

International plastic bag free day awareness programme

Venue: Sengamala Thayaar Educational Trust Women's College (Autonomous), Mannargudi Township – Bus Stand, Vegetable Market, Tea Shops, Supermarkets, and Shopping Malls

Organized by: PG and Research Department of Microbiology, Sengamala Thayaar Educational Trust Women's College (Autonomous), Mannargudi

Introduction

To commemorate International Plastic Bag Free Day, the PG and Research Department of Microbiology, Sengamala Thayaar Educational Trust Women's College (Autonomous), Mannargudi, organized an extensive awareness programme on 03 July 2026. The programme was conducted both within the college campus and among the general public to create awareness about the harmful environmental and health effects of single-use plastic bags and to encourage the use of eco-friendly alternatives such as cloth bags and reusable shopping bags.

The awareness programme aimed to instill environmental responsibility among students while extending the message to the wider community. Through interactive awareness sessions, demonstrations, and public campaigns, participants were encouraged to adopt sustainable practices that contribute to a cleaner, greener, and healthier environment.

Objectives of the Programme

- To create awareness about the harmful effects of single-use plastic bags among students and the public.
- To educate people on the environmental and health hazards caused by plastic pollution.
- To encourage the use of reusable, biodegradable, and eco-friendly alternatives.
- To promote environmental conservation and sustainable lifestyle practices.
- To develop environmental responsibility and social commitment among students.
- To motivate citizens to actively participate in building a plastic-free society.

Programme Activities

The awareness programme was conducted in two phases.

Phase I: Awareness Programme within the College Campus

The programme commenced on the college campus with an awareness session for the students of Sengamala Thayaar Educational Trust Women's College (Autonomous). Faculty members of the PG and Research Department of Microbiology explained the adverse effects of plastic pollution on human health, soil fertility, water resources, wildlife, and marine ecosystems.

Students were educated on the importance of reducing plastic consumption through the principles of Refuse, Reduce, Reuse, Recycle, and Recover (5Rs). They were encouraged to avoid single-use plastics, carry reusable cloth bags, minimize plastic waste, and become responsible environmental ambassadors within their families and communities.

Informative posters and awareness placards carrying messages such as "Say No to Plastic Bags," "Bring Your Own Bag," "Reduce Plastic, Save Nature," "Protect Our Planet," and "Choose Reusable Bags for a Sustainable Future" were displayed on the campus. The awareness session generated enthusiastic participation among students and motivated them to adopt environmentally responsible habits in their daily lives.

Phase II: Public Awareness Campaign

Following the campus programme, faculty members and students organized an extension awareness campaign at various public locations in and around Mannargudi Township, including:

- Mannargudi Bus Stand
- Uzhavar Santhai
- Tea Shops
- Supermarkets
- Shopping Malls

Students actively interacted with commuters, shoppers, vendors, shopkeepers, supermarket staff, and business owners to spread awareness about the environmental hazards of plastic bags.

The participants displayed colourful placards with environmental slogans and distributed awareness messages highlighting the dangers of plastic pollution. Faculty members explained that discarded plastic bags contribute to soil and water pollution, block drainage systems, endanger livestock and wildlife, contaminate ecosystems through microplastics, and remain in the environment for several decades.

Students encouraged the public to replace plastic carry bags with reusable cloth bags and other sustainable alternatives. Shopkeepers and supermarket owners were requested to motivate customers to bring their own reusable bags while shopping and to reduce the distribution of plastic carry bags. Many business owners appreciated the initiative and assured their cooperation in promoting eco-friendly practices.

The public responded positively to the campaign, actively interacting with the students, asking questions, and expressing their willingness to reduce plastic usage in their everyday lives.

Outcome of the Programme

The awareness programme successfully created environmental consciousness among both the students of Sengamala Thayaar Educational Trust Women's College and the general public of Mannargudi Township.



International plastic bag free day awareness programme

The public awareness campaign reached a large number of people, including shoppers, commuters, vendors, shopkeepers, and business establishments. The initiative significantly enhanced public understanding of plastic pollution and emphasized the importance of individual responsibility in protecting the environment.

The programme also strengthened students' communication skills, leadership qualities, teamwork, community engagement, environmental ethics, and social responsibility through active participation in the extension activity.

Overall, the programme effectively promoted behavioural change towards reducing plastic waste and encouraged the adoption of environmentally sustainable practices.

Conclusion

The International Plastic Bag Free Day Awareness Programme organized by the PG and Research Department of Microbiology, Sengamala Thayaar Educational Trust Women's College (Autonomous), Mannargudi, was successfully conducted both within the college campus and among the general public.

The programme created meaningful awareness among students regarding the importance of environmental conservation and empowered them to become advocates for sustainable living. The extension campaign further reinforced this message by educating the public on the harmful impacts of plastic pollution and encouraging the use of reusable alternatives.

The programme reaffirmed the institution's commitment to environmental protection, community service, and the promotion of sustainable development through meaningful extension activities.

Vote of Thanks

The PG and Research Department of Microbiology expresses its sincere gratitude to the Management of Sengamala Thayaar Educational Trust for their constant encouragement, unwavering support, and commitment towards organizing socially relevant extension activities.

The department also conveys its heartfelt thanks to the Principal of Sengamala Thayaar Educational Trust Women's College (Autonomous) for granting permission, providing valuable guidance, and extending continuous support for the successful conduct of the programme.

The department extends its sincere appreciation to all the faculty members and students of the PG and Research Department of Microbiology for their enthusiastic participation, dedicated efforts, and wholehearted involvement in making the awareness programme a grand success.

Special thanks are also extended to the students of the college for their active participation in the campus awareness session and to the shopkeepers, vendors, business establishments, and the general public of Mannargudi Township for their cooperation and positive response towards the campaign.



INTERNATIONAL YOGA DAY CELEBRATION

The International Yoga Day 2026 celebration was successfully organized with the inspiring theme "Yoga for Healthy Ageing." 🌱✨

The event highlighted the importance of incorporating yoga into our daily lives to promote physical well-being, mental peace, emotional balance, and healthy ageing. Participants enthusiastically engaged in various yoga practices and learned valuable techniques to enhance their overall health and quality of life.

We extend our heartfelt gratitude to our esteemed resource person for sharing valuable insights and guidance, and to all the participants for their active involvement and enthusiastic participation. Special thanks are due to everyone whose dedication and support contributed to the success of this meaningful event.

Let us continue to embrace the timeless wisdom of yoga and make it an integral part of our lives, fostering a healthier, happier, and more harmonious future for all.

"Yoga is the journey of the self, through the self, to the self." 🌱🙏



STET YOGA



பெருமைக்குரிய சாதனை!

8 தமிழ்நாடு படை (8 TN Battalion) நடத்திய இடைக்கல்லூரி கலாச்சாரப் போட்டியில் சிறப்பாகப் பங்கேற்று, மொத்த சாம்பியன் (Overall Trophy) பட்டத்தை வென்ற எங்கள் செங்கமலத் தாயார் கல்வி அறக்கட்டளை மகளிர் கல்லூரி (தன்னாட்சி), மன்னார்குடி NCC மாணவிகளுக்கு மனமார்ந்த வாழ்த்துகள்! 🌟

பரிசு பெற்ற அனைத்து மாணவிகளுக்கும், அவர்களை வழிநடத்திய NCC பொறுப்பாளர் மற்றும் கல்லூரி நிர்வாகத்தினருக்கும் பாராட்டுகள். மேலும் பல வெற்றிகளைப் பெற வாழ்த்துகள்! 🌟



எங்கள் கல்லூரி NCC மாணவிகள் தங்கள் திறமைகளை வெளிப்படுத்தி சிறந்த சாதனைகளைப் பதிவு செய்துள்ளனர்.

8 TN Battalion நடத்திய இடைக்கல்லூரி கலாச்சார போட்டியில் சிறப்பாக பங்கேற்று, மொத்த சாம்பியன் (**Overall Trophy**) பட்டத்தை வென்றுள்ளனர்.

Empowering rural women through knowledge and opportunity!

The NSS of Sengamala Thayaar Educational Trust Women's College (Autonomous), Mannargudi, organized an Awareness Programme on Mushroom Cultivation under the Unnat Bharat Abhiyan (UBA) scheme. The session highlighted mushroom cultivation as a sustainable source of income and encouraged women to explore self-employment opportunities.

 Small skills. Big opportunities. Stronger communities.

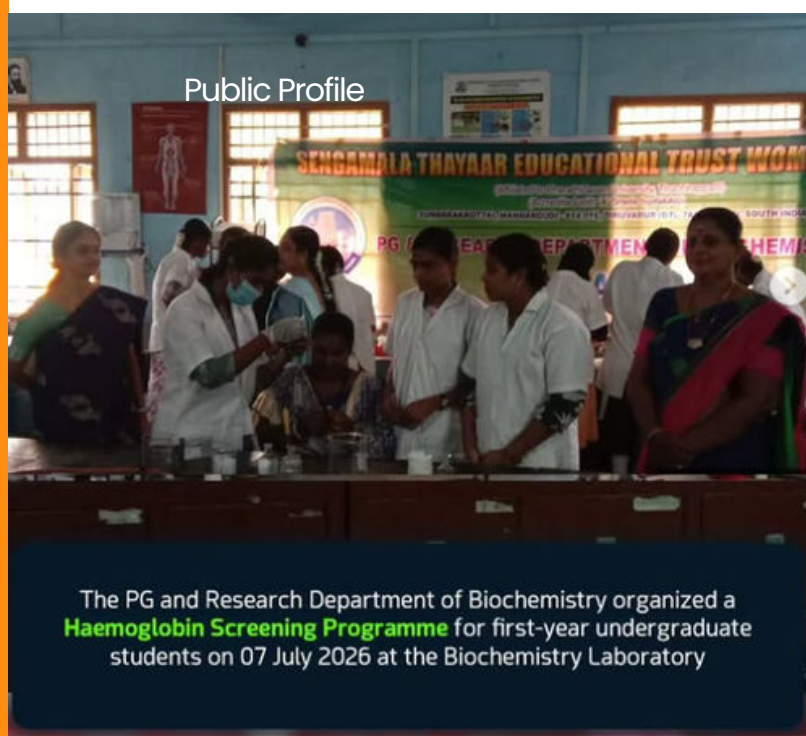


Awareness Programme on Mushroom Cultivation
under the Unnat Bharat Abhiyan (UBA) scheme
on 16th July 2026

The programme was held in the adopted village,
where a large number of rural women actively
participated along with NSS volunteers.

Haemoglobin Screening Programme

The PG and Research Department of Biochemistry, Sengamala Thayaar Educational Trust Women's College (Autonomous), Mannargudi, organized a Haemoglobin Screening Programme for first-year undergraduate students on 07 July 2026 at the Biochemistry Laboratory. The programme aimed to assess haemoglobin levels, facilitate early identification of students with low haemoglobin, and create awareness about anaemia and the importance of a balanced diet. A total of 551 students participated in the screening. The results showed that 195 students (35.6%) had normal haemoglobin levels, while 356 students (64.4%) had below-normal haemoglobin levels, indicating a high prevalence of anaemia. Students with low haemoglobin levels were advised to consume iron-rich foods and vitamin C-rich fruits to improve iron absorption, while those with markedly low haemoglobin levels were referred for medical consultation. The consolidated screening report was forwarded to the Department of Nutrition and Dietetics with a recommendation to organize nutritional counselling programmes, provide dietary guidance, and promote anaemia prevention through appropriate nutritional interventions. The programme was successfully completed with the active participation of students, faculty members and laboratory staff, contributing to the early detection of anaemia and the promotion of student health and nutritional awareness.



BMI Screening Programme

The Department of Nutrition and Dietetics organized a BMI Screening Programme for first-year students on 07.07.2026, benefiting 530 freshers.

The programme included BMI and Blood Pressure (BP) screening, personalized diet counselling, Nutrition Education, and Health Card distribution, encouraging students to adopt healthy habits from the beginning of their academic journey.



The Department of Nutrition and Dietetics organized a Body Mass Index (BMI) Screening Programme for first-year students from various departments on 07.07.2026 at the Nutrition and Dietetics Laboratory.



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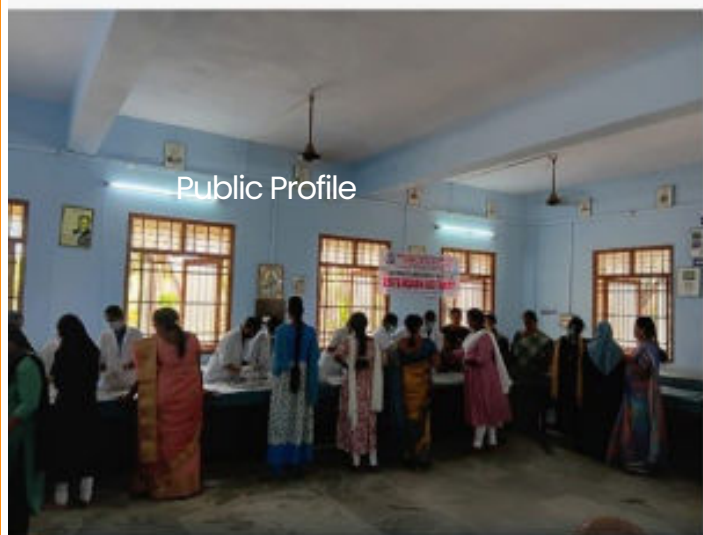


Public Profile

Blood Group Testing Programme

The PG & Research Department of Microbiology at Sengamala Thayaar Educational Trust Women's College (Autonomous), Mannargudi, successfully conducted a Blood Group Testing Programme for first-year undergraduate students.

The initiative helped students identify their blood groups while raising awareness about the importance of blood donation, emergency preparedness, and maintaining personal health records. With the enthusiastic participation of students, faculty members, research scholars, and volunteers, the programme was a great success in promoting health awareness on campus.



PG AND RESEARCH DEPARTMENT OF MICROBIOLOGY
REPORT ON BLOOD GROUP TESTING PROGRAMME FOR FIRST YEAR
UNDERGRADUATE STUDENTS

Bridal Makeover Competition

The Department of Fashion Technology celebrated World Fashion Day by organizing a Bridal Makeover Competition on 16.07.2026, with 38 teams from various departments showcasing their creativity, fashion skills, makeup artistry, and teamwork. The event provided students with valuable practical exposure while celebrating innovation, confidence, and the spirit of fashion. Congratulations to all the winners and participants for making the event a grand success!



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Student Enrichment Programme

The PG & Research Department of Computer Science, Information Technology & AI & ML at Sengamala Thayaar Educational Trust Women's College (Autonomous), Mannargudi, successfully organized a Student Enrichment Programme on "Artificial Intelligence, Machine Learning & Data Science: Shaping the Future of Technology and Careers." The insightful session equipped students with industry knowledge, emerging career opportunities, and real-world applications of AI, inspiring them to stay future-ready.



Public Profile

Student Enrichment Programme in association with the Internal Quality Assurance Cell (IQAC) and Institution Innovation Council (IIC). All students of the PG & Research Department of Computer Science, IT & AI & ML were cordially invited to attend.

Awareness Programme on Road Safety and Traffic Rules

The Department of Management Studies, STET School of Management, organized an Awareness Programme on Road Safety and Traffic Rules Education for Higher Secondary students at Government Higher Secondary School, Paravakkottai, Mannargudi.

The interactive session emphasized the importance of following traffic rules, wearing helmets and seat belts, and adopting responsible road behaviour. Through awareness and education, students were encouraged to become safety-conscious citizens and contribute to making our roads safer for everyone.



The Department of Management Studies, STET School of Management, organized an **Awareness Programme on Road Safety and Traffic Rules Education for Higher Secondary students on 07.07.2026.**



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Invited Talk on "Antarctica and Island Biodiversity"

The PG & Research Departments of Microbiology and Biochemistry, Sengamala Thayaar Educational Trust Women's College (Autonomous), Mannargudi, successfully organized an Invited Talk on "Antarctica and Island Biodiversity."

The insightful session by Dr. C. Sivaperuman, Scientist-F / Additional Director, Zoological Survey of India, enlightened students on Antarctica's unique ecosystems, island biodiversity, climate change, and the need for effective conservation strategies.

With the enthusiastic participation of 214 students, the programme inspired young minds to value environmental sustainability, biodiversity conservation, and the vital role of scientific research in protecting our planet's fragile ecosystems.

🌱 Inspiring future researchers to build a sustainable tomorrow.



Public Profile

PG & Research Departments of Microbiology and Biochemistry
organized an talk on **Antarctica and Island Biodiversity**



The ****Orientation Programme on Competitive Examinations Preparation**** was successfully organized on ****29 July 2026**** at Thayaar Arangam by ****TARGET CE CELL, IQAC, IIC, and TAF IAS Academy****, Sengamala Thayaar Educational Trust Women's College (Autonomous).

With an overwhelming participation of ****900+ students****, the programme focused on creating awareness about ****UPSC, TNPSC, Railway, Banking, and other Government Recruitment Examinations****, while motivating students to pursue rewarding careers in the public sector.

****Mr. J. Aagasa Moorthy, M.Com., B.L., Founder, TAF IAS Academy****, delivered an inspiring keynote address, sharing valuable guidance on examination patterns, eligibility, preparation strategies, career opportunities, and the importance of setting clear goals and maintaining a positive mindset.

The interactive session gave students an opportunity to clarify their doubts, gain confidence, and take their first step towards systematic competitive examination preparation. 📚 ✨

With enthusiasm, ambition, and determination, our students are ready to prepare, persevere, and pursue their dreams of serving the nation. 🇮🇳 The ****Orientation Programme on Competitive Examinations Preparation**** was successfully organized on ****29 July 2026**** at Thayaar Arangam by ****TARGET CE CELL, IQAC, IIC, and TAF IAS Academy****, Sengamala Thayaar Educational Trust Women's College (Autonomous).

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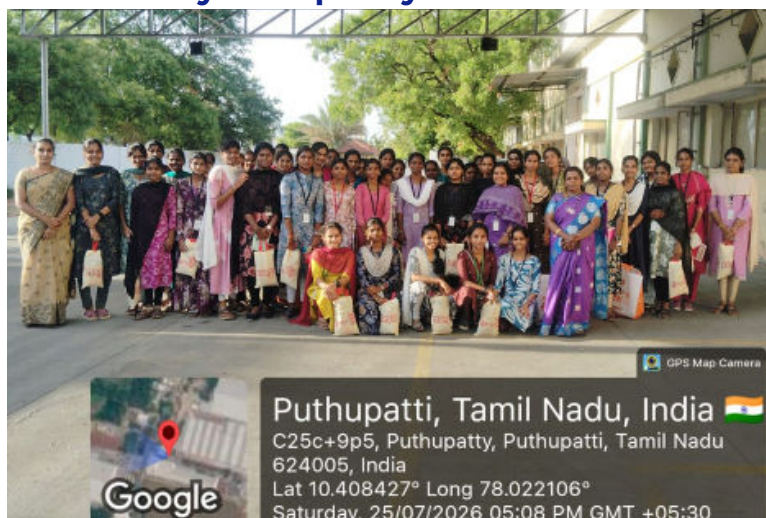


The Orientation Programme on Competitive Examinations Preparation was successfully organized on 29 July 2026 at Thayaar Arangam by TARGET CE CELL, IQAC, IIC, and TAF IAS Academy

ONE DAY INDUSTRIAL VISIT

The PG and Research Department of Microbiology organized an industrial visit to Naga Foods Private Limited, Dindigul, on 25 July 2026 for the III B.Sc., Microbiology Students. A total of 47 students accompanied by Mrs. P. Maheswari, Assistant Professor and Ms. P. Kokila, Assistant Professor, participated in the visit.

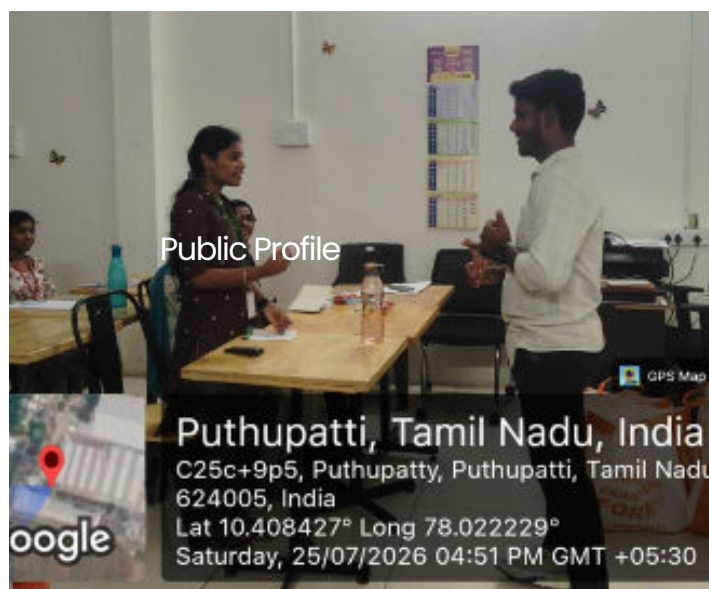
The visit commenced with a warm welcome by the officials of Naga Foods Private Limited, followed by an introductory session highlighting the history, growth, vision and achievements of the company. The resource persons explained the company's commitment to producing high quality food products while adhering to stringent food safety and quality standards.



The PG and Research Department of Microbiology organized an industrial visit to Naga Foods Private Limited Dindigul.



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Community Outreach through Chemistry: Empowering Self Help Groups

The Department of Chemistry, Sengamala Thayaar Educational Trust Women's College (Autonomous), Sundarakkottai, Mannargudi-614016, organized an Awareness Programme on "Community Outreach through Chemistry: Empowering Self Help Groups"

Awareness Programme on "Community Outreach through Chemistry: Empowering Self Help Groups" on 29th July 2026 at 11.00 a.m. at Self Help Group, Kandithempettai. Organized by Department of Chemistry, STET Women's College (Autonomous). To create awareness among Self Help Group members on the role of chemistry in daily life, sustainable practices, and to empower them through scientific knowledge for income generation and community development.



Public Profile



கல்வி வளர்ச்சி நாள் மற்றும் நூல் வெளியீட்டு விழா

செங்கமலத்தாயார் கல்வி அறக்கட்டளை மகளிர் கல்லூரியின் தமிழ்த்துறை பைந்தமிழ்ச்சங்கம் சார்பில் காமராசர் பிறந்தநாள் (15.07.2026) கல்வி வளர்ச்சி நாளாகக் கொண்டாடப்படுகிறது. இத்தினத்தை முன்னிட்டு (31.07.2026) அன்று கல்லூரி வளாகம் தாயார் அரங்கில் கல்வி வளர்ச்சிநாள் விழா கொண்டாடப்பட்டது. இவ்விழாவில் கல்லூரியின் முதல்வர் ந.உமா மகேஸ்வரி அவர்கள் தலைமையில் நடைபெற்றது. மாணவிகள் காமராசரின் பன்முக ஆளுமைத்திறனைப் பற்றி உரையாற்றினர். முதலாமாண்டு மாணவிகள் கலந்துகொண்டு விழாவினை சிறப்பித்தனர்.

