	From 04.01.2021	TEMPERATURE SCREENING	COLLEGE PREMISES	UG Programme	3293
				PG Programme	705
				Total	3998




Head of the Department
Department of Nutrition and Dietetics
S.T.E.T. Women's College (Autonomous)
Mannargudi - 614 016

TEMPERATURE SCREENING - 04.01.2021

TEMPERATURE SCREENING



REPORT

HEALTH CLUB

SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE
(AUTONOMOUS)

(Accredited by NAAC) (An ISO 9001:2015 Certified Institution)


SUNDARAKKOTTAI, MANNARGUDI-614 016.
TAMILNADU, INDIA.



REPORT

Body Temperature was screened to all the students in the entrance of the college campus and hostel. Students with high body temperature were isolated. Students were instructed to stay home in case of fever and other symptoms related to Covid -19.




Head of the Department
Department of Nutrition and Dietetics
S.T.E.T. Women's College (Autonomous)
Mannargudi - 614 016

SECRETARY

"Arise, awake and stop not till the goal is reached."

TEMPERATURE SCREENING

HEALTH CLUB

CIRCULAR



SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE
(AUTONOMOUS)
(Accredited by NAAC) (An ISO 9001:2015 Certified Institution)
SUNDARAKKOTTAL, MANNARGUDI-614 016.
TAMILNADU, INDIA.




CIRCULAR HEALTH CLUB - VACCINATION CAMP

C.No. 17 A2

Date: 01.09.2021

As per the instruction and regulation by Ministry of Health and Welfare, Health club and Department of Nutrition and Dietetics planned to arrange corona virus vaccination camp for all teaching, on-teaching faculties and students at College premises. Head of the departments and Class In charges are asked to instruct the students to avail this opportunity.




Head of the Department
Department of Nutrition and Dietetics
S.T.E.T. Women's College (Autonomous)
Mannargudi - 614 016

SECRETARY

Note: Send interested students name list to stetnutrition@gmail.com and instruct them to bring their Aadhar card.

"Arise, awake and stop not till the goal is reached."

TEMPERATURE SCREENING - CUMULATIVE DATA




SENGAMALA THAYAR EDUCATIONAL TRUST WOMEN'S COLLEGE
(AUTONOMOUS)
(Accredited by NAAC)
(An ISO 9001:2015 Certified Institution)
SUNDARAKKOTTAI, MANNARGUDI-614 016.
TAMILNADU, INDIA.



S.NO	DATE	PROGRAMME	VENUE	BENEFICIARIES	
1.	From 01.09.2021	TEMPERATURE SCREENING	COLLEGE PREMISES	Under Programme	2921
				Post Programme	730
				Total	3651




Head of the Department
Department of Nutrition and Dietetics
S.T.E.T. Women's College (Autonomous)
Mannargudi - 614 016

DETAILS OF PARTICIPANTS






SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE
(AUTONOMOUS)
(Accredited by NAAC)
(An ISO 9001:2015 Certified Institution)
SUNDARAKKOTTAI, MANNARGUDI-614 016.
TAMILNADU, INDIA.




HEALTH CLUB TEMPERATURE SCREENING

S.NO	DEPARTMENT	CLASS	STRENGTH	SIGNATURE OF THE HEAD OF THE DEPARTMENT
1.	Economics	IB.A.,	29	
		II B.A.,	54	
		III B.A.,	48	
		I M.A.,	17	
		II M.A.,	17	
2.	English	IB.A.,	41	
		II B.A.,	58	
		III B.A.,	57	
		I M.A.,	07	
		II M.A.,	10	
3.	Business Administration	I B.B.A	114	
		II B.B.A	114	
		III B.B.A	113	
4.	Commerce	I B.Com.	183	
		IIB.Com.	183	
		IIIB.Com.	177	
		I M.Com.	42	
		IIM.Com.	24	
5.	Mathematics	I B.Sc.,	70	
		II B.Sc.,	106	
		III B.Sc.,	178	
		I M.Sc.,	55	
		II M.Sc.,	70	
6.	Computer Science	I B.Sc.,	129	
		II B.Sc.,	176	
		III B.Sc.,	189	
		I M.Sc.,(CS)	25	
		II M.Sc.,(CS)	25	
		I M.Sc.,(IT)	36	
		II M.Sc.,(IT)	34	
7.	Biochemistry	I B.Sc.,	38	
		II B.Sc.,	51	
		III B.Sc.,	45	
		I M.Sc.,	26	
		II M.Sc.,	20	

DETAILS OF PARTICIPANTS

S.NO	DEPARTMENT	CLASS	STRENGTH	SIGNATURE OF THE HEAD OF THE DEPARTMENT
8.	Microbiology	I B.Sc.,	50	
		II B.Sc.,	54	
		III B.Sc.,	51	
		I M.Sc.,	25	
		II M.Sc.,	12	
9.	Nutrition and Dietetics	I B.Sc.,	40	
		II B.Sc.,	44	
		III B.Sc.,	46	
		I M.Sc.,	20	
		II M.Sc.,	17	
10.	Physics	I B.Sc.,	30	R. R. K.
		II B.Sc.,	51	
		III B.Sc.,	78	
		I M.Sc.,	27	
		II M.Sc.,	25	
11.	Chemistry	I B.Sc.,	36	T. Vinu
		II B.Sc.,	51	
		III B.Sc.,	51	
		I M.Sc.,	18	
		II M.Sc.,	22	
12.	Computer Application	I B.C.A	60	S. L. S.
		II B.C.A	62	
		III B.C.A	64	
		I M.C.A	40	
		II M.C.A	37	
13.	Master of Business Administration	I M.B.A	40	
		II M.B.A	39	




 Head of the Department
 Department of Nutrition and Dietetics
 S.T.E.T. Women's College (Autonomous)
 Mannargudi - 614 016

TEMPERATURE SCREENING - 01.09.2021



REPORT



SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE
(AUTONOMOUS)
(Accredited by NAAC) (An ISO 9001:2015 Certified Institution)
SUNDARAKKOTTAI, MANNARGUDI-614 016.
TAMILNADU, INDIA.



REPORT

Body Temperature was screened to all the students in the entrance of the college campus and hostel. Students with high body temperature were isolated. Students were instructed to stay home in case of fever and other symptoms related to Covid -19.




Head of the Department
Department of Nutrition and Dietetics
S.T.E.T. Women's College (Autonomous)
Mannargudi - 614 016

“Arise, awake and stop not till the goal is reached.”

AWARENESS PROGRAMME ON COVID-19

HEALTH CLUB

CIRCULAR



HEALTH CLUB
SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE
(AUTONOMOUS)
(Accredited by NAAC) (An ISO 9001:2015 Certified Institution)
SUNDARAKKOTTAI, MANNARGUDI-614 016.
TAMILNADU, INDIA.



CIRCULAR

C.No.12E

Date: 30.12.2020

On accordance with pandemic situation Health club and Department of Nutrition and Dietetics going to conduct awareness programme on Covid-19 at 05.01.2021 to 07.01.2021.




Head of the Department
Department of Nutrition and Dietetics
S.T.E.T. Women's College (Autonomous)
Mannargudi - 614 016

SECRETARY

"Arise, awake and stop not till the goal is reached."

INVITATION



SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE
(AUTONOMOUS)

(Accredited by NAAC)

(An ISO 9001:2015 Certified Institution)

SUNDARAKKOTTAL, MANNARGUDI-614 016,
TAMILNADU, INDIA.



**HEALTH CLUB
&
DEPARTMENT OF NUTRITION AND DIETETICS**

ORGANIZES

**AWARENESS PROGRAMME
ON
COVID-19**

VENUE: COLLEGE PREMISES

DATE: 05.01.2021 TO 07.01.2021

DETAILS OF PARTICIPANTS

HEALTH CLUB




**AWARENESS PROGRAMME ON
COVID-19**

HEALTH

S.NO	DATE	PROGRAMME	VENUE	BENEFICIARIES	
1.	05.01.2021	AWARENESS PROGRAMME ON COVID-19	COLLEGE PREMISES	UG Programme	3293
	06.01.2021			PG Programme	705
	07.01.2021			Total	3998




Head of the Department
Department of Nutrition and Dietetics
S.T.E.T. Women's College (Autonomous)
Mannargudi - 614 016

AWARENESS PROGRAMME ON COVID-19

HEALTH CLUB

AWARENESS PROGRAMME ON COVID-19



REPORT

HEALTH CLUB

SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE
(AUTONOMOUS)

(Accredited by NAAC) (An ISO 9001:2015 Certified Institution)


SUNDARAKKOTTAL, MANNARGUDI-614 016.
TAMILNADU, INDIA.



REPORT

To create awareness and to educate the students about the positive preventive measures, talking them a sense of reducing their anxiety. Secretary and all the members of health club created awareness to the students in their classrooms. Students were instructed to maintain social distance and wear mask compulsorily in the classrooms and in the college campus. Awareness programme was conducted from 05.01.2021 to 07.01.2021.






Head of the Department
Department of Nutrition and Dietetics
S.T.E.T. Women's College (Autonomous)
Mannargudi - 614 016

SECRETARY

"Arise, awake and stop not till the goal is reached."

NATIONAL SERVICE SCHEME

NSS PROGRAMME ON CLEAN INDIA (26.02.2021)

 **SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S
COLLEGE (AUTONOMOUS)**
(Nationally Accredited With 'A' Grade by NAAC)
(An ISO 9001:2015 Certified Institution)
 Sundarakkottai , Mannargudi – 614 016.Thiruvavarur (Dt)

NATIONAL SERVICE SCHEME

*Organize
Clean India - 2021*

Date: 26.02.2021

Time: 3 pm

Place:

**Sengamala Thayaar Educational Trust Women's
College Autonomous, Sundarakkottai, Mannargudi.**

DETAILS OF PARTICIPANTS



**SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE
(AUTONOMOUS)**

(Accredited by NAAC) (An ISO 9001:2015 Certified Institution)

SUNDARAKKOTTAI, MANNARGUDI-614 016.

TAMILNADU, INDIA.



NATIONAL SERVICE SCHEME

EXTENSION ACTIVITY

Title : CLEANING INDIA
Venue : Sengamala Thayaar Educational Trust Women's College Autonomous,
Sundarakkottai.
Date : 26.02.2021

List of Students and Teachers Participated

S. No.	Student Name	Class
16.	V.Keerthana	I-Mircobiology
17.	K.Barkavi	I-Mircobiology
18.	T.Santhiya	I-Mircobiology
19.	K.Yoga	I-Mircobiology
20.	T.Kamali	I-Mircobiology
21.	D.EVANGELIN	I CS -A
22.	D.MONISHA	I CS -A
23.	J.SINDHU	I CS -A
24.	K.KEERTHIKA	I CS -A
25.	P.SAKTHIMAHESWARI	I CS -A
26.	S.PRIYADHARSHINI	I CS -A
27.	S.YOGESHWARI	I CS -A
28.	R.NIRMALA	I CS -A
29.	R.Abinaya 19.8.2003	I B.A English
30.	M. Anuja Sri	I B.A English
31.	V.Kesavi	I B.A English
32.	R. Nithi Varsha	I B.A English
33.	A.Ragapriya	I B.A English
34.	D.Rithanya	I B.A English

CLEAN INDIA - 26.2.2021



REPORT



SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S AUTONOMOUS

(Affiliated to Bharathidasan University)
(Accredited by NAAC) & (An ISO 9001:2015 Certified Institution)
SUNDARAKKOTTAI, MANNARGUDI-6140116.



TAMIL NADU, INDIA.

NATIONAL SERVICE SCHEME

REPORT OF THE EVENT

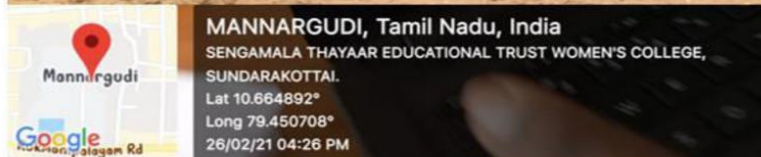
EXTENSION ACTIVITY-2020-2021

Title : CLEAN INDIA

Venue : Sengamala Thayaar Educational Trust Women's College, Sundarakkottai.

Date : 26.02.2021

NSS Unit arranged the cleaning activity Programme on 26.02.2021. NSS Volunteers involved in cleaning activities of College surrounding to make plastic free campus. NSS Volunteers cleaning the College Premises.



NATIONAL SERVICE SCHEME

AWARENESS PROGRAMME ON WOMEN'S

SAFENESS - 25.01.2021

INVITATION



SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE(A)

(Nationally Accredited Grade by NAAC)

(An ISO 9001:2015 Certified Institution)

Sundarakkottai , Mannargudi – 614 016.Thiruvavarur (Dt)



NATIONAL SERVICE SCHEME

Organize

Women's safeness Awareness Programme

Date: 25.01.2021

Time: 10.00 am

Resource Person:

G.Sabitha

Mahila shakti Kendra

Thiruvavarur.

Place

STET Women's College(A)

Mannargudi.

DETAILS OF PARTICIPANTS



SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE (AUTONOMOUS)
(Accredited by NAAC) (An ISO 9001:2015 Certified Institution)
SUNDARAKKOTTAI, MANNARGUDI-614 016.
TAMILNADU, INDIA.



NATIONAL SERVICE SCHEME

EXTENSION ACTIVITY

Title : WOMEN'S EMPOWER IMPORTANCE OR NOT
Venue : Sengamala Thayaar Educational Trust Women's College Autonomous, Sundarakkottai.
Date : 08.03.2021

List of Students and Teachers Participated

S.No.	Class	Strength
1.	B.A.,(Economics)	58
2.	B.A.,(English)	54
3.	B.B.A.,(A)	60
4.	B.B.A.,(B)	55
5.	Bio-Chemistry	53
6.	B.C.A.,	62
7.	Chemistry	51
8.	B.Com.,(A)	60
9.	B.Com.,(B)	61
10.	B.Com.,(C)	62
11.	C.S.,(A)	59
12.	C.S.,(B)	58
13.	C.S.,(C)	59
14.	Mathematics (A)	52
15.	Mathematics (B)	54
16.	Microbiology	54
17.	N&D	44
18.	Physics	50
TOTAL		1006
Staff Co-ordinators		
Ms.G.GEETHA		Assistant Professor
Dr.S.Kaladevi		Assistant Professor
Ms.A.Prabavathi		Assistant Professor



AWARENESS PROGRAMME ON WOMEN'S SAFENESS - 25.01.2021



REPORT



SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S AUTONOMOUS

(Affiliated to Bharathidasan University)
(Accredited by NAAC) & (An ISO 9001:2015 Certified Institution)
SUNDARAKKOTTAI, MANNARGUDI-6140116.



TAMIL NADU, INDIA.

NATIONAL SERVICE SCHEME

REPORT OF THE EVENT

EXTENSION ACTIVITY-2020-2021

Title : AWARENESS ABOUT WOMEN'S SAFENESS

Venue : Sengamala Thayaar Educational Trust Women's College, Sundarakkottai.

Date : 25.01.2021.

The NSS Unit of STET Women's College, Mannargudi organized "Women's safeness Awareness Programme" on 25.01.2021 to deliver the awareness by G.Sabitha from Mahila Shakti Kendra Thiruvavur. In this programme totally 1060 students are benefited.



NATIONAL SERVICE SCHEME

CORONA AWARENESS PROGRAMME ON

10.03.2021

 **SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE (AUTONOMOUS)**
(Nationally Accredited Grade by NAAC)
(An ISO 9001:2015 Certified Institution)
 Sundarakkottai , Mannargudi – 614 016.Thiruvarur (Dt)

NATIONAL SERVICE SCHEME

*Organize
Corona Awareness*

Date: 10.03.2021

Time: 1.30 pm

Place:

**Sengamala Thayaar Educational Trust
Women's College
Autonomous, Sundarakkottai,
Mannargudi.**

DETAILS OF PARTICIPANTS



**SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE
(AUTONOMOUS)**
(Accredited by NAAC) (An ISO 9001:2015 Certified Institution)
SUNDARAKKOTTAI, MANNARGUDI-614 016.
TAMILNADU, INDIA.



NATIONAL SERVICE SCHEME

EXTENSION ACTIVITY

Title : CORONA AWARENESS PROGRAMME
Venue : Sengamala Thayaar Educational Trust Women's College Autonomous,
Sundarakkottai.
Date : 10.03.2021.

List of Students and Teachers Participated

S.No.	Class	Strength
1.	B.A.,(Economics)	58
2.	B.A.,(English)	54
3.	B.B.A.,(A)	60
4.	B.B.A.,(B)	55
5.	Bio-Chemistry	53
6.	B.C.A.,	62
7.	Chemistry	51
8.	B.Com.,(A)	60
9.	B.Com.,(B)	61
10.	B.Com.,(C)	62
11.	C.S.,(A)	59
12.	C.S.,(B)	58
13.	C.S.,(C)	59
14.	Mathematics (A)	52
15.	Mathematics (B)	54
16.	Microbiology	54
17.	N&D	44
18.	Physics	50
TOTAL		1006
Staff Co-ordinators		
Ms.G.GEETHA		Assistant Professor
Dr.S.Kaladevi		Assistant Professor
Ms.A.Prabavathi		Assistant Professor



PAMPHLET



Ministry of Health & Family Welfare
Government of India

Novel Coronavirus (COVID 19)

 Help us to help you

**If you're healthy and you know it
Need not wear a mask!**

Wear a mask only if you feel unwell or have



Cough



Fever



Difficulty in breathing



If you have these signs/symptoms please call
State helpline number or Ministry of Health & Family
Welfare's 24*7 helpline at **011-23978046**

CORONA AWARENESS PROGRAMME -

10.03.2021



REPORT



SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S AUTONOMOUS

(Affiliated to Bharathidasan University)
(Accredited by NAAC) & (An ISO 9001:2015 Certified Institution)
SUNDARAKKOTTAI, MANNARGUDI-6140116.



TAMIL NADU, INDIA.

NATIONAL SERVICE SCHEME

REPORT OF THE EVENT

EXTENSION ACTIVITY-2020-2021

Title : CORONA AWARENESS

Venue : Sengamala Thayaar Educational Trust Women's College, Sundarakkottai.

Date : 10.03.2021

To create awareness about covid-19 among all the students awareness programme was organized by NSS Units in Sengamala Thayaar Educational Trust women's college (Autonomous). In this programme pamphlets distributed to each student, so the total college students were benefited in this programme.



NATIONAL SERVICE SCHEME

CORONA AWARENESS PROGRAMME

12.10.2021 & 13.10.2021

INVITATION

SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE
AUTONOMOUS
(Nationally Accredited by NAAC)
(An ISO 9001:2015 Certified Institution)
Sundarakkottai , Mannargudi – 614 016.Thiruvavarur (Dt)

NATIONAL SERVICE SCHEME

Organize
CORONA AWARENESS

Date: 12.10.2021 to 13.10.2021
Time: 10.00 am

Place
Sengamala Thayaar Educational Trust Women's College
Autonomous
Mannargudi.

DETAILS OF PARTICIPANTS

PARTICIPATED LIST



SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE
(AUTONOMOUS)
(Accredited by NAAC) (An ISO 9001:2015 Certified Institution)
SUNDARAKKOTTAI, MANNARGUDI-614 016.



TAMILNADU, INDIA.

NATIONAL SERVICE SCHEME

EXTENSION ACTIVITY

Title : CORONA AWARENESS PROGRAMME
Venue : Sengamala Thayaar Educational Trust Women's College Autonomous,
Sundarakkottai.
Date : 12.10.2021 TO 13.10.2021

List of Students and Teachers Participated

S.No.	Class	Strength
1.	Manjula N	I B.Sc., Microbiology
2.	Rukkumani S	I B.Sc., Microbiology
3.	Kavya R	I B.Sc., Microbiology
4.	Dharshini. K	I B.Sc., Microbiology
5.	Atchaya. K	I B.Sc., Physics
6.	Janani.K	I B.Sc., Physics
7.	Kaviya Dharshini.A	I B.Sc., Physics
8.	Pandimeena. S	I B.Sc., Physics
9.	Ragavi..P	I B.Sc., Physics
10.	Ramya. R	I B.Sc., Physics
11.	Sujitha.D	I B.Sc., Physics
12.	Abinaya.M	I B.COM A
13.	Durgadevi.B	I B.COM A

DETAILS OF PARTICIPANTS

14.	Durgasree.G	IB.COM A
15.	Kavya.M (22.05.2004)	IB.COM A
16.	Lakshmi.M	IB.COM A
17.	Niranjanadevi.G	IB.COM A
18.	Nithya.P	IB.COM A
19.	Santhiya.V	IB.COM A
20.	Sowmiya.A	IB.COM A
21.	Mahalakshmi.B (16.01.2004)	IB.COM A
22.	Abinaya.A(25.03.2003)	IB.COM B
23.	Atchaya.A	IB.COM B
24.	Mahalakshmi.S	IB.COM B
25.	Rajasri.M	IB.COM B
26.	Keerthana.M	IB.COM B
27.	Ishwarya.R	IB.COM B
28.	Vinothini.A	IB.COM B
29.	Sopiya.P	IB.COM B
30.	Sarmiya.S	IB.COM B
31.	Abarna.A	IB.COM C
32.	Abarna.J	IB.COM C
33.	Abinaya.A (16.07.2004)	IB.COM C
34.	Ahalya. L.G	IB.COM C
35.	Keerthika.J	IB.COM C
36.	Keerthika.N	IB.COM C
37.	Krishnapriya.R	IB.COM C
38.	Lalitha.S	IB.COM C
39.	Mahalakshmi.R	IB.COM C
40.	Veeralakshmi.S	IB.COM C
41.	R. Divyabharathi	IB.Sc., Biochemistry

DETAILS OF PARTICIPANTS

42.	S. Nagadevi	I B.Sc., Biochemistry
43.	S. Nikitha	I B.Sc., Biochemistry
44.	D. Sathiyapriya	I B.Sc., Biochemistry
45.	S. Tamilselvi	I B.Sc., Biochemistry
46.	P. Vaishnavi	I B.Sc., Biochemistry
47.	Abitha.S	I CS A
48.	Akalya.A	I CS A
49.	Gopika.V	I CS A
50.	Sivanandhini.K	I CS A
51.	Abitha. R	I B.Sc., Microbiology
52.	Abinaya N	I B.Sc., Microbiology
53.	Meena P	I B.Sc., Microbiology
Staff Co-ordinators		
Ms G.GEETHA		Assistant Professor
Dr.S.Kaladevi		Assistant Professor
Ms.A.Prabavathi		Assistant Professor



CORONA AWARENESS PROGRAMME

12.10.2021 & 13.10.2021

PHOTOS



REPORT

SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE AUTONOMOUS



(Affiliated to Bharathidasan University)
(Accredited by NAAC) & (An ISO 9001:2015 Certified Institution)
SUNDARAKKOTTAI, MANNARGUDI-6140116.



TAMIL NADU, INDIA.

NATIONAL SERVICE SCHEME

REPORT OF THE EVENT

EXTENSION ACTIVITY-2021-2022

Title : CORONA AWARENESS PROGRAMME

Venue : Sengamala Thayaar Educational Trust Women's College, Sundarakkottai.

Date : 12.10.2021 to 13.10.22021

To create awareness about covid-19 among all the students awareness programme was organized by NSS Units in Sengamala Thayaar Educational Trust women's college (Autonomous). In this programme pamphlets distributed to each student, so the total college students were benefited in this programme.

STUDENT'S EXNORA

E-QUIZ ON AWARENESS ON COVID 19 - 10.6.2021



SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE

(AUTONOMOUS)

SUNDARAKKOTTAI, MANNARGUDI – 614016.

(Accredited by NAAC) | (An ISO 9001:2015 Certified Institution)

STUDENTS' EXNORA

E-QUIZ

C. No: A1

Date: 07.06.2021

Students Exnora wish to conduct E-quiz on 10.06.2021. Head of the Departments and class- in-charges are asked to instruct the students to register and also motivate to participate the E-quiz programme.



PRINCIPAL
Sengamala Thayaar Educational Trust
Women's College, (Autonomous)
Mannargudi.

GOOGLE FORM



SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE
(AUTONOMOUS)
(Accredited by NAAC)
(An ISO 9001 : 2015 Certified Institution)
SUNDARAKKOTTAI, MANNARGUDI - 614016, TAMILNADU, S.INDIA
stetexnora@gmail.com




STUDENTS' EXNORA

Google Form

docs.google.com/forms/d/e/1FAIpQLSeMrQV-MwKkVjP0P8Df_zcYf9YnKetAH2zP1QCU-inUfuta/viewform

Applicant Automat...

Reading list



E - Quiz on "Awareness on Covid 19"
STUDENTS' EXNORA ,Sengamala Thayaar
Educational Trust Women's
College(Autonomous),Sundarakkottai,
Mannargudi E - Quiz on "Awareness on
Covid 19"


Sengamala Thayaar Educational women's College (Autonomous)
(Accredited by NAAC)
(ISO (9001:2015) Certified Institution)
Sundarakkottai, Mannargudi - 614 01

STUDENTS' EXNORA


Type here to search

12:07
ENG
02-02-2022

GOOGLE MEET LINK




SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE
(AUTONOMOUS)
(Accredited by NAAC)
(An ISO 9001 : 2015 Certified Institution)
SUNDARAKKOTTAI, MANNARGUDI – 614016, TAMILNADU, S.INDIA
stetexnora@gmail.com



STUDENTS' EXNORA

Google Meet Link



STET STUDENTS' EXNORA E - Quiz on "Awareness on Covid - 19"...
docs.google.com

Dear Students,
Greetings from STUDENT'S EXNORA, Sengamala Thayaar Educational Trust Women's College (Autonomous), Mannargudi,

It is pleasure to inform you that we are organizing an online "E - Quiz on Awareness on Covid -19". we invite you to enjoy participating in it.

NO REGISTRATION FEE:
E - Certificate will be provided if minimum of 30% score is obtained. We welcome you to participate.

Quiz link:
<https://forms.gle/D8vMULVqNVV29RVcA>

DETAILS OF PARTICIPANTS

SENGAMALA THAYAR EDUCATIONAL TRUST WOMEN'S COLLEGE (AUTONOMOUS)

(Accredited by NAAC)

(An ISO 9001: 2015 Certified Institution)

SUNDARAKKOTTAI, MANNARGUDI – 614016, TAMILNADU, S.INDIA

stetexnora@gmail.com



STUDENTS' EXNORA

Untitled form (Responses)					
File Edit View Insert Format Data Tools Extensions Help					
100% 123 Default (Arial) 10 B I A					
B D E F G H I J					
1	Email Address	Full Name	Department (Department Name of the Institution	Mobile No	
244	legorebhava@gmail.com	M.S.Bhavadarani	Department of Physics	Sengamala Thayar Edu	9488130693
245	ranirobert77@gmail.com	Mrs. J. IMMACULATE S/	Department of Physics	Sengamala Thayar Edu	9787203208
246	punithajayachitra@gmail.com	Punitha p	Computer science	Stet womens clg sundar	7448565521
247	gokarthika81@gmail.com	KARTHIKA G	Department of physics	Sengamala thayaar educ	9943446089
248	swetha2075@gmail.com	Swetha. V	Department of Physics	STET	7010227237
249	gokarthika81@gmail.com	KARTHIKA G	Department of physics	Sengamala thayaar educ	9943446080
250	richieug@gmail.com	Richleen R	Department of Physics	Sengamala Thayar Edu	9361453606
251	kamathiug2020@gmail.com	T.KAMATCHI	II B SC., CHEMISTRY	SENGAMALA THAYAR	6382401025
252	rekha g10.06.2004@gmail.com	Rekha G	B.com	Sengamala thayaar educ	8610327703
253	kalpanadevid2109@gmail.com	Kalpana Devi	Department of physics	Stet college	9385429584
254	arivukkarasi2001@gmail.com	Arivukkarasi A	Department of physics	STET Women's college,	9842245372
255	kamathi632000@gmail.com	P. Kamatchi	Department of physics	Sengamala thayaar educ	6374803455
256	indhu9821@gmail.com	A.Indhu	Department of physics	Sengamalahayar women	9952310443
257	rajramya96570@gmail.com	Ramya M	Commerce	Ramya M	8189915197
258	rajramya96570@gmail.com	Ramya M	Commerce	Ramya M	8189915197
259	ahilamicro23@gmail.com	Dr. K. Ahilandeswari	Dept. of Microbiology	S.T.E.T. Women's Colleg	8973133521
260	abiramir2672004@gmail.com	R. AEIRAMI	B. Com	Sengamala Thayar Educ	9751727073
261	rragavi733@gmail.com	RAGAVI. K	B. COM ' C'	STET WOMEN'S COLLE	8056440714
262	pavithra23376@gmail.com	D.pavithra	B.sc computer science	Sengamala thayaar educ	7598316766

DETAILS OF PARTICIPANTS

SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE (AUTONOMOUS)

(Accredited by NAAC)

(An ISO 9001: 2015 Certified Institution)

SUNDARAKKOTTAI, MANNARGUDI - 614016, TAMILNADU, S.INDIA

stetexnora@gmail.com

STUDENTS' EXNORA

Participants List

Untitled form (Responses)									
File Edit View Insert Format Data Tools Extensions Help									
100% 123 Default (Aut...) 10 B I A									
B1 fx Email Address									
	B	D	E	F	G	H	I	J	
1	Email Address	Full Name	Department (Department Name of the Institution		Mobile No.				
2	stetexnora@gmail.com	Dr.S.Geetha	Department of Business	Sengamala Thayaar Edu	7598420114				
3	cb15b219286vekkalswa	Vekkaliswari.R	BBA	STET	6379138511				
4	subisubiksha18@gmail.c	Subiksha.k	Business administration	Sengamala thayaar	6374099359				
5	cb15b219227aarthip@gr	Aarthi.P	Business administration	STET	7305458445				
6	kaladevithirumungan@;	Dr.S.KALADEVI	DEPARTMENT OF TAMI SENGAMALA THAYAAR		9655410206				
7	kinubadurga.2003@gmail	J.kinubadevi	BBA- A	STET	7603829191				
8	cb15b219286vekkalswa	Vekkaliswari.R	BBA	STET	6379138511				
9	vimalastet@gmail.com	T.Vimala	CHEMISTRY	S.T.E.T Women's College	9442804806				
10	cb15b219277snehashini	S.snehashini	BBA	Stet	9350836494				
11	sowmiya9104@gmail.co	R.sowmiya	BBA.A	STET women's college	9342298772				
12	ashikarsameinam2003@	R.Ashika	BBA-A'section	STET Women' collage	9344322656				
13	santhiyasankar03@gmai	S. Santhiya	BBA	Stet	9043315293				
14	subisubiksha18@gmail.c	Subiksha.k	Business administration	Sengamala thayaar educ	6374099359				
15	abiravi179@gmail.com	R. Abinaya	I-BBA-A"	Stet women's collage	9944653554				
16	sowmiya9104@gmail.co	R.sowmiya	BBA. A	STET Women's college	9342298772				
17	durgadurga88977@gmai	N. Durgadevi	B.sc Computer Science	S. T. E. T					
18	ychithrubi@gmail.com	Chithrubi Viswanathan	BBA	STET	833082338				
19	pojav1130@gmail.com	Pojuvandarajan. v	Department of computer	Stet	6379795695				
20	1205suvetha@gmail.com	Suvetha.D	B.b.a	Stet womens college	6383823442				

CERTIFICATE

SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE (AUTONOMOUS)

(Accredited by NAAC)

(An ISO 9001 : 2015 Certified Institution)

SUNDARAKKOTTAI, MANNARGUDI – 614016, TAMILNADU, S.INDIA

stetexnora@gmail.com



STUDENTS' EXNORA

Webinar Certificate



REPORT

SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE (AUTONOMOUS)

(Accredited by NAAC)

(An ISO 9001: 2015 Certified Institution)

SUNDARAKKOTTAI, MANNARGUDI – 614016, TAMILNADU, S.INDIA

stetexnora@gmail.com



STUDENTS' EXNORA

Report

"Awareness on Covid – 19"

Coronavirus disease (COVID-19) is an infectious disease caused by coronavirus. The disease has impacted the economy of the world as large and has caused a global health crisis. As a part of the nationwide lockdown, all educational institutions have been closed. The college communities are now involved in organizing online quizzes for faculty and students to fulfill their needs and create awareness. As a part of this, an online awareness quiz on COVID-19 was organised by the Students' Exnora, Sengamala Thayaar Educational Trust Women's College (Autonomous), Sundarakkottai, Mannargudi on 10.06.2021. A total of 273 students have participated in the quiz through Google Meet <https://forms.gle/D8vMULVqNVV29RVcA>. Through this, an awareness campaign among students on COVID-19 has initiated.



Principal
PRINCIPAL
Sengamala Thayaar Educational Trust
Women's College, (Autonomous)
Mannargudi.

HEALTH CLUB

VACCINATION CAMP

CIRCULAR



SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE
(AUTONOMOUS)
(Accredited by NAAC) (An ISO 9001:2015 Certified Institution)
SUNDARAKKOTTAI, MANNARGUDI-614 016.
TAMILNADU, INDIA.




CIRCULAR **HEALTH CLUB - VACCINATION CAMP**

C.No. 17 A2

Date: 01.09.2021

As per the instruction and regulation by Ministry of Health and Welfare, Health club and Department of Nutrition and Dietetics planned to arrange corona virus vaccination camp for all teaching, on-teaching faculties and students at College premises. Head of the departments and Class In charges are asked to instruct the students to avail this opportunity.




Head of the Department
Department of Nutrition and Dietetics
S.T.E.T. Women's College (Autonomous)
Mannargudi - 614 016

SECRETARY

Note: Send interested students name list to stetnutrition@gmail.com and instruct them to bring their Aadhar card.

"Arise, awake and stop not till the goal is reached.

DETAILS OF PARTICIPANTS



SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE
(AUTONOMOUS)
(Accredited by NAAC)
(An ISO 9001:2015 Certified Institution)
SUNDARAKKOTTAL, MANNARGUDI-614 016.
TAMILNADU, INDIA.




HEALTH CLUB

VACCINATION CAMP

S.NO	DATE	PROGRAMME	VENUE	BENEFICIARIES	
1.	04.09.2021	VACCINATION CAMP	COLLEGE PREMISES	-	135




Head of the Department
Department of Nutrition and Dietetics
S.T.E.T. Women's College (Autonomous)
Mannargudi - 614 016

VACCINATION CAMP - 04.09.2021



REPORT



SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE
(AUTONOMOUS)


(Accredited by NAAC) (An ISO 9001:2015 Certified Institution)
SUNDARAKKOTTAI, MANNARGUDI-614 016.
TAMILNADU, INDIA.



REPORT

Health club and Department of Nutrition and Dietetics organized corona virus vaccination camp for all teaching, non-teaching faculties and students at College premises. 127 persons were between 18-25 years, 7 persons were above 45 years and 1 person above 60 years were vaccinated. 121 vaccinated their first dose and 14 vaccinated their second dose total of 135 persons were benefitted.




Head of the Department
Department of Nutrition and Dietetics
S.T.E.T. Women's College (Autonomous)
Mannargudi - 614 016

"Arise, awake and stop not till the goal is reached."

DEPARTMENT OF NUTRITION AND DIETETICS

ONLINE QUIZ ON IMMUNE BOOSTING FOODS

CIRCULAR



SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE
(AUTONOMOUS)

(Accredited by NAAC) (An ISO 9001:2015 Certified Institution)
SUNDARAKKOTTAI, MANNARGUDI-614 016.

TAMILNADU, INDIA



DEPARTMENT OF NUTRITION AND DIETETICS

CIRCULAR

C.NO. 22-A

DATE: 04.09.2021

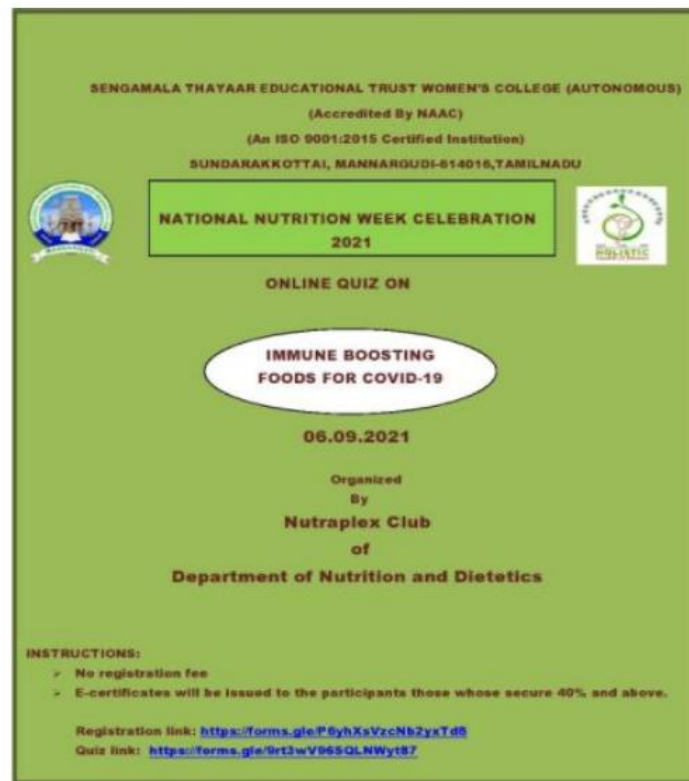
On the occasion of National Nutrition week Nutraplex Club of Department of Nutrition and Dietetics planned to organize online quiz on "Immune Boosting Foods " on 06.09 2021. Head of the departments and Class In charges are asked to instruct the students to avail this opportunity and make their participation without fail.

Signature of the Principal

PRINCIPAL
Sengamala Thayaar Educational Trust
Women's College, (Autonomous)
Mannargudi.

"Arise, awake and stop not till the goal is reached."

INVITATION



Apps Gmail YouTube Maps Reading list

quiz registration form ☆

Questions Responses 530 Settings

SENGAMALA THAYAAR EDUCATIONAL TRUST
WOMEN'S COLLEGE ,
(AUTONOMOUS),
SUNDARAKKOTTAI
MANNARGUDI,
TAMILNADU.

NATIONAL NUTRITION WEEK CELEBRATION - ONLINE QUIZ COMPETITION ON "Immune Boosting Foods for Covid-19 " CONDUCTED BY DEPARTMENT OF NUTRITION AND DIETETICS

Email *

DETAILS OF PARTICIPANTS

1	Timestamp	Email	Name	Class	Department	Name of the Institution	Place	Whatsapp Number
2	9/4/2021 6:52:25	uthayangel@gmail.com	Ms. G. Uthaya	1 yr	N&d	Stet	Mannargudi	9565318500
3	9/5/2021 0:25:38	vijilarisenthil@gmail.com	R. Vijayalakshmi		Nutrition and Dietetics	STET Women's College	Mannargudi	7602262677
4	9/5/2021 22:23:34	nisha06aurora@gmail.com	Asraf Nisha J		Nutrition and Dietetics	STET	Chennai	9694155255
5	9/5/2021 22:23:43	sobikan7@gmail.com	Pandeewari Nithyanant	M. Sc., M. Phil.	Nutrition and Dietetics	St. Xavier's College of nu	Kumbakonam	9716547346
6	9/5/2021 22:31:23	shreyagupta.dolly@gmail.com	Shreya Gupta	MSc	Home science	Araya mahila pg college	Varanasi	9140593987
7	9/5/2021 22:31:27	jaivichi@gmail.com	Msivichi	Msc	Food service management	STET women's college	Thanjavur	6379716645
8	9/5/2021 22:32:49	raaji.prisha03@gmail.com	Prisha Pahuja	Post graduation diploma	Food and nutrition	Institute of home econo	Ahmadabad	8920322919
9	9/5/2021 22:33:06	raaj.raajeswari@gmail.com	Dr.Pa.Raajeswari	Associate professor	Food science and nutriti	Avinashilingam Universi	Coimbatore	8667029420
10	9/5/2021 22:33:54	yasminashajas@gmail.com	Aysha Jasmin	Alumnas	Nutrition and Dietetics	STET	Thanjavur	7894608614
11	9/5/2021 22:35:07	thanilini2010@gmail.com	K.Jeyanthi	Msc	FSMD	Sengamala Thayyar Edu	Mannargudi	9884695536
12	9/5/2021 22:35:46	Nutri.prisha03@gmail.com	Prisha Pahuja	Post graduation diploma	Nutrition and dietetics	Institute of home econo	Delhi	8920322919
13	9/5/2021 22:40:57	Malathi1378@gmail.com	Dr.R.Malathi	Faculty	Economics	Sengamala Thayer Educ	Mannargudi	9626540274
14	9/5/2021 22:41:33	prengudai@yahoo.com	Premalata Sharma	Dietitian	Nutrition	Goqil	Bengaluru	9954287119
15	9/5/2021 22:44:04	pushparani040602@gmail.com	D. Pushparani	Ph. D Scholar	Food Science and Nutriti	Avinashilingam Institute f	Coimbatore	9364252681
16	9/5/2021 22:46:45	chauhanshivangi602@gmail.com	Shivangi singh chauhan	Msc	Food & nutrition	Banasthali University	Jaipur	9565207390
17	9/5/2021 22:47:12	sveetyesoundharya5@gmail.com	Soundharya	BBA-A 2nd year	Business administration	Sengamalthayyar educat	Mannargudi	6379987420
18	9/5/2021 22:51:29	zenthi.jayalani@gmail.com	Zenthi jayalani.f	2nd yr 2nd sec	B.com	Swami Dayananda colle	Manjakudi, thiruvaur	9688069265
19	9/5/2021 22:53:18	ggsundar007@gmail.com	Dr.A.GUNASUNDARI	Faculty	Commerce	SWAMI DAYANANDA C	Thiruvaur	8220791190
20	9/5/2021 22:54:06	Ks6459822@gmail.com	K.sanjana	B.com	Commerce	Swami dayanandha colle	Manjakudi thiruvaur dist	9629308491

1	Timestamp	Email	Name	Class	Department	Name of the Institution	Place	Whatsapp Number
190	9/6/2021 2:49:01	Manogaran4646@gmail.com	M. MAHASHREE	1st YEAR UG	MICROBIOLOGY	STET WOMENS COLLE	MUTHUPET	9345473828
191	9/6/2021 2:49:36	gayusktk1333@gmail.com	Sakthithasini	3rd Bsc IT	Computer science	Swami chayanantha arts	Manjakudi	8870417838
192	9/6/2021 2:50:03	vgnutriment@gmail.com	Vasudha G		Nutrition	VGNUTRIMENT	Bengaluru	9886593215
193	9/6/2021 2:52:41	Shivani.pandey00@gmail.com	Shivani pandey	Msc	Dietician	New gdc	Indore	8602651338
194	9/6/2021 3:01:04	adhiath652@gmail.com	Sneha.A	3rd B.Sc Nutrition and di	Nutrition and dietetics	Sengamala thayyar educa	Sundarakottai , ma	8270337089
195	9/6/2021 3:04:34	prinyamwada975@gmail.com	Prinyamwada	M.Sc. Completed	Food and Nutrition	BRA University	Muzaffarpur	9149357456
196	9/6/2021 3:05:56	Cb198377221kirthika@gmail.com	P. KIRTHIKA PRIYA	III year	MATHEMATICS	Sengamalthayyar educat	Mannargudi	8344275115
197	9/6/2021 3:06:17	bhuvikamini@gmail.com	V.Bhuvaneshwari	M.Sc	Food service management	Bharath College of Scien	Thanjavur	7358910386
198	9/6/2021 3:09:46	tpreethika1@gmail.com	M.Nandhini	II M.sc. Biochemistry	Biochemistry	Stet women's College	Sundarakottai mannark	7639026057
199	9/6/2021 3:11:26	manjusisodiya1994@gmail.com	Manju sisodiya	Msc	Nutrition	Barkatullah university	Bhopal	9424000037
200	9/6/2021 3:17:43	lsvaryasaravanan106@gmail.com	S.ISWARYA	II MSc Microbiology	Microbiology	STET Women's College	Mannargudi	6364824269
201	9/6/2021 3:20:47	Bhavaniraje5793@gmail.com	Bhavanir R	2nd M.scMicrobiology	Microbiology	STET women's college a	Mannargudi	7010258982
202	9/6/2021 3:21:54	vnlbha695@gmail.com	NIBHA KUMARI	M.Sc	CND	VBU	Hazratnagar	7650250865
203	9/6/2021 3:23:27	bavasevim2002@gmail.com	M.Bavadarani	III B.Com A	Commerce	Sengamala Thayyar Edu	Mannargudi	6379912533
204	9/6/2021 3:24:40	4cb199410299aksh@gmail.com	AKSHAYA. D	III rd B.S.C MICROBIOL	MICROBIOLOGY	STET	MANNARKUDI	9625368031
205	9/6/2021 3:28:15	shivapalayaran@gmail.com	P.Divyadharshini	BBA	Business administration	STET	Sundarakottai	8072742214
206	9/6/2021 3:28:19	www.amraj7@gmail.com	Amrithavarshini. G	B.Sc Nutrition and dietet	Nutrition and dietetics	Bharath college of scienc	Thanjavur	9604665324
207	9/6/2021 3:28:40	balusubashri@gmail.com	Subashi B	III B.A	ECONOMIC	STET WOMAN'S COLLE	Mannargudi	9025081191
208	9/6/2021 3:29:22	akilaaveerliyan18@gmail.com	Akila V	3 rd year	Computer science	Sengamalthayyar educat	Sundarakottai	8072185326

1	Timestamp	Email	Name	Class	Department	Name of the Institution	Place	Whatsapp Number
514	9/7/2021 1:29:46	Veni94635@gmail.com	M. Manosika	B.scmicrobiology	B.scmicrobiology	STETwomenscollege	Mannargudi	99565779011
515	9/7/2021 1:34:43	rajasri2003@gmail.com	B.Rejasri	Bsc Micro Biology	BSC MICRO BIOLOGY	STET WOMEN'S COLLE	MANNARGUDI	9344218920
516	9/7/2021 2:22:18	Cb19a065967@gmail.com	S. Kaviya	III B. A economics	Economist	S. T. E. T womens colleg	Mannargudi	7867848172
517	9/7/2021 3:45:21	tomardivya456@gmail.com	Mehak Tomor	MSc nutrition and dietetic	Nutrition and dietetics	Lovely professional unive	Ghaziabad	8076945588
518	9/7/2021 3:48:36	pavithra23376@gmail.com	D.pavithra	3rd cs b	Computer science	STET women's college, r	Thiruvaur	7658316786
519	9/7/2021 3:58:59	abin4105@gmail.com	K. Abinaya	II-MSC. INFORMATION	Information technology	STET WOMEN'S COLLE	Mannargudi	6374625141
520	9/7/2021 4:06:42	Pragatheeswari7812@gmail.com	K.Pragatheeswari	III BA ENGLISH	B.A., ENGLISH	Stet	Mannargudi	7812887101
521	9/7/2021 5:43:49	mahapvtr@gmail.com	K. Mahalakshmi	II MA ENGLISH	English	Stet women's college	Mannargudi	9761548705
522	9/7/2021 5:54:06	guyuram1602000@gmail.com	R. Gayathri	MBA	Management Studies	STET Women's College	Mottupalayam	7010535751
523	9/7/2021 6:24:15	Lathasenthil162002@gmail.com	S.ABIRAMI	II nd B.S.C. Computer Sci	Computer science	Sengamala thayyar educ	Mannargudi	9344561496
524	9/7/2021 6:38:25	malamahalingam74@gmail.com	MADHUVARSHINI M	II B.Sc.	Computer Science	Sengamala Thayyar Edu	Mannargudi	9767980780
525	9/7/2021 6:45:39	divyabalu2000@gmail.com	B.Dhivya	MBA	Management	Stet women's college	Mannargudi	9360342615
526	9/7/2021 6:36:40	Khushi0162@gmail.com	Khushboo Prajapati	M. sc	Food and Nutrition	Banaras Hindu University,	Varanasi	9621975527
527	9/7/2021 6:49:40	baskaran07ak@gmail.com	Baskaran K	3rd BCA	Computer science	Swami chayananda colle	Manjakudi	9597991923
528	9/7/2021 9:01:17	Priyadharshini682@gmail.com	R.Priyadharshini	II BBA-A	BBA	STET women's college	mannargudi	6379923199
529	9/7/2021 20:37:15	sabianbu266@gmail.com	Sabitha.A	M.Sc	Computer science	Sengamala Thayyar Edu	Sundarakottai	8220815708
530	9/7/2021 21:00:27	Jayamayappan2003@gmail.com	A. Jayam	BSC	Computer science	Stet women's college	Mannargudi	9894762022
531	9/8/2021 2:01:18	nandhinianna24@gmail.com	Nandhini A	I MBA	MBA	Stet women's college Ma	Mannargudi	8925327391

DETAILS OF PARTICIPANTS

Nutrition Quiz

Questions Responses **287** Settings Total points: 100

Section 1 of 2

National Nutrition week Celebration-Online Quiz Competition on "Immune Boosting Foods for Covid-19"

Organized by Department of Nutrition and Dietetics, STET Women's College, (Autonomous), Mannargudi

Email *

Valid email

This form is collecting emails. [Change settings](#)

Name of the Student *

1	Timestamp	Email Address	Score	Name of the Student	Class and Section	Name of the Institution	Place of the Institution	1. What is Coronavirus? 2. World Health
2	9/5/2021 0:47:52		38 / 100					C. Both A and B are correct A. COVID-19
3	9/5/2021 21:39:01	vidhyaanna5@gmail.com	84 / 100	Ms A Vidhya	Dept of Nutrition and Dietetics	STET women's college, (Mannargudi)		C. Both A and B are correct A. COVID-19
4	9/5/2021 22:39:39	jayashreebafna10@gmail.com	62 / 100	Jayashree	Msc	Ignou	Delhi	C. Both A and B are correct A. COVID-19
5	9/5/2021 22:40:39	nisha06aurora@gmail.com	76 / 100	Asraf Nisha J				D. Only A is correct A. COVID-19
6	9/5/2021 22:45:01	sobikan7@gmail.com	62 / 100	Pandeewar Nithyanand	M.Sc., M. Phil.	St. Xavier's College of Nursing	Kumbakonam	D. Only A is correct A. COVID-19
7	9/5/2021 22:53:37	premgudla@yahoo.com	86 / 100	Premalata Sharma	Dietitian	Goqil	Bangalore	C. Both A and B are correct A. COVID-19
8	9/5/2021 22:58:07	malathi1378@gmail.com	32 / 100	Dr R. Malathi	Faculty	Sengamala Thayer Educ	Mannargudi	A. It is a large family of viruses C. COVID-19
9	9/5/2021 23:04:02	ggsundarid007@gmail.com	78 / 100	Dr. A. GUNASUNDARI	Faculty	SWAMI DAYANANDA COLLEGE	Thiruvannamalai	C. Both A and B are correct A. COVID-19
10	9/5/2021 23:08:30	dharanileayaraja10@gmail.com	26 / 100	E. Vidhyadharani	3rd B.Sc., Nutrition and Dietetics	Sengamala Thayer Educ	Mannargudi	A. It is a large family of viruses A. COVID-19
11	9/5/2021 23:08:44	kaliaperumalsarojini@gmail.com	36 / 100	K Sarojini	III B.Sc., Nutrition and Dietetics	Sengamala Thayer Educ	Sunderakkottai, Mannargudi	C. Both A and B are correct A. COVID-19
12	9/5/2021 23:08:53	nprasannaapt@gmail.com	42 / 100	N. Prasanna Nadimuthu	3rd UG Nutrition and Dietetics	Sengamala Thayer Educ	Sunderakkottai, Mannargudi	A. It is a large family of viruses A. COVID-19
13	9/5/2021 23:11:37	neevikaravi@gmail.com	40 / 100	R. neevika	3rd N&D	Stet	Mannargudi sundharakottai	A. It is a large family of viruses A. COVID-19
14	9/5/2021 23:18:27	hemajashas@gmail.com	66 / 100	Hemalatha JS	Bsc 3rd chemistry	STET	Sundarakottai	C. Both A and B are correct A. COVID-19
15	9/5/2021 23:21:23	shraddha26db@gmail.com	78 / 100	SHRADDHA SAROJ	PHD	Banaras Hindu University	Varanasi	C. Both A and B are correct A. COVID-19
16	9/5/2021 23:22:54	Noelam14dec@gmail.com	60 / 100	Noelam Mishra	Homescience	Kanpur university	Kanpur university	D. Only A is correct A. COVID-19
17	9/5/2021 23:24:00	ks645822@gmail.com	70 / 100	Ksaranjana	B.com 2nd year (1st sec)	Swami dayanandha college	Manjakudi thiruvannamalai dist	B. It belongs to the family of viruses A. COVID-19
18	9/5/2021 23:25:06	deebikabaskaran64@gmail.com	48 / 100	Deebika B	IIIrd physics B	STET Women's college	Sundarakottai, Mannargudi	C. Both A and B are correct A. COVID-19
19	9/5/2021 23:30:16	fzenithjajalani@gmail.com	78 / 100	Zanithi jayalanti	B.com 2nd yr 2nd sec	Swami Dayananda college	Manjakudi, thiruvannamalai	D. Only A is correct A. COVID-19
20	9/5/2021 23:31:50	nivedhap2002@gmail.com	44 / 100	NIVEDHA P	III BSC PHYSICS A SEC	STET WOMEN'S COLLEGE	SUNDARAKOTTAI, Mannargudi	D. Only A is correct A. COVID-19

DETAILS OF PARTICIPANTS

D3 Ms.A.Vidhya								
	A	B	C	D	E	F	G	H
1	Timestamp	Email Address	Score	Name of the Student	Class and Section	Name of the Institution	Place of the Institution	1. What is Coronavirus? 2. World Health
155	9/6/2021 23:17:23	priyankaravipriyanka8@gmail.com	70 / 100	PRIYANKA R	III B A English	STET Women's College	Mannaargudi	C. Both A and B are correct A COVID-19
156	9/6/2021 23:17:32	anukuttyma20@gmail.com	70 / 100	A. Anusuya	III-B. A English	STET Women's college	Mannargudi	C. Both A and B are correct A COVID-19
157	9/6/2021 23:18:11	ptharsini2002@gmail.com	50 / 100	PRIYATHARSHINI R	III BA ENGLISH	STET	Mannaarkudi	A. It is a large family of vi A COVID-19
158	9/6/2021 23:18:13	manogaran4646@gmail.com	62 / 100	M. MAHASHREE	1st year UG	STET womens college	Mannargudi	C. Both A and B are correct A COVID-19
159	9/6/2021 23:18:17	kavyavedhyanvk@gmail.com	84 / 100	Kaviya V	III-CS. "C"	STET	Mannargudi	C. Both A and B are correct A COVID-19
160	9/6/2021 23:18:59	avanthika2108@gmail.com	68 / 100	R. Avanthika	III B. A English	Stet	Suntharakottai	C. Both A and B are correct A COVID-19
161	9/6/2021 23:20:05	rsindhu251@gmail.com	66 / 100	R.sindhu	III B A English	STET	Mannargudi	C. Both A and B are correct A COVID-19
162	9/6/2021 23:21:39	nakalaya35@gmail.com	62 / 100	Akalya N	I bsc computer science	KMC	Adirampattinam	C. Both A and B are correct A COVID-19
163	9/6/2021 23:21:42	gsdhiyavelen@gmail.com	70 / 100	ASWINI G	III BA English	STET women's college	ir Mannargudi	C. Both A and B are correct A COVID-19
164	9/6/2021 23:22:27	aarthivel2002@gmail.com	70 / 100	V.Aarthi	III BA English	Stet	Mannargudi	C. Both A and B are correct A COVID-19
165	9/6/2021 23:26:33	vidhyasrisakaran@gmail.com	72 / 100	S.Vidhyasri	III BA ENGLISH	Sengamalahayar educa	Sundarakottai	C. Both A and B are correct A COVID-19
166	9/6/2021 23:26:41	ramanimuthu01@gmail.com	58 / 100	Ramani M	IIIBA English	STET women's college	Mannargudi	C. Both A and B are correct A COVID-19
167	9/6/2021 23:27:37	cb19s377155rdharani@gmail.com	68 / 100	R.DHARANI	3rd mathematics A sec	Sengamala thaayar educ	Mannargudi	A. It is a large family of vi A COVID-19
168	9/6/2021 23:28:07	jananimurugan30102003@gmail.com	58 / 100	M.janani	B.sc Microbiology	Sengamalahayar Educa	SUNDARAKOOTTAI	C. Both A and B are correct A COVID-19
169	9/6/2021 23:28:19	jayasriayappan@gmail.com	76 / 100	A.Jayasri	3rd CS-C	Stet	Mannarkudi	A. It is a large family of vi A COVID-19
170	9/6/2021 23:28:21	sv6903700@gmail.com	54 / 100	S. Kavitha	Microbiology	Sengamalahayar Trust v	Manarkudi	C. Both A and B are correct A COVID-19
171	9/6/2021 23:28:25	subasrisekari79@gmail.com	58 / 100	S. Subasri	III BA English	STET women's college	Suntharakottai	A. It is a large family of vi A COVID-19
172	9/6/2021 23:30:22	pavitrajanakiraman2001@gmail.com	70 / 100	J.Pavitra	III BA English	S.T.E T women's college	Mannargudi	A. It is a large family of vi A COVID-19
173	9/6/2021 23:31:21	aathisakthigaramasamy@gmail.com	70 / 100	R.Athiasakthiga	3rd B A English	STET women's college	Mannargudi	C. Both A and B are correct A COVID-19

D3 Ms.A.Vidhya								
	A	B	C	D	E	F	G	H
1	Timestamp	Email Address	Score	Name of the Student	Class and Section	Name of the Institution	Place of the Institution	1. What is Coronavirus? 2. World Health
262	9/8/2021 7:13:53	mkanidurga14@gmail.com	82 / 100	M.K.HARIDURGA	II B.SC NUTRITION AND SENGAMALA THAYAAR SUNDHARAKOTTAI			C. Both A and B are correct A COVID-19
263	9/8/2021 7:19:41	sundarimurelli132000@gmail.com	64 / 100	SHANMUGA SUNDARI	II M.SC.,COMPUTERSCI SENGAMALA THAYAAR SUNDARAKOTTAI			C. Both A and B are correct C. COVn-20
264	9/8/2021 7:20:21	amuthanmrk2@gmail.com	84 / 100	S.namatha devi	2nd B.sc nutrition and diet STET	Mannarkudi		C. Both A and B are correct A COVID-19
265	9/8/2021 7:35:36	akamalisairabanu@gmail.com	76 / 100	A.KAMALI	B.sc.,Nutrition And Diet Sengamala Thayaar Edu	Mannarkudi		C. Both A and B are correct A COVID-19
266	9/8/2021 8:31:08	usneka09@gmail.com	52 / 100	U.Sneka	2nd Maths B	STET	Sundarakottai, Mannar	B. It belongs to the family A COVID-19
267	9/8/2021 8:57:14	thrisham0@gmail.com	40 / 100	M. Thrisha	II year B. Sc.,cs	STET women's college	Sundarakottai, Mannargudi	D. Only A is correct A COVID-19
268	9/8/2021 9:27:23	jothikausha@gmail.com	52 / 100	R.JOTHIKA	II - M.Sc., INFORMATI	STET WOMEN'S COLLE	MANNARGUDI	D. Only A is correct A COVID-19
269	9/8/2021 19:09:20	spvkaviyaresli@gmail.com	68 / 100	KAVIYARASI S	II-B.sc.(NUTRITION AND	STET WOMEN'S COLLE	MANNARGUDI	D. Only A is correct A COVID-19
270	9/8/2021 21:01:49	Kaviyaskt14@gmail.com	44 / 100	E. Kaviya	II M.Sc.,IT	STET women's college	Sundarakottai	A. It is a large family of vi A COVID-19
271	9/9/2021 0:30:33	aungnalingsoe0060@gmail.com	22 / 100	MrAung Naling Soe Oo	Yes	Mandalay	Mandalay	C. Both A and B are correct B. COVn-19
272	9/9/2021 2:41:23	sivasakthipk01@gmail.com	74 / 100	K.SIVASAKTHI	III-CS-'A'	STET women's college	MANNARGUDI	C. Both A and B are correct A COVID-19
273	9/9/2021 2:47:58	sivajothi01@gmail.com	80 / 100	K.SIVAJOTHY	III-CS-'A'	STET WOMEN'S COLLE	MANNARGUDI	C. Both A and B are correct A COVID-19
274	9/9/2021 4:52:25	rk.jayapriya22@gmail.com	40 / 100	R.k.jayapriya	II MA ENGLISH	STET WOMEN'S COLLE	Mannargudi	A. It is a large family of vi A COVID-19
275	9/9/2021 5:23:43	klruthikasv0304@gmail.com	62 / 100	KIRUTHIKA S	II M.A. ENGLISH	S.T.E T WOMEN'S COLLE	MANNARGUDI	A. It is a large family of vi A COVID-19
276	9/9/2021 5:36:39	ishwarya18112000@gmail.com	42 / 100	ISHWARYA S	II MA ENGLISH	STET women's college	Mannargudi	A. It is a large family of vi A COVID-19
277	9/9/2021 5:49:21	pmsweety.1999@gmail.com	42 / 100	Priyadharshini. M	II M.Sc.Computer science	Sengamala Thayaar Edu	Sundarakottai	A. It is a large family of vi A COVID-19
278	9/9/2021 6:48:35	psowmiya759@gmail.com	54 / 100	SOWMIYA. P	II Bsc CS A	Sengamala Thayaar Edu	Sundarakottai	C. Both A and B are correct A COVID-19
279	9/9/2021 8:00:29	sasibabu979@gmail.com	32 / 100	Fvb	Fimjnugsvthib	Vbvmfvcv	G mnr	C. Both A and B are correct C. COVn-20
280	9/9/2021 8:12:04	Sharumathyb@gmail.com	60 / 100	B.SHARUMATHY	B.sc/Biochemistry	S.T.E T WOMEN'S COLLE	Mannargudi at sundarak	C. Both A and B are correct A COVID-19

CERTIFICATE



REPORT



**SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE
(AUTONOMOUS)**

**(Accredited by NAAC) (An ISO 9001:2015 Certified Institution)
SUNDARAKKOTTAL, MANNARGUDI-614 016.**



TAMILNADU, INDIA

DEPARTMENT OF NUTRITION AND DIETETICS

REPORT

Online Quiz on Immune Boosting Foods

06.09.2021

DEPARTMENT OF NUTRITION AND DIETETICS

One day online quiz on Immune Boosting Foods was organized by Department of Nutrition and Dietetics on 06.09. 2021. 235 students were participated and online certificates were provided to the students who secured 40% and above.

HEAD OF THE DEPARTMENT

Head of the Department
Department of Nutrition and Dietetics
S.T.E.T. Women's College (Autonomous)
Mannargudi - 614 016

"Arise, awake and stop not till the goal is reached."

YOUTH RED CROSS

COVID AWARENESS PROGRAMME -

06.09.2021

CIRCULAR



SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE
(AUTONOMOUS)

(Accredited by NAAC) (An ISO 9001:2015 Certified Institution)
SUNDARAKKOTTAI, MANNARGUDI-614 016.

TAMILNADU, INDIA



CIRCULAR

YOUTH RED CROSS UNIT

C.No. 17-A

Date: 01.09.2021

All the department HOD's and class in-charges are hereby requested to send their part V YRC students of UG II year classes for the "Covid 19 Awareness Programme" going to be held on 06th September 2021 in Vivekanandam Block I Floor A1 at 10.30a.m

Signature of the Principal /
PRINCIPAL
Sengamala Thayaar Educational Trust
Women's College, (Autonomous)
Mannargudi.

Note:

✓ Please send your class name list to stetnutrition@gmail.com

"Arise, awake and stop not till the goal is reached."

INVITATION

INVITATION



**SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S
COLLEGE**

(AUTONOMOUS)

(Accredited by NAAC) (An ISO 9001:2015 Certified Institution)

SUNDARAKKOTTAI, MANNARGUDI-614 016.

We cordially invite you to the

YOUT RED CROSS UNIT

ORGANIZES

"Covid- 19 Awareness Programme"

On

06th September 2021

SESSION: FORENOON

TIME: 10.30 AM

RESOURCE PERSONS

Mr. J. VARADARAJAN

Secretary – IRCS – Thiruvarur District,

IRCS – Treasurer (State Branch – Chennai).

Prof. K. EZHUMALAI

District Organizer – YRC, Thiruvarur,

Assistant Professor of English Dept,

Swami Dayananda College of Arts & Science,

Manjakkudi

DETAILS OF PARTICIPANTS



SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE
(AUTONOMOUS)

(Accredited by NAAC) (An ISO 9001:2015 Certified Institution)

SUNDARAKKOTTAI, MANNARGUDI-614 016.

TAMILNADU, INDIA.



YRC NAME LIST

S.NO	NAME	CLASS
1.	KEERTHANA.A	II B.Sc., MICROBIOLOGY
2.	RAJALAKSHMI.A	II B.Sc., MICROBIOLOGY
3.	ABINAYA.G	II B.Sc., MICROBIOLOGY
4.	HARISHINLP	II B.Sc., MICROBIOLOGY
5.	KEERTHANA.S	II B.Sc., MICROBIOLOGY
6.	OVIYA.R	II B.Sc., MICROBIOLOGY
7.	NARMATHA.S	II B.Sc., MICROBIOLOGY
8.	KAMALIT	II B.Sc., MICROBIOLOGY
9.	ABINAYA.S	II B.Sc., MATHEMATICS 'A'
10.	AISHWARYA.CM	II B.Sc., MATHEMATICS 'A'
11.	ANUBHARATHLD	II B.Sc., MATHEMATICS 'A'
12.	DEEPA.M	II B.Sc., MATHEMATICS 'A'
13.	GAJAPRIYA.S	II B.Sc., MATHEMATICS 'A'
14.	GAYATHRI.K	II B.Sc., MATHEMATICS 'A'
15.	AASHIYA.A	III B.Sc., MATHEMATICS 'A'
16.	ARIVUCHUDARJ	II B.Sc., MATHEMATICS 'A'
17.	HEMA.M	II B.Sc., MATHEMATICS 'A'
18.	INIYA.S	II B.Sc., MATHEMATICS 'A'
19.	RAGAVLM	II B.Sc., MATHEMATICS 'A'
20.	RAMYA.S	II B.Sc., MATHEMATICS 'A'

DETAILS OF PARTICIPANTS



**SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE
(AUTONOMOUS)**

(Accredited by NAAC) (An ISO 9001:2015 Certified Institution)

SUNDARAKKOTTAI, MANNARGUDI-614 016.

TAMILNADU, INDIA.



YRC NAME LIST

21.	TAMILRASLA	II B.Sc., MATHEMATICS 'A'
22.	KOWSHIKA.S	II B.A ECONOMICS
23.	PADMASIVAPRIYA.R	II B.A ECONOMICS
24.	PARKAVLC	II B.A ECONOMICS
25.	PREETHA.T	II B.A ECONOMICS
26.	RAJEHSWARLR	II B.A ECONOMICS
27.	SAFIRNOSEJ	II B.A ECONOMICS
28.	SHERIN BANU AVOOB.H	II B.A ECONOMICS
29.	INDHRAKUMARLS	II B.Sc.,BIOCHEMISTRY
30.	KAVIYA.R	II B.Sc.,BIOCHEMISTRY
31.	PRADEEPA.N	II B.Sc.,BIOCHEMISTRY
32.	SHARUMATHY.B	II B.Sc.,BIOCHEMISTRY
33.	SUGASINLS	II B.Sc.,BIOCHEMISTRY
34.	ABARNA.R	II B.Sc.,BIOCHEMISTRY
35.	AGALYA.K	II B.Sc.,BIOCHEMISTRY
36.	DIVYA.J	II B.Sc.,BIOCHEMISTRY
37.	KAVIPRIYA.K	II B.Sc. BIOCHEMISTRY
38.	NARMATHA DEVL.S	II B.Sc., BIOCHEMISTRY
39.	MADHUMITHA.D	II B.Sc. BIOCHEMISTRY
40.	HANA.L	II BBA 'A'
41.	ISWARYA.T	II BBA 'A'
42.	KIRUBADEVLJ	II BBA 'A'
43.	MEENACHILL	II BBA 'A'
44.	PRIYANKA.K	II BBA 'A'
45.	SAKTHLK	II BBA 'A'
46.	VIJAYALAKSHMLI	II BBA 'A'
47.	ABIRAMLM	II BBA 'B'

DETAILS OF PARTICIPANTS



**SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE
(AUTONOMOUS)**

(Accredited by NAAC) (An ISO 9001:2015 Certified Institution)

SUNDARAKKOTTAL, MANNARGUDI-614 016.

TAMILNADU, INDIA.

YRC NAME LIST



48.	AKILA.M	II BBA 'B'
49.	KAJESHA.P	II BBA 'B'
50.	NANTHIYA.S	II BBA 'B'
51.	UDHAYADHARSHINLP	II BBA 'B'
52.	VIJOTHAJ	II BBA 'B'
53.	YAZHINI.G	II BBA 'B'
54.	ELANGESHWARLS	II CS 'A'
55.	KIRUTHIGA.E	II CS 'A'
56.	LAKSHMLK	II CS 'A'
57.	SARUBALA.T	II CS 'A'
58.	SNEHA.R	II CS 'A'
59.	SUBIKA.R	II CS 'A'
60.	SURIYA PRABA.S	II CS 'A'
61.	VAISHNAVI.R	II CS 'A'
62.	SANTHIYA.C	II CS 'B'
63.	SATHYA.V	II CS 'B'
64.	SHALINLS	II CS 'B'
65.	SHOBANA.A	II CS 'B'
66.	SWETHA.V	II CS 'B'
67.	VJILV	II CS 'B'
68.	ARUNTHIGAR.R	II PHYSICS
69.	JAYASRLS	II PHYSICS
70.	KANISHKA.M	II PHYSICS
71.	PIRUTHIKA.S	II PHYSICS
72.	THRISHA.A	II PHYSICS
73.	SOWBARNIKA.P	II PHYSICS
74.	SUGUNA.M	II PHYSICS

DETAILS OF PARTICIPANTS



**SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE
(AUTONOMOUS)**

(Accredited by NAAC) (An ISO 9001:2015 Certified Institution)
SUNDARAKKOTTAI, MANNARGUDI-614 016.

TAMILNADU, INDIA.

YRC NAME LIST



75.	ABINAYA.R	II B.A ENGLISH
76.	ABIRAMLP	II B.A ENGLISH
77.	DHIVYA.S	II B.A ENGLISH
78.	DHIVYA.R	II B.A ENGLISH
79.	JEEUNGAJ	II B.A ENGLISH
80.	PAVITHRA.R	II B.A ENGLISH
81.	SANDHIYA.S	II B.A ENGLISH
82.	SOUNDARIYA.S	II B.A ENGLISH
83.	SUKIRTHA.S	II B.A ENGLISH
84.	VIJLB	II B.A ENGLISH
85.	SAFAANANASLUNA.S	II B.A ENGLISH
86.	HARINLS	II COMPUTER APPLICATIONS
87.	DIVYASRLR	II COMPUTER APPLICATIONS
88.	DEVASUDHA.S	II COMPUTER APPLICATIONS
89.	BAVADHARANLM	II COMPUTER APPLICATIONS
90.	KOWSIYA.R	II COMPUTER APPLICATIONS
91.	MALARVIZHLM	II COMPUTER APPLICATIONS
92.	SUBASHINLR	II COMPUTER APPLICATIONS
93.	SWATHLR	II COMPUTER APPLICATIONS
94.	RAMYA.R	II COMPUTER APPLICATIONS
95.	ANUKARTHIKA.M	II B.COM 'A'
96.	DEEPIKA.V	II B.COM 'A'
97.	JEEVAREKA.R	II B.COM 'A'
98.	KEERTHANADLK	II B.COM 'A'
99.	NIVETHA.R	II B.COM 'A'
100.	REEMA FEMLB	II B.COM 'A'
101.	SNEHA.R	II B.COM 'A'

DETAILS OF PARTICIPANTS



**SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE
(AUTONOMOUS)**

(Accredited by NAAC) (An ISO 9001:2015 Certified Institution)

SUNDARAKKOTTAI, MANNARGUDI-614 016.

TAMILNADU, INDIA.

YRC NAME LIST



102.	THASLINI JOHANA.S	II B.COM 'A'
103.	VINCY AROKIA MERLIN.V	II B.COM 'A'
104.	KIRUBASRI.K	II B.COM 'A'
105.	ABITHA.R	II B.COM 'B'
106.	HAIRUN NEHRA.E S	II B.COM 'B'
107.	KOWSHIKA.T	II B.COM 'B'
108.	NATHIMA AFROSE.N	II B.COM 'B'
109.	RAJINI.R	II B.COM 'B'
110.	SURYA.S	II B.COM 'B'
111.	VINOTHINLA	II B.COM 'B'
112.	AARTH.R	II B.COM 'B'
113.	DIVYALAKSHMI.V	II B.COM 'C'
114.	KARTHIKA.J	II B.COM 'C'
115.	NITHYASRI.H	I B.COM 'C'
116.	PRIYANKA.R	II B.COM 'C'
117.	SAKIMA.V	II B.COM 'C'
118.	SATHYAPRIYA.B	II B.COM 'C'
119.	SUBASRI.K	II B.COM 'C'
120.	ATCHAYA.K.R	I B.Com A
121.	DIVYADHARSHINI.S	I B.Com A
122.	KAVYA.S	I B.Com A
123.	NIRANJANA.A	I B.Com A
124.	SALMA.H	I B.Com A
125.	SHANMUGAPRIYA.V(05.09.2003)	I B.Com A
126.	SOUNDHARIYA.S	I B.Com A
127.	ABINAYA.J	I B.Com B
128.	ABINAYASRI.S	I B.Com A

DETAILS OF PARTICIPANTS



**SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE
(AUTONOMOUS)**

(Accredited by NAAC) (An ISO 9001:2015 Certified Institution)

SUNDARAKKOTTAL, MANNARGUDI-614 016.

TAMILNADU, INDIA.

YRC NAME LIST



129.	KAVYA.V	I B.Com A
130.	NISHA.P	I B.Com A
131.	RAGAVLS	I B.Com A
132.	REKHA.G	I B.Com A
133.	SOWMITHA.T	I B.Com A
134.	UMAMAKESHWARLS	I B.Com A
135.	DIVYA.L	I B.Com C
136.	KURSATHBEGUM.M.A	I B.Com C
137.	MAHALAKSHMLA	I B.Com C
138.	NITHIKA.V	I B.Com C
139.	RAKSHANA.M	I B.Com C
140.	SANTHIYA.K	I B.Com C
141.	THULASIS	I B.Com C
142.	VAISHNAVLC	I B.Com C
143.	R.EZHILNILA	Nutrition and Dietetics
144.	S.N.MUMTHAJ	Nutrition and Dietetics
145.	A.NABEELA BARVEEN	Nutrition and Dietetics
146.	S.SHARMILA	Nutrition and Dietetics
147.	B.H.HALEEMA NASRIN	Nutrition and Dietetics
148.	ARCHANA. A	B.A English
149.	DHARANIS	B.A English
150.	KARTHIKA. K	B.A English



COVID AWARENESS PROGRAMME - 06.09.2021

COVID AWARENESS PROGRAMME

DATE: 06.09.2021



REPORT



SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE
(AUTONOMOUS)

(Accredited by NAAC) (An ISO 9001:2015 Certified Institution)
SUNDARAKKOTTAI, MANNARGUDI-614 016.
TAMILNADU, INDIA



A Report on

"Covid- 19 Awareness Programme"
06th September 2021

Youth Red Cross

One day Covid- 19 Awareness Programme was organized on 06th September 2021 by Youth Red Cross Unit. The resource persons of Covid- 19 Awareness Programme was Mr. J. VARADARAJAN, Secretary – IRCS – Thiruvarur District, IRCS – Treasurer (State Branch – Chennai) and Prof. K..EZHUMALAI, District Organizer – YRC, Thiruvarur, Assistant Professor of English Department, Swami Dayananda College of Arts & Science, Manjakkudi. 150 students were participated from our College. Finally face mask was Provided by resource persons.



YRC Programme Officer

"Arise, awake and stop not till the goal is reached."

DEPARTMENT OF NUTRITION AND DIETETICS

WEBINAR ON MALNUTRITION - BURDEN, CHALLENGES AND MEANS TO COMBAT

SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE
(AUTONOMOUS)

(Accredited by NAAC | An ISO 9001:2015 Certified Institution)

SUNDARAKKOTTAI, MANNARGUDI-614 016.

TAMILNADU, INDIA



DEPARTMENT OF NUTRITION AND DIETETICS

CIRCULAR

C.NO. 22A

Date: 04.09.2021

On the occasion of National Nutrition week celebration Department of Nutrition and Dietetics planned to organize One day online Webinar on "Malnutrition, Burden, Challenges and means to Combat" on 07.09 2021. Head of the departments and Class In charges are asked to instruct the students to avail this opportunity and make their participation without fail.

Head of the Department
Department of Nutrition and Dietetics
S.T.E.T. Women's College (Autonomous)
Mannargudi - 614 016

Principal
PRINCIPAL
Sengamala Thayaar Educational Trust
Women's College (Autonomous)
Mannargudi.

INVITATION

SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE
(AUTONOMOUS)



(Accredited by NAAC | An ISO 9001:2015 Certified Institution)
SUNDARAKKOTTAI, MANNARGUDI-614 016.



TAMILNADU, INDIA

DEPARTMENT OF NUTRITION AND DIETETICS

INVITATION



SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S
COLLEGE,
(AUTONOMOUS)

(Accredited BY NAAC)

(An ISO 9001:2015 Certified Institution)

SUNDARAKKOTTAI, MANNARGUDI-614 016



DEPARTMENT OF NUTRITION AND DIETETICS

Cordially invites you all to participate
and upgrade your nutritional status through

WEBINAR

ON

**MALNUTRITION
BURDEN, CHALLENGES AND MEANS
TO COMBAT**

RESOURCE PERSON

DR.R.BHUVANESWARI, MBA., M.Phil., MHRM., Ph.D,

Child Development Project Officer, Integrated Child Development
Services, Koradachery, Thiruvannamalai (Dt)

In the occasion of

NATIONAL NUTRITION WEEK

Date: 07.09.2021

Time: 11.30am

DETAILS OF PARTICIPANTS



**SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE
(AUTONOMOUS)**

(Accredited by NAAC| An ISO 9001:2015 Certified Institution)

SUNDARAKKOTTAI, MANNARGUDI-614 016.



TAMILNADU, INDIA

DEPARTMENT OF NUTRITION AND DIETETICS

PARTICIPANTS LIST

S.No	Timestamp	Email	NAME	INSTITUTION NAME
1.	9/4/2021 6:54	uthayangel@gmail.com	G. Uthaya	Stet
2.	9/5/2021 2:32	ssvphdragava@gmail.com	Dr.S.SINGARA VADIVEL	Swami Dayananda College of Arts and Science, Manjakkudi
3.	9/6/2021 3:33	Jeevithajeevitha376@gmail.com	Jeevitha. D	SENGAMALATHAYAAR EDUCATIONAL TRUST WOMENS COLLEGE
4.	9/6/2021 4:08	akamalatamil@gmail.com	Dra.Kamala	Stet women's college Autonomous sundharakottai Mannargudi
5.	9/6/2021 4:19	kavithasangami@gmail.com	Drv.KAVITHA	STET WOMEN'S COLLEGE MANNARGUDI
6.	9/6/2021 4:31	rsarumathi05@gmail.com	R.Sarumathi	S.T.E.T Women's college
7.	9/6/2021 4:33	shanthinisakthivelmkr@gmail.com	S. Shanthini	STET WOMEN'S COLLEGE
8.	9/6/2021 4:53	akalabi032@gmail.com	A. Abinaya	Stet
9.	9/6/2021 5:04	archanamuruganant ham20@gmail.com	Archana M	STET
10.	9/6/2021 7:56	thillai.stet@gmail.com	Dr.K.Thillaiyadi Valliyammai	STET Women's College Autonomous sundarakkottai Mannargudi
11.	9/6/2021 10:08	vidhyajayabal2611@gmail.com	Vidhya. J	STET WOMEN'S COLLEGE MANNARGUDI
12.	9/6/2021 10:53	anithaocsqa@gmail.com	Dr.R.ANITHA	SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE (AUTONOMOUS)
13.	9/6/2021 10:55	P.sathiyabcom@gmail.com	P.Sathya	S.T.E.T Women's College(Autonomous)
14.	9/6/2021 16:18	vemburamachandran@gmail.com	Dr K.Vembu	STET Women's College.
15.	9/6/2021 16:25	malathi1378@gmail.com	Dr.R.Malathi	Sengamala Thayer Educational Trust women's college mannargudi

DETAILS OF PARTICIPANTS



**SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE
(AUTONOMOUS)**

(Accredited by NAAC| An ISO 9001:2015 Certified Institution)

SUNDARAKKOTTAI, MANNARGUDI-614 016.



TAMILNADU, INDIA

DEPARTMENT OF NUTRITION AND DIETETICS

PARTICIPANTS LIST

S.No.	Timestamp	Email	NAME	INSTITUTION NAME
16.	9/6/2021 16:41	p20110012iswarya.m@gmail.com	M. Iswarya	STET women's college (Autonomous) Mannargudi
17.	9/6/2021 16:51	P2011005aparna.r.s.@ gmail.com	R.S.Aparna	STET WOMEN'S COLLEGE
18.	9/6/2021 18:02	kalyaniraja898@gmail.com	T. Yanika	STET WOMEN'S COLLEGE (A)
19.	9/6/2021 18:09	p20110018shalini.n@gmail.com	N.Shalini	STET women College
20.	9/6/2021 18:21	P20110003ABIRAMIL.p@gmail.com	P. Abirami	STET women's college mannargudi.
21.	9/6/2021 18:25	rajmohankavitha27@gmail.com	R.Priyadharshini	BHARATH COLLEGE OF SCIENCE AND MANAGEMENT
22.	9/6/2021 18:48	tnpreethika1@gmail.com	M	M.Nandhini
23.	9/6/2021 18:54	aaribahussain@gmail.com	Aariba. S	Thassim Beevi Abdul Kader College for Women, Kilakarai, Ramanathapuram
24.	9/6/2021 19:32	sarisank89@gmail.com	Saritha D	Stet women's college. Mannargudi
25.	9/6/2021 19:45	vijiharisenthil@gmail.com	Ms. R. Vijayalakshmi	STET Women's College Mannargudi
26.	9/6/2021 19:55	mahikumar27383@gmail.com	R.Maheswari	S.T.E.T Women's College (Autonomous)
27.	9/6/2021 20:38	Subaamirthalingam31@gmail.com	V.Suba	KHADIR MOHIDEEN COLLEGE, ADIRAMPATTINAM
28.	9/6/2021 20:51	vijivvnithin@gmail.com	C.Vijayasanthi	STET Women's College (Autonomous), Mannargudi
29.	9/6/2021 20:53	7cb19s410302atchu@gmail.com	Atchaya.K	Sengamala thayaar educational trust institution.
30.	9/6/2021 20:54	azhika2000@gmail.com	Ashika V	Sengamala Thayar Education and trust women's College (autonomous)

CERTIFICATE



SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE
(AUTONOMOUS)

(Accredited by NAAC) (An ISO 9001:2015 Certified Institution)

SUNDARAKKOTTAI, MANNARGUDI-614 016.

TAMILNADU, INDIA



DEPARTMENT OF NUTRITION AND DIETETICS

WEBINAR CERTIFICATE



REPORT



**SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE
(AUTONOMOUS)**

(Accredited by NAAC) (An ISO 9001:2015 Certified Institution)

SUNDARAKKOTTAL, MANNARGUDI-614 016.

TAMILNADU, INDIA



DEPARTMENT OF NUTRITION AND DIETETICS

ONE DAY ONLINE WEBINAR "MALNUTRITION, BURDEN, CHALLENGES AND MEANS TO COMBAT" -REPORT

One day online Webinar on "Malnutrition, Burden, Challenges and means to Combat" was organized on 07.09. 2021. Dr. R.Bhuvaneshwari, Child Development Project Officer, Integrated Child Development Services, Koradachery, Tiruvarur(Dt) delivered valuable information on the importance of nutrition to combat malnutrition and ways to eradicate malnutrition in the community. 169 beneficiaries were participated.

Head of the Department
Department of Nutrition and Dietetics
S.T.E.T. Women's College (Autonomous)
Mannargudi - 614 016


Principal
Sengamala Thayaar Educational Trust
Women's College, (Autonomous)
Mannargudi.

STUDENT'S EXNORA


WEBINAR ON "ENHANCING ENVIRONMENTAL AWARENESS FOR FUTURE SCENARIO" -

19.10.2021

INVITATION



SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE
(AUTONOMOUS)
(Accredited by NAAC)
(An ISO 9001 : 2015 Certified Institution)
SUNDARAKKOTTAI, MANNARGUDI - 614016, TAMILNADU, S.INDIA
stetexnora@gmail.com



STUDENTS' EXNORA

Webinar Invitation



Sengamala Thayaar Educational Trust Women's College
(Autonomous) Mannargudi, Thiruvavur DIST., TN.
(Affiliated to Bharathidasan University, Tiruchirappalli)
(Accredited by NAAC)
Recognized by UGC under Section 2(f) & 12 (B) & ISO 9001:2015 Certified Institution



STUDENTS' EXNORA
Organizes Webinar on
ENHANCING ENVIRONMENTAL AWARENESS FOR FUTURE SCENARIO
Resource Person

Patron
Dr.S.Amudha
Principal
STET Women's College (Autonomous),
Mannargudi.

Organizing Coordinators
Dr.S.Geetha,M.B.A.,M.Phil.,Ph.D.,
Assistant Professor,
Department of Business Administration,
STET Women's College (Autonomous),
Mannargudi.

Ms. J.Vimala
Assistant Professor,
Department of Chemistry,
STET Women's College (Autonomous),
Mannargudi.



Ms.C. Radha M.Sc.,M.B.A., (Ph.D)
Head & Assistant Professor
Department of Obstetrics & Gynecological Nursing,
Kargaga Vinayaga College of Nursing,
Pudukkottai

Date: 19.10.2021

Time: 11.00 a.m. to 12.00p.m.

Registration Link:
<https://forms.gle/5RteQ4mpEAvwVre60>

Google Meet Link:
<https://meet.google.com/yhp-ytr-ubp>



DETAILS OF PARTICIPANTS

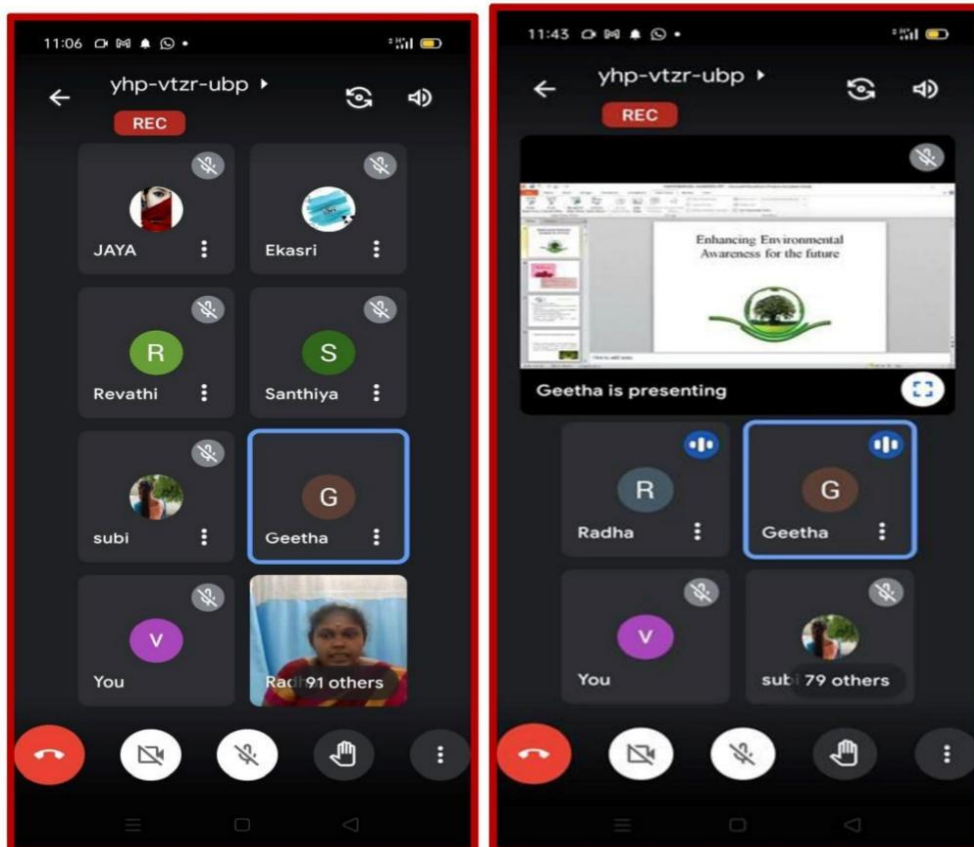


SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE
(AUTONOMOUS)
(Accredited by NAAC)
(An ISO 9001 : 2015 Certified Institution)
SUNDARAKKOTTAI, MANNARGUDI – 614016, TAMILNADU, S.INDIA
stetexnora@gmail.com




STUDENTS' EXNORA

Participants List



DETAILS OF PARTICIPANTS




SENGAMALA THAYAR EDUCATIONAL TRUST WOMEN'S COLLEGE
(AUTONOMOUS)
(Accredited by NAAC)
(An ISO 9001: 2015 Certified Institution)
SUNDARAKKOTTAI, MANNARGUDI – 614016, TAMILNADU, S.INDIA
stetexnora@gmail.com

STUDENTS' EXNORA

Participants List

	A	B	C	D	E	F	G	H	I	J
1	Email Address	Full Name	Department (Department Name of the Institution							
20	1205suvetha@gmail.com	Suvetha D	B b a	Stet women's college			6383823442			
21	katedevi@stet.edu.in	Dr S KALADEVI	DEPARTMENT OF TAMI SENGAMALA THAYAR				9655410206			
22	cutesafine2@gmail.com	A M THAFSHILA AAFR	Department of Biochemi	S T E T Women's Collg			0980212897			
23	Sindrusi12042002@gmail.com	M sindru	Computer science	STET			7700672613			
24	gprasanakarthi@gmail.com	Dr G Prasanna	Department of Biochemi	S T E T Women's College			9406590213			
25	sabithaabinna45@gmail.com	S. Sabina	Biochemistry	Sengamala Thayar educa			9629491002			
26	calidubutina461@gmail.com	S. Sabina	1st year bio chemistry	Sengamala Thayar educa			9629491002			
27	rahakishanpriya@gmail.com	Pritha R	DEA	Stet			9344368562			
28	harsanathu25@gmail.com	N. Harsha	1st Biochemistry	Sengamala Thayar Edu			9080042396			
29	poorjavaradivel26@gmail.com	P. Poorja	Biochemistry	STET women's college (9363203697			
30	Aarthibaskar333@gmail.com	B. Arthi	B.Sc. Biochemistry	STET women's college (8098375665			
31	raavikashika@gmail.com	R. Rashiika	II - BBA -A	STET women's college			7700802465			
32	harsanathu25@gmail.com	N. Harsha	1st Biochemistry	Sengamala Thayar Edu			9080042396			
33	prinyapal311@gmail.com	K. Priyanka	Bba	Stet(Autonomous)			6383436273			
34	kavya26@gmail.com	Kavya J	BBA	STET			9751007887			
35	boomikaboomika182@gmail.com	A. Boomika	B.sc biochemistry	STET women's college (8540061012			
36	kavya200411@gmail.com	K.Kavyadharshini	Biochemistry	STET Women's college			6369371463			
37	abhinavstet2020@gmail.com	A. Abinaya	Assistant professor depa	STET women's college a			9943065090			
38	dharsanipalodolka@gmail.com	Desika A	Computer science	Stet women's college			7094368100			

	A	B	C	D	E	F	G	H	I	J
1	Email Address	Full Name	Department (Department Name of the Institution							
2	stetexnora@gmail.com	Dr S Geetha	Department of Business	Sengamala Thayar Edu			7598420114			
3	cb190219285vakkalswa Vakkalswar R		BBA	STET			6379138611			
4	sabithaabinna182@gmail.com	S. Sabitha	Business administration	Sengamala thayar			6379138611			
5	cb190219227aarthipal@gmail.com	Aarthi P	Business administration	STET			7505458445			
6	kaladivithanumangal@gmail.com	Dr S KALADEVI	DEPARTMENT OF TAMI SENGAMALA THAYAR				9655410206			
7	krubadurga2003@gmail.com	J. Krubadevi	BBA- A	STET			7603829191			
8	cb190219285vakkalswa Vakkalswar R		BBA	STET			6379138611			
9	vimalasate@gmail.com	T. Vimala	CHEMISTRY	S T E T Women's College			9442004886			
10	cb190219277sunithashini@gmail.com	S. sunithashini	BBA	Stet			9360836494			
11	swamyia9704@gmail.com	R. swamyia	BBA A	STET women's college			9342298772			
12	ashikaramalingam2003@gmail.com	R. Ashika	BBA-A/section	STET Women's college			9344322655			
13	santhiyasankar05@gmail.com	S. Santhiya	BBA	Stet			9643315293			
14	sabithaabinna182@gmail.com	S. Sabitha	Business administration	Sengamala thayar educ			6379138611			
15	abhinavi17@gmail.com	R. Abhinaya	II BBA -A	Stet women's college			9944663564			
16	swamyia9704@gmail.com	R. swamyia	BBA, A	STET Women's college			9342298772			
17	durgadurga08977@gmail.com	N. Durgadevi	B.sc Computer Science	S T E T						
18	vetthru@gmail.com	Chithra Vivanathan	BBA	STET			9300882338			
19	penje1130@gmail.com	P. penjeendharajan	Department of computer	Stet			6379138611			
20	1205suvetha@gmail.com	Suvetha D	B b a	Stet women's college			6383823442			

ATTENDANCE

SENGAMALA THAYAR EDUCATIONAL TRUST WOMEN'S COLLEGE

(AUTONOMOUS)

(Accredited by NAAC)

(An ISO 9001 : 2015 Certified Institution)

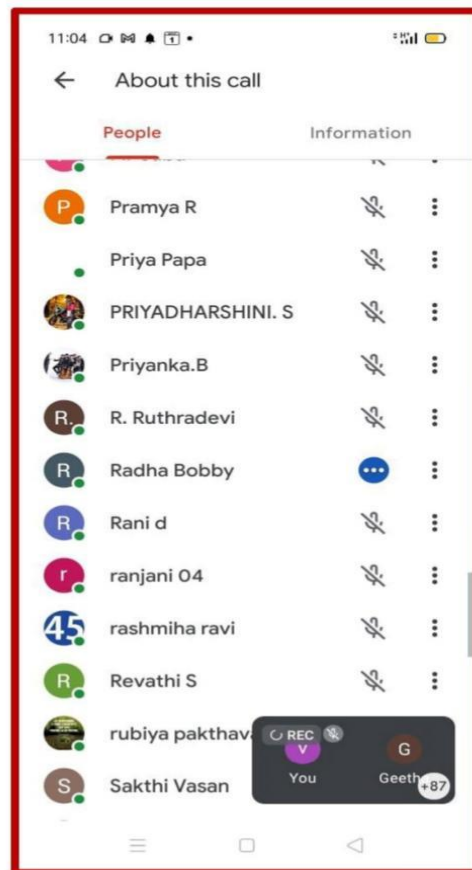
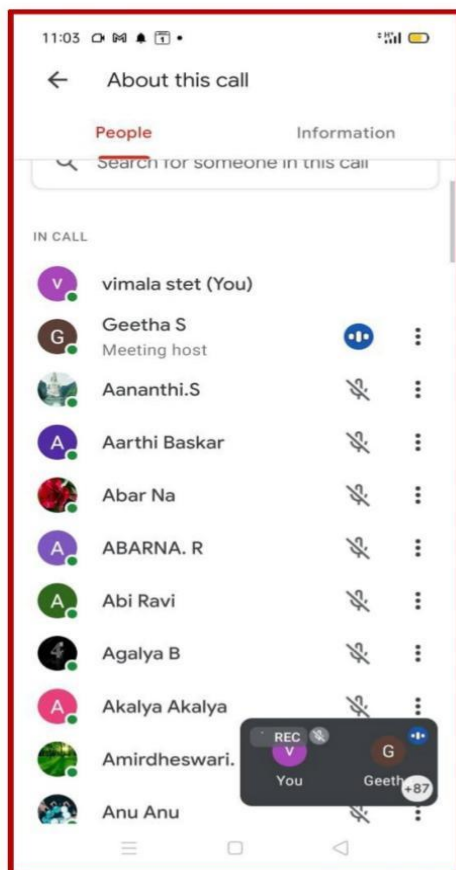
SUNDARAKKOTTAI, MANNARGUDI - 614016, TAMILNADU, S.INDIA

stetexnora@gmail.com



STUDENTS' EXNORA


Google Meet Attendance



CERTIFICATE



SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE
(AUTONOMOUS)
(Accredited by NAAC)
(An ISO 9001 : 2015 Certified Institution)
SUNDARAKKOTTAI, MANNARGUDI – 614016, TAMILNADU, S.INDIA
stetexnora@gmail.com



STUDENTS' EXNORA



SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE, (AUTONOMOUS).
(Accredited by NAAC, An ISO 9001:2015 Certified Institution), Sundarakkottai - 614016, Mannargudi, Thiruvavur
(Dt), Tamil Nadu, India.

STUDENTS' EXNORA

Certificate of Participation

This is certify that K.Subiksha , Department of Business Administration, Sengamala Thayaar Educational Trust Women's College (Autonomous) has actively participated in the webinar on **"Enhancing Environmental Awareness for future Scenario"** organized by the Students' Exnora on 19.10.2021.



Dr. S. Amudha
Principal

REPORT

SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE



(AUTONOMOUS)

(Accredited by NAAC)

(An ISO 9001 : 2015 Certified Institution)

SUNDARAKKOTTAI, MANNARGUDI - 614016, TAMILNADU, S.INDIA

stetexnora@gmail.com



STUDENTS' EXNORA

Report

Webinar on "Enhancing Environmental Awareness for future scenario"

Students Exnora, Sengamala Thayaar Educational Trust Women's College, (Autonomous) organizes webinar on "Enhancing Environmental Awareness for future scenario" on 19.10.2021 through Google Meet in which Ms. C. Radha M.Sc., M.B.A, Department of Obstetrics & Gynecological Nursing, Karpaga Viayaga College of Nursing, Pudukkottai. acted as a resource Person. She pointed out environmental awareness is to understand the fragility of our environment and the importance of its protection. Promoting environmental awareness is an easy way to become an environmental steward and participate in creating a brighter future for our students. In this programme 163 students were benefited.





PRINCIPAL
Sengamala Thayaar Educational Trust
Women's College, (Autonomous)
Mannargudi.

NATIONAL SERVICE SCHEME

DENGUE AWARENESS 22.11.2021

INVITATION

SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE
AUTONOMOUS
(Nationally Accredited by NAAC)
(An ISO 9001:2015 Certified Institution)
Sundarakkottai , Mannargudi – 614 016.Thiruvarur (Dt)



NATIONAL SERVICE SCHEME

Organize
DENGUE AWARENESS

Date: 22.11.2021
Time: 11.00 am

Place
Sundarakkottai

DETAILS OF PARTICIPANTS

PARTICIPATEDLIST



**SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE
(AUTONOMOUS)**

(Accredited by NAAC) (An ISO 9001:2015 Certified Institution)

SUNDARAKKOTTAI, MANNARGUDI-614 016.

TAMILNADU, INDIA.



NATIONAL SERVICE SCHEME

EXTENSION ACTIVITY

Title : DENGUE AWARENESS PROGRAMME

Mode : SUNDARAKKOTTAI.

Date : 22.11.2021

List of Students and Teachers Participated

S.No	Name	Class
1	M.Abirami	I-Mircobiology
2	M.Agathiya	I-Mircobiology
3	V.Keerthana	I-Mircobiology
4	K.Barkavi	I-Mircobiology
5	T.Santhiya	I-Mircobiology
6	K.Yoga	I-Mircobiology
7	T.Kamali	I-Mircobiology
8	D.EVANGELIN	I CS -A
9	D.MONISHA	I CS -A
10	J.SINDHU	I CS -A
11	K.KEERTHIKA	I CS -A
12	P.SAKTHIMAHESWARI	I CS -A
13	S.PRIYADHARSHINI	I CS -A
14	S.YOGESHWARI	I CS -A
15	R.NIRMALA	I CS -A
16	R.Abinaya 19.8.2003	I B.A English
17	M. Anuja Sri	I B.A English
18	V.Kesavi	I B.A English
19	R. Nithi Varsha	I B.A English
20	A.Ragapriya	I B.A English

DETAILS OF PARTICIPANTS

21	D.Rithanya	I B.A English
22	R.Sankavi 25.6.2003	I B.A English
23	R.Sriharshini	I B.A English
24	M.Vineka	I B.A English
25	R,Vinitha	I B.A English
26	Abaitha.A	I BA ECONOMICS
27	Anitha.A	I BA ECONOMICS
28	Balambihai.H	I BA ECONOMICS
29	Gowsalya.S	I BA ECONOMICS
30	Renuka.P	I BA ECONOMICS
31	Ruthradevi.M	I BA ECONOMICS
32	Sivanandy.V	I BA ECONOMICS
33	Vinothini.M	I BA ECONOMICS
34	Harini. P	I CS B
35	Harini.S.T	I CS B
36	Gayathri.J	I CS B
37	Keerthana.G	I CS B
38	Kaviya. T	I CS B
39	Deepika.G	I CS B
40	Janani.A	I CS B
41	Abinaya.G	I CS B
42	Priya.M	I CS B
43	Gayathri,T.	I Bio-chemistry
44	Iswarya,B.	I Bio-chemistry
45	Jenifer,S.	I Bio-chemistry
46	LakshmiPriya,S.	I Bio-chemistry
47	Madhumitha,C.	I Bio-chemistry
48	D.Vinusri	I BBA B
49	K.Piremasuri	I BBA B
50	R. Mohana priya	I BBA B
51	M. Suruthimega	I BBA B
52	A.Asha rabekka	I BBA B
53	S.Savithri	I BBA B

DETAILS OF PARTICIPANTS

54	E. Jayasindha	I BBA B
55	D. Bharathi	I BBA B
56	N.Subhadharshini	I BBA B
Staff Co-ordinators		
1.	Ms.G.GEETHA	Assistant Professor
2.	Dr.S.Kaladevi	Assistant Professor
3.	Ms.A.Prabavathi	Assistant Professor



DENGUE AWARENESS 22.11.2021

PHOTOS



REPORT



SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE
AUTONOMOUS

(Affiliated to Bharathidasan University)
(Accredited by NAAC) & (An ISO 9001:2015 Certified Institution)
SUNDARAKKOTTAI, MANNARGUDI-6140116.



TAMIL NADU, INDIA.

NATIONAL SERVICE SCHEME

REPORT OF THE EVENT

EXTENSION ACTIVITY-2021-2022

Title : Dengue Awareness Programme

Venue: Sundarakkottai

Date : 22.11.2021

The NSS units of Sengamala Thayaar Educational Trust Women's College Autonomous, Sundarakkottai organized an awareness programme on Dengue fever for the Village People. NSS Volunteers distributed Dengue Awareness pamphlet to village people. NSS Programme Officers, Mrs.G.Geetha and Mrs.Dr.S.Kaladevi, Mrs.A.Prabavathy organised the programme.

NATIONAL SERVICE SCHEME

DISTRIBUTION OF KABASURA KUDINEER

(23.11.2021)

INVITATION



SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE AUTONOMOUS
(Affiliated to Bharathidasan University, Tiruchirappalli)
(Accredited by NAAC | ISO 9001:2015 Certified Institution)
Sundarakkottai- 614 016, Mannargudi, Thiruvavur (Dt), Tamil Nadu, India.



NATIONAL SERVICE SCHEME



KAPASURA DRINKING WATER DISTRIBUTION

23.11.2021

PLACE

THAYAAR ARANGAM

TIME SCHEDULE

TIMING SCHEDULE



SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE AUTONOMOUS
(Affiliated to Bharathidasan University, Tiruchirappalli)
(Accredited by NAAC | ISO 9001:2015 Certified Institution)
Sundarakkottai- 614 016, Mannargudi, Thiruvallur (Dt), Tamil Nadu, India.



NATIONAL SERVICE SCHEME

Kapasura Drinking Water Distribution

23.11.2021

S.No.	Department	Timing
1.	B.A.,(Economics)	11.15 am to 11.30 am
2.	B.A.,(English)	11.35am to 11.45 am
3.	B.B.A.,	12.00 pm to 12.20 pm
4.	Bio-Chemistry	12.25 pm to 12.45 pm
5.	M.C.A.,	1.40 pm to 2.00 pm
6.	Chemistry	2.00 pm to 2.15 pm
7.	B. Com.,	2.20 pm to 2.30 pm
8.	Computer Science	2.30 pm to 2.45pm
9.	Mathematics	2.45 pm to 3.00 pm
10.	Microbiology	3.00 pm to 3.15pm
11.	N&D	3.15 pm to 3.25pm
12.	Physics	3.25 pm to 3.35pm
13.	M.B.A	3.35 pm to 3.45pm


Principal

PRINCIPAL

Sengamala Thayaar Educational Trust
Women's College, (Autonomous)
Mannargudi.

DETAILS OF PARTICIPANTS

PARTICIPATED LIST



SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE
(AUTONOMOUS)
(Accredited by NAAC) (An ISO 9001:2015 Certified Institution)
SUNDARAKKOTTAI, MANNARGUDI-614 016.
TAMILNADU, INDIA.



NATIONAL SERVICE SCHEME

EXTENSION ACTIVITY

Title : KABASURA DRINKING WATER DISTRIBUTION
Mode : SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S
COLLEGE AUTONOMOUS, MANNARGUDI.
Date : 23.11.2021

List of Students and Teachers Participated

S.NO.	CLASS	STRENGTH
1.	B.A.,(Economics)	30
2.	B.A.,(English)	43
3.	B.B.A.,(A)	58
4.	B.B.A.,(B)	58
5.	Bio-Chemistry	35
6.	B.C.A.,	61
7.	Chemistry	36
8.	B.Com.,(A)	61
9.	B.Com.,(B)	61
10.	B.Com.,(C)	61
11.	C.S.,(A)	65
12.	C.S.,(B)	64
13.	Mathematics (A)	70
14.	Microbiology	48
15.	N&D	40

DETAILS OF PARTICIPANTS

16.	Physics	30
17.	MBA	40
18.	MCA	40
19.	M.Sc.,Physics	25
20.	M.Sc.,Microbiology	20
21.	M.Sc.,CS	25
22.	M.Sc.,IT	34
23.	M.A.,Economics	18
24.	M.A.,English	07
25.	M.Sc., Mathematics	34
26.	M.Sc.,FSMD	20
Total		1080
Staff Co-ordinators		
27.	Ms.G.GEETHA	Assistant Professor
28.	Dr.S.Kaladevi	Assistant Professor
29.	Ms.A.Prabavathi	Assistant Professor



DISTRIBUTION OF KABASURA KUDINEER

(23.11.2021)

PHOTOS



DISTRIBUTION OF KABASURA KUDINEER

(23.11.2021)

PHOTOS



REPORT

SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE AUTONOMOUS



(Affiliated to Bharathidasan University)
(Accredited by NAAC) & (An ISO 9001:2015 Certified Institution)
SUNDARAKKOTTAI, MANNARGUDI-6140116.



TAMIL NADU, INDIA.

NATIONAL SERVICE SCHEME

REPORT OF THE EVENT

EXTENSION ACTIVITY-2021-2022

Title : KABASURA DRINKING WATER DISTRIBUTION

**Venue : Sengamala Thayaar Educational Trust Women's College Autonomous,
Sundarakkottai.**

Date : 23.11.2021

This camp conducted on 23.11.2021. NSS volunteer distributed Kabasura Water for college students, Teaching and non-teaching staff members. Totally 1080 students and 200 staff members are benefited.

NATIONAL SERVICE SCHEME

BLOOD DONATION CAMP - 30.11.2021

INVITATION

Rotary     Club No : 22652
Dist : 2981

ரோட்டரி சங்கம் மன்னார்குடி

அன்புடையீர் ! வணக்கம்.
30.11.2021 செவ்வாய்க்கிழமை காலை 10 மணியளவில் மன்னார்குடி ரோட்டரி சங்க அறக்கட்டளை வளாகத்தில் நடைபெறும் இரத்ததான முகாமில் அனைவரும் தவறாமல் கலந்துகொண்டும், இரத்ததானம் செய்தும், சிறப்பிக்குமாறு அன்புடன் கேட்டுக்கொள்கிறோம்.

இங்ஙனம்,
தலைவர் மற்றும் உறுப்பினர்கள்
ரோட்டரி சங்கம், இன்னர்வீல் சங்கம், மன்னார்குடி.
ரோட்டராக்ட் சங்கம் மற்றும் நாட்டு நலப்பணித் திட்டம்,
STET மகளிர் கல்லூரி.

தொடர்புக்கு:
9944244771
9443367066
8248801848

இரத்ததான முகாம்

நாள் : 30.11.2021 செவ்வாய்க்கிழமை, காலை 10.00 மணி.
இடம் : ஆண்டாள் வெங்கடேசன் அரங்கம், ரோட்டரி அறக்கட்டளை வளாகம், வடசேரி ரோடு, மன்னார்குடி.
தமிழரசி [எ] திருமதி, தமிழ்மணி துரைராஜ் அவர்களின்.
11 ம் ஆண்டு நினைவாக
மன்னார்குடி ரோட்டரி சங்கம்
தஞ்சை இராசா பிரகாசுநார்
அரசு மருத்துவமனை [இரத்த வங்கி]
ரோட்டராக்ட் சங்கம் மற்றும் நாட்டு
நலப்பணித் திட்டம், STET மகளிர் கல்லூரி
இன்னர்வீல் சங்கம் மன்னார்குடி, மற்றும்
Major Donor Rtn.S. துரைராஜ் கரும்பத்தினர்
இணைந்து நடத்தும்
இரத்ததான முகாம்

அமிர்தம் ஆப்செட், மன்னை. செல் : 9443402410

DETAILS OF PARTICIPANTS

PARTICIPATED LIST



**SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE
(AUTONOMOUS)**

(Accredited by NAAC) (An ISO 9001:2015 Certified Institution)

SUNDARAKKOTTAI, MANNARGUDI-614 016.

TAMILNADU, INDIA.



NATIONAL SERVICE SCHEME

EXTENSION ACTIVITY

Title : BLOOD DONATION CAMP
Venue : ROTARY CLUB, MANNARGUDI.
Date : 30.11.2021.

List of Students and Teachers Participated

SL.NO	NAME	CLASS
1	PRAVEENA R	II CS C
2	M.AGATHIYA	II-MIRCOBIOLOGY
3	M.ANNAPOORANI	II B.C.A
4	P.SARANYA	II BCA
5	T.SANTHIYA	II-MIRCOBIOLOGY
6	K.YOGA	II-MIRCOBIOLOGY
7	T.KAMALI	II-MIRCOBIOLOGY
8	D.EVANGELIN	II CS -A
9	D.MONISHA	II CS -A
10	M.KASTHURI	II B.SC CHEMISTRY
11	S.DEEPIKA	II B.SC CHEMISTRY
12	P.SAKTHIMAHESWARI	II CS -A
13	S.PRIYADHARSHINI	II CS -A
14	S.YOGESHWARI	II CS -A
15	R.NIRMALA	II CS -A
16	R.ABINAYA 19.8.2003	II B.A ENGLISH
17	M. ANUJA SRI	II B.A ENGLISH
18	V.KESAVI	II B.A ENGLISH
19	HARIPRIYA.K	II B.COM A
20	JANANI.V.S	II B.COM A
21	D.RITHANYA	II B.A ENGLISH
22	R.SANKAVI 25.6.2003	II B.A ENGLISH
23	LAVANYA.P	II.BCOM.B
24	PAVITHRA.S	II.BCOM.B
25	R.VINITHA	II B.A ENGLISH
26	DHASPANA.V	II MATHS A
27	DIVYA.E	II MATHS A

DETAILS OF PARTICIPANTS

28	ATCHAYA.S	II PHYSICS
29	BAVIYASREE.R	II PHYSICS
30	KARTHIKADEVI. A	II.B.SC.,N&D
31	LAVANYA.D	II B.SC.,N&D
32	SIVANANDY.V	II BA ECONOMICS
33	VINOTHINI.M	II BA ECONOMICS
34	HARINI. P	II CS B
35	HARINI.S.T	II CS B
36	G.EKASRI	II BBA A
37	K. MAHALAKHMI	II BBA A
38	KAVIYA. T	II CS B
39	DEEPIKA.G	II CS B
40	JANANI.A	II CS B
41	ABINAYA.G	II CS B
42	PRIYA.M	II CS B
43	D.VINUSRI	II BBA B
44	ISWARYA,B.	II -CHEMISTRY
45	JENIFER,S.	II BIO-CHEMISTRY
46	LAKSHMIPRIYA,S.	II BIO-CHEMISTRY
47	MADHUMITHA,C.	II BIO-CHEMISTRY
48	DHARANIK	II MATHS B
49	K.PIREMASURI	II BBA B
50	R. MOHANA PRIYA	II BBA B



BLOOD DONORS NAME LIST

Date: 30.11.2021

S. No.	Student Name	Class /Designation
1.	G.Geetha	Assistant Professor of Computer Science
2.	S.Keerthika	Assistant Professor of Computer Science
3.	Dr.D.Supulakshmi	Assistant Professor of Commerce
4.	Dr.S.Kala Devi	Assistant Professor of Tamil
5.	S. Nirai Mathi	I BBA A
6.	S.Gowthami	II M.Sc., CS
7.	S.Seethala	II M.Sc., CS
8.	K.R.Geethanajali	I MCA
9.	M.Lavanya	I MCA

BLOOD DONATION CAMP - 30.11.2021

PHOTOS



APPRECIATION CERTIFICATE



தேசிய தன்னார்வ

இரத்ததானா

நாள்

பரமபூசு சான்றிதழ்

2022ஆம் ஆண்டு அரசு கிரத்த வங்கிகளுக்கு கிரத்ததான முகாம்கள் நடத்திக் கொடுத்து தேவைப்படும் நோயாளிகளுக்கு கிரத்தம் அளித்து அவர்கள் வாழ்வை ஒளிர்ச் செய்ததற்காக

தசபீதமலத்தாயார் கவினி அறக்கட்டளை
மன்னார் கல்யாணி (தன்னாட்சி), மன்னார்குடி.

என்கின்ற அமைப்பை மனதாரப் பாராட்டுகின்றோம்.

அவர்களின் சேவை மேலும் தொடர கீதயபூர்வமான எங்கள் வரல்துக்களை தெரிவித்துக் கொள்கின்றோம்

Certificate of Appreciation

We are pleased to appreciate the noble gesture of
Sengamala Theyyar Educational Trust women's
College (Autonomous), Mannargudi
for organizing a Voluntary Blood Donation Camp for the year 2022.
This noble gesture shown by your organization towards the needy and
dying patients of Govt. Hospitals is commendable.


மா.வெ.முருகன்
தஞ்சாவூர்


மருத்துவமனையின்
தஞ்சாவூர்.

தமிழ்நாடு மாநில குருதி பரிமாற்றக் குழுமம்
மற்றும்
தமிழ்நாடு மாநில எய்ட்ஸ் கட்டுப்பாடு சங்கம்



DONATE BLOOD SAVE LIFE

BLOOD DONATION CAMP - 30.11.2021

BLOOD DONATION CAMP

Place: Rotary Club

Date:30.11.2021

we are appreciate the excellent arrangement made by sengamala
Thayaar Educational Trust Women's College Autonomous,
Sundarakkottai, Mannargudi of NSS coordinators and Volunteers for
their total cooperation and look forward to the same kind of support
in future.

G. Pradevi
30/11/2021

MEDICAL OFFICER,
Blood Bank,
Govt. R.M. Hospital,
THAIJAMUR.

BLOOD DONATION CAMP - 30.11.2021

CERTIFICATE



பாராட்டுச் சான்றிதழ்

திரு / திருமதி / செல்வி**சு. கீதா**..... அவர்கள் உயிருக்குப் போராதும் நோயாளிகளுக்கு உயிர் கொடுத்துதவும் வகையில், தானாகவே முன்வந்து நன்கொடையாக இரத்தத்தை அளித்துள்ளார், அவருடைய இந்தச் சிறந்த செயலினைப் போற்றும் விதத்தில் பாராட்டுச் சான்றிதழ் வழங்கப்படுகிறது.

இரத்தத்தை நன்கொடையாக வழங்குவவருக்கு, இதனால் எவ்வித தீங்கும் நேராது என்பதையும் பிறிதோர் உயிரைக் காப்பாற்றும் நற்பேறு பெற்றவர் ஆகிறார் என்பதையும் இவருடைய செயல் தெளிவாகப் புலப்படுத்துகிறது.

இவரது மானுடப்பணி மிகுந்த பாராட்டுக்குரியதாகும்.

Certificate of Appreciation

Thiru / Tmt. / Miss**சு. கீதா**..... is awarded this certificate of honour with hearty congratulations and sincere appreciation for his / her voluntary blood donation in service to suffering patients.

He / she has rendered a splendid Social Service of High Order.

Grateful thanks are given for his/her noble gesture

BLOOD GROUP: B+ve

DONATED ON: 30/11/2021



A. P. S. S.
Blood Bank Medical Officer
MEDICAL OFFICER,
Blood Bank,
Govt. R. V. Hospital,
Tiruvallur.



TAMIL NADU STATE AIDS CONTROL SOCIETY
&
TAMIL NADU STATE BLOOD TRANSFUSION COUNCIL



417, Pantheon Road, Egmore, Chennai - 600 008.
Website : www.tngovbloodbank.in / email : bloodsafetytansacs@gmail.com

REPORT

SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE
AUTONOMOUS



(Affiliated to Bharathidasan University)
(Accredited by NAAC) & (An ISO 9001:2015 Certified Institution)
SUNDARAKKOTTAI, MANNARGUDI-6140116.



TAMIL NADU, INDIA.

NATIONAL SERVICE SCHEME

REPORT OF THE EVENT

EXTENSION ACTIVITY-2021-2022

Title : BLOOD DONATION CAMP

Venue : ROTARY CLUB, MANNARGUDI.

Date : 30.11.2021

This camp conducted on 30.11.2021. The main objective of this camp was to donate blood to people in need and to create awareness. Blood campaign was conducted by Rotary club and NSS volunteers, NSS unit of STET Women's College Autonomous joined hands with this organization to donate blood to those who are in need. The Government Raja Mirasdar Hospital, Thanjavur which had come to collect blood from our college students. The programme was headed by the NSS Program officer Mrs. G.Geetha, Assistant Professor along with the assistance of the members of NSS. The purpose of this campaign was to collect blood from students who voluntarily took step to donate blood.

DEPARTMENT OF PHYSICS

ENERGY CONSERVATION DAY QUIZ-

14.12.2021

CIRCULAR



**SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE
(AUTONOMOUS)**

SUNDARAKOTTAL, MANNARGUDI – 614016

(Accredited by NAAC and ISO 9001:2015 Certified Institution)

DEPARTMENT OF PHYSICS

ONLINE QUIZ (2020-2021)

CIRCULAR

C.No :40A

Date: 11.12.2021

The department of physics has organized Online Quiz “ENERGY CONSERVATION DAY 2021” for the students and Faculties of our college on 14th December 2021. Students are asked to attend this Online quiz through URL link. The quiz link will be forwarded to all the students 14.12.2021 from 10am. Certificates will be given to the all Participants.


Date : 14.12.2021

Topic : Energy Conservation Day2021

URL link : <https://forms.gle/kAdjsJqgmQsmBaaDA>

Coordinators:

1. Ms. D.Saritha
2. Ms.A.Prabavathi


R. Raj
HEAD
PG Department of Physics
Sengamala Thayaar Educational Trust
Women's College (Autonomous)
Sundarakottal - 614 015, Mannargudi


Principal
PRINCIPAL
Sengamala Thayaar Educational Trust
Women's College (Autonomous)
Mannargudi.

DETAILS OF PARTICIPANTS



SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE

(AUTONOMOUS)

SUNDARAKOTTAL, MANNARGUDI – 614016

(Accredited by NAAC and ISO 9001: 2015 Certified Institution)

DEPARTMENT OF PHYSICS

ONLINE QUIZ (2020-2021)

PARTICIPATION LIST

S.No	Email Address	Score	Student Name	Class
1.	thangathamizh678@gmail.com	50 / 100	M.Thangathamizh	3 rd physics
2.	mathubala2303@gmail.com	20 / 100	B.Madhumitha	2 Bsc
3.	Sathyasinthamani307@gmail.com	35 / 100	Sathya T	II B. Sc., physics
4.	thangathamizh678@gmail.com	90 / 100	M.Thangathamizh	3 rd physics
5.	abarnap124@gmail.com	25 / 100	ABARNA	Bsc physics
6.	ramsnega05@gmail.com	25 / 100	R.SNEGA	II BSC CS
7.	lakshmi3105k@gmail.com	65 / 100	lakshmi.k	II-CS ("A")
8.	umasaran007.s@gmail.com	30 / 100	UMAMAHESWARI. S	II B. Sc physics
9.	JAYASRISENTHIL12603@GMAIL.COM	70 / 100	JAYASRI.S	II BSC PHYSICS
10.	sakthipm11@gmail.com	45 / 100	Sakthimaheswari. P	II Year B. Sc computer science
11.	sindhuthenmozhi75@gmail.com	35 / 100	Sindhuja.S	11 CS-B
12.	aruthrasubash@gmail.com	50 / 100	Aruthra S	III B.Sc physics
13.	malathikamaraj19@gmail.com	70 / 100	Nivetha.k	2nd computer science "B"
14.	h83213@gmail.com	25 / 100	S.Swetha	III BSC PHYSICS
15.	kumarreshma965@gmail.com	60 / 100	K.Reshma	B.sc physics
16.	14durga.stet@gmail.com	50 / 100	R.Durga	II BCA
17.	aruthrasubash@gmail.com	90 / 100	Aruthra S	III B.Sc physics
18.	shaliniselvamani01@gmail.com	40 / 100	SHALINI.S	II CS B
19.	elangeshwari2002@gmail.com	35 / 100	ELANGESHWARI S	II B SC COMPUTER SCIENCE"A"
20.	nivedhap2002@gmail.com	100/100	NIVEDHA.P	III BSC PHYSICS A SEC
21.	lakshanaik23@gmail.com	40 / 100	LAKSHANA I.K.	B.Sc., Computer Science
22.	suriyars0111@gmail.com	85 / 100	S.Suriya praba	2nd BSC COMPUTER SCIENCE 'A' sec
23.	bavyaram1210@gmail.com	80 / 100	BAVIYASREE. R	II B Sc physics
24.	elangeshwari2002@gmail.com	45 / 100	ELANGESHWARI S	II B SC COMPUTER SCIENCE
25.	sathyaveeraiyan109@gmail.com	60 / 100	V.SATHYA	B.SC II-year,CS - "B"
26.	shaliniselvamani01@gmail.com	90 / 100	SHALINI.S	II CS B
27.	23kaviya.k@gmail.com	20 / 100	Kaviay.k	BCA
28.	lakshanaik23@gmail.com	85 / 100	LAKSHANA I.K.	B.Sc., Computer Science

DETAILS OF PARTICIPANTS

S.No	Email Address	Score	Student Name	Class
29.	ramanasreemani98@gmail.com	45 / 100	T. Ramanasree	Msc physics
30.	52suvetha@gmail.com	75 / 100	S.Suvetha	II BCA
31.	rrajalakshmirrajalakshmi3@gmail.com	55 / 100	RAJALAKSHMI.R	II nd CS 'A'
32.	rashmikapandiyar27@gmail.com	55 / 100	P.Rashmika	B.Sc Computer Science
33.	tamilbaskaran2002@gmail.com	55 / 100	B.TAMILSELVI	B.Sc Physics
34.	elangeshwari2002@gmail.com	100/100	ELANGESHWARI S	II B SC COMPUTER SCIENCE"A"
35.	shaliniselvamani01@gmail.com	90 / 100	SHALINI.S	II CS B
36.	23kaviya.k@gmail.com	20 / 100	Kaviya.k	BCA
37.	lakshanaik23@gmail.com	85 / 100	LAKSHANA I.K.	B.Sc., Computer Science
38.	ramanasreemani98@gmail.com	45 / 100	T. Ramanasree	Msc physics
39.	52suvetha@gmail.com	75 / 100	S.Suvetha	II BCA
40.	rrajalakshmirrajalakshmi3@gmail.com	55 / 100	RAJALAKSHMI.R	II nd CS 'A'
41.	rashmikapandiyar27@gmail.com	55 / 100	P.Rashmika	B.Sc Computer Science
42.	tamilbaskaran2002@gmail.com	55 / 100	B.TAMILSELVI	B.Sc Physics
43.	elangeshwari2002@gmail.com	100/100	ELANGESHWARI S	II B SC COMPUTER SCIENCE"A"
44.	janani.raghupriya@gmail.com	85 / 100	JANANI.C.R	II B.Sc., COMPUTER SCIENCE 'A'
45.	25lavansg@gmail.com	60 / 100	LAVANYA G	II BCA
46.	dharshini7122002@gmail.com	80 / 100	DHARSHINI. R	B. Sc. Cs." A"
47.	hariswe2731@gmail.com	80 / 100	SWETHA. K	II BSC CS A
48.	vidhya2002k@gmail.com	75 / 100	VIDHYA.K	III B.Sc.,PHYSICS A
49.	32preetha.m@gmail.com	75 / 100	M.Preetha	II Bca
50.	cinnacinna233@gmail.com	70 / 100	R.pavithra	II Bsc computer science
51.	ishubaskaran123@gmail.com	100 / 00	B.TAMILSELVI	B.SC PHYSICS
52.	nandhiniammu172@gmail.com	40 / 100	Nandhini. P	II B.Sc computer science
53.	bavithrabalusamyb@gmail.com	60 / 100	Bavithra.B	IIInd B.Sc., Chemistry
54.	kgunasekaran430@gmail.com	85 / 100	Keerthana Gunasekaran	II CS B
55.	49sneka.m@gmail.com	45 / 100	Sneka.m	2nd BCA
56.	gayathrijothi57@gmail.com	60 / 100	GAYATHRI.J	IIInd - BSC COMPUTER SCIENCE
57.	ammuswathi827@gmail.com	95 / 100	SWATHI.K	2nd CS B
58.	amithra492@gmail.com	50 / 100	AMITHRA. N	SECOND B.Sc., COMPUTER SCIENCE A
59.	sobiyaagunabal2002@gmail.com	95 / 100	Sobiya. G	III physics 'B' sec
60.	pavi58065@gmail.com	100/ 00	Pavithra.M	3rd physics'B'sec

CERTIFICATE




SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE
(AUTONOMOUS)

SUNDARAKOTTAL, MANNARGUDI – 614016

(Accredited by NAAC and ISO 9001:2015 Certified Institution)

DEPARTMENT OF PHYSICS


ONLINE QUIZ (2020-2021)




SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE (AUTONOMOUS)
Accredited by NAAC cycle-II
(An ISO 9001:2015 Certified Institution)
(Affiliated to Bharathidasan University, Tiruchirappalli)
Sundarakkottal, Mannargudi – 614 016, Thiruvavur (Dt), Tamil nadu – South India
www.stet.edu.in

CERTIFICATE OF APPRECIATION


This is to certify that *Swetha. C, B. Sc physics of Sengamalthayar trust and educational women's college sundarakottal Mannargudi* has participated in E-Quiz on the occasion of "Energy Conservation Day 2021" Organized by Department of Physics on 14.12.2021.



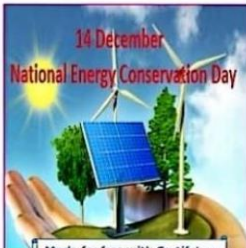
R. Retha
Convenor




Principal



Correspondent



Made for free with Certify'em




SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE (AUTONOMOUS)
Accredited by NAAC cycle-II
(An ISO 9001:2015 Certified Institution)
(Affiliated to Bharathidasan University, Tiruchirappalli)
Sundarakkottal, Mannargudi – 614 016, Thiruvavur (Dt), Tamil nadu – South India
www.stet.edu.in

CERTIFICATE OF APPRECIATION


This is to certify that *K.Reshma, B.sc physics of Sengamalthayar educational trust women's college* has participated in E-Quiz on the occasion of "Energy Conservation Day 2021" Organized by Department of Physics on 14.12.2021.



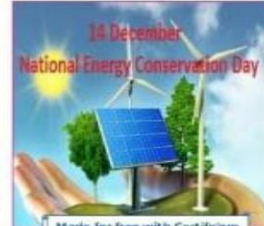
R. Retha
Convenor



Principal



Correspondent



Made for free with Certify'em

REPORT




**SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE
(AUTONOMOUS)**

SUNDARAKOTTAI, MANNARGUDI – 614016
(Accredited by NAAC and ISO 9001 – 2015 Certified Institution)

DEPARTMENT OF PHYSICS
ONLINE QUIZ (2020-2021)
REPORT

Our Department organized an E-Quiz programme entitled “E-Quiz on Energy Conservation Day 2021” on 14th December, 2021. Our Staff members Mrs.D.Saritha and Mrs.A.Prabavathi Co-ordinated this quiz programme. There were 150 students participated and received their certificates.


R. Raj
HEAD
PG Department of Physics
Sengamala Thayaar Educational Trust
Women's College (Autonomous)
Sundarakottai - 614 016, Mannargudi


Principal
PRINCIPAL
Sengamala Thayaar Educational Trust
Women's College, (Autonomous)
Mannargudi.

DEPARTMENT OF COMMERCE

GENERAL AWAENESS QUIZ ON COVID 19

27.8.2021 - 29.08.2021

BROUCHER



**SENGAMALA THAYAAR EDUCATIONAL TRUSTWOMEN'S COLLEGE
(AUTONOMOUS)**

(Accredited by NAAC) (An ISO 9001:2015 Certified Institution)

SUNDARAKKOTTAI, MANNARGUDI-614 016

TAMILNADU, INDIA.

DEPARTMENT OF COMMERCE

Quiz Broucher

Respected Sir/ Madam,

Greetings from PG and Research Department of Commerce, S.T.E.T. Women's College (Affiliated to Bharathidasan University, Tiruchirappalli) Recognized by UGC under section 2(f) & 12(B), (Accredited by NAAC), An ISO 9001:2015 Certified Institution), Sundarakkottai, Mannargudi, Thiruvavur- 614016, Tamil Nadu, India Organise

"GENERAL AWARENESS ONLINE QUIZ ON COVID-19"

NO REGISTRATION FEE:

E-Certificate will be issued to the Participants those who secured 40% and above.

Event Date: 27.08.2021 to 29.08.2021

Kindly motivate your Faculties, Research Scholars and Students to participate in this Quiz.

Quiz link:

<https://forms.gle/TuKTVkh3Q8CtTgeZ9>

Thank you for your participation.

With Regards,
Dr.S.Amudha, Principal.
Dr.B.Kayathiribai, Assistant Professor & Head.

Quiz Co-ordinator,
Dr.D.Supulakshmi,
Assistant Professor,
P.G.and Research Department of Commerce,
S.T.E.T. Women's College,
Sundarakkottai, Mannargudi, Thiruvavur - 614016, Tamil Nadu, India,
abinavsupulakshmi@gmail.com,
9344219803

Note:

Participants to enter your correct Email, Full name, Designation, and Name of the Institution to ensure Prompt Delivery of your Certificates.

B.Kayathiribai
Dr. B. KAYATHIRIBAI, M.Com, M.Phil, Ph.D.
Head of the Department
PG & Research Department of Commerce
S.T.E.T. Women's College (Autonomous)
MANNARGUDI - 614 016, TNR (Dg)

DETAILS OF PARTICIPANTS



SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE (AUTONOMOUS)

(Accredited by NAAC) (An ISO 9001:2015 Certified Institution)
SUNDARAKKOTTAI, MANNARGUDI-614 016
TAMILNADU, INDIA.

DEPARTMENT OF COMMERCE

ATTENDANCE


S.No	Email Address	Score	NAME	CLASS/DESIGNATION	INSTITUTION NAME
1	abinavsupulakshmi@gmail.com	100 / 100	Dr.D. Supulakshmi	Assistant Professor of Commerce	S. T. E. T Women's College (Autonomous) Mannargudi
2	rojaajpara0915@gmail.com	40 / 100	Ra. Rojaa	M. Com	STET women's College
3	arasumathi158@gmail.com	75 / 100	T.Arasumathi	M.com	STET women's college mannargudi
4	jp979131@gmail.com	100 / 100	M.Jayapriya	M.com	STET Women's College, Mannargudi
5	balavbala261@gmail.com	100 / 100	B.sridevi	IIMcom commerce	STET women's collage
6	abinayaabi203@gmail.com	100 / 100	S. Abinaya	M.com	S.T.E.T women's college Sundarakkottai
7	kavyakaman43@gmail.com	100 / 100	K.Kavya	M.com	STET Women's Educational Trust
8	nishamary56@gmail.com	85 / 100	M.Nishamary	II M.Com Commerce	STET woman's college sundarakkottai.
9	vennila2212vennila@gmail.com	70 / 100	L.Vennila	II M.com	STET.WOMEN'S COLLEGE MANNARGUDI
10	dhanrajabi56@gmail.com	100 / 100	D. Abinaya	M.Com	STET Women's College
11	aarthiaarthi1503@gmail.com	30 / 100	R.Aarthi	M.com/Student	Sengamala Thayaar Educational Trust Women's College
12	vemburamachandran@gmail.com	100 / 100	DR K.Vembu	Asst professor in Commerce	STET Women's College, Mannargudi.
13	gdsipriyadharshini@gmail.com	100 / 100	S.priyadharshini	M.com	Stet
14	amaleamulraj@gmail.com	100 / 100	ANNAMMAL J	Assistant professor	S.T.E.T.WOMEN'S COLLEGE MANNARGUDI
15	aarthiramesh593@gmail.com	100 / 100	Aarthi.R	M.Com	Sengamala thaayar Education Trust Women's College ,Sundarakottai
16	kuzhalibala9697@gmail.com	100 / 100	S.THAZHUKUZHALI	Assistant professor of Commerce	STET WOMEN'S COLLEGE (AUTONOMOUS)MANNARGUDI
17	kmsrisakthi@gmail.com	95 / 100	K.srisakthi	M com	Sengamala Thayaar Educational Trust Womens College Mannargudi
18	priyadharshinem@gmail.com	100 / 100	M.priyadharshinie	1st M.com	Sengamala thaayar educational trust women's college. Sundarakottai
19	tmaruvarasi2001@gmail.com	100 / 100	T. Maruvarasi	M.com	Stet women's college
20	drajkumar9663@gmail.com	100 / 100	Dr. S.Rajkumar	Assistant Professor of Commerce	M.R. Government Arts College Mannargudi

Bkayathiribai Sai

Dr. B. KAYATHIRIBAI, M.Com., M.Phil., Ph.D.,
Head of the Department
PG & Research Department of Commerce
S.T.E.T Women's College (Autonomous)
MANNARGUDI - 614 001, TVR (D).

DETAILS OF PARTICIPANTS

21	2007019janani@gmail.com	85 / 100	V.S.Janani	I B.COM	S.T.E.T Women's collage
22	dhanusrikj123@gmail.com	50 / 100	K.Dhanusri	II-B.COM-C	Sengamala Thayaar Educational Trust Women's College
23	2007021kaleeswari@gmail.com	70 / 100	S.Kaleeswari	2nd Bcom	Sengamala thaayar Educational trust womens college
24	kariyaganesan372@gmail.com	60 / 100	M.G.Kariya	3rd.b.com	SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE (AUTONOMOUS) MANNARGUDI
25	priyavadhana35@gmail.com	75 / 100	M. Priyavadhana	Bcom	STET
26	settusekar53@gmail.com	95 / 100	R.VAISHNAVI	I M.COM	Stet women's college sundarakottai mannarkudi
27	muhsinahmesknr141@gmail.com	70 / 100	Muhsin	BE	Dhanish Ahamed
28	rajramya96570@gmail.com	15 / 100	RAMYA M	II B.com C	STET WOMEN'S COLLEGE SUNDARAKKOTTAI
29	wassee.s1402@gmail.com	95 / 100	S. Waseema	Bcom	Sengamalathaayar Educational Trust
30	shahana7dawood@gmail.com	40 / 100	SHAHANA	I B.COM	SENGAMALA THAYAR EDUCATIONAL TRUST
31	jsnathanjsnathan@gmail.com	85 / 100	S.Dharshna	B.COM	STET Womens college
32	cragini2000@gmail.com	100 / 100	Ragini C	I M.com	Sengamala Thayaar Educational Trust Women's College (Autonomous) Mannargudi
33	kayalvizhi16@gmail.com	70 / 100	Kayalvizhi.H	II B.com	Sengamala thayaar women's educational trust college
34	infandajoselinpreethijohnson@gmail.com	75 / 100	INFANDA JOSELIN PREETHI J	II B. COM / Student	Sengamala Thayaar Educational Trust Women's College (Autonomous) Mannargudi
35	karthigeswari7@gmail.com	70 / 100	KARTHIGESHWARI B	III b. Com c	STET WOMENS COLLEGE
36	sangari642@gmail.com	40 / 100	V. Sivasangari	B. SC. Microbiology	University
37	vijaynithin@gmail.com	100 / 100	C.VJAYASANTHI	ASSISTANT PROFESSOR	STET WOMEN'S COLLEGE (AUTONOMOUS), MANNARGUDI
38	gayathnikam3@gmail.com	100 / 100	Deepamani.K	M.Com /Student	STET women's college - Mannargudi.
39	nithyasri5071@gmail.com	100 / 100	H.Nithyasri	II-B.Com-C	Sengamala thayaar educational trust women's college
40	muhibbina8@gmail.com	95 / 100	Muhibbina Jesra K	B.com	Stet
41	sathyakarthykeyan02@gmail.com	95 / 100	Sathiya k	II B.com	Stet


Dr. B. KAYATHIRIBAI, M.Com., M.Phil., Ph.D.
 Head of the Department
 PG & Research Department of Commerce
 S.T.E.T Women's College (Autonomous)
 MANNARGUDI - 614 001, TVR (Dt).

DETAILS OF PARTICIPANTS


42	sivaranjinasokan1012@gmail.com	90 / 100	A.sivaranjani	B.com	A.sivaranjani
43	selvamabinaya678@gmail.com	30 / 100	S.Abinaya	MBA	STET women's college
44	priyadharshini.kanikalan23@gmail.com	100 / 100	K. Priyadharshini	II bcom C	Stet
45	abinayaselvam142003@gmail.com	100 / 100	.	2	.
46	sameeras1016@gmail.com	80 / 100	L. Sameera banu	II BCOM C	Sengamala Thayaar Educational Trust Women's College
47	kuralmozhi03@gmail.com	65 / 100	Kuralmozhi.R	II-BCOM-C	STET WOMEN'S COLLEGE (AUTONOMOUS) , MANNARGUDI
48	2007052sriabinaya@gmail.com	65 / 100	Sri Abinaya. P	II B.Com A	Sengamala Thayar Women's Educational Trust manarkudi
49	2007037priyahanini@gmail.com	70 / 100	N.Priyahanini	2-B.com-A	Sengamala thayaar trust women's college
50	ravipriyanka2003@gmail.com	70 / 100	R.Priyanka	II B.Com C	STET women's college , Sundharakottai.
51	krishnapriya3018@gmail.com	100 / 100	Krishnapriya	II-b.com"C"	Sengamala thayaar educational trust womens college
52	hafsahumar312@gmail.com	45 / 100	U.hafsahsireen	Bsc microbiology	Stet
53	raghaviramachandran10@gmail.com	100 / 100	R.Raghavi	II B.COM C	STET Women's College
54	sathyaveerapandian2002@gmail.com	85 / 100	Sathya V	II B.Com C	STET women's college
55	gskanmani9@gmail.com	100 / 100	G. S. kanmani	2 nd B. Com	SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE
56	kan98619@gmail.com	35 / 100	K.kanmani	UG 2 year	B.com
57	2004029lathifa@gmail.com	65 / 100	U.Lathifa	II B.SC Microbiology	Sengamalathayar women's college, Mannargudi
58	susmithabaskar6@gmail.com	100 / 100	Susmitha .B	II B.com C	STET
59	2004018jabirina@gmail.com	70 / 100	J.Jabirina	B.Sc.Microbiology	Sengamala Thayaar Educational Trust Women's College, Mannargudi
60	nithyasrip1306@gmail.com	70 / 100	P. Nithyasri	II-maths -A	Stet women's college. Mannargudi .
61	sathyaveera686@gmail.com	100 / 100	Sathya V	II B.Com	STET women's college
62	rgowc155@gmail.com	80 / 100	R. Gowsalya	II MSc Computer Science, Student	Sengalamala Thayaar Educational Trust Women's College Autonomous, Mannargudi
63	k.panner10@gamil.com	100 / 100	P.pavithra	I.M.com	sengamala thayaar educational trust women's college
64	jesijeni440@gmail.com	55 / 100	J. JENIFER MARY	II M.sc IT	STET women's college

Bkayathir Sai

Dr. B. KAYATHIRIBAI, M.Com., M.Phil., Ph.D.,
Head of the Department
PG & Research Department of Commerce
S.T.E.T Women's College (Autonomous)
MANNARGUDI - 614 001, TVR (Dt).

DETAILS OF PARTICIPANTS

42	sivaranjiniaskan1012@gmail.com	90 / 100	A.sivaranjani	B.com	A.sivaranjani
43	selvamabinaya678@gmail.com	30 / 100	S.Abinaya	MBA	STET women's college
44	priyadharshinikankalan23@gmail.com	100 / 100	K. Priyadharshini	II bcom C	Stet
45	abinayaselvam142003@gmail.com	100 / 100		2	
46	sameeras1016@gmail.com	80 / 100	L. Sameera banu	II BCOM C	Sengamala Thayaar Educational Trust Women's College
47	kuralmozhi03@gmail.com	65 / 100	Kuralmozhi.R	II-B.COM-C	STET WOMEN'S COLLEGE (AUTONOMOUS), MANNARGUDI
48	2007052sriabinaya@gmail.com	65 / 100	Sri Abinaya. P	II B.Com A	Sengamala Thayar Women's Educational Trust manarkudi
49	2007037priyahanini@gmail.com	70 / 100	N.Priyahanini	2-B.com-A	Sengamala thayaar trust women's college
50	ravipriyanka2003@gmail.com	70 / 100	R.Priyanka	II B.Com C	STET women's college , Sundharakottai.
51	krishnapriya3018@gmail.com	100 / 100	Krishnapriya	II-b.com"C"	Sengamala thayaar educational trust womens college
52	hafsahumar312@gmail.com	45 / 100	U.hafsahsireen	Bsc microbiology	Stet
53	raghaviramachandran10@gmail.com	100 / 100	R.Raghavi	II B.COM C	STET Women's College
54	sathyaveerapandian2002@gmail.com	85 / 100	Sathya V	II B.Com C	STET women's college
55	gskanmani9@gmail.com	100 / 100	G. S. kanmani	2 nd B. Com	SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE
56	kan98619@gmail.com	35 / 100	K.kanmani	UG 2 year	B.com
57	2004029lathifa@gmail.com	65 / 100	U.Lathifa	II.B.SC.Microbiology	Sengamalathayar women's college, Mannargudi
58	susmithabaskar6@gmail.com	100 / 100	Susmitha .B	II B.com C	STET
59	2004018jabinina@gmail.com	70 / 100	J.Jabinina	B.Sc.Microbiology	Sengamala Thayaar Educational Trust Women's College, Mannargudi
60	nithyasrip1306@gmail.com	70 / 100	P. Nithyasri	II-maths -A	Stet women's college. Mannargudi .
61	sathyaveera686@gmail.com	100 / 100	Sathya V	II B.Com	STET women's college
62	rgowc155@gmail.com	80 / 100	R. Gowsalya	IIMSc Computer Science, Student	Sengalamala Thayaar Educational Trust Women's College Autonomous, Mannargudi
63	k.panner10@gamil.com	100 / 100	P.pavithra	I.M.com	sengamala thayaar educational trust women's college
64	jesijeni440@gmail.com	55 / 100	J. JENIFER MARY	II M.sc IT	STET women's college


Dr. B. KAYATHIRIBAI, M.Com., M.Phil., Ph.D.,
 Head of the Department
 PG & Research Department of Commerce
 S.T.E.T Women's College (Autonomous)
 MANNARGUDI - 614 001, TVR (DU).

DETAILS OF PARTICIPANTS

42	sivaranjiniaskan1012@gmail.com	90 / 100	A.sivaranjani	B.com	A.sivaranjani
43	selvamabinaya678@gmail.com	30 / 100	S.Abinaya	MBA	STET women's college
44	priyadharshinikanikan23@gmail.com	100 / 100	K. Priyadharshini	II bcom C	Stet
45	abinayaselvam142003@gmail.com	100 / 100	.	2	.
46	sameeras1016@gmail.com	80 / 100	L. Sameera banu	II BCOM C	Sengamala Thayaar Educational Trust Women's College
47	kuralmozhi03@gmail.com	65 / 100	Kuralmozhi.R	II-BCOM-C	STET WOMEN'S COLLEGE (AUTONOMOUS), MANNARGUDI
48	2007052sriabinaya@gmail.com	65 / 100	Sri Abinaya. P	II B.Com A	Sengamala Thayar Women's Educational Trust manarkudi
49	2007037priyahanini@gmail.com	70 / 100	N.Priyahanini	2-B.com-A	Sengamala thayaar trust women's college
50	ravipriyanka2003@gmail.com	70 / 100	R.Priyanka	II B.Com C	STET women's college , Sundharakottai.
51	krishnapriya3018@gmail.com	100 / 100	Krishnapriya	II-b.com"C"	Sengamala thayaar educational trust womens college
52	hafsahumar312@gmail.com	45 / 100	U.hafsahsireen	Bsc microbiology	Stet
53	raghaviramachandran10@gmail.com	100 / 100	R.Raghavi	II B.COM C	STET Women's College
54	sathyaveerapandian2002@gmail.com	85 / 100	Sathya V	II B.Com C	STET women's college
55	gskanmani9@gmail.com	100 / 100	G. S. kanmani	2 nd B. Com	SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE
56	kan98619@gmail.com	35 / 100	K.kanmani	UG 2 year	B.com
57	2004029lathifa@gmail.com	65 / 100	U.Lathifa	II.B.SC.Microbiology	Sengamalathayar women's college,Mannargudi
58	susmithabaskar6@gmail.com	100 / 100	Susmitha. B	II B.com C	STET
59	2004018jabinina@gmail.com	70 / 100	J.Jabinina	B.Sc.Microbiology	Sengamala Thayaar Educational Trust Women's College, Mannargudi
60	nithyasrip1306@gmail.com	70 / 100	P. Nithyasri	II-maths -A	Stet women's college. Mannargudi .
61	sathyaveera686@gmail.com	100 / 100	Sathya V	II B.Com	STET women's college
62	rgowc155@gmail.com	80 / 100	R. Gowsalya	IMSc Computer Science, Student	Sengalamala Thayaar Educational Trust Women's College Autonomous, Mannargudi
63	k.panner10@gamil.com	100 / 100	P.pavithra	I.M.com	sengamala thayaar educational trust women's college
64	jesijeni440@gmail.com	55 / 100	J. JENIFER MARY	II M.sc IT	STET women's college


Dr. B. KAYATHIRIBAI, M.Com., M.Phil., Ph.D.,
 Head of the Department
 PG & Research Department of Commerce
 S.T.E.T Women's College (Autonomous)
 MANNARGUDI - 614 001, TVR (D).

DETAILS OF PARTICIPANTS

65	ghanalakshmi24feb@gmail.com	100 / 100	I. Dhana Lakshmi	M. Com	Sengamala thaayar educational trust women college
66	vasanthi30091983@gmail.com	85 / 100	Kishore.R	9th	Gov higher sec school,pulivalam ,thiruvavur.
67	sabinayasabinaya2002@gmail.com	100 / 100	S. Abinaya	2nd B. Com c	Sengamala thaayar Educational trust women's college mannargudi
68	2004006agathiya@gmail.com	100 / 100	M.Agathiya	B.sc Microbiology	Stet women's college, sundarakkottai, mannargudi.
69	2004027kirithigasekham@gmail.com	65 / 100	S.Kirithiga	College student	STET WOMEN'S COLLEGE, MANNARGUDI
70	nandhini.s0426956@gmail.com	45 / 100	Nandhini.S	MSC -INFORMATION TECHNOLOGY	STET WOMEN'S COLLEGE MANNARGUDI
71	akaviya819@gmail.com	100 / 100	A.KAVIYA	II MATHS A	STET WOMEN'S COLLEGE. MANNARGUDI
72	Kalarubini2002@gmail.com	100 / 100	Kalarubini K	II B.Com 'C' and Student	stet women's College
73	bharathi427@gmail.com	35 / 100	DIVYABHARATHI K	3rd B.COM A	STET WOMEN'S COLLEGE SUNDARAKKOTTAI Mannargudi
74	helenmatharasy@gmail.com	45 / 100	J. Helen matharasy	M. Com	Eharathidhasan university
75	bgokila4@gmail.com	65 / 100	B.Gokila	MBA	STET WOMEN'S COLLEGE
76	2004047sundarakshmi@gmail.com	25 / 100	N.Sundarakshmi	II-B,SC Microbiology	STET Women's college mannargudi
77	jothikausha@gmail.com	80 / 100	R.JOTHIKA	II M.Sc., INFORMATION TECHNOLOGY/STUDENT	STET WOMEN'S COLLEGE, MANNARGUDI.
78	pradeeba2161@gmail.com	80 / 100	S. Pradeeba	II M. Sc., Information technology	STET women's college (Autonomous)
79	dangerharish007@gmail.com	70 / 100	Harish Harishwaran	B.E civil engineering	Hindustan college of engineering and technology
80	uksafiga12@gmail.com	85 / 100	UK.SAFIGAKUSHITH	10 th Standard	London krishnamoorthi maric hr.sec.school
81	ranjanipksk1998@gmail.com	100 / 100	kalaranjani K	II M.Sc., Microbiology and Student	Stet women's college
82	malikarab31@gmail.com	70 / 100	AATHILA THASNEEMA	Microbiology	STET Women's college
83	2004008barkavi@gmail.com	50 / 100	Barkavi K	II Bsc microbiology	Sengamalathayar Educational Trustwomen'scollege
84	nishagovid.g@gmail.com	95 / 100	G.Nisha	2nd maths-A	Stet women's college mannargudi

B. Kayathiribai Sai

Dr. B. KAYATHIRIBAI, M.Com., M.Phil., Ph.D.,
Head of the Department
PG & Research Department of Commerce
S.T.E.T Women's College (Autonomous)
MANNARGUDI - 614 001, TVR (Dt).

DETAILS OF PARTICIPANTS


88	cb19s410307sd@gmail.com	90 / 100	DIVYA.S	3rd B.SC MICROBIOLOGY	SENGAMALA THAYAAR EDUCATIONAL TRUST WOMENS COLLEGE
89	4cb19s410299aksh@gmail.com	80 / 100	DAKSHAYA	3rd B.SC MICROBIOLOGY	STET
90	2004052varshinig@gmail.com	80 / 100	Varshini. G	Student	Sengamala Thayaar Educational Trust Women's College
91	pranav123@gmail.com	65 / 100	Karthika	1st year	Sengamala thayaar educational trust womans college
92	Kaviyaski14@gmail.com	85 / 100	E. Kaviya	II M. Sc IT /student	STET women's college
93	ashimathulna03@gmail.com	100 / 100	N.A.Ashimathul Mahaboob	II Esc.Maths "A"	STET Women's college
94	tsbaakash232008@gmail.com	65 / 100	T. S. B. Aakash	9th std	Sairam metric higher secondary school
95	kaviyaravi401@gmail.com	85 / 100	Kaviya R	Student	SENGAMATHAYAAR WOMEN'S COLLEGE
96	mariyammaljayakkumar@gamil.com	100 / 100	J.Mariyammal	M.com	S.T.E.T women's college
97	2004025skeerthana@gmail.com	45 / 100	S. Keerthana	B. Sc microbiology	Sengamalathaayar educational trust women's college
98	esm032329@gmail.com	100 / 100	MANESWARI. M	M. COM	S. T. E. T
99	sundarii murali132000@gmail.com	65 / 100	SHANMUGA SUNDARI M	IIM.SC.,COMPUTER SCIENCE /STUDENT	SENGAMALA THAYAAR EDUCATIONAL TRUST WOMENS COLLEGE
100	jaya3102002@gmail.com	70 / 100	JAYALAKSHMI M	II BSC , NUTRITION AND DIETETICS (students)	STET Women's college (AUTONOMOUS) SUNDARAKKOTTAI MANNARKUDI.
101	ponsileka23@gmail.com	25 / 100	PONSILEKA	2nd- year Nutrition and dietetics /student	Sengamalathayar trust woman's college
102	spvkaviyarasi@gmail.com	85 / 100	KAVIYARASI.S	II-B.Sc.,(NUTRITION AND DIETETICS)	STET WOMEN'S COLLEGE (AUTONOMOUS), MANNARGUDI.
103	ezhilesmani@gmail.com	75 / 100	M. Ezhileswari	2 nd nutrition and dietetics/student	Sengamala thayaar educational trust women's college

Bhagyathir Sai

Dr. B. KAYATHIRIBAI, M.Com.,M.Phil.,Ph.D.,
Head of the Department
PG & Research Department of Commerce
S.T.E.T Women's College (Autonomous)
MANNARGUDI - 614 001, TVR (Dt).

DETAILS OF PARTICIPANTS

104	varshamani1110@gmail.com	60 / 100	S.VARSHA	II B.sc chemistry	Sengamala thayaar educational trust women college (autonomous)
105	kavipriyakalaivanan@gmail.com	50 / 100	Kavipriya.K	Nutrition and Dietetics	Sengamalathaayar Educational Trust Women's College, Sundarakkottai, Mannargudi.
106	pramipapi@gmail.com	70 / 100	M.pramila	MBA	Stat women's college
107	anbuselvi1912@gmail.com	65 / 100	R. Anbuselvi	Nutrition and Dietetics /Student	Sengamala Thayaar Educational Trust Women's College-Mannargudi
108	priyasamraj25062002@gmail.com	70 / 100	A. Priyadarshini	Bsc Nutrition and dietetics	Sengamala thayar women's college
109	sowndharyakrishnamoorthi@gmail.com	80 / 100	K.Sowndharya	Student/ bsc Nutrition and dietetics	Sengamala thayar women's educational trust College
110	karthikadevianbalagan@gmail.com	90 / 100	Karthikadevi.A	Nutrition and dietetics	Sengamala thayaar educational trust women's college (autonomous)
111	sudesparky323@gmail.com	90 / 100	B.SUDESHNA	II- B.Sc.,Nutrition and Dietetics / Student	Sengamala Thayaar Educational Trust Women's College (Autonomous),Sundarakkottai, Mannargudi.
112	Sangeethachandrasekaran2@gmail.com	40 / 100	C.Sangeetha	2 nd M.Sc., Biochemistry	Stat womens college
113	veerashankaid@gmail.com	40 / 100	Veera Shankari.D	Student /II b.sc nutrition and dietetics	S. T. E. T
114	sobikakumar66@gmail.com	70 / 100	Sobika k	III-cs-c	STET women's college Mannargudi.
115	karthichandru2407@gmail.com	50 / 100	C.karthika	B.sc,Nutrition and dietetics	Sengamala Thayaar educational trust women's college (autonomous)
116	darsinip63@gmail.com	60 / 100	P.priyadarshini	Student	Sengamalathayarr women's College
117	nivethakajendran2003@gmail.com	50 / 100	K.nivetha	N&D 2 year	General avarance
118	jaisankarsuvetha@gamil.com	85 / 100	SUVETHA J	1st yr/MICROBIOLOGY	STET COLLEGE OF EDUCATION FOR WOMEN
119	abiramiramesh19@gmail.com	95 / 100	R.Anbuselvi	Nutrition And Dietetics	Sengamala Thayaar Educational Trust Women's College - Mannargudi
120	narmathadevi0411@gmail.com	55 / 100	S.Narmatha devi	II B.sc N&D/student	STET, Mannargudi
121	madhumithadurai83@gmail.com	55 / 100	D.Madhumitha	Bsc nutrition and dietetics	STET women's college Mannargudi
				II Bsc. Nutrition and	


Dr. B. KAYATHIRIBAI, M.Com., M.Phil., Ph.D.,
 Head of the Department
 PG & Research Department of Commerce
 S.T.E.T Women's College (Autonomous)
 MANNARGUDI - 614 001, TVR (DU)

DETAILS OF PARTICIPANTS


113	veerashankarid@gmail.com	40 / 100	Veera Shankari.D	Student /II B.SC nutrition and dietetics	S. T. E. T
114	sobikakumar66@gmail.com	70 / 100	Sobika k	III-cs-c	STET women's college Mannargudi.
115	karthichandru2407@gmail.com	50 / 100	C.karthika	B.sc,Nutrition and dietetics	Sengamala Thayaar educational trust women's college (autonomous)
116	darsinip63@gmail.com	60 / 100	P.priyadarshini	Student	Sengamalatheyarr women's College
117	nivethakajendran2003@gmail.com	50 / 100	K.nivetha	N&D 2 year	General avarance
118	jaisankarsuvetha@gamil.com	85 / 100	SUVETHA J	1st yr/MICROBIOLOGY	STET COLLEGE OF EDUCATION FOR WOMEN
119	abiramiramesh19@gmail.com	95 / 100	R.Anbusevi	Nutrition And Dietetics	Sengamala Thayaar Educational Trust Women's College - Mannargudi
120	narmathadevi0411@gmail.com	55 / 100	S.Narmatha devi	II B.sc N&D/student	STET, Mannargudi
121	madhumithadurai83@gmail.com	55 / 100	D.Madhumitha	Bsc nutrition and dietetics	STET women's college Mannargudi
122	divyajana2003@gmail.com	70 / 100	Divya.J	II Bsc.,Nutrition and Dietetics	Sengamalthayaar Educational Trust Women's College (AUTONOMOUS)
123	kalyaniraja898@gmail.com	25 / 100	T.YANIKA	II M.Sc., BIOCHEMISTRY	STET WOMEN'S COLLEGE (A)
124	bavaselvim2002@gmail.com	75 / 100	Bavadharani .M	III B.COM A	Sengamala Thayaar Educational Trust Women's college
125	akamalisairabanu@gmail.com	70 / 100	A.KAMALI	B.sc, N&D/student	Sengamala Thayaar Educational Trust Mannarkudi Women's College
126	vijithakamaraj@gmail.com	70 / 100	K.R.vijitha	Nutrient and dietetics	Sengamala thayar educational trust
127	abarna493@gmail.com	75 / 100	Abarna.R	Student	Sengamala Thayaar Educational trust women's college Autonomous Sundarakkottai Mannargudi
128	ramyasudhan02@gmail.com	65 / 100	R.Ramya	Bsc Microbiology	S.T.E.T Women's college
129	saananthi04@gmail.com	75 / 100	S.Aananthi	Student.II.B.,sc Nutrition And Dietetics	Sengamala Thayaar Educational trust women's college (Autonomous)
130	kavyavedhiyanvk@gmail.com	65 / 100	Kaviya V	III Cs. C	STET
131	lavanyad1882003@gmail.com	70 / 100	D.LAVANYA	2nd B.SC NUTRITION AND DIETETICS	STET WOMEN'S COLLEGE
				II B.SC Nutrition and	

Bhagyathiribai Sai

Dr. B. KAYATHIRIBAI, M.Com., M.Phil., Ph.D.,
Head of the Department
PG & Research Department of Commerce
S.T.E.T Women's College (Autonomous)
MANNARGUDI - 614 001, TVR (Dt).

DETAILS OF PARTICIPANTS

131	lavanyad1882003@gmail.com	70 / 100	D.LAVANYA	2nd B.SC NUTRITION AND DIETETICS	STET WOMEN'S COLLEGE
132	nandhin17052002@gmail.com	70 / 100	S.Nandhini	II B.Sc Nutrition and Dietetics	STET
133	swethaagalya9@gmail.com	65 / 100	V. Swetha	1st UG microbiology	STET women's college, suntharakottai.
134	princess242k@gmail.com	70 / 100	K.LAVARASI	II M.SC.,BIOCHEMISTRY	STET WOMEN'S COLLEGE
135	shinisan08@gmail.com	65 / 100	V.SUDHARSHINI	II BSc., Nutrition and Dietetics / Student	Sengamala Thayaar Educational Trust Women's College (Autonomous)
136	pmeenatt@gmail.com	75 / 100	P. MEENA	1st year B.Sc MICROBIOLOGY	SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE
137	sooryasuba02@gmail.com	85 / 100	Soorya R	III cs c / student	Sengamala thayaar educational trust womens college
138	bhuvanasiyeswaran@gmail.com	80 / 100	BHUVANA SRI E	I BSc Microbiology	SENGAMALATHAYAR EDUCATIONAL TRUST WOMEN'S COLLEGE MANNARGUDI
139	skkogi9619@gmail.com	80 / 100	KOGILAMBAL U	Bsc Microbiology	STET women's college
140	velayuthamvarsini@gmail.com	60 / 100	V.vedhavarasini	II B.sc n&d	Sengamalathayar
141	abarnatamil2207@gmail.com	75 / 100	ABARNA .T	II N&D	STET
142	Snekaveerapandiyan@gmail.com	65 / 100	Sneka .v	B.sc computer science III year	Sengamala thayaar educational trust women's college mannargudi
143	abinayag2012@gmail.com	80 / 100	G. ABINAYA	II MBA/ STUDENT	SENGAMALA THAYAAR EDUCATIONAL TRUST WOMAN'S COLLEGE (AUTONOMOUS)
144	g22508157@gmail.com	80 / 100	GAYATHRI. K	I B. Sc Microbiology	S. T. E. T women's college (Autonomous)
145	aarthi022001@gmail.com	40 / 100	T. Aarthi	III Cs c	Stet women's college
146	janumurugan103003@gmail.com	70 / 100	M.janani	B.sc Microbiology	STET
147	RajasriB2003@gmail.com	60 / 100	Rajasri.B	Bsc.microbiology	Sengamala Thayaar Educational Trust womens college
148	sathasin2004@gmail.com9	70 / 100	Satha sri P	1St year microbiology	Sengamala thayaar educational trust women's college
149	kalaismani122@gmail.com	80 / 100	S.KALAIMANI	II-MBA	S.T.E.T.Women's college (Autonomous), Mannargudi.


Dr. B. KAYATHIRIBAI, M.Com., M.Phil., Ph.D.,
 Head of the Department
 PG & Research Department of Commerce
 S.T.E.T Women's College (Autonomous)
 MANNARGUDI - 614 001, TVR (Dt).

CERTIFICATE



Sengamala Thayaar Educational Trust Women's College (Autonomous)
(Accredited by NAAC) (An ISO 9001:2015 Certified Institution)
Sundarakkottai-614 016, Mannargudi, Thiruvavur District, Tamil Nadu-South India
Web: www.edu.in, www.stet.in, Phone: 04367-255405

Certificate of Appreciation

This is to Certify that

Dr.D. Supulakshmi

Assistant Professor of Commerce

S. T. E. T Women's College (Autonomous) Mannargudi

has actively participated "GENERAL AWARENESS ONLINE QUIZ ON COVID-19" Conducted by PG & Research Department of Commerce from 27.08.2021 to 29.08.2021.

CO - ORDINATOR
Dr.D.SUPULAKSHMI

CONVENER
Dr.B.KAYATHIRIBAI

PRINCIPAL
Dr.S.AMUDHA

CORRESPONDENT
Dr.V.DHIVAHARAN

Made for free with Certify'em

Dr. B. KAYATHIRIBAI, M.Com., M.Phil., Ph.D.,
Head of the Department
PG & Research Department of Commerce
S.T.E.T Women's College (Autonomous)
MANNARGUDI - 614 001, TVR (Dt).

REPORT



**SENGAMALA THAYAAR EDUCATIONAL TRUSTWOMEN'S COLLEGE
(AUTONOMOUS)**

(Accredited by NAAC) (An ISO 9001:2015 Certified Institution)

**SUNDARAKKOTTAI, MANNARGUDI-614 016
TAMILNADU, INDIA.**

**DEPARTMENT OF COMMERCE
REPORT OF THE EVENT
2020-2021**

“GENERAL AWARENESS ONLINE QUIZ ON COVID-19”

**Title : GENERAL AWARENESS ONLINE QUIZ ON COVID-19”
Date : 27.08.2021 – 29.08.2021**

Department of Commerce organized on “General Awareness Online Quiz on Covid-19” from 27th August 2021 – 29th August 2021. This E-Quiz has been organized to identify the basic knowledge about commodity and market. 362 students were participated in the E-Quiz actively. E- Certificate from mailed to the students after completing the quiz. The students have to score a minimum of 40% marks to get the E-Certificate. The program was well organized by Dr.D.Supulakshmi, Assistant Professor of Commerce and coordinated by Dr.B.Kayathiribai Head & Assistant Professor of commerce.

Dr. B. KAYATHIRIBAI, M.Com., M.Phil., Ph.D.,
Head of the Department
PG & Research Department of Commerce
S.T.E.T Women's College (Autonomous)
MANNARGUDI - 614 001, TVR (Dt).

NATIONAL SERVICE SCHEME

HEALTH HYGINE (24.12.2021)

INVITATION



**SENGAMALA THAYAR EDUCATIONAL TRUST WOMEN'S COLLEGE
AUTONOMOUS**

**(Nationally Accredited by NAAC)
(An ISO 9001:2015 Certified Institution)**

Sundarakkottai , Mannargudi – 614 016.Thiruvavarur (Dt)



NATIONAL SERVICE SCHEME

Organize

HEALTH HYGINE

Date: 24.12.2021

Time: 10.00 am

Place

**Primary Government School
Keelathiruppalakudi.**

DETAILS OF PARTICIPANTS

PARTICIPATED LIST



SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE (AUTONOMOUS)

(Accredited by NAAC) (An ISO 9001:2015 Certified Institution)

SUNDARAKKOTTAI, MANNARGUDI-614 016.

TAMILNADU, INDIA.



NATIONAL SERVICE SCHEME

EXTENSION ACTIVITY

Title : HEALTH AND HYGIENE

Venue : KEELATHIRUPPALAKUDI

Date : 24.12.2021.

List of Students and Teachers Participated

Sl.No	Name	Class
1	M.Abirami	II-Mircobiology
2	M.Agathiya	II-Mircobiology
3	V.Keerthana	II-Mircobiology
4	K.Barkavi	II-Mircobiology
5	T.Santhiya	II-Mircobiology
6	K.Yoga	II-Mircobiology
7	T.Kamali	II-Mircobiology
8	D.EVANGELIN	II CS -A
9	D.MONISHA	II CS -A
10	J.SINDHU	II CS -A
11	K.KEERTHIKA	II CS -A
12	P.SAKTHIMAHESWARI	II CS -A
13	S.PRIYADHARSHINI	II CS -A
14	S.YOGESHWARI	II CS -A
15	R.NIRMALA	II CS -A
16	R.Abinaya 19.8.2003	II B.A English
17	M. Anuja Sri	II B.A English
18	V.Kesavi	II B.A English
19	R. Nithi Varsha	II B.A English
20	A.Ragapriya	II B.A English
21	D.Rithanya	II B.A English
22	R.Sankavi 25.6.2003	II B.A English
23	R.Sriharshini	II B.A English
24	M.Vineka	II B.A English
25	R.Vinitha	II B.A English
26	Abaitha.A	II BA ECONOMICS

DETAILS OF PARTICIPANTS

PARTICIPATED LIST



SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE (AUTONOMOUS)

(Accredited by NAAC) (An ISO 9001:2015 Certified Institution)

SUNDARAKKOTTAI, MANNARGUDI-614 016.

TAMILNADU, INDIA.



NATIONAL SERVICE SCHEME

EXTENSION ACTIVITY

Title : HEALTH AND HYGIENE

Venue : KEELATHIRUPPALAKUDI

Date : 24.12.2021.

List of Students and Teachers Participated

Sl.No	Name	Class
1	M.Abirami	II-Mircobiology
2	M.Agathiya	II-Mircobiology
3	V.Keerthana	II-Mircobiology
4	K.Barkavi	II-Mircobiology
5	T.Santhiya	II-Mircobiology
6	K.Yoga	II-Mircobiology
7	T.Kamali	II-Mircobiology
8	D.EVANGELIN	II CS -A
9	D.MONISHA	II CS -A
10	J.SINDHU	II CS -A
11	K.KEERTHIKA	II CS -A
12	P.SAKTHIMAHESWARI	II CS -A
13	S.PRIYADHARSHINI	II CS -A
14	S.YOGESHWARI	II CS -A
15	R.NIRMALA	II CS -A
16	R.Abinaya 19.8.2003	II B.A English
17	M. Anuja Sri	II B.A English
18	V.Kesavi	II B.A English
19	R. Nithi Varsha	II B.A English
20	A.Ragapriya	II B.A English
21	D.Rithanya	II B.A English
22	R.Sankavi 25.6.2003	II B.A English
23	R.Sriharshini	II B.A English
24	M.Vineka	II B.A English
25	R.Vinitha	II B.A English
26	Abaittha.A	II BA ECONOMICS

DETAILS OF PARTICIPANTS

27	Anitha.A	II BA ECONOMICS
28	Balambihai.H	II BA ECONOMICS
29	Gowsalya.S	II BA ECONOMICS
30	Renuka.P	II BA ECONOMICS
31	Ruthradevi.M	II BA ECONOMICS
32	Sivanandy.V	II BA ECONOMICS
33	Vinothini.M	II BA ECONOMICS
34	Harini. P	II CS B
35	Harini.S.T	II CS B
36	Gayathri.J	II CS B
37	Keerthana.G	II CS B
38	Kaviya. T	II CS B
39	Deepika.G	II CS B
40	Janani.A	II CS B
41	Abinaya.G	II CS B
42	Priya.M	II CS B
43	Gayathri.T.	II Bio-chemistry
44	Iswarya.B.	II -chemistry
45	Jenifer.S.	II Bio-chemistry
46	Lakshmipriya,S.	II Bio-chemistry
47	Madhumitha,C.	II Bio-chemistry
48	D.Vinusri	II BBA B
49	K.Piremasuri	II BBA B
50	R. Mohana priya	II BBA B
51	M. Suruthimega	II BBA B
52	A.Asha rabekka	II BBA B
53	S.Savithri	II BBA B
54	E. Jayasindha	II BBA B
55	D. Bharathi	II BBA B
56	N.Subhadharshini	II BBA B
57	R. Dharani	II BBA B
58	Praveena R	II CS C
59	Chandra Prabha.I	II CS C
60	Kuralmozhi K	II CS C
61	Divya P	II CS C
62	Gomathi S	II CS C
63	Priyadharshini V	II CS C
64	Shalini R	II CS C
65	M.Annapoorani	II B.C.A
66	P.Saranya	II BCA
67	R. Uma Maheswari	II BCA
68	A. Abinaya	II BCA
69	S. Divya Priya	II BCA
70	E.Mukila	II BCA
71	Priyadharshini.U	II BCA
72	S. Archana	II BCA
73	ATCHAYA.S	II Physics

DETAILS OF PARTICIPANTS

27	Anitha.A	II BA ECONOMICS
28	Balambihai.H	II BA ECONOMICS
29	Gowsalya.S	II BA ECONOMICS
30	Renuka.P	II BA ECONOMICS
31	Ruthradevi.M	II BA ECONOMICS
32	Sivanandy.V	II BA ECONOMICS
33	Vinothini.M	II BA ECONOMICS
34	Harini. P	II CS B
35	Harini.S.T	II CS B
36	Gayathri.J	II CS B
37	Keerthana.G	II CS B
38	Kaviya. T	II CS B
39	Deepika.G	II CS B
40	Janani.A	II CS B
41	Abinaya.G	II CS B
42	Priya.M	II CS B
43	Gayathri.T.	II Bio-chemistry
44	Iswarya.B.	II -chemistry
45	Jenifer,S.	II Bio-chemistry
46	Lakshmipriya,S.	II Bio-chemistry
47	Madhumitha,C.	II Bio-chemistry
48	D.Vinusri	II BBA B
49	K.Piremasuri	II BBA B
50	R. Mohana priya	II BBA B
51	M. Suruthimega	II BBA B
52	A.Asha rabekka	II BBA B
53	S.Savithri	II BBA B
54	E. Jayasindha	II BBA B
55	D. Bharathi	II BBA B
56	N.Subhadharshini	II BBA B
57	R. Dharani	II BBA B
58	Praveena R	II CS C
59	Chandra Prabha.I	II CS C
60	Kuralmozhi K	II CS C
61	Divya P	II CS C
62	Gomathi S	II CS C
63	Priyadharshini V	II CS C
64	Shalini R	II CS C
65	M.Annapoorani	II B.C.A
66	P.Saranya	II BCA
67	R. Uma Maheswari	II BCA.
68	A. Abinaya	II BCA
69	S. Divya Priya	II BCA
70	E.Mukila	II BCA
71	Priyadharshini.U	II BCA
72	S. Archana	II BCA
73	ATCHAYA.S	II Physics

DETAILS OF PARTICIPANTS

74	BAVIYASREE.R	II Physics
75	MUTHEESWARIG	II Physics
76	PAVYA.K	II Physics
77	SUGANTHANA.E	II Physics
78	THENMOZHIL.M	II Physics
79	KEERTHIKA.V	II Physics
80	SOWMIYA.T	II Physics
81	KARTHIKADEVI. A	II.B.Sc.,N&D
82	LAVANYA.D	II B.Sc.,N&D
83	MIRUTHUBALA.R	II.B.Sc.,N&D
84	PRIYADHARSHINI	II.B.Sc.,N&D
85	SANDHIYA.M	II B.Sc.,N&D
86	SIVARANJANIE	II B.Sc.,N&D
87	M.Kasthuri	II B.Sc Chemistry
88	S.Deepika	II B.Sc Chemistry
89	V.Pavithra	II B.Sc Chemistry
90	T.Abinaya	II B.Sc Chemistry
91	B.Bavithra	II B.Sc Chemistry
92	M.Salukkiya	II B.Sc Chemistry
93	R.Pavithra	II B.Sc Chemistry
94	S.Janani	II B.Sc Chemistry
95	Gayathri.M	II B.COM A
96	Harini.M	II B.COM A
97	.Haripriya.K	II B.COM A
98	Janani. V.S	II B.COM A
99	Karthika.R	II B.COM A
100	Kousika.A	II B.COM A
101	Nivetha.P	II B.COM A
102	.priyadharshini.A	II B.COM A
103	Sakthi.G	II B.COM A
104	Sowndra lakshmi.V	II B.COM A
105	Akilandeswari. k	II.BCOM.B
106	Gunasri. M	II.BCOM.B
107	Jayadharshini. P	II.BCOM.B
108	jeevanandhini.S	II.BCOM.B
109	kaviyarasi.K	II.BCOM.B
110	lavanya.P	II.BCOM.B
111	pavithra.S	II.BCOM.B
112	sivaranjani.B	II.BCOM.B
113	vincey.S	II.BCOM.B
114	yasika.S	II.BCOM.B
115	Divya. G	II B.Com C
116	Fathima shamila.A	II B.Com C
117	Kanmani G.S	II B.Com C
118	Kuralmozhi R	II B.Com C
119	Raghavi .R	II B.Com C
120	Renugadevi .v	II B.Com C
121	sankaridevi .B	II B.Com C

DETAILS OF PARTICIPANTS

122	Sathiya .K	II B.Com C
123	Ramya .M	II B.Com C
124	Divya darshini. K	II B.Com C
125	DHASPANA.V	II MATHS A
126	DIVYA.E	II MATHS A
127	ELAKKIYA.L	II MATHS A
128	NIVETHA R	II MATHS A
129	BRINDA.S	II MATHS A
130	SHANDHINI.R	II MATHS A
131	DHEASMA.M	II MATHS A
132	DHARANIK	II MATHS B
133	ISWARYA.P	II MATHS B
134	ABIRAMI. S	II MATHS B
135	NISHA .V	II MATHS A
136	JANANI. M	II MATHS B
137	SNEKA.U	II MATHS B
138	ABINAYA. A	II MATHS B
139	GAYATHRI. R	II MATHS A
140	DHARANLM	II MATHS B
141	NISHA.G	II MATHS B
142	NANDHINI DEVI.T	II MATHS A
143	SATHIYAVAGISA.S	II MATHS B
144	M. KANIYA	II BBA A
145	R. MONIKA	II BBA A
146	G.EKASRI	II BBA A
147	K. MAHALAKHMI	II BBA A
148	K. ISHWARYA	II BBA A
149	R. ASHIKA	II BBA A
150	G. KARTHIKA	II BBA A



DETAILS OF BENEFICIARIES



SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE
AUTONOMOUS



(Affiliated to Bharathidasan University)
(Accredited by NAAC) & (An ISO 9001:2015 Certified Institution)
SUNDARAKKOTTAL, MANNARGUDI-6140116.

TAMIL NADU, INDIA.

NATIONAL SERVICE SCHEME

HEALTH AND HYGINE

BENEFICIARIES

24/02/2021

Keelathiruppalakudi

S. No.	Name of the student	Class
1.	Vishva.B	LKG
2.	Thishanth.A	
3.	Nithin.V	
4.	Dhasvanth	
5.	Anusri.A	
6.	Dhabasvini.B	
7.	Nandhitha.V	
8.	Yuganaveera.B	
9.	Roshiga.T	
10.	Adhirai.V	
11.	Ragavi.M	
12.	Monishvaran.B	UKG
13.	Saideep.M	
14.	Nithil.T	
15.	Snegan.B	
16.	Ganenthra.C	
17.	Harshetha.C	
18.	Pavyasri.J	

DETAILS OF BENEFICIARIES

19.	Devasena.R	
20.	Mahathi.M	
21.	Parvishnu.S	
22.	Vishnupriyan.M	1 st
23.	Lingaesh	
24.	Shanmugasri.A	
25.	Sindhuja.A	
26.	Rithikpothan.S	
27.	Priyan.V	2 nd
28.	Rakshitha.T	
29.	Harini.C	
30.	Janani.J	
31.	Harisha.M	
32.	Yasuthran.M	3 rd
33.	Duraikrishan.K	
34.	Hashini.V	
35.	Shanasri.R	4 th
36.	Diya.S	
37.	Sivasakthi	
38.	Methavarshini.V	5 th
39.	Harishvaran.C	
40.	Niyathik.T	
41.	Subaharan.B	
42.	Durga.T	
43.	Arunthathi.R	6 th
44.	Yogasabari.A	
45.	Sarathi.M	
46.	Balavishva.K	

HEALTH HYGINE (24.12.2021)

PHOTOS



A. Puri

REPORT

SENGAMALA THAYAAR EDUCATIONAL TRUST WOMEN'S COLLEGE
AUTONOMOUS



(Affiliated to Bharathidasan University)
(Accredited by NAAC) & (An ISO 9001:2015 Certified Institution)
SUNDARAKKOTTAI, MANNARGUDI-6140116.



TAMIL NADU, INDIA.

NATIONAL SERVICE SCHEME

REPORT OF THE EVENT

EXTENSION ACTIVITY-2021-2022

Title : HEALTH AND HYGINE

Venue : Keelathiruppalakudi.

Date : 24.12.2021

An awareness Programme on "Health and Hygiene" was conducted by the NSS units of Sengamala Thayaar Educational Trust Women's College Autonomous. The welcome address was given by NSS Volunteer G.Subhashini. Mrs. C.Umamaheswari, Vice Principal honored the chief guest. The chief guest Dr. Mrs. D.Manjuladevi, Siddha Doctor, Primary Government Hospital, Ullikkottai. gave an awareness talk on Health and Hygiene. Vote of thanks was given by Mrs. G.Geetha, NSS Programme Officer. The School Students 110 are benefited.