

DEPARTMENT OF BIOCHEMISTRY

SCHOOL OF BIOLOGICAL SCIENCES

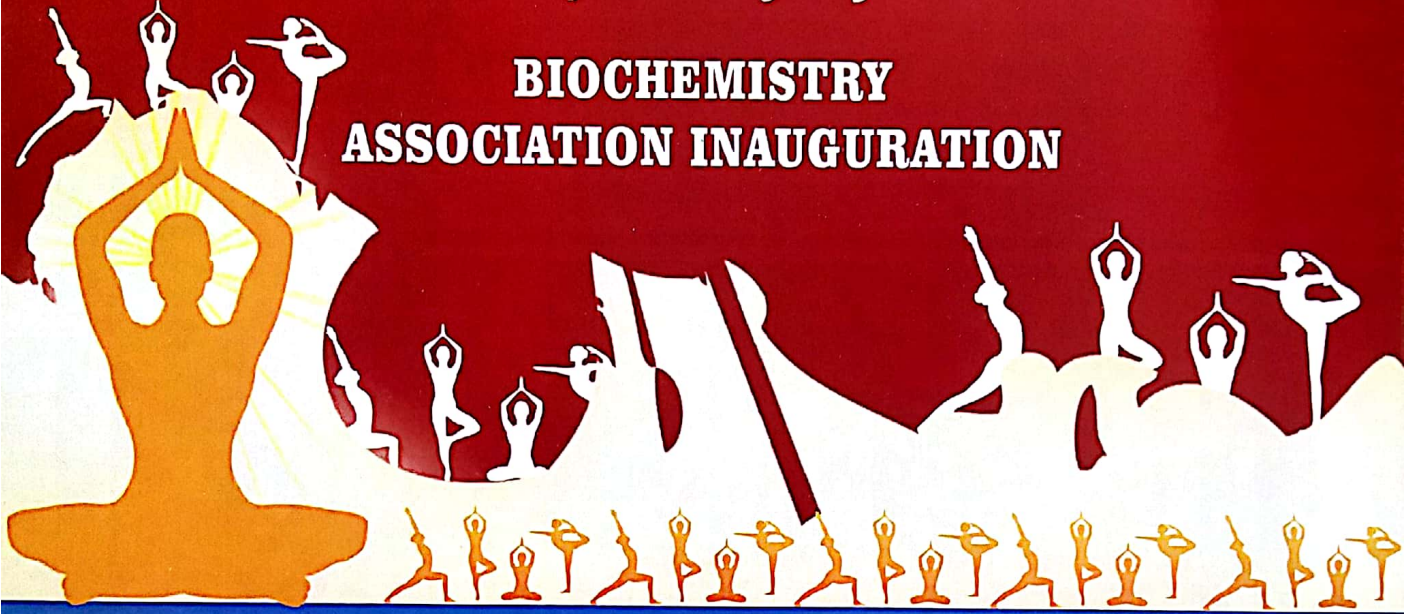
ST. JOSEPH'S COLLEGE (AUTONOMOUS)

Special Heritage status awarded by UGC, Accredited with A++ Grade (Cycle VI) by NAAC
College with Potential for Excellence by UGC, DBT-STAR & DST-FIST Sponsored College
Tiruchirappalli- 620002



The staff and Students of the Department
Cordially invite you for the

BIOCHEMISTRY ASSOCIATION INAUGURATION



On 12th JULY 2023 @ 10.30 am in SEMINAR HALL (Biochemistry)

Presided by

Rev. Dr. K. Amal, SJ

Secretary,

St. Joseph's College, Tiruchirappalli - 620 002

Inaugural Speech by

Mr. P. Vijayakumar,

Yoga Master, Amirtham Social Service Trust,
Tiruchirappalli

On the Topic

ஆரோக்கியம் குறித்து மனக்காசனங்கள்

President

All are invited

Head



DEPARTMENT OF BIOCHEMISTRY

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TIRUCHIRAPPALLI - 620 002.

Phone : 0431 - 4226521, 4226386, Fax : 0431 - 2701501

Website : www.sjctni.edu

Report of the Biochemistry Association Inauguration

The activities of the biochemistry association was inaugurated for the academic year 2023-24 on 12th July 2023, 10.30 am at the department seminar hall with an invited talk on “ஆரோக்கியம் தரும் யோகாசனங்கள்” delivered by **Mr. P. Vijayakumar**, Yoga Master, Amirtham Social Service Trust, Tiruchirappalli.

The meeting was presided by **Rev. Dr. K. Amal** SJ Secretary, St. Joseph's College (Autonomous), Tiruchirappalli -2.

The meeting was attended by the faculty (8 in no's) and the students (71 in no's) of both biochemistry and biotechnology departments.

The head of the Biochemistry department welcomed the gathering and the vote of thanks was delivered by the student representative Mr. Mohai Deen of II M.Sc Biochemistry.

The meeting came to an end at 12.30 pm.

A.BENNO SUSAI VIJAYAKUMAR,
M.Sc.,SET, PGDMET.,
Head, Dept. of Biochemistry
St. Joseph's College (Autonomous)
Tiruchirappalli-620 002

**DEPARTMENT OF BIOCHEMISTRY
ST. JOSEPH'S COLLEGE (AUTONOMOUS)
TIRUCHIRAPPALLI**

BIOCHEMISTRY ASSOCIATION INAUGURATION

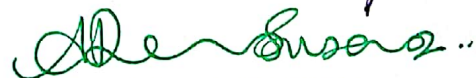
TITLE: "ஆரோக்கியம் தரும் யோகாசனங்கள்"

DATE: 12-07-2023

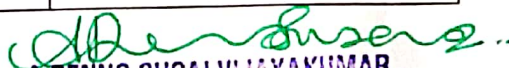
TIME: 10.30 AM

VENUE: BIOCHEMISTRY SEMINAR HALL

S.NO.	D.NO.	NAME OF THE PARTICIPANT	SIGNATURE
1.	22PBT815	G. R. Janani	G. R. Janani
2.	22PBT816	P. C. Karthikeyanee	P. C. Karthikeyanee
3.	22PBT821	G. Nandhini	G. Nandhini
4.	22PBT820	A. Harshini	A. Harshini
5.	22PBT821	G. R. Janani	G. R. Janani
6.	22PBT811	A. Bency Mirudula	A. Bency Mirudula
7.	22PBT829	K. Ruteka	K. Ruteka
8.	22PBT807	J. Mary Sneha	J. Mary Sneha
9.	22PBT806	B. SOMNIVA	B. SOMNIVA
10.	22PBT809	S. KEERTHANA	S. KEERTHANA
11.	22PBT803	S. B. R. Vishree	S. B. R. Vishree
12.	22PBT802	M. Helen daphnic	M. Helen daphnic
13.	22PBT810	S. Dhanasri	S. Dhanasri
14.	22PBT825	S. JOES RITHI RUFINA	S. JOES RITHI RUFINA
15.	22PBT818	M. Priyadharsini	M. Priyadharsini
16.	22PBT828	S. MOHAMED PHANVEER	S. MOHAMED PHANVEER
17.	22PBT815	L. VISWANATHAN	L. VISWANATHAN
18.	22PBT824	Dhananjay R.	Dhananjay R.
19.	22PBT804	NURLIN NORBERT J. P.	NURLIN NORBERT J. P.
20.	22PBT822	R. RAHUL	R. RAHUL
21.	22PBT812	M. Ahmed Fazil	M. Ahmed Fazil
22.	22PBT821	D. Chandru	D. Chandru
23.	22PBT814	S. RISHANTH	S. RISHANTH
24.	22PBT823	J. SAMBU	J. SAMBU
25.	22PBT808	Priadeesh. D	Priadeesh. D
26.	22PBT805	S. Kavia Gayathri	S. Kavia Gayathri
27.	22PBT801	Naveenthan. T	Naveenthan. T
28.	22PBT53	DR. V. SWARNJA	DR. V. SWARNJA
29.	23CBT51	Dr. A. Asha Mouice	Dr. A. Asha Mouice
30.	23CBT52	Dr. J. Arutchehy	Dr. J. Arutchehy
31.	23PBT812	R. Aarthi	R. Aarthi
32.	23PBT810	D. Nithya Sree	D. Nithya Sree
33.	23PBT806	P. Dharshini	P. Dharshini
34.	23PBT814	B. Meenalokshini	B. Meenalokshini
35.	23PBT809	B. Thashviga	B. Thashviga


A. BENNO SUSAI VIJAYAKUMAR,
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St. Joseph's College (Autonomous)
Tiruchirappalli-620 002

36.	T. Jagesh	23PBT819 (BIOTECH)	P. J. T
37.	S. SANJAY DANTU	23PBT807 (BIOTECH)	S. Sanjay Daniel.
38.	S. SATHI	23PBT828 (BIO-TECH)	S. Sathu
39.	P. Sri Mahesh Ragupathi	23PBT816 (Bio-Tech)	P. Sri Ram
40.	L. SAMDANIEL	23PBT804 (Biotech)	W
41.	S. JALAMUTHUKANARAN	23PBT827 (Biotech)	W
42.	S. H. MOHAMED ANSARIK SABIE	23PBT808 (Biotech)	S. H. Rashik
43.	G. Jharadharan.	23PBT817 (Bio-tech)	S. Jharadharan.
44.	C. K. Hosan Anut	23PBT811 (Biotech)	W
45.	K. Sujitha	23PBT824 (Biotech)	K. Sujitha
46.	A. Azul Aobija	23PBT803 (Biotech)	A. Azul
47.	S. Anokiyadharan	23PBT803 (Biotech)	S. Anokiyadharan
48.	D. Haripriya	23PBT820 (Biotech)	D. Haripriya
49.	S. Menaka	23PBT815 (Biotech)	S. Menaka
50.	Merlin Luvya J	23PBT810 (Biotech)	Merlin Luvya J
51.	M. Christya	23PBT813 (Biotech)	M. Christya
52.	C. Kiruthika	23PBT830 (Biotech)	C. Kiruthika
53.	A. Sneha	23PBT831 (Biotech)	A. Sneha
54.	K. Archaya	23PBT826 (Biotech)	K. Archaya
55.	V. K. Saumya	23PBT829 (Biotech)	V. K. Saumya
56.	R. Hapali Puth	23PBT814 (Biotech)	R. Hapali Puth
57.	ABIRAMI. T	23PBT803 (BIOCHEMISTRY)	ABIRAMI. T
58.	ANKHA. M	23PBT816 (BIOCHEMISTRY)	ANKHA. M
59.	P. Pillai Madhuvula	23PBT805 (BIOCHEMISTRY)	P. Pillai
60.	N. Anis Patricia	23PBT804 (BIOCHEMISTRY)	N. Anis Patricia
61.	M. Karishma Nathiar	23PBT811 (BIOCHEMISTRY)	M. Karishma
62.	B. Dayal Helen Rajiah	23PBT802 (BIOCHEMISTRY)	B. Dayal
63.	S. Harinee	23PBT820 (BIOCHEMISTRY)	S. Harinee
64.	R. RAKAVI	23PBT824 (BIOCHEMISTRY)	R. RAKAVI
65.	S. Karthika Parameswari	23PBT813 (BIOCHEMISTRY)	S. Karthika
66.	B. Shashin Fero	23PBT801 (BIOCHEMISTRY)	B. Shashin
67.	B. VISHNU PRYAN	23PBT819 (BIOCHEMISTRY)	B. VISHNU
68.	G. John Robinson	23PBT821 (BIOCHEMISTRY)	G. John Robinson
69.	R. Jones	23PBT808 (BIOCHEMISTRY)	R. Jones
70.	K. Narendran	23PBT817 (BIOCHEMISTRY)	K. Narendran
71.	B. Chant	23PBT822 (Bio-Chemistry)	B. Chant
72.	S. Venkateshwar	Biochemistry	S. Venkateshwar
73.	T. ANTONY	23PBT805 (Biochem)	T. ANTONY
74.	A. Benno	23PBT801	A. Benno
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A. BENNO SUSAI VILAYAKUMAR,
 M.Sc., SET, PGDMET.
 Head, Dept. of Biochemistry
 St. Joseph's College (Autonomous)
 Tiruchirappalli-620 002



 **GPS Map Camera**

Tiruchirappalli, Tamil Nadu, India

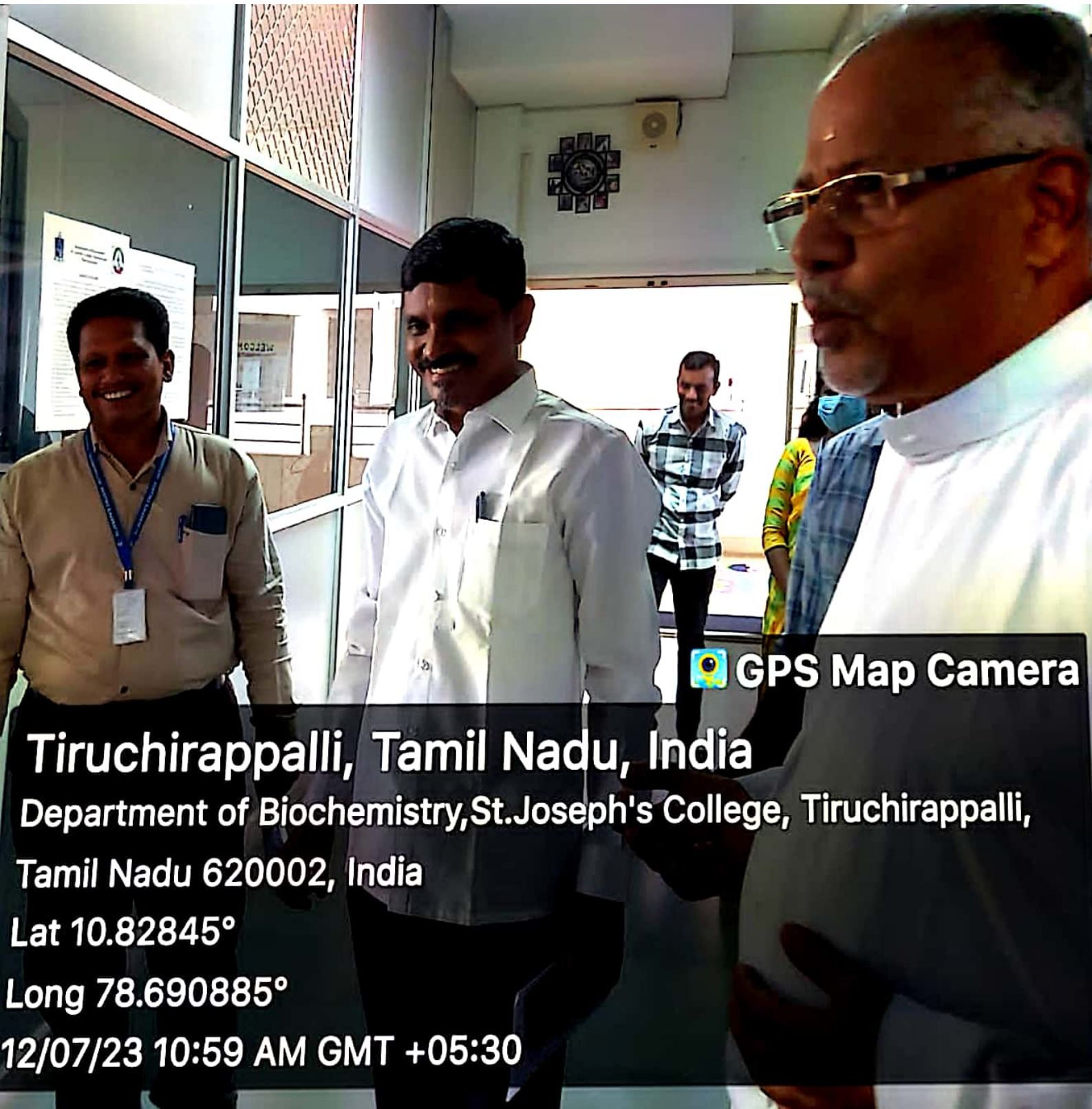
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Tamil Nadu 620002, India

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Tiruchirappalli, Tamil Nadu, India

Department of Biochemistry, St. Joseph's College, Tiruchirappalli,

Tamil Nadu 620002, India

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Long 78.690885°

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ST. JOSEPH'S COLLEGE (AUTONOMOUS)

BIOCHEMISTRY ASSOCIATION
IN A

A Special Session On Yoga



P. Vijaya Kumar,
Social Service Trust,
Uli
Trk. Amal

Date: 12/7/2023



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Tiruchirappalli, Tamil Nadu, India

Department of Biochemistry, St. Joseph's College,

Tiruchirappalli, Tamil Nadu 620002, India

Lat 10.82845°

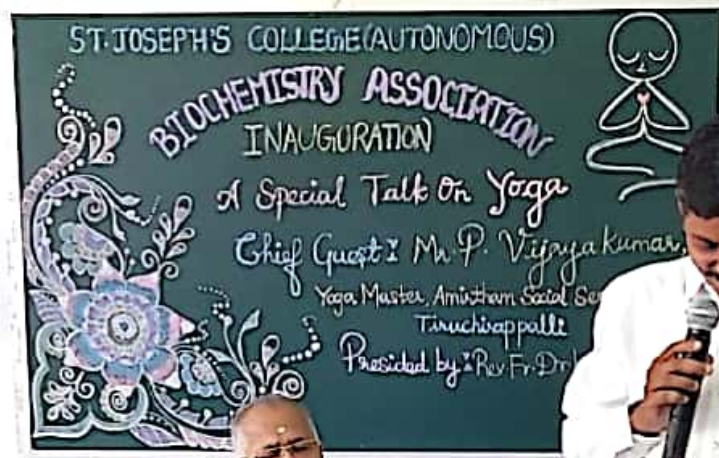
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**Department of Biochemistry, St. Joseph's College, Tiruchirappalli,
Tamil Nadu 620002, India**

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DEPARTMENT OF BIOTECHNOLOGY
SCHOOL OF BIOLOGICAL SCIENCES
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TIRUCHIRAPPALLI-620 002, INDIA.

We cordially invite you for
Dr.V. Balakrishnan Memorial CME programme

20th February 2024

Venue: AV Hall, Dept. of Biotechnology **Time :** 10.00 am

Rev. Dr. K. Amal, SJ
Secretary, St. Joseph's College (Autonomous)
will felicitate

Dr. K. Parimalarani M.B.B.S., MD., (OG)
Consultant Obstetrician and Gynaecologist
Krishna Hospital, Tiruchirappalli
will deliver the special address

Theme : FOSTERING AWARENESS
ABOUT CANCER PREVENTION IN WOMEN

All Are Invited

Organizing Secretary

Head, Staff & Students



DEPARTMENT OF BIOTECHNOLOGY

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DR.V. BALAKRISHNAN MEMORIAL CME PROGRAMME

The Department of Biotechnology at St. Joseph's College, Trichy, organized a DR.V. Balakrishnan Memorial CME Programme on the theme **"FOSTERING AWARENESS ABOUT CANCER PREVENTION IN WOMEN"** on 20th February 2024.

The Programme commenced with a prayer song and was held from 10AM on 20th February 2024. The event saw a total of 86 girl participants, including students and faculty members from the Biotechnology, Biochemistry, Botany and Electronics Departments of St. Joseph's College, Trichy.

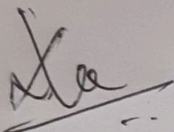
The Head of the Department of Biotechnology Dr.A. Edward welcomed Resource person, Faculty members and the students to the seminar. Following the welcome by the Head of the Department, Speaker Dr. K. Parimalarani M.B.B.S., MD., (OG) provided an overview of the awareness about cervical and breast cancer and offered valuable insights into the etiology, diagnosis, causes and prevention of cervical & breast cancer. She elaborated the parts of cervix and breast, where the chances of cancer may occur and what are all the causes of cell mutated unconditionally, diagnosis and steps to take prevention of both breast and cervical cancer. At last, she was shared the experience of one of the patients and also shared the own family


Dr. A. EDWARD
Head

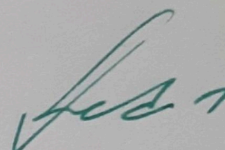
Department of Biotechnology
St. Joseph's College (Autonomous)
Tiruchirappalli-620 002, Tamil Nadu.

experience of the cancer patient by conclude the speech with some motivation and wishes for future of students.

The seminar came to a conclusion with a vote of thanks delivered by Dr. V. Swabna, Assistant professor of Biotechnology. Overall, the seminar aimed to know the awareness of breast and cervical cancer especially in females.



Association President



Head of the Department

Dr. A. EDWARD
Head
Department of Biotechnology
St. Joseph's College (Autonomous)
Tiruchirappalli-620 002, Tamil Nadu.

DEPARTMENT OF BIOTECHNOLOGY

St. Joseph's College (Autonomous)
Tiruchirappalli

Dr. V. BALAKRISHNAN MEMORIAL CME PROGRAMME

THEME: FOSTERING AWARENESS ABOUT CANCER PREVENTION IN

WOMEN

ATTENDANCE SHEET

Time: 10.00 AM

Date: 20th February, 2024

S. No	Names	Register Number and Department	Signature
1.	R. Aarthi	23PBI812 - I.M.Sc Biochemistry	R. Aarthi
2.	S. Kannika Parameswari	23PBI813 - I.M.Sc Biochemistry	S. Kannika
3.	B. Sharlin Feba	23PBI801 "	B. Sharlin Feba
4.	B. Thashviga	23PBI809 "	B. Thashviga
5.	D. Nithyasree	23PBI810 "	D. Nithyasree
6.	P. Priyanka	23PBI826 "	P. Priyanka
7.	ABIRAMI.T	23PBI803 "	Abirami
8.	ANISHA.M	23PBI816 "	A. Anisha
9.	B. DOVEL HELAN KETZIAN	23PBI802 "	B. Dovel
10.	S. HARINEE	23PBI820 "	S. Harinee
11.	R. RAKAVI	23PBI824 "	R. Rakavi
12.	B. MEENALOSHINI	23PBI814 "	B. Meenaloshini
13.	N. Annie Patricia	23PBI804 "	N. Annie Patricia
14.	R. Parithra	23PEL804 I.M.Sc Electronics	R. Parithra
15.	Princy.R	23PEL811 I.M.Sc Electronics	R. Princy
16.	R. Dafni Angel	23UBD115 1 st BSc. Botany	R. Dafni Angel
17.	P. Thamanaipeniganatchi	23UBD149 1 st BSc. Botany	P. Thamanaipeniganatchi

1/27

Dr. A. EDWARD
Head

Department of Biotechnology
St. Joseph's College (Autonomous)
Tiruchirappalli - 620 002, Tamil Nadu

S.No	Name	Register Number and Department	Signature
18.	A. Carmel Rositha	23UB0133 ^{1st B.Sc} Botany	A.C.R.
19.	M. Dhanusha	23UB0124 ^{1st B.Sc} Botany	M.Dhanusha
20.	A. Aswin Christiya	23UB0122 ^{1st B.Sc} Botany	A. Aswin Christiya
21.	M. Eromiyal	23UB0117 ^{1st B.Sc} Botany	M. Eromiyal
22.	M. Vincelet catherina	23UB0103 ^{1st B.Sc} Botany	M. Vincelet Catherina
23.	B. Laksheetha	23UB0137 ^{1st B.Sc} Botany	B. Laksheetha
24.	R. Nithyashree	23UB0102 ^{1st B.Sc} Botany	R. Nithyashree
25.	A. Jency	23UB0112 ^{1st B.Sc} Botany	A. Jency
26.	J. Shophiya Mary	23UB0142 ^{1st B.Sc} Botany	J. Shophiya Mary
27.	L. Louis Angelin	23UB0156 ^{1st B.Sc} Botany	L. Louis Angelin
28.	N. Nithya Sri	23UB0111 ^{1st B.Sc} Botany	N. Nithya Sri
29.	A. Anu Divya	23UB0117 ^{1st B.Sc} Botany	A. Anu Divya
30.	R. Vani Sri	23UB0104 ^{1st B.Sc} Botany	R. Vani Sri
31.	G. Mandhini	22PBT821 ^{II M.Sc} - Biotechnology	G. Mandhini
32.	K. Sneha	22PBT829 ^{II M.Sc} - Biotech	K. Sneha
33.	S. Dhanassi	22PBT810 ^{II M.Sc} - BioTech	S. Dhanassi
34.	J. Mary Sneha	22PBT807 ^{II M.Sc} - Biotech	J. Mary Sneha
35.	A. Harshini	22PBT820 ^{II M.Sc} - Biotech	A. Harshini
36.	A. BENCY MIRUDULA	22PBT811 ^{II M.Sc} - BIOTECH	A. Bency Mirudula
37.	M. Helen Daphnie	22PBT802 ^{II M.Sc} - Biotech	M. Helen Daphnie
38.	B. Joes Rithi Rufina	22PBT805 ^{II M.Sc} - Biotech	B. Joes Rithi Rufina
39.	S. B. RATHISHREE	22PBT803 ^{II M.Sc} - Biotech	S. B. Rathishree
40.	P.C. Karthikeyanee	22PBT816 ^{II M.Sc} - Biotech	P.C. Karthikeyanee
41.	S. Keerthana	22PBT809 ^{II M.Sc} - Biotech	S. Keerthana
42.	S. Harini	22PBT812 ^{II M.Sc} - Biochem	S. Harini
43.	S. Dhatchana	22PBT809 ^{II M.Sc} - Biochem	S. Dhatchana

S.No	Name	Register Number and Department	Signature
18.	A. Prathipa Dufanta	22PBI807 - II M.Sc Bio-chemistry	A. Prathipa Dufanta
19.	D. Pansiya Poshini	22PBI818 - II M.Sc Bio-chemistry	D. Pansiya Poshini
20.	V. Kavitha	22PBI813 - II - M.Sc Bio-chem	V. Kavitha
21.	A. Dhivyabharathi	22PBI817 - II - M.Sc Bio-chem	A. Dhivyabharathi
22.	S. Sudhamadhi	22PBI815 - II - M.Sc Bio-chem	S. Sudhamadhi
23.	S. Vinodhini	22PBI821 - II - M.Sc Bio-chem	S. Vinodhini
24.	M. Nasreen Banu	22PBI822 - II - M.Sc Bio-chem	M. Nasreen Banu
25.	S. Paveetha	22PBI823 - II - M.Sc Bio-chem	S. Paveetha
26.	V. Dayana	22PBI810 II M.Sc Biochemistry	V. Dayana
27.	L. Shahin Banu	22PBI803 II M.Sc Biochemistry	L. Shahin Banu
28.	V. Pabitha	22PBI811 II M.Sc Biochemistry	V. Pabitha
29.	M. Nivetha Bharathi	22PBI814 - II M.Sc Biochemistry	M. Nivetha Bharathi
30.	L. Annammal.	22PBI804 - II M.Sc Biochemistry	L. Annammal.
31.	J. Merlin Liya	23PBT810 - I M.Sc Biotech	J. Merlin Liya
32.	B. Jayal Nithra	23PBT823 - I M.Sc Biotech	B. Jayal Nithra
33.	Priyadharshini. M	23PBT818 - I M.Sc Biotech	Priyadharshini. M
34.	K. Reenu decpa.	23PBT822 - I M.Sc Biotech	K. Reenu decpa.
35.	P. Yuva Ragavi	23PBT835 - I M.Sc BIOTECH	P. Yuva Ragavi
36.	Mary Sheeba. S	23PBT801 - I M.Sc Biotech	Mary Sheeba. S
37.	Shalini. C	23PBT832 - I M.Sc Biotech	Shalini. C
38.	Arakya dharshini. S	23PBT803 - I M.Sc Biotechnology	Arakya dharshini. S
39.	Deepa lakshmi. G	23PBT825 - I M.Sc Biotechnology	Deepa lakshmi. G
40.	Snega. S	Ph.D Scholar.	Snega. S
41.	Sneha. A	23PBT831 - I M.Sc Biotechnology	Sneha. A
42.	Menaka. S	23PBT815 - I M.Sc Biotechnology	Menaka. S
43.	Arul Gobiya. S	23PBT802 - I M.Sc Biotechnology	Arul Gobiya. S

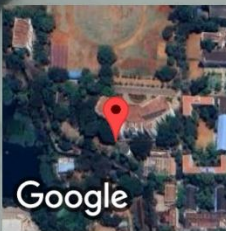
Dr. A. EDWARD

Head

Dept. of Biotechnology
St. Joseph's College (Autonomous)
Tamil Nadu

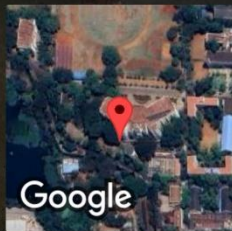
S.No	Name	Register Number and Department	Signature
72.	Sujitha. K	23PBT824 - I ^{MSC} Biotechnology	Sujitha
73.	Hosam Annet. C.K	23PBT811 - I ^{MSC} Biotechnology	H.A.C.K.
74.	kiruthika .C	23PBT830 - I ^{MSC} Biotech	K. Kumb
75.	Christya .M	23PBT813 - I ^{MSC} Biotech	Mr Christ
76.	Atchaya .K	23PBT826 - I ^{MSC} Biotech	Atchaya .K
77.	Soumya .V.K	23PBT829 - I ^{MSC} Biotech	Soumya
78.	Hephon Ruth. S	23PBT814 - I ^{MSC} Biotech	Hephon Ruth S.
79.	Janani .G.R	22PBT815 - II ^{MSC} Biotech	G. Janani
80.	Kavita Gayathri	22PBT805 - II ^{MSC} Biotech	S. Kavita
81.	M. Priyadharsini	22PBT818 - II ^{MSC} Biotech	M. Priyadharsini
82.	B. Sowmya	22PBT806 - I ^{MSC} Biotech	B. Sowmya
83.	Dr. A. Ale Maria	23CBT51 -	Dr. A. Ale Maria
84.	Dr. V. SWARNA	23CBT53	Dr. V. Swarna
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Tiruchirappalli, Tamil Nadu, India
DEPT OF BIOTECHNOLOGY, College Rd, Annamalai Nagar, Woraiyur, Tiruchirappalli,
Tamil Nadu 620002, India
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Long 78.690526°
20/02/24 10:46 AM GMT +05:30

 **GPS Map Camera**



Tiruchirappalli, Tamil Nadu, India


DEPT OF BIOTECHNOLOGY, College Rd, Annamalai Nagar, Woraiyur, Tiruchirappalli,

Tamil Nadu 620002, India

Lat 10.828488°

Long 78.690518°

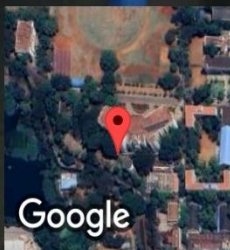
20/02/24 11:18 AM GMT +05:30

 GPS Map Camera





 GPS Map Camera



Tiruchirappalli, Tamil Nadu, India

DEPT OF BIOTECHNOLOGY, College Rd, Annamalai Nagar, Woraiyur, Tiruchirappalli,
Tamil Nadu 620002, India

Lat 10.828484°

Long 78.690518°

20/02/24 10:57 AM GMT +05:30



Tiruchirappalli, Tamil Nadu, India

DEPT OF BIOTECHNOLOGY, College Rd, Annamalai Nagar, Woraiyur, Tiruchirappalli, Tamil Nadu 620002, India

Lat 10.828486°

Long 78.690519°

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DEPARTMENT OF BIOTECHNOLOGY
SCHOOL OF BIOLOGICAL SCIENCES
St. JOSEPH'S COLLEGE (Autonomous)

Special Heritage Status Institution - UGC, Accredited at 'A++' Grade (Cycle IV) by NAAC
College with Potential for Excellence Conferred by UGC, DST-FIST Sponsored / DBT-STAR College

TIRUCHIRAPPALLI-620 002, INDIA.

Dr.V. Balakrishnan Memorial CME programme
Theme : FOSTERING AWARENESS ABOUT CANCER PREVENTION IN WOMEN
CERTIFICATE



This is to certify that Dr./Mr./Ms.

has participated in **Dr. V. Balakrishnan Memorial CME Programme** *held on*
20th February 2024, organised by the Department of Biotechnology, St. Joseph's College
(Autonomous), Tiruchirappalli-620 002.

Dr. V. SWABNA
Organising Secretary

Dr. A. EDWARD
Head & Convenor

Rev. Dr. M. AROCKIASAMY XAVIER SJ
Principal





**TROJAN-HORSE CLUB of
DEPARTMENT OF BIOTECHNOLOGY
(SCHOOL OF BIOLOGICAL SCIENCES)
St. JOSEPH'S COLLEGE (Autonomous)**
Accredited at 'A++' Grade (4th Cycle) by NAAC, Special Heritage Status Awarded by UGC
College with Potential for Excellence by UGC, DBT-STAR & DST-FIST Sponsored College
TIRUCHIRAPPALLI - 620 002, INDIA

Organises a Lecture Topic on
**"STRUCTURE-BASED NOVEL THERAPEUTICS
TARGETING OXIDISED LIPOPROTEIN RECEPTOR
LOX-1 FOR ATHEROSCLEROTIC CARDIOVASCULAR DISEASE"**

*to be held at 10:00 a.m. on Tuesday,
19th December, 2023 in AV Hall, Dept of Biotechnology*

Presided by
Rev. Dr. K. AMAL, SJ
Secretary, St. Joseph's College

Speaker
Dr. AROCKIASAMY ARULANDU
Group Leader, Membrane Protein Biology,
International Centre for Genetic Engineering & Biotechnology
Aruna Asaf Ali Marg 11067 New Delhi, India

All Are Invited

**Report on Lecture Organised by Trojan-Horse Club of Department of Biotechnology
held on 19th December, 2023**

The Department of Biotechnology at St. Joseph College, Trichy, organised a Lecture on the topic "Structure-Based Novel Therapeutics Targeting Oxidised Lipoprotein Receptor LOX-1 for Atherosclerotic Cardiovascular Disease" on December 19, 2023. The lecture was delivered by Dr. Arockiasamy Arulandu, Group Leader, Membrane Protein Biology, International Centre for Genetic Engineering and Biotechnology, Aruna Asaf Ali Marg, New Delhi – 110067, India. He is an alumnus of the Department of Chemistry at St. Joseph's College, Trichy.

The Seminar commenced with a prayer song and was held from 10 am to 12 pm on December 19, 2023. The event saw a total of 98 participants, including students and faculty members from the Biochemistry and Biotechnology departments of St. Joseph's College, Trichy.

The Head of the Department of Biotechnology, **Dr. A. Edward**, welcomed the Rev. Dr. K. Amal, SJ, Secretary, St. Joseph's College, the esteemed Speaker, Dr. Arockiasamy Arulandu, faculty members, and the students to the Lecture.

Rev. Dr. K. Amal, SJ, the Secretary, felicitated the Speaker. He expressed his happiness to see the alumnus of St. Joseph's College, Trichy, and urged the students to become one such notable alumni in the future.

Following the felicitation by the Secretary, Dr. Arockiasamy Arulandu delivered a Lecture on the above-mentioned topic. He explained the fundamental connection between atherosclerosis and heart attack, the difference between a heart attack and cardiac arrest, and the role of various biomolecules in plaque formation in the arteries. In addition, he elucidated the key steps involved in drug discovery in an eloquent way so that students could grasp the fundamentals. His presentation resembled more of an interactive and informative session for the students. He emphasised the importance of understanding the biochemical pathways in deciding the target for drug discovery.

The seminar came to a conclusion with a vote of thanks delivered by Dr. J. Arutchelvi.

Overall, the seminar aimed to create awareness about the prevalence of cardiac diseases worldwide, the role of life style in the development of various cardiac diseases, the side effects of drugs in the market, and thus, the need to discover new drugs with high potency and less toxicity.

Dr. A. EDWARD
Head
Department of Biotechnology
St. Joseph's College (Autonomous)
Tiruchirappalli-620 002, Tamil Nadu.

Trojan-Horse Club of Department of Biotechnology Organised a Lecture on the topic

"Structure-Based Novel Therapeutics Targeting Oxidised Lipoprotein Receptor LOX-1 for Atherosclerotic Cardiac Disease"

Date: 19/12/23

Time: 10:00 am to 12:00 pm

Serial Number	Name of the Student & Department	Signature
1	J. Mary Sneha Biotech	J. Mary Sneha
2	J.P. Nurlin Norbert	J.P. Nurlin
3	J. Sambu	J. Sambu
4	G. Nandhini	G. Nandhini
5	M. Priyadharsini	M. Priyadharsini
6	R. RAHUL	R. Rahul
7	S. Joes Rithi Rufina	S. Rithi
8	B. SOWMIYA	B. Sowmya
9	J. Praeas	J. Praeas
10	S. Keerthana	S. Keerthana
11	A. Bency Mirudula	A. Bency Mirudula
12	S. Dhanaasri	S. Dhanaasri
13	S. Kavia Gayathri	S. Kavia Gayathri
14	T. Naveenkumar	T. Naveenkumar
15	S. RISHANTHI	S. Rishanthi
16	K. Sneha	K. Sneha
17	P.C. Karthikeyanee	P.C. Karthikeyanee
18	A. Harshini	A. Harshini
19	S.H. Mohamed Ashik Saif	S.H. Ashik
20	P. Sri Mukesh Boopathy	P. Sri Mukesh
21	S. SANJAY DANIEL	S. Sanjay Daniel
22	L. Sam Daniel	L. Sam Daniel
23	T. YOGESH	T. Yogesh
24	S. SAKTHI	S. Sakthi
25	S. Balamuthukumar.	S. Balamuthukumar.
26	Achaya. K.	Achaya. K.
27	Sneha. A.	Sneha. A.
28	Hepelin Ruth. S.	Hepelin Ruth. S.

Dr. A. EDWARD


Head

Department of Biotechnology

St. Joseph's College (Autonomous)

Tiruchirappalli-620 002, Tamil Nadu.


29.	Sowmya. Vle.	Gay. Vle.
30.	Kiruthika. C.	Kiruthika. C.
31.	Christya. M.	Christya. M.
32.	Aarul Sobiga.	Ara.
33.	Deepabekshmi. G.	Deepabekshmi. G.
34.	Suyitha. K.	K. Suyitha.
35.	Hosan Annet. C. K.	Hosan Annet.
36.	Yawa Nagavi	T. Nagavi.
37.	K. Renua deepa	Renua deepa.
38.	Kajal Hithra	Kajal Hithra.
39.	Priyadharshini	Priyadharshini
40.	Shalini	Shalini
41.	Sheeba	Sheeba.
42.	Melini	Melini.
43.	Meena	Meena.
44.	S. Dhamodharan.	S. Dhamodharan.
45.	Dharanidharan. R.	R. Dharanidharan.
46.	VISWANATHAN. L.	V. L.
47.	Janani. G. R.	G. R. Janani
48.	Pradeesh. D.	Pradeesh. D.
49.	Ahamed fazil M.	Ahmed.
50.	G. Prasad	G. Prasad
51.	M. Helen Daphnie	M. Helen Daphnie
52.	S. B. RATHISHREE	S. B. Rathishree
53.	A. Asha Monica	A. Asha Monica
54.	Dr. V. SWABNA	Dr. V. Swabna
55.	Dr. J. Azuthelhi	Dr. J. Azuthelhi
56.	Dr. A. Edward	Dr. A. Edward


Dr. A. EDWARD
 Head
 Department of Biotechnology
 St. Joseph's College (Autonomous)
 Tiruchirappalli-620 002, Tamil Nadu.

1 MSc BIOCHEMISTRY

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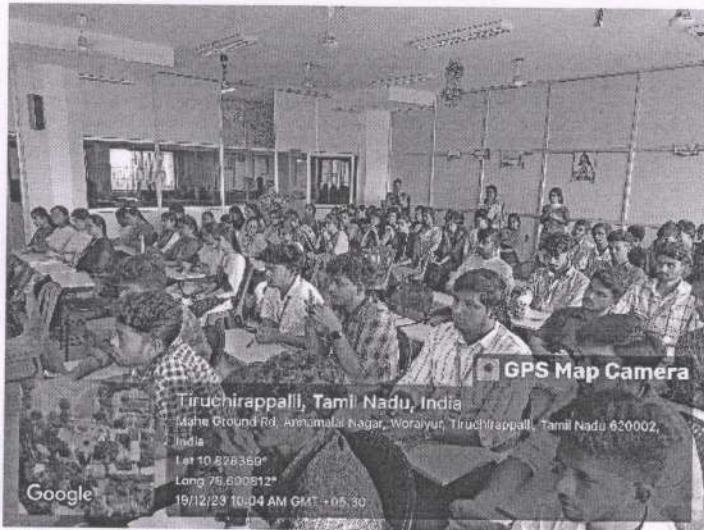
Dr. A. EDWARD
Head
Department of Biotechnology
St. Joseph's College (Autonomous)
Tiruchirappalli-620 002, Tamil Nadu.


Dr. A. EDWARD
Head
Department of Biotechnology

II M.Sc., Biochemistry

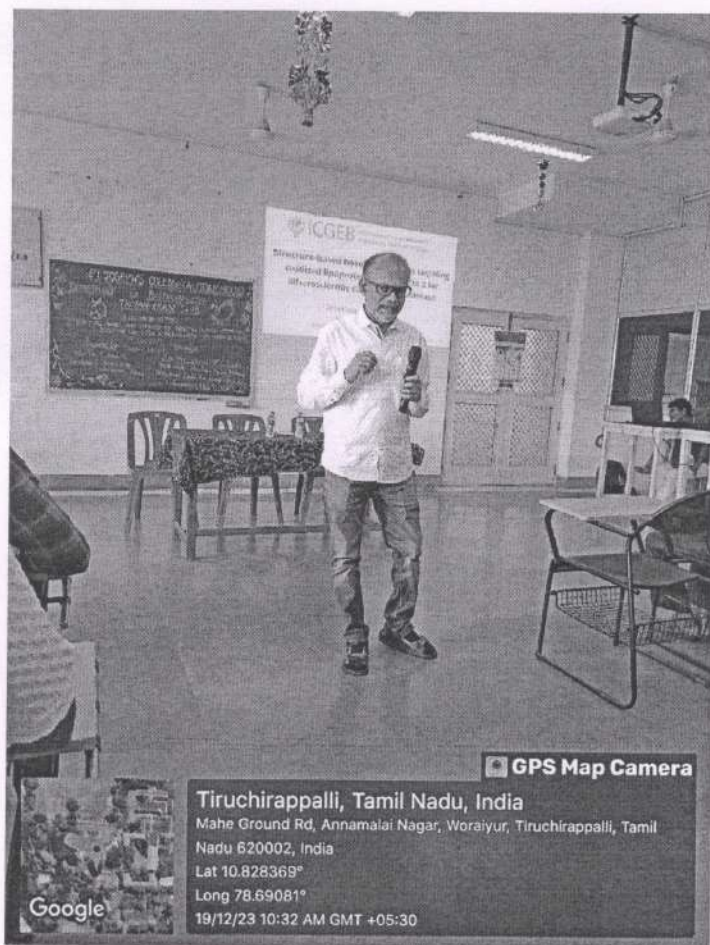
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Dr. A. EDWARD
Head
Department of Biotechnology
St. Joseph's College (Autonomous)
Tiruchirappalli-620 002, Tamil Nadu.



Dr. A. Edward

Dr. A. EDWARD
Head
Department of Biotechnology
St. Joseph's College (Autonomous)
Tiruchirappalli-620 002, Tamil Nadu.



Handwritten signature in green ink.

Dr. A. EDWARD
 Head
 Department of Biotechnology
 St. Joseph's College (Autonomous)
 Tiruchirappalli-620 002, Tamil Nadu.



DEPARTMENT OF BIOTECHNOLOGY
SCHOOL OF BIOLOGICAL SCIENCES



St. Joseph's College (Autonomous)

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College with Potential for Excellence by UGC

DBT-STAR & DST-FIST Sponsored College

TIRUCHIRAPPALLI – 620002

ASSOCIATION VALEDICTION INVITATION

Speaker

Prof. Kalpana Srinivasan,

B.Com, MA(Yoga) Dip(Acu), MD., (Acu)

Yoga Instructor

Will speak on

YOGA FOR MIND AND BODY

DATE : 22nd February, 2024 Time: 10 AM

VENUE: AV Hall, Department of Biotechnology

All are Invited

Association President

Head



DEPARTMENT OF BIOTECHNOLOGY

St. JOSEPH'S COLLEGE (Autonomous)

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TIRUCHIRAPPALLI - 620 002

Phone : 0431 - 4226522, 4226386, Fax : 0431 - 2701501

Website : www.sjctni.edu

ASSOCIATION VALEDICTION REPORT

The Department of Biotechnology at St Joseph's college(Autonomous), Tiruchirappalli, has organized a meeting about Yoga for mind and body on 22nd February 2024 at 10 AM. The Valediction Commenced with a Prayer song and the event saw a total of 55 participants, including students of I M.Sc. Biotechnology, IIM.Sc. Biotechnology and the faculty members of the Department of Biotechnology.

The Head of The Department, Dr. A. Edward welcomed the gathering Afterwards the session was handed over to prof. Kalpana Srinivasan, (yoga Instructor) where she gave an introduction about **"Yoga for Body and Mind"** and she explained how you can transform your body and later she gave a detail information about benefits of yoga. She trained the students with simple asanas and breathing exercises and taught the importance of yoga in daily life.

The Valediction came to a conclusion with a vote of thanks delivered by S.B. Rathishree, II M.Sc. Biotechnology. The overall meeting is aimed to know the importance and purpose of yoga.

Association President

Head of the Department

Dr. A. EDWARD
Head

Department of Biotechnology
St. Joseph's College (Autonomous)
Tiruchirappalli-620 002, Tamil Nadu.

DEPARTMENT OF BIOTECHNOLOGY

St. Joseph's College (Autonomous)
Tiruchirappalli

BIOTECHNOLOGY ASSOCIATION VALEDICTION

Yoga for Mind and Body

ATTENDANCE SHEET

Time: 10.00 AM

Date: 22ND February, 2024

S. No	Names	Register Number and Department	Signature
1.	S.B. Rathishree	22PBT803 Bio-Tech	S.B. Rathishree
2.	Helandaphanie	22PBT803 Bio-Tech	Helandaphanie
3.	S. Rithi	22PBT825 Bio-Tech	S. Rithi
4.	Nurhin Norbert J.P.	22PBT804 Biotech	Nurhin
5.	S. Keerthana	22PBT809 Biotech	S. Keerthana
6.	S. Kavia Gayathri	22PBT805 Biotech	S. Kavia Gayathri
7.	T. Naveenkumar	22PBT801 Biotech	T. Naveenkumar
8.	D. Pradeesh	22PBT808 Biotech	D. Pradeesh
9.	S. Balamuthukumar	23PBT827 Biotech	S. Balamuthukumar
10.	L. Sam Daniel	23PBT804 Biotech	L. Sam Daniel
11.	P. Sri Mukesh Boopathy	23PBT816 Biotech	P. Sri Mukesh Boopathy
12.	M. Christya	23PBT813 Biotech	M. Christya
13.	K. Acharya	23PBT826 Biotech	K. Acharya
14.	A. Sneha	23PBT831 Biotech	A. Sneha
15.	C. Kirthika	23PBT830 Biotech	C. Kirthika
16.	VK. Sowmya	23PBT829 Biotech	VK. Sowmya
17.	S. Hebslin Ruth	23PBT814 Biotech	S. Hebslin Ruth

Dr. A. EDWARD

Head

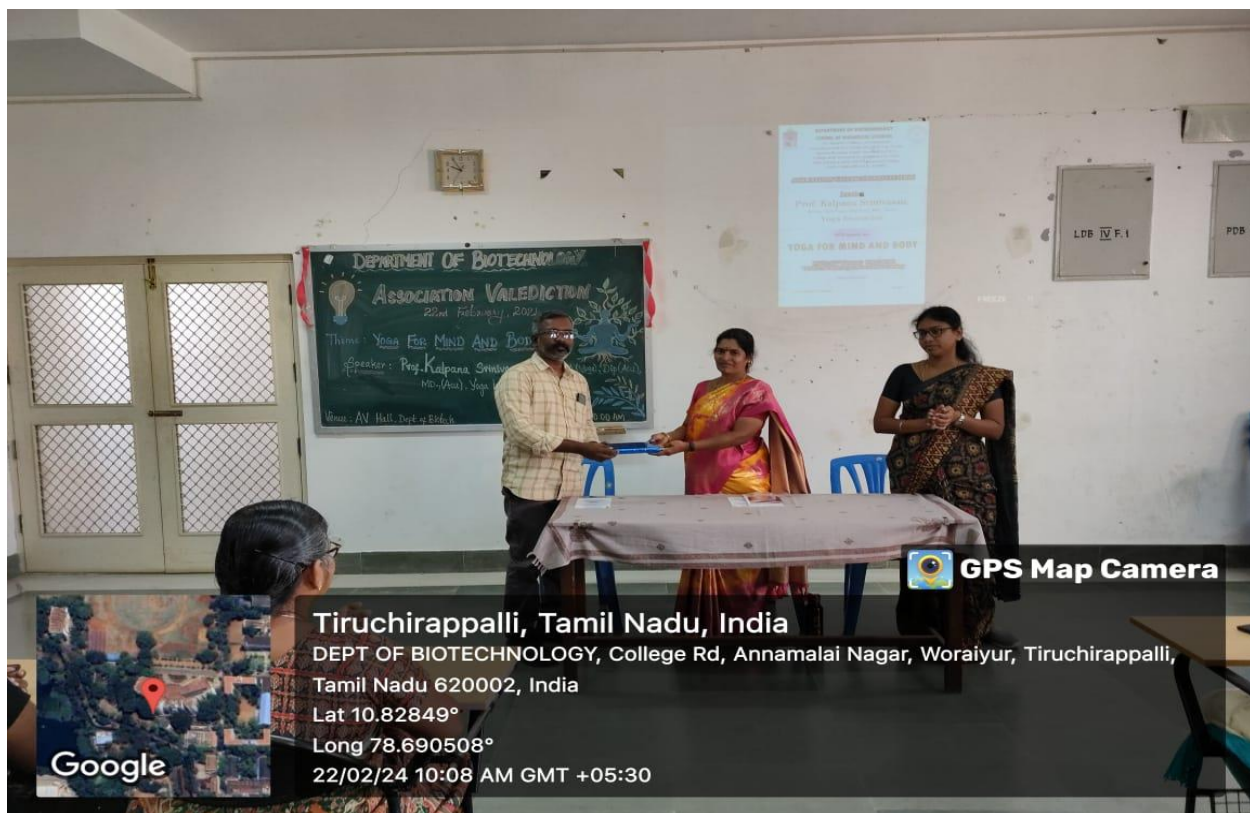
Department of Biotechnology
St. Joseph's College (Autonomous)
Tiruchirappalli-620 002, Tamil Nadu.

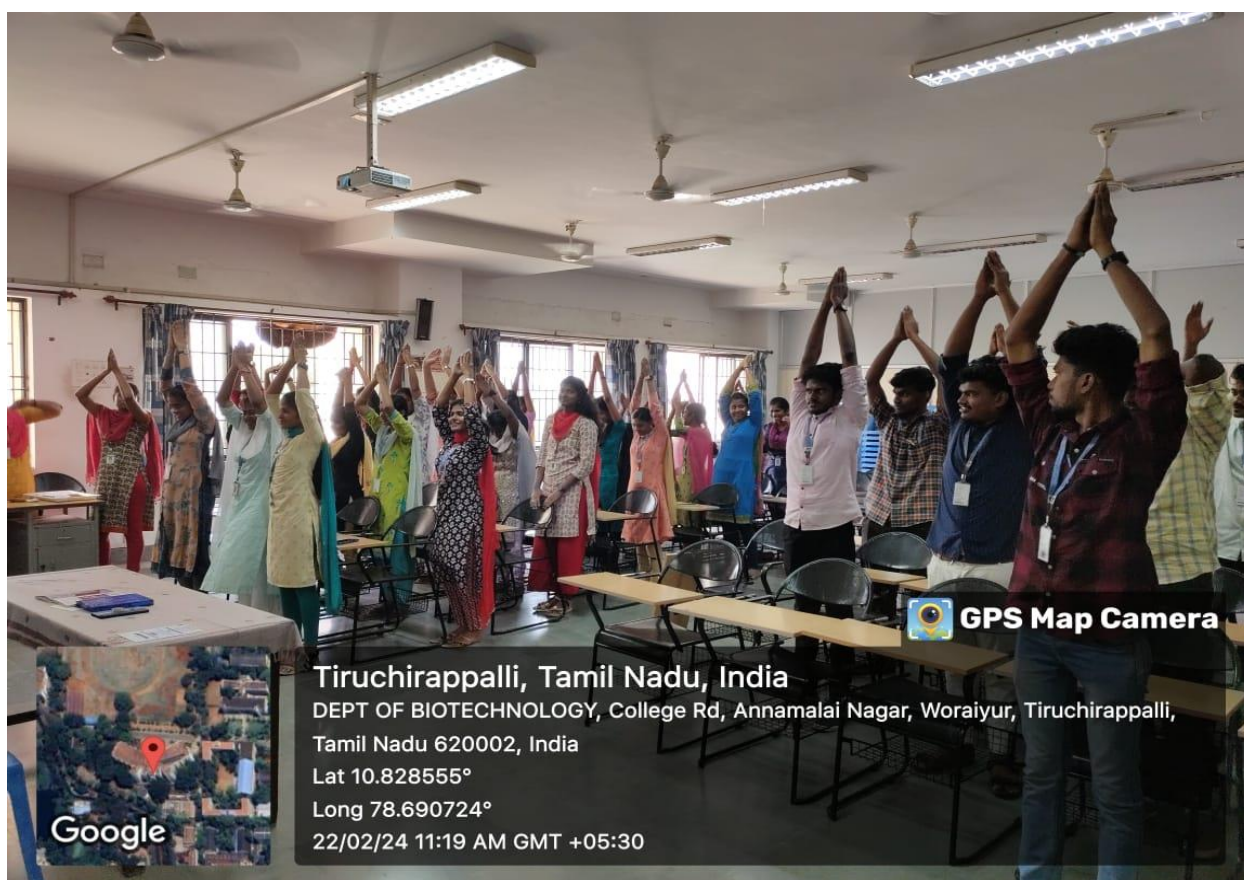
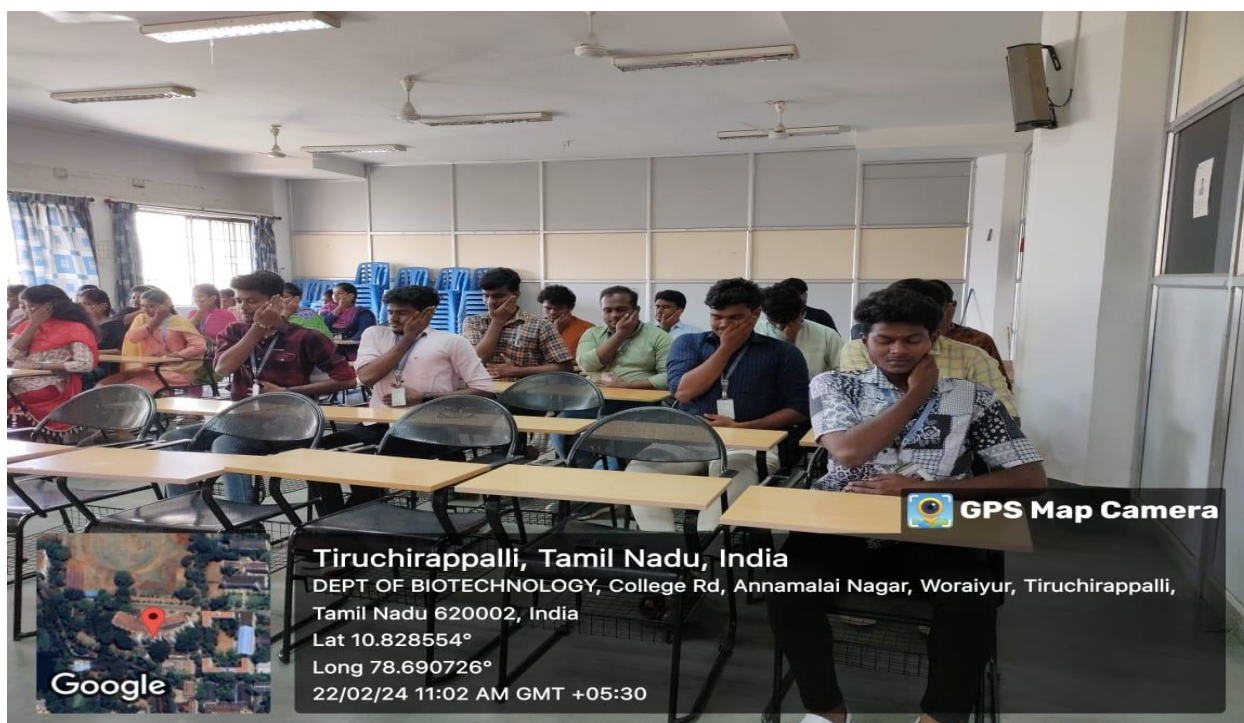
S.No	Name	Register Number and Department	Signature
18.	K. Sujitha	23PBT824	K. Sujitha
19.	C.K. Hosan Annet	25PBT811	Hosan Annet
20.	Anul Sobiya	23PBT802	Anul Sobiya
21.	Anockiya dharshini	23PBT803	Anockiya dharshini
22.	S. Menaka	23PBT815	S. Menaka
23.	D. Haripriya	23PBT820	D. Haripriya
24.	G. Deepalakshmi	23PBT825	G. Deepalakshmi
25.	Merlin Livya J	23PBT810	Merlin Livya J
26.	P. Yuva ragavi	23PBT833	P. Yuva ragavi
27.	K. Rehnu Deepa	23PBT822	K. Rehnu Deepa
28.	Priyadharshini M	23PBT818	Priyadharshini M
29.	B. kayal Mithra	23PBT823	B. kayal Mithra
30.	S. Mary Sheeba	23PBT801	S. Mary Sheeba
31.	C. Shalini	23PBT832	C. Shalini
32.	S. Sakshi	23PBT828	S. Sakshi
33.	S.H. Mohamed Aashik dharshini	23PBT808	S.H. Mohamed Aashik dharshini
34.	S. SANJAY DANIEL	23PBT807	S. SANJAY DANIEL
35.	VOGESH.T	23PBT819	VOGESH.T
36.	Dhanodharan.	23PBT817	Dhanodharan.
37.	J. SAMBU	22PBT823	J. SAMBU
38.	R. RAHUL	22PBT822	R. RAHUL
39.	NAVEENKUMAR.T	22PBT801	NAVEENKUMAR.T
40.	Dharanidharan. R.	22PBT824	Dharanidharan. R.
41.	J. Mary sneha	22PBT807	J. Mary sneha
42.	P.C. Karthikeyanee.	22PBT816	P.C. Karthikeyanee.
43.	G. Nandhini	22PBT821	G. Nandhini

Dr. A. EDWARD
Head

Department of Biotechnology
St. Joseph's College (Autonomous)
Tiruchirappalli-620 002, Tamil Nadu.

S.No	Name	Register Number and Department	Signature
44.	S. Dhanassi	22PBT810 BioTech	S. Dhanassi
45.	A. Bency Mirudula	22PBT811 BioTech	A. Bency Mirudula
46.	D. Chandru	22PBT812 BioTech	D. Chandru
47.	L. Viswanathan	22PBT813 BioTech	L. Viswanathan
48.	Mohamad Sharves	22PBT814 BioTech	Mohamad Sharves
49.	Ahamad Fasil	22PBT815 BioTech	Ahamad Fasil
50.	M. PRIYADHARSINI	22PBT816 BioTech	M. Priyadharsini
51.	B. SOWMYA	22PBT817 BioTech	B. Sowmya
52.	S. Joes Rithe Rufina	22PBT818 BioTech	S. Joes Rithe Rufina
53.	A. Harshini	22PBT819 BioTech	A. Harshini
54.	S.B. Rathishree	23PBT803 BioTech	S.B. Rathishree
55.	M. Helen daphnie	23PBT802 BioTech	M. Helen Daphnie
56.			
57.			
58.			
59.			
60.		Dr. A. EDWARD Head	
61.		Department of Biotechnology St. Joseph's College (Autonomous)	
62.		Tiruchirappalli-620 002, Tamil Nadu.	
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DEPARTMENT OF BOTANY
ST. JOSEPH'S COLLEGE (AUTONOMOUS)
TIRUCHIRAPPALLI - 620 002



Botany association
organized

**Yoga - Introduction and
demonstrations**

PRESIDES
Mr. M. Suresh,
Yoga Master

Date: 11.01.2024

Time: 09:00 am

Venue: community hall

ALL ARE CORDIALLY INVITED
Head, Faculty and Students

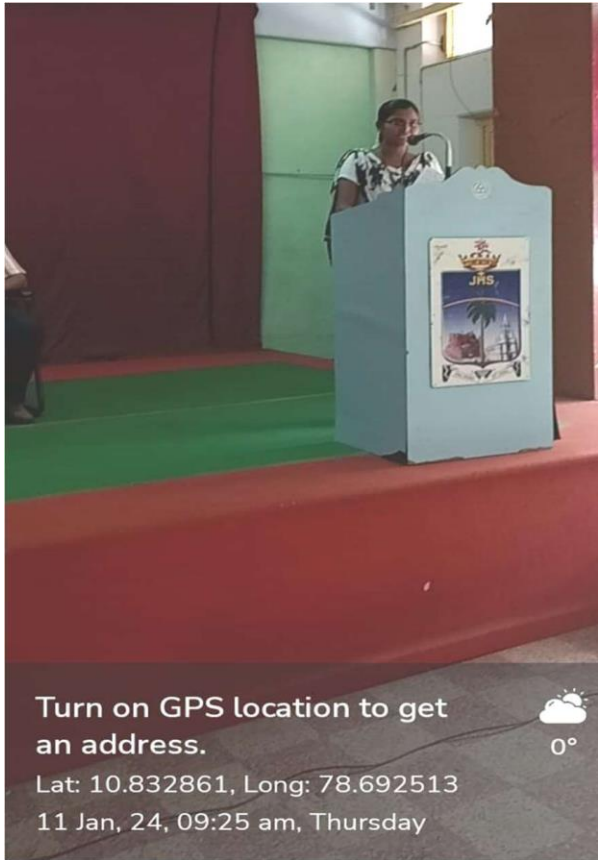
Department of Botany
St. Joseph's College (Autonomous), Tiruchirappalli – 620 002
Botany Association organized Yoga - Introduction and Demonstration
(11. 01. 2024)
Fr. Community Hall / 09. 00 am

Botany association took initiative to organize a workshop on Yoga - Introduction and demonstration for the students of Botany department. It was conducted in community hall of St. Joseph's college, Trichy.

The event began with brief introduction on Yoga and MC was done by Nishanadhini S, II M. Sc. Botany. Head in-charge, President and all Faculty graced the occasion. The resource person was introduced by Stephy Arockia Mary from III B. Sc. Botany. The resource person Mr. M. Suresh, Yoga Master, briefed the importance of Yoga and its necessity.

He shared that yoga offers a holistic approach to physical, mental, and spiritual well-being, fostering harmony within oneself and with the environment. Its practice enhances flexibility, strength, and balance while reducing stress and anxiety levels. Beyond the physical benefits, yoga cultivates mindfulness and self-awareness, promoting inner peace and emotional resilience. With regular practice, individuals experience improved focus, better sleep, and overall enhanced quality of life. Ultimately, yoga serves as a timeless tool for achieving balance, vitality, and serenity in an increasingly hectic world.

And then he moved on to the demonstration part of basic breathing exercise and a few asanas wherein all took active participation. The event was ended with vote of thanks by D. Jona Gladys, II B. Sc. Botany. This event was successfully organized and coordinated by Dr. K. Rajan, Association president.



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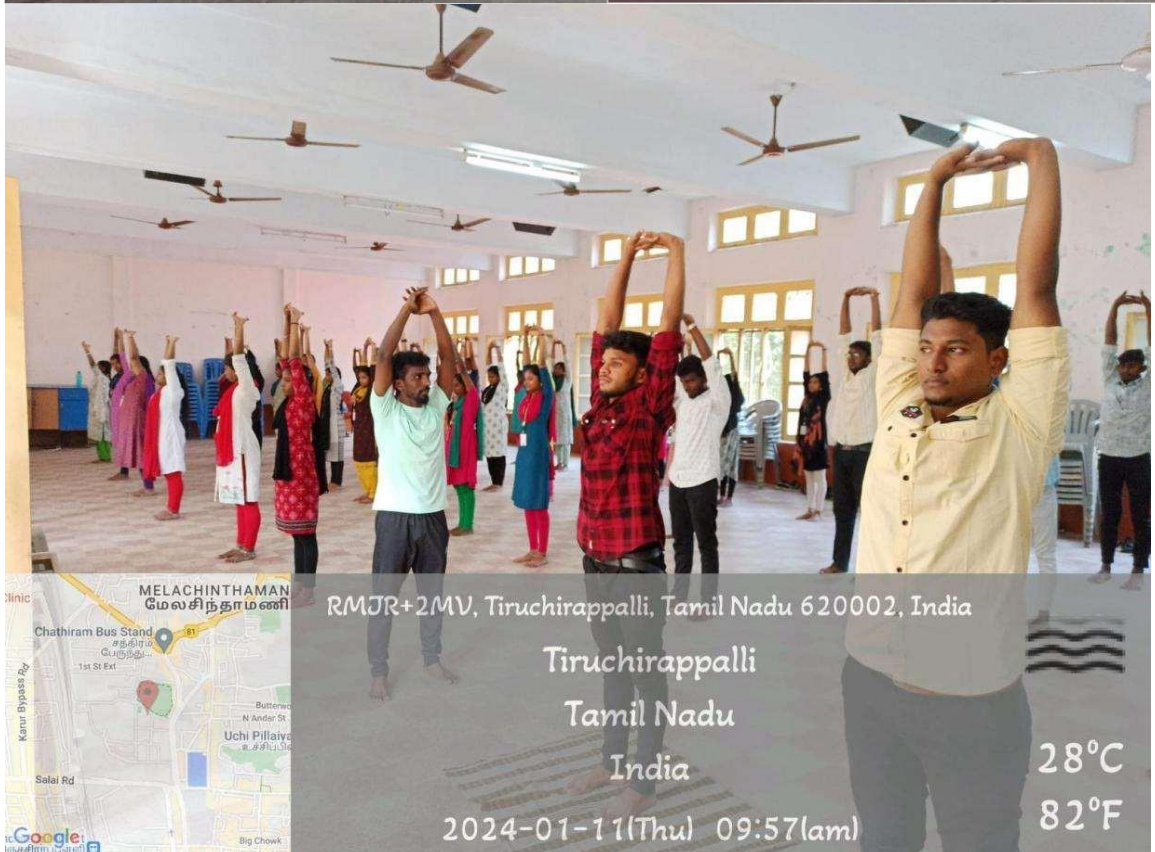
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11 Jan, 24, 09:25 am, Thursday



Turn on GPS location to get an address.



Lat: 10.832861, Long: 78.692513
11 Jan, 24, 09:26 am, Thursday



RMJR+2MV, Tiruchirappalli, Tamil Nadu 620002, India

Tiruchirappalli
Tamil Nadu
India

2024-01-11(Thu) 09:57(am)

28°C

82°F



RMV+626, Nagapattinam - Coimbatore - Gundlupet Hwy, Melachinthamani, Tiruchirappalli, Tamil Nadu 620002, India

Tiruchirappalli
Tamil Nadu
India

2024-01-11(Thu) 09:57(am)

28°C
82°F



RMJR+2MV, Tiruchirappalli, Tamil Nadu 620002, India

Tiruchirappalli
Tamil Nadu
India

2024-01-11(Thu) 10:32(am)

28°C
82°F

Community Centre / 08.30 am

PRESIDENT

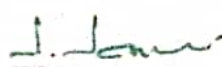
HOD



Department of Botany
St. Joseph's College (Autonomous), Tiruchirappalli – 620 002
Yoga – Introduction and Demonstration by Botany Association
(11. 01. 2024)
Community Centre / 08. 30 am

S. No	D. No	Name	Class	Signature
1.	22UB0122	M. B. Jitho	II BSC	M. B. Jitho
2	22UB0138	S. M. Prasanna	II BSC	S. M. Prasanna
3.	22UB0112	B. Saraphin Joy	II BSC	B. Saraphin Joy
4.	22UB0156	J. JAYDISH.	II-BSC	J. Jaydish.
5.	22UB0116	M. SUBASH	II. BSC	M. Subash
6.	23UB0153	A. Potriselvan	I. BSC	A. Potriselvan
7.	23UB0143	P. Sabaraj, Sh....	I. BSC	P. Sabaraj
8.	23UB0127	Barveen Raju. S	I. BSC	Barveen Raju. S
9.	22PB0111	U. HARIHARAN	II M. SC, BOTANY	U. Hariharan
10.	22PB0119	R. MUKILAN	II M. SC, BOTANY	R. Mukilan
11.	22PB0113	Y. KEIN	II M. SC, BOTANY	Y. Kein
12.	22PB0112	S. JEEVA	II MSc Botany	S. Jeeva


PRESIDENT


HOD
Head
 Department of Botany
 St. Joseph's College (Autonomous)
 Tiruchirappalli - 620 002.

Department of Botany
St. Joseph's College (Autonomous), Tiruchirappalli – 620 002
Yoga – Introduction and Demonstration by Botany Association
(11. 01. 2024)

Community Centre / 08. 30 am

S. No	D. No	Name	Class	Signature
13	23UB0109	D. Varnika	1 st B.sc Botany	D. Varnika
14	23UB0150	I. Pihana Parveen	1 st B.sc Botany	I. Pih
15	23UB0104	R. Vani Sri	1 st BSC Botany	R. V. Sri
16	22PB0114	THASHMA JENIFER. J	II MSc Botany	Thashma
17	22PB0106	Shirlin Denis M	II. MSc Botany	Shirlin
18	22PB0101	K. VINISHA	II M Sc Botany	K. Vinisha
19	22PB0108	G. MONISHA	II M. Sc, Botany	G. Monisha
20	22PB0109	S. NISHA NANDHINI	II M. Sc, Botany	S. Nishad
21	23UB0105	F. Ramya	I st BSc Botany	F. Ramya
22	23UB0117	M. Laxmiyal	I st B.Sc Botany	M. Laxmiyal
23	23UB0137	B. Lakshetha	I st B.sc Botany	B. Lakshetha
24	23UB0103	M. Vincelet Catherine	I st BSc Botany	M. Vincelet
25	23UB0102	R. Nithyashree	I st Bsc (Bot)	R. Nithya
2				

PRESIDENT

HOD


Head
 Department of Botany
 St. Joseph's College (Auto)
 Tiruchirappalli - 620 002

Department of Botany
St. Joseph's College (Autonomous), Tiruchirappalli – 620 002
Yoga – Introduction and Demonstration by Botany Association
(11. 01. 2024)

Community Centre / 08. 30 am


S. No	D. No	Name	Class	Signature
21.	22UB0125	S. Priyadharshini	II B.sc. Botany	S. Priyadharshini
22.	22UB0135	E. Pavithra	II B.sc. Botany	E. Pavithra
23.	22UB0160	E. Sowmiya	II B.sc. Botany	E. Sowmiya
24.	22UB0117	P. Sarala	II B.sc. Botany	P. Sarala
30.	22UB0132	M. Hasini	II B.sc. Botany	M. Hasini
31.	22UB0143	R. Neerajaa	"	R. Neerajaa
32.	22UB0153	R. Dhavalakshmi	"	R. Dhavalakshmi
33.	22UB0158	S. Jayalakshmi	"	S. Jayalakshmi
34.	22UB0144	J. Manokari	"	J. Manokari
35.	22UB0151	R. Ranish	"	R. Ranish
36.	22UB01 ⁴⁷ 44	Jayaseelan	"	Jayaseelan
37.	22UB0133	G. siva	"	G. siva
38.	22UB0134	D. Shyam	"	D. Shyam
22.	22UB0147	Jayaulan	"	Jayaulan
39.	22UB0105	Antony		Antony


PRESIDENT


HOD
Head
 Department of Botany
 St. Joseph's College (Autonomous)
 Tiruchirappalli - 620 002.

St. Joseph's College (Autonomous), Tiruchirappalli – 620 002
Yoga – Introduction and Demonstration by Botany Association
(11. 01. 2024)

[illegible]


HOD
Head
Department of Botany
St. Joseph's College (Autonomous)
Tiruchirapalli - 620 002.

**Department of Botany,
St. Joseph's College (Autonomous)
Tiruchirappalli**

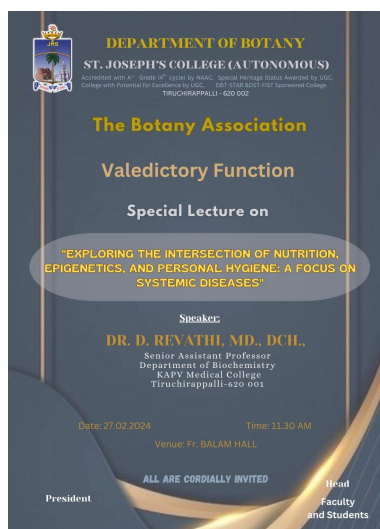
Report on the Valedictory Function of the Botany Association

Date: 27.02.2024

Time: 11.30 AM

Venue: Fr. Balam Hall

The Valedictory Function of the Botany Association commenced with a serene prayer song, setting a tone of reverence and unity among the attendees. Miss Jona Gladys, a diligent student of 2nd BSc Botany, extended a warm welcome to all present, marking the beginning of an enlightening event.



Our esteemed Chief Guest, Dr. D. Revathi, MD., DCH., a Senior Assistant Professor from the Department of Biochemistry at KAPV Medical College, Tiruchirappalli, graced the occasion with her presence. Dr. S R Senthil Kumar, the Head of the Department of Botany, honoured Dr. Revathi with a memento, expressing our gratitude for her invaluable contribution to the field of biochemistry in medicine.



Dr. Revathi captivated the audience with her insightful talk titled '**Exploring the Intersection of Nutrition, Epigenetics, and Personal Hygiene: A Focus on Systemic Diseases**'. Her expertise shed light on the intricate connections between lifestyle factors and the development of systemic diseases, emphasizing the importance of holistic approaches to healthcare.

Following the enlightening session, an interactive segment provided attendees with the opportunity to engage with Dr. Revathi, further enriching their understanding of the subject matter.



Miss Rema Vinu, a student of 2nd B.Sc. Botany, extended heartfelt gratitude to all who contributed to the success of the event through her Vote of Thanks.

The meticulous organization and seamless coordination of the program were credited to the leadership of Dr. K. Rajan, the President of the Botany Association, ensured the smooth execution of the Valedictory Function, leaving a lasting impression on all attendees.

In conclusion, the Valedictory Function of the Botany Association served as a platform for insightful discourse and knowledge exchange, inspiring attendees to delve deeper into the realms of botany and allied fields.

Dr. K.RAJAN
Association President,
Department of Botany,
St. Joseph's College (Autonomous)
Tiruchirappalli

DEPARTMENT OF BOTANY

ST. JOSEPH'S COLLEGE (AUTONOMOUS), TIRUCHIRAPPALLI-620002

'Exploring the Intersection of Nutrition, Epigenetics, and Personal Hygiene: A Focus on Systemic Diseases'

27.02.2024

S.No	Name of the Student	D.NO	Signature
1	P. Jenefer Arc	21UB0101	P. Jenefer Arc
2	K. Meenakshi	21UB0153	K. Meenakshi
3	G. Stephy Axoriya Mary	21UB0105	G. Stephy
4	T. Agaramuthalvan	21UB0143	T. Agaramuthalvan
5	R. Manivel	21UB0147	R. Manivel
6	K.G. Selva Ganesh	21UB0109	K.G. Selva Ganesh
7	S. Abirayateci	21UB0126	S. Abirayateci
8	A. VELVIZHE	22UB0113	A. VELVIZHE
9	M. Harini	22UB0132	Harini M
10	P. Sarala	22UB0117	P. Sarala
11	S. DEEPIKA	22UB0161	S. Deepika
12	R. Tamizharasi	22UB0141	R. Tamizharasi
13	R. Dharmalakshmi	22UB0153	R. Dharmalakshmi
14	E. Pauthra	22UB0135	E. Pauthra
15	E. Sowmya	22UB0160	E. Sowmya
16	S. Priyadharshini	22UB0125	S. Priyadharshini
17	S. Jayalakshmi	22UB0158	S. Jayalakshmi
18	R. Neerajaa	22UB0143	R. Neerajaa
19	B. Jayashree	22UB0157	B. Jayashree
20	J. Manokari	22UB0144	J. Manokari
21	D. Shyam	22UB0154	D. Shyam
22	S. JAYASEELAN	22UB0147	S. Jayaseelan
23	V. JOE CRISPIN	22UB0102	V. Joe
24	G. SIVA	22UB0133	G. SIVA
25	M. SUBASH	22UB0116	M. SUBASH
26	R. RANISH	22UB0151	R. RANISH
27	A. Riyas Ahmed	22UB0131	A. Riyas Ahmed
28	S. Rahul	22UB0131	S. Rahul

J. J. J. J.

27.02.2024

Department of Botany
St. Joseph's College (Autonomous)
Tiruchirappalli - 620 002.

Tiruchirappalli - 620 002.





COMPUTER SCIENCE ASSOCIATION
Department of Computer Science
St. JOSEPH'S COLLEGE (Autonomous)

Accredited at A⁺⁺ Grade (4th Cycle) by NAAC
Special Heritage Status awarded by UGC

Tiruchirappalli - 620 002

**Report of the Capacity Enhancement Workshop on
Life Skills & Employability Skills**

The Capacity Enhancement Workshop on Life Skills & Employability Skills, organized by the Computer Science Association of St. Joseph's College, Tiruchirappalli, took place on November 22, 2023, at the SAIL Hall. The event commenced with an inauguration ceremony led by Rev. Dr. K. Amal SJ, Secretary of the institution, who emphasized the paramount importance of soft skills in the contemporary employment landscape. Mr. A. Charles, Head of the Department, extended a warm welcome, while Dr. Rex Cyril, Coordinator of Shift II, delivered a gracious vote of thanks. Dr. L. Arockiam, Director MCA, provided an overview of the workshop's objectives, setting the stage for an enriching day ahead.

Throughout the day, participants engaged in four distinct sessions, each addressing critical aspects of life skills and employability. Dr. Irudhaya Raj M, Head HR at ZF Hero Chassis Ltd, Chennai, led an insightful session focusing on the fundamentals of professional conduct, positive attitudes, and appropriate behavior in workplace settings. Following this, Ms. Usha, HR Expert from FABC, Dubai, UAE/India, facilitated an engaging session centered around team dynamics and effective teamwork, featuring interactive group activities and discussions aimed at fostering collaboration and communication within teams.

The workshop's third session, spearheaded by Dr. Irudhaya Raj M, provided valuable insights into effective interview techniques and strategies, supplemented by practice sessions on group discussions to equip participants with the confidence and skills necessary for excelling in interview scenarios. Ms. Usha then delved into the intricacies of active listening and articulating responses during interviews, offering participants techniques for attentive listening and delivering concise yet comprehensive answers.

The event concluded with a valedictory session graced by Rev. Dr. Xavier Arockiasamy, Principal, who encouraged participants to leverage college resources for continuous skill development. Dr. P. Rajendran, Deputy Principal, emphasized the importance of values alongside skills in the pursuit of employment opportunities. Dr. J. Antony John Prabu delivered the welcome address, while Dr. A. Vimal Jerald, the organizing secretary, expressed gratitude in the vote of thanks, acknowledging the collective efforts that contributed to the workshop's success.

Overall, the Capacity Enhancement Workshop on Life Skills & Employability Skills served as a platform for participants to enhance their competencies and readiness for the professional world. Through interactive sessions and expert guidance, participants gained valuable insights and practical skills essential for navigating the complexities of today's job market. The Department is very grateful to 1988-91 Batch MCA students for instituting this Endowment to enhance the soft skills of the final year BSc students to be market ready.



Head of the Department
Department of Computer Science
St. Joseph's College(Autonomous)
Tiruchirappalli-620 002.



DEPARTMENT OF COMPUTER SCIENCE

St. Joseph's College (Autonomous)
Tiruchirappalli, Tamil Nadu, India

organises

CAPACITY ENHANCEMENT WORKSHOP ON

LIFE SKILLS & EMPLOYABILITY SKILLS

(Endowment Instituted by 1988 -91 Batch MCA)

Dates: 22.11.23 Time : 8.30 am to 5.00 pm

Venue: SAIL Hall

Inaugural Address

Rev. Dr. K. Amal SJ
Secretary

Valedictory Address

Rev. Dr. M. Arockiasamy Xavier SJ
Principal

Felicitations

Dr. P. Rajendran
Deputy Principal

Resource Persons



Dr IRUDHAYARAJ M
Head HR
ZF Hero Chassis Ltd, Chennai



Ms. USHA
HR Executive - FABC
Dubai, UAE/ India



Dr. L. Arockiam is presenting the dynamics of the workshop during inauguration.



GPS Map Camera

Tiruchirappalli, Tamil Nadu, India

DEPT OF BIOTECHNOLOGY, College Rd, Annamalai Nagar, Woraiyur, Tiruchirappalli,
Tamil Nadu 620002, India

Lat 10.82844°

Long 78.69057°

22/11/23 09:23 AM GMT +05:30

Google

Organisers, Resource Persons along with Rev. Fr. Secretary



GPS Map Camera

Tiruchirappalli, Tamil Nadu, India

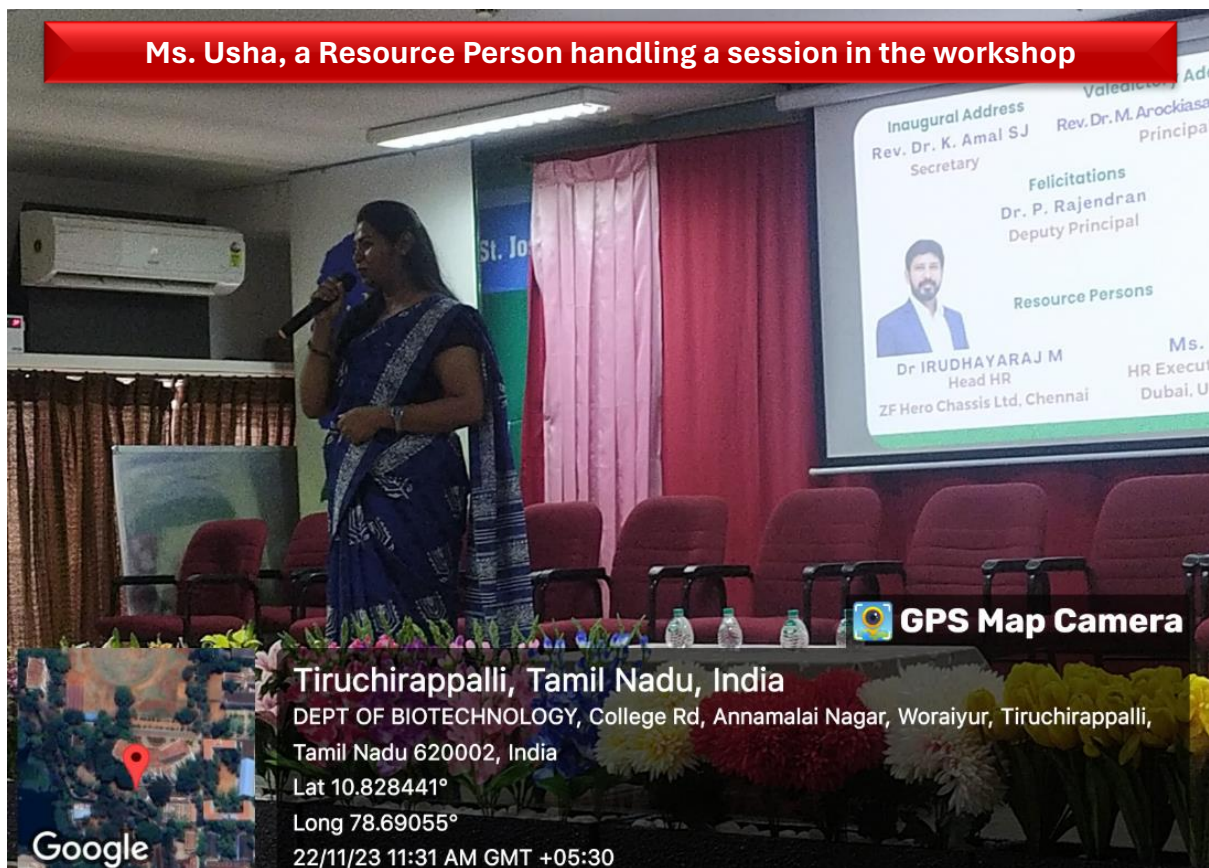
DEPT OF BIOTECHNOLOGY, College Rd, Annamalai Nagar, Woraiyur, Tiruchirappalli,
Tamil Nadu 620002, India

Lat 10.82843°

Long 78.690654°

22/11/23 09:08 AM GMT +05:30

Google



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Since 1844

Tiruchirappalli - 620002, Tamilnadu.

CAPACITY ENHANCEMENT WORKSHOP ON LIFE SKILLS & EMPLOYABILITY SKILLS

DATE : 22-11-2023

TIME : 08.30 AM TO 5.00 PM

CLASS : 3 B.Sc. CS 89

ATTENDANCE FORM

VENUE : SAIL HALL

S.No.	D.No.	Session 1	Session 2	Session 3	Session 4
1	21UCS101	Absent			
2	21UCS102	T. Balakrishnan	T. Balakrishnan		
3	21UCS103	J. Anandha Saran	J. Anandha Saran		
4	21UCS104				
5	21UCS105				
6	21UCS106	D. Kamalesh	D. Kamalesh	D. Kamalesh	D. Kamalesh
7	21UCS107	Dinesh M	Dinesh M	Dinesh M	Dinesh M
8	21UCS108	Sankarsh	Sankarsh	Sankarsh	Sankarsh
9	21UCS109	Roshan	Roshan	Roshan	Roshan
10	21UCS110	S. Syed Mohamed	S. Syed Mohamed	S. Syed Mohamed	S. Syed Mohamed
11	21UCS112	A. Behinji	A. Behinji	A. Behinji	A. Behinji
12	21UCS114				
13	21UCS115				
14	21UCS116	M. Raju	M. Raju		
15	21UCS117	K. Raju	K. Raju	K. Raju	K. Raju
16	21UCS118				
17	21UCS119	Lijh	Lijh	Lijh	Lijh
18	21UCS120	T. Raju			
19	21UCS121	J. J. P. Raju	J. J. P. Raju	S. J. P. Raju	S. J. P. Raju
20	21UCS122	Mohamed	Mohamed	Mohamed	Mohamed
21	21UCS124	S. Sathish Kumar	S. Sathish Kumar		
22	21UCS125				
23	21UCS126	G. Praveen	G. Praveen		
24	21UCS127		Absent		
25	21UCS128		Absent		
26	21UCS129				
27	21UCS130	Karan	Karan		
28	21UCS132	J. Aravind	J. Aravind	J. Aravind	J. Aravind
29	21UCS133	Seba	Seba	Seba	Seba
30	21UCS134				



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CAPACITY ENHANCEMENT WORKSHOP ON LIFE SKILLS & EMPLOYABILITY SKILLS

DATE : 22-11-2023

TIME : 08.30 AM TO 5.00 PM

CLASS : 3 B.Sc. CS

ATTENDANCE FORM

VENUE : SAIL HALL

S.No.	D.No.	Session 1	Session 2	Session 3	Session 4
31	21UCS135	A.R.	A.R.	A.R.	A.R.
32	21UCS136	J. D.	J. D.	J. D.	J. D.
33	21UCS137	J. D.	J. D.	J. D.	J. D.
34	21UCS138	J. D.	J. D.	J. D.	J. D.
35	21UCS139	J. D.	J. D.	J. D.	J. D.
36	21UCS140	J. D.	J. D.	J. D.	J. D.
37	21UCS141	J. D.	J. D.	J. D.	J. D.
38	21UCS142	J. D.	J. D.	J. D.	J. D.
39	21UCS143	J. D.	J. D.	J. D.	J. D.
40	21UCS144	J. D.	J. D.	J. D.	J. D.
41	21UCS145	J. D.	J. D.	J. D.	J. D.
42	21UCS147	B. Praveen	B. Praveen	B. Praveen	B. Praveen
43	21UCS148	J. D.	J. D.	J. D.	J. D.
44	21UCS149	Karthigaan	Karthigaan	Karthigaan	Karthigaan
45	21UCS150	J. D.	J. D.	J. D.	J. D.
46	21UCS152	J. D.	J. D.	J. D.	J. D.
47	21UCS153	A. R.	A. R.	A. R.	A. R.
48	21UCS154	J. D.	J. D.	J. D.	J. D.
49	21UCS155	A. Manikandan	A. Manikandan	A. Manikandan	A. Manikandan
50	21UCS156	J. Wilson	J. Wilson	J. Wilson	J. Wilson
51	21UCS157	J. D.	J. D.	J. D.	J. D.
52	21UCS158	J. D.	J. D.	J. D.	J. D.
53	21UCS159	S. Deepak Kumar	S. Deepak Kumar	S. Deepak Kumar	S. Deepak Kumar
54	21UCS160	J. D.	J. D.	J. D.	J. D.
55	21UCS161	J. D.	J. D.	J. D.	J. D.
56	21UCS162	J. D.	J. D.	J. D.	J. D.
57	21UCS163	J. D.	J. D.	J. D.	J. D.
58	21UCS164	J. D.	J. D.	J. D.	J. D.
59	21UCS165	J. D.	J. D.	J. D.	J. D.
60	21UCS166	Thomas Robert	Thomas Robert	Thomas Robert	Thomas Robert



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Tiruchirappalli - 620002, Tamilnadu.

CAPACITY ENHANCEMENT WORKSHOP ON
LIFE SKILLS & EMPLOYABILITY SKILLS

DATE : 22-11-2023

CLASS : 3 B.Sc. CS



ATTENDANCE FORM

TIME : 08.30 AM TO 5.00 PM

VENUE : SAIL HALL

S.No.	D.No.	Session I	Session 2	Session 3	Session 4
61	21UCS167		ABSEN		
62	21UCS168	Benedict Calisto J		A H H	
63	21UCS169	Hilarious J	Hilarious J	Hilarious J	Hilarious J
64	21UCS170				
65	21UCS171	P. Sanyas	P. Sanyas	A H A	

(MENTOR)

Dr K R MARTIN

3 CS - Shift-I



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Tiruchirappalli - 620002, Tamilnadu.

CAPACITY ENHANCEMENT WORKSHOP ON LIFE SKILLS & EMPLOYABILITY SKILLS

DATE : 22-11-2023

TIME : 08.30 AM TO 5.00 PM

CLASS : 3 B.Sc. CS **A**

ATTENDANCE FORM

VENUE : SAIL HALL

S.No.	D.No.	Session 1	Session 2	Session 3	Session 4
1	21UCS501	S. Jeyaraj	S. Jeyaraj	S. Jeyaraj	S. Jeyaraj
2	21UCS502	S. Jeyaraj	S. Jeyaraj	S. Jeyaraj	S. Jeyaraj
3	21UCS503	AT John Indraya Raj	AT John Indraya Raj	AT John Indraya Raj	AT John Indraya Raj
4	21UCS504	K. Jeyaraj	K. Jeyaraj	K. Jeyaraj	K. Jeyaraj
5	21UCS505	T. Jeyaraj	T. Jeyaraj	T. Jeyaraj	T. Jeyaraj
6	21UCS506	AAA			
7	21UCS509	AAA			
8	21UCS510	AAA			
9	21UCS512	AAA			
10	21UCS513	K. Jeyaraj	K. Jeyaraj	K. Jeyaraj	K. Jeyaraj
11	21UCS514	AAA			
12	21UCS515	S. Jeyaraj	S. Jeyaraj	S. Jeyaraj	S. Jeyaraj
13	21UCS516	K. Jeyaraj	K. Jeyaraj	K. Jeyaraj	K. Jeyaraj
14	21UCS517	AAA			
15	21UCS518	AAA			
16	21UCS519	AAA			
17	21UCS520	AAA			
18	21UCS521	A. Jeyaraj	A. Jeyaraj	A. Jeyaraj	A. Jeyaraj
19	21UCS522	Manoj	Manoj	Manoj	Manoj
20	21UCS523	Manoj	Manoj	Manoj	Manoj
21	21UCS524	AAA			
22	21UCS525	B. Jeyaraj	B. Jeyaraj	B. Jeyaraj	B. Jeyaraj
23	21UCS526	S. Jeyaraj	S. Jeyaraj	S. Jeyaraj	S. Jeyaraj
24	21UCS527	AAA			
25	21UCS528	AAA			
26	21UCS529	AAA			
27	21UCS530	John	John	John	John
28	21UCS531	John	John	John	John
29	21UCS532	Vinitha	Vinitha	Vinitha	Vinitha
30	21UCS533	AAA			



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CAPACITY ENHANCEMENT WORKSHOP ON LIFE SKILLS & EMPLOYABILITY SKILLS

DATE : 22-11-2023

TIME : 08.30 AM TO 5.00 PM

CLASS : 3 B.Sc. CS B

ATTENDANCE FORM

VENUE : SAIL HALL

S.No.	D.No.	Session I	Session 2	Session 3	Session 4
1	21UCS601	<i>Ashwin</i>	<i>Ashwin</i>	AAA	
2	21UCS602	<i>Sant</i>	<i>Sant</i>	<i>Sant</i>	<i>Sant</i>
3	21UCS603	<i>AAA Ashu</i>	<i>A. Shrinu</i>	<i>A. Shrinu</i>	<i>A. Shrinu</i>
4	21UCS604	<i>Sant</i>	<i>Sant</i>	<i>Sant</i>	<i>Sant</i>
5	21UCS605	<i>K. S. S.</i>	<i>K. S. S.</i>	<i>K. S. S.</i>	<i>K. S. S.</i>
6	21UCS606	<i>Rohit</i>	<i>Rohit</i>	<i>Rohit</i>	<i>Rohit</i>
7	21UCS607	<i>(copying)</i>		AAA	
8	21UCS608	<i>M. S.</i>	<i>M. S.</i>	AAA	
9	21UCS609	<i>J. N.</i>	<i>J. N.</i>	<i>J. N.</i>	<i>J. N.</i>
10	21UCS610	<i>S. N.</i>	<i>S. N.</i>	<i>S. N.</i>	<i>S. N.</i>
11	21UCS611	AAA			
12	21UCS612	AAA			
13	21UCS613	AAA			
14	21UCS614	AAA			
15	21UCS615	<i>Shilpa</i>	<i>Shilpa</i>	<i>Shilpa</i>	<i>Shilpa</i>
16	21UCS617	AAA			
17	21UCS618	<i>D. H. N.</i>	<i>D. H. N.</i>	<i>D. H. N.</i>	<i>D. H. N.</i>
18	21UCS619	<i>S. Yousuf</i>		AAA	
19	21UCS621	<i>J. N.</i>	<i>J. N.</i>	<i>J. N.</i>	<i>J. N.</i>
20	21UCS622	AAA			
21	21UCS623	<i>Shyam Sunder</i>	<i>Shyam Sunder</i>	<i>Shyam Sunder</i>	<i>Shyam Sunder</i>
22	21UCS624	<i>V. S.</i>	<i>V. S.</i>	AAA	
23	21UCS625	<i>H. K.</i>	<i>H. K.</i>	<i>H. K.</i>	<i>H. K.</i>
24	21UCS626	AAA			
25	21UCS627	<i>A. S.</i>		AAA	
26	21UCS628	<i>A. S.</i>	<i>A. S.</i>	AAA	
27	21UCS629	AAA			
28	21UCS630	AAA			
29	21UCS632	<i>R. R.</i>	<i>R. R.</i>	<i>R. R.</i>	<i>R. R.</i>
30	21UCS633	<i>A. S.</i>	<i>A. S.</i>	AAA	

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Tiruchirappalli - 620002, Tamilnadu.

CAPACITY ENHANCEMENT WORKSHOP ON LIFE SKILLS & EMPLOYABILITY SKILLS

DATE : 22-11-2023

TIME : 08.30 AM TO 5.00 PM

CLASS : 3 B.Sc. CS B

ATTENDANCE FORM

VENUE : SAIL HALL

S.No.	D.No.	Session 1	Session 2	Session 3	Session 4
31	21UCS635	C. Arun	C. Arun	AAA	
32	21UCS636	K. Arun	K. Arun	AAA	
33	21UCS637	AAA			
34	21UCS638	Aravind	Aravind	Aravind	Aravind
35	21UCS639	M. Aravind	M. Aravind	M. Aravind	M. Aravind
36	21UCS640	E. Aravind	E. Aravind	E. Aravind	E. Aravind
37	21UCS641	V. Aravind	V. Aravind	V. Aravind	V. Aravind
38	21UCS642	G. Aravind	G. Aravind	AAA	
39	21UCS643	H. Aravind	H. Aravind	H. Aravind	H. Aravind
40	21UCS644	P. Aravind	P. Aravind	AAA	
41	21UCS646	V. Aravind	V. Aravind	V. Aravind	V. Aravind
42	21UCS647	AAA			
43	21UCS648	Gokula Krishna	Gokula Krishna	S.A. Gokula Krishna	S.B. Gokula Krishna
44	21UCS649	Agnel San Jose	Agnel San Jose	Agnel San Jose	Agnel San Jose
45	21UCS650	Ar. Aravind	Ar. Aravind	Ar. Aravind	Ar. Aravind
46	21UCS651	AAA			
47	21UCS652	G. Aravind	G. Aravind	AAA	
48	21UCS653	K. Aravind	K. Aravind	K. Aravind	K. Aravind
49	21UCS654	AAA			
50	21UCS655	R. Aravind	R. Aravind	R. Aravind	R. Aravind
51	21UCS657	R. Aravind	R. Aravind	R. Aravind	R. Aravind
52	21UCS658	AAA			
53	21UCS660	Aravind	Aravind	Aravind	Aravind
54	21UCS661	Tharun	Tharun	Tharun	Tharun
55	21UCS662	Tharun	Tharun	Tharun	Tharun
56	21UCS663	J. Aravind	J. Aravind	J. Aravind	J. Aravind
57	21UCS664	J. Aravind	J. Aravind	J. Aravind	J. Aravind
58	21UCS665	AAA			
59	21UCS666	AAA			
60	21UCS667	Y. Aravind	Y. Aravind	Y. Aravind	Y. Aravind
61	21UCS668	K. Aravind	K. Aravind	AAA	

J. V. 22/11/2023
(THULASI BHARATHI S)



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Tiruchirappalli - 620002, Tamilnadu.

CAPACITY ENHANCEMENT WORKSHOP ON LIFE SKILLS & EMPLOYABILITY SKILLS

DATE : 22-11-2023

TIME : 08.30 AM TO 5.00 PM

CLASS : 3 B.Sc. CS VC

ATTENDANCE FORM

VENUE : SAIL HALL

S.No.	D.No.	Session I	Session 2	Session 3	Session 4
1	21UCS701	A	A	A	A
2	21UCS704	A	A	A	A
3	21UCS705	A	A	A	A
4	21UCS706	A.R. Patrick Bz	A.R. Patrick Bz	A.R. Patrick Bz	A.R. Patrick Bz
5	21UCS707	A	A	A	A
6	21UCS708	N. V. S. P.	N. V. S. P.	N. V. S. P.	
7	21UCS709	A	A	A	A
8	21UCS710	M. K. K. R. K.	M. K. K. R. K.	M. K. K. R. K.	M. K. K. R. K.
9	21UCS711	A. B. S.	A. B. S.	A	A
10	21UCS712	A	A	A	A
11	21UCS713	A	A	A	A
12	21UCS714	A. B. S.	A. B. S.	A. B. S.	A. B. S.
13	21UCS715	M. C. R. K.	M. C. R. K.		
14	21UCS717	R. G. G. G.	R. G. G. G.	R. G. G. G.	R. G. G. G.
15	21UCS718	A			
16	21UCS719	King. S	King. S	King. S	
17	21UCS720	A. B. S.	A. B. S.	A. B. S.	A. B. S.
18	21UCS721	A			
19	21UCS722	S. D. L.	S. D. L.	S. D. L.	S. D. L.
20	21UCS724	N. S. S.	N. S. S.	N. S. S.	N. S. S.
21	21UCS725	J. P. S.	J. P. S.	— R. A. A.	
22	21UCS726	S. M. S.	S. M. S.	— R. A. A.	
23	21UCS728	S. S. S.	S. S. S.	S. S. S.	S. S. S.
24	21UCS729	A			
25	21UCS730	A			
26	21UCS733	A	A. B. S.	A. B. S.	A. B. S.
27	21UCS734	T. T. S.	T. T. S.	— R. A. A.	
28	21UCS735	J. Sanjay	J. Sanjay	J. Sanjay	J. Sanjay
29	21UCS737	V. Joyce	V. Joyce	V. Joyce	V. Joyce
30	21UCS738	A			



DEPARTMENT OF COMPUTER SCIENCE

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College with Potential for Excellence by UGC DBI STAR & DSI TST Sponsored College

Tiruchirappalli - 620002, Tamilnadu.

CAPACITY ENHANCEMENT WORKSHOP ON LIFE SKILLS & EMPLOYABILITY SKILLS

DATE : 22-11-2023

TIME : 08.30 AM TO 5.00 PM

CLASS : 3 B.Sc. CS ☒

ATTENDANCE FORM

VENUE : SAIL HALL

S.No.	D.No.	Session 1	Session 2	Session 3	Session 4
31	21UCS739	A			
32	21UCS740	J. Joshua	J. Johnson	J. Joshua	J. Joshua
33	21UCS741	A			
34	21UCS742	A			
35	21UCS743	B. Aruna	B. Aruna	B. Aruna	B. Aruna
36	21UCS744	A. Praveen	A. Praveen	A. Praveen	A. Praveen
37	21UCS745	A			
38	21UCS747	A			
39	21UCS748	A. Rini	A. Rini	A. Rini	A. Rini
40	21UCS749	M. R. Sarathi	M. R. Sarathi	M. R. Sarathi	M. R. Sarathi
41	21UCS750	B. Rini	B. Rini	B. Rini	B. Rini
42	21UCS751	C. Rini	C. Rini	C. Rini	C. Rini
43	21UCS753	gosth	gosth	gosth	gosth
44	21UCS754	A			
45	21UCS755	A			
46	21UCS756	P. Rini	P. Rini	P. Rini	P. Rini
47	21UCS757	M. Rini	M. Rini	M. Rini	M. Rini
48	21UCS758	A			
49	21UCS760	K. On. Satri	K. On. Satri	K. On. Satri	K. On. Satri
50	21UCS761	M. Prasad	M. Prasad	M. Prasad	M. Prasad
51	21UCS762	Harish	Harish	Harish	Harish
52	21UCS763	R. Rini	R. Rini	R. Rini	R. Rini
53	21UCS764	A			
54	21UCS765	A			
55	21UCS766	A			
56	21UCS767	A. Mahind	A. Mahind	A. Mahind	A. Mahind
57	21UCS768	A			
58	21UCS769	K. Rini	K. Rini	K. Rini	K. Rini

Signature



Department of Data Science

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DATA SCIENCE ASSOCIATION DEPARTMENT OF DATA SCIENCE ST. JOSEPH'S COLLEGE (AUTONOMOUS)

ACCREDITED AT A++ BY NAAC (CYCLE IV)
COLLEGE WITH SPECIAL HERITAGE STATUS
COLLEGE WITH POTENTIAL FOR EXCELLENCE
TIRUCHIRAPPALLI 620002
TAMIL NADU INDIA



ORGANISES A WORKSHOP ON

YOGA FOR HOLISTIC HEALTH & WELL-BEING

RESOURCE PERSON

PROF. MRS. KALPANA SRINIVASAN

B.COM., MA YOGA., DIP ACUPRESSURE., MASTER DIPLOMA (ACUPUNCTURE)
VISION VICE PRESIDENT OF THE TIRUCHIRAPPALLI MENTAL HEALTH FOUNDATION

CONVENER

DR. L. AROCKIAM

HEAD OF THE DEPARTMENT
DEPARTMENT OF DATA SCIENCE
ST. JOSEPH'S COLLEGE (AUTONOMOUS),
TIRUCHIRAPPALLI.

PROGRAMME COORDINATORS

DR. A. BEATRICE DOROTHY

PRESIDENT,
DEPARTMENT OF DATA SCIENCE
ST. JOSEPH'S COLLEGE (AUTONOMOUS)
TIRUCHIRAPPALLI.

DR. I. PRIYA STELLA MARY

VICE-PRESIDENT,
DEPARTMENT OF DATA SCIENCE
ST. JOSEPH'S COLLEGE (AUTONOMOUS)
TIRUCHIRAPPALLI.

ALL ARE WELCOME !!

7, SEPTEMBER, 2023



10:00 AM



JUBILEE HALL



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TIRUCHIRAPPALLI – 620 002, S.INDIA

Tel: 0431-2700320 (C011) / 2701501 (Fax) 0431-4226501 (Dept) / 4226492 (Lab)

E mail: hodds@mail.sjctni.edu | Website: www.sjctni.edu



Report of “Workshop on Yoga for Holistic Health & Well Being”

Meeting No:					
Date:	September 7, 2023				
Time From:	10:00 AM		Time To:	11:30 AM	
Mode:	Offline, Sail Auditorium				
Members Present:	Dr. L. Arockiam				
	Dr. V. Arul Kumar				
	Dr. I. Priya Stella Mary				
	Dr. M. Kirushanth				
	Dr. A. Beatrice Dorothy				
	Dr. K. Subash				
No of participants:	120				
Management Nominee	-				
Prepared by	Dr. A. Beatrice Dorothy	Reviewed by	Faculty Mambers	Approved by	Dr. L. Arockiam

HOD

**Department of Data Science
St. Joseph's College (Autonomous)
Trichy - 620 002.**



Department of Data Science

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Proceedings

- The Department of Data Science for the academic year (2023-2024) organized a workshop on “**YOGA FOR HOLISTIC HEALTH& WELL BEING**” on September 7, 2023 from 10:00AM to 11:00AM for I&II PG students, department of Data science.
- The session started with Almighty God's bountiful blessings experienced through the prayer offered by student of Mr. Naveen from I M.sc Data science.
- A warm welcome note was given by Mr. Prince of I M.Sc. Data Science.
- A sub-introduction about the resource person was given by Ms. Savedha of I M.Sc. Data Science.
- The chief guest of the workshop was honoured by Dr. A. Beatrice Dorothy, Assistant Professor, Department of Data Science.
- The resource person of the webinar was Prof. Mrs. Kalpana Srinivasan, B.com., MA Yoga, Dip Acupressure, Master Diploma (Acupuncture) vision vice president of the Tiruchirappalli mental health foundation.
- The topics covered during the seminar are
 - Importance of Health.
 - 5 elements of nature.
 - Exercise for Concentration.
 - Importance and benefits of Yoga.
- The workshop emphasized the importance of good health and gave students a practical experience by doing basic yoga exercises for I& II PG students.
- It helped the students to know about the awareness of health in the current world.
- Exercises for improving concentration was taught for the students to improve their concentration level for the future.
- A formal note of gratitude was proposed by Mr. Anbarasan of I M. Sc Data Science.
- Ms. Pricilla and Ms. Sowdambika of IM. Sc. Data Science hosted the event.



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PHOTOGRAPHS:



IMAGE 1: The chief guest of the workshop was honored by Dr. A. Beatrice Dorothy



IMAGE 2: The resource person leading the session



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IMAGE 3: Students participated in yoga session



IMAGE 4: Students participated in yoga session



Department of Data Science

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Attendance:



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Department of Data Science

St. Joseph's College (Autonomous), Tiruchirappalli – 620 002

Yoga For Holistic Health & Well-Being

Date: 07.09.2023

Venue: Sail Auditorium

Time: 10:00 AM – 11:00 AM

Attendance Sheet – I MSc

S. No	Reg. No.	Name	Signature
1	23PDS801	CALVIN A	A. Calvin
2	23PDS803	MARIA RISHITHA T	Rishitha T
3	23PDS804	DOJER JENI B	B. Dojer Jeni
4	23PDS805	AMALA JOSE PRONOV M	Amala Jose Pronov M
5	23PDS806	GOWSHIK VELAN A K	Gowshik Velan A. K.
6	23PDS807	PRISCILLA GRAGORIA E	Priscilla
7	23PDS808	AKSHAYA R V	Akshaya R. V.
8	23PDS809	SWETHA K	Swetha K
9	23PDS810	VIGNESH S	Vignesh S
10	23PDS811	VINODHINI R	R. Vinodhini
11	23PDS812	AADHITHYA M	Aadithya M
12	23PDS813	MARIANIHILL A	A. Marianihill
13	23PDS814	LOREN VIMAL I	Loren Vimal I
14	23PDS815	DIVYA N	Divya N
15	23PDS816	JANANI RAJI S	Janani Raji S
16	23PDS817	ROCH ABISHA R	Abisha R
17	23PDS818	AARON RAJ L	Aaron
18	23PDS820	JHONSON J	AAA
19	23PDS821	SHERIN LINCY MARY R	Sherin Lincy Mary R
20	23PDS824	AROCKIA ROSLIN M	Roslin M
21	23PDS825	CHRISTOFER MILAN HERBERT V	Milan Herbert V
22	23PDS827	ANGELINE YUVANCY S	Angeline Yuvancy S
23	23PDS828	PERSHI C	AAA
24	23PDS829	DEEPAK SHARVAN S	S. Deepak



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25	23PDS830	PRINCE GODWIN I	Prince
26	23PDS831	SAVEDHAA BERNA S A	Savilhe
27	23PDS832	MICHAEL JACKSON A	J. M. K. J.
28	23PDS833	REETHI SHARON J	Reethi
29	23PDS834	AGNISHA K	AAA
30	23PDS835	BENITTO S	B. K. J.
31	23PDS836	RICHARD S	Richard S
32	23PDS837	DEEPAK VIJAY A	Deepak
33	23PDS838	GLADIYAN SRIDHAR A	A. G. S. S.
34	23PDS839	EVANJELIN NISHA E	Evangelin Nisha
35	23PDS840	AMALORPAVA JEROCIYA J	AAA
36	23PDS841	JOSEPH EDISON J	J. E. J.
37	23PDS842	SUSAN CLAUDIA K	K. Susan Claudia
38	23PDS843	AMALA YASMIN E	Amala Yasmin
39	23PDS844	MAC JOE HAYDEN S	Mac Joe
40	23PDS845	JANANI L	AAA
41	23PDS846	BRISHIKA HYSI L	Brishika
42	23PDS847	ANANTHA KRISHNA J	Anantha Krishna
43	23PDS848	MONICA DEVI C	C. Monica
44	23PDS849	SOWDAMBIKA M	M. Sowdambika
45	23PDS850	HARI PRIYA S	H. Priya
46	23PDS851	RAJESH T	AAA
47	23PDS852	SHRIE AAKASH T V	T. V. Shree Aakash
48	23PDS853	GAYATHRI RASHIKA B	G. R. B.
49	23PDS854	NAVEEN S	Naveen S
50	23PDS855	HEMA P	P. Hema
51	23PDS856	STEVEN JOSHUA V	V. Steven
52	23PDS857	ANTONY KEMILA R	R. Antony
53	23PDS858	MARIA PRATHEEPA A	AAA
54	23PDS859	SUVETHA M	M. Suveetha
55	23PDS860	DEEPAN CHAKARAVARTHY P	P. Deepan Chakaravathy



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56	23PDS861	SHYAM D	<i>Shyam D</i>
57	23PDS862	ANBARASAN R	<i>P. Anbarasan</i>
58	23PDS863	AKALYA R	<i>P. Akalya</i>
59	23PDS864	JAYALAKSHMI K JAYAN	<i>n.a</i>
60	23PDS865	FABILA FATHIMA M	<i>Fabila Fathima</i>
61	23PDS866	KENNY ALEX A	<i>Kenny Alex A</i>
62	23PDS867	DEEPTHI J	<i>Deepti J</i>
63	23PDS868	RUKESH	<i>Rahul</i>
64	23PDS869	RAM	<i>Ram</i>
65	23PDS870	G AUGUSTIN ARUL RAJA	<i>G. Augustin Arul Raja</i>



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Department of Data Science

St. Joseph's College (Autonomous), Tiruchirappalli – 620 002

Yoga For Holistic Health & Well-Being

Date: 07.09.2023

Venue: Sail Auditorium

Time: 10:00 AM – 11:00 AM

Attendance Sheet – II MSc

S. No	Reg. No.	Name	Signature
1	22PDS801	DEEPAN P	Deepan P.
2	22PDS802	CHARULATHA D	Charulatha D.
3	22PDS803	NISHIN JERRY	Nishin Jerry
4	22PDS804	NIRMAL JOEL	Nirmal Joel
5	22PDS805	HARIVIGNESH S	Harivignesh S.
6	22PDS806	MADHAVAN S A	Madhavan S A
7	22PDS807	HATLIN JOHEIT J A	Hatlin Joheit J A
8	22PDS808	EDWIN PRAKASH J	Edwin Prakash J
9	22PDS809	P. SUJITH NAMASIVAYAM	P. Sujith Namasivayam
10	22PDS810	AARTHI S	Aarthi S.
11	22PDS811	KANIMOZHI A	Kanimozhi A.
12	22PDS812	NIXON L	Nixon L.
13	22PDS813	LEANDER PIOUS X	Leander Pious X.
14	22PDS814	JESTIN.S	Jestin.S.
15	22PDS815	BHUVANA N	Bhuvana N.
16	22PDS816	ARUN PRASATH	Arun Prasath
17	22PDS817	SARA ROVENA S	Sara Rovenas
18	22PDS818	AGNES SALOMI TANIA P	Agnes Salomi Tania P.
19	22PDS819	DIVINE REGAN A	Divine Regan A.
20	22PDS820	ANCELIN GENO A	Ancelin Geno A.
21	22PDS821	MICHEAL ANTONY A	Michael Antony A.
22	22PDS822	CINCIYA THOMAS MELATHIL	Cinciya Thomas Melathil
23	22PDS824	JACKSHINI.S	Jackshini.S.
24	22PDS825	JOE AROWIN A	Joe Arowin A.
25	22PDS826	DEVADHARSHINI R	Devadharshini R.
26	22PDS827	DOUGLAS JAMES	Douglas James
27	22PDS828	MARTIN PRABHU S	Martin Prabhu S.



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28	22PDS829	MERWIN RAGUL I	<i>Merwin Ragul</i>
29	22PDS830	JANANIMEENA R	<i>Janani Meena</i>
30	22PDS831	SHIVASHANKARI E	<i>Shivashankari E</i>
31	22PDS832	JASMINE A B	<i>Jasmine A B</i>
32	22PDS833	SIVAPRIYA K	<i>Sivapriya K</i>
33	22PDS834	JOSEPH T J	<i>Joseph T.J.</i>
34	22PDS835	INFANT JEYABAL A	<i>Infant Jeyabal A</i>
35	22PDS837	DHANASEKAR D	<i>Dhanasekar D</i>
36	22PDS838	STEPHEN RAJ S	<i>Stephen Raj S</i>
37	22PDS839	M.LEENA	<i>Leena M</i>
38	22PDS840	ANUBHARATHI P	<i>Anubharathi P</i>
39	22PDS841	P. ESTHER JENIFER	<i>Esther Jenifer</i>
40	22PDS842	SUMAIYA SULTAN	<i>Sumaiya Sultan</i>
41	22PDS843	E. ESWAR	<i>Eswar E</i>
42	22PDS844	MUGISHA CIELLA DANILLA	<i>Ciella Danilla</i>
43	22PDS845	NANDINI K	<i>Nandhini K</i>
44	22PDS846	PRASANTH R	<i>Prasanth R</i>
45	22PDS847	UDHAYA P	<i>Udhaya P</i>
46	22PDS849	PADMAVATHI S	<i>Padmavathi S</i>
47	22PDS850	NIRANJANA	<i>Niranjana</i>
48	22PDS851	AHAASRAJ RR	<i>Ahaasraj RR</i>
49	22PDS852	T GOBINATH	<i>T Gobinath</i>
50	22PDS853	K KULARANJITH	<i>K Kularanjith</i>
51	22PDS854	RAMANAN P	<i>Ramanan P</i>
52	22PDS857	PRAVEEN KUMAR P	<i>Praveen Kumar P</i>
53	22PDS858	PILAVENDRAN A	<i>Pilavendran A</i>
54	22PDS859	S AMALORPAVA BELCIYA	<i>Belciya</i>
55	22PDS860	JOE NICKSON V	<i>Joe Nickson V</i>
56	22PDS862	J LILLY	<i>J Lilly</i>
57	22PDS863	H. INFANT JEGAN FERNANDO	<i>H. Infant Jegan Fernando</i>
58	22PDS864	S. HARI HARAN	<i>S. Hari Haran</i>
59	22PDS865	T. RITHICK	<i>T. Rithick</i>

SEMINOR ON AMBITIOUS SKILLS OF WOMEN

DEPARTMENT OF INFORMATION TECHNOLOGY St. Joseph's College (Autonomous)

College with Potential for Excellence by UGC
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Tiruchirappalli - 620002



cordially invite you to the

A Special Seminar

on

Ambitious skills of women

Felicitated by

Dr.T. LUCIA AGNES BEENA

Assistant Professor

Department of Information Technology

St. Joseph's College, Trichy.

Resource Person

Dr.N.MAHESWARI


Head - Department of Commerce Computer Applications

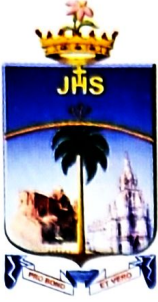
St. Joseph's College, Trichy

Date: 19-01-2024 **Time: 04:30 pm to 05:30 pm**

Venue: IB-8

All are invited


HEAD OF THE DEPARTMENT
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St. Joseph's College
Trichy - 620 002.



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Phone : 0431 - 4226477, 4226386, Fax : 0431 - 2701501

Website : www.sjctni.edu

SEMINOR ON AMBITIOUS SKILLS OF WOMEN

The Seminar was held on 19th January 2024 from 04:30 p.m. to 05:30 p.m. in Sequirera Hall. I M.Sc. Computer Science Girls students participated in the seminar. Dr. T.Lucia Agnes Beena, Assistant Professor, Department of Information Technology welcomed the resource person, Dr.N.Maheswari, Assistant Professor, Department of Commerce Computer Applications. She gave seminar on the topic " **AMBITIOUS SKILLS OF WOMEN** ".

She explained the Leadership, Entrepreneurship and STEM. She explained various Skills of Women in India. She gave detailed explanation on diverse range of ambitious skills across various domains, reflecting their unique talents, aspirations, and experiences. She also clarified the queries asked by the girls students.

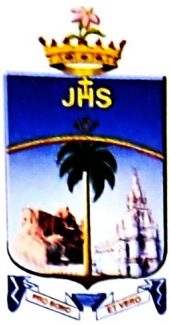
Total Number of Students: 27

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INFORMATION TECHNOLOGY
St. Joseph's College
Trichy - 620 002.

SEMINOR ON AMBITIOUS SKILLS OF WOMEN

IT Department - Girls Students List

S.NO	D.No	Name	SIGN
1	23pcs802	HARENI	D. Hare ni
2	23PCS805	A.NANCY JOSH LIN	A Nancy Joshlin
3	23PCS806	M. MAXIN MISSMA	M. Maxin Missma
4	23pcs811	M. Mahalakshmi	M. Mahalakshmi
5	23pcs819	K. Kavya .	K. Kavya
6	23pcs822	S. vishalini	
7	23pcs838	R.Arul Angelin	R. Arul
8	23pcs843	R. Barkavi	R. Barkavi
9	23pcs850	Sornalakshmi G	G. Sornalakshmi
10	23pcs901	KANIMOZHI M	M. Kanimozhi
11	23pcs903	R.Ajitha Christy	R. Ajitha Christy
12	23PCS908	S. GEETHA	S. Geetha
13	23PCS909	N. Swathy	N. Swathy
14	23pcs910	G.Divya	G. Divya
15	23pcs918	A. Jeya Lincy	A. Jeyalincy
16	23pcs919	J Nithiyashree	Nithiyashree J.
17	23pcs921	R.nandhitha	R. Nanditha
18	23pcs922	P.Ramya	P. Ramya
19	23pcs923	M. Keerthana Sree	M. Keerthana Sree
20	23PCS928	S.Priyadharshini	S. Priyadharshini
21	23pcs929	K. Sharmili	K. Sharmili
22	23pcs931	R.Renuga	R. Renuga
23	23pcs935	R.H.Keertthana	R.H. Keertthana
24	23pcs937	M Sowmiyaa	M. Sowmiyaa
25	23PCS938	B. Jeevitha	B. Jeevitha
26	23pcs944	R. Manisha soni	R. Manisha soni
27	23pcs950	L.Austinglibi	L. Austinglibi



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Website : www.sjctni.edu

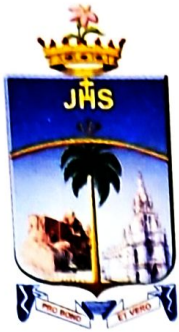


(Dr. T.Lucia Agnes Beena, Assistant Professor, Department of Information Technology welcomed the resource person)



(Dr.N.Maheswari, Assistant Professor, Department of Commerce Computer Applications)


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INFORMATION TECHNOLOGY
St. Joseph's College
Trichy - 620 002.



DEPARTMENT OF INFORMATION TECHNOLOGY

St. JOSEPH'S COLLEGE (Autonomous)

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TIRUCHIRAPPALLI - 620 002.

Phone : 0431 - 4226477, 4226386, Fax : 0431 - 2701501

Website : www.sjctni.edu



(TALK: Dr.N.Maheswari, Assistant Professor, Department of Commerce
Computer Applications)



HEAD OF THE DEPARTMENT
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Trichy - 620 002.

Report : Seminar on Simplified Yoga

DEPARTMENT OF INFORMATION TECHNOLOGY St. Joseph's College (Autonomous)



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Tiruchirappalli - 620002

cordially invite you to the

A Special Seminar

on

Simplified Yoga

Felicitated by

Dr. V. Maria Antoniate Martin

Assistant Professor, Department of Information Technology
St. Joseph's College, Trichy.

Resource Person

Dr.C.Venish Raja

Assistant Professor, Department of Information Technology,
St. Joseph's College, Trichy.

Date: 09-02-2024 Time: 02:00 pm to 03:00 pm

Venue: Sequirera Hall

All are invited

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Website : www.sjctni.edu

Report : Seminar on Simplified Yoga

Yoga is essentially a spiritual discipline based on an extremely subtle science, which focuses on bringing harmony between mind and body. It is an art and science of healthy living. The word 'Yoga' is derived from the Sanskrit root 'Yuj', meaning 'to join' or 'to yoke' or 'to unite'. As per Yogic scriptures the practice of Yoga leads to the union of individual consciousness with that of the Universal Consciousness, indicating a perfect harmony between the mind and body, Man & Nature.

Due to this reason, the seminar on Yoga was organised by the Department of Information Technology, on 09th February 2024, from 02:00 pm to 03.00 pm in the Rev.Fr.Seiquera Hall for the I BCA Students. Dr. V. Maria Antoniate Martin, Assistant Professor, Department of Information Technology delivered the welcome address. Dr.C.Venish Raja Assistant Professor of the Department of Information Technology acted as a resource person. Dr.C.Venish Raja delivered a very enlightening lecture on the impact of different Yogic practices on the physiology of the human body. He quoted several scientific studies to establish that yoga practices help reduce high blood pressure, relieve back pain and neck pain, reduce stress, and increase the concentration of the mind and the coordination of body and mind. Students are actively present and also do simple yoga exercises.

Total number of students attend : 91

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Trichy - 620 002.**

Simplified Yoga

S.no	Register Number	Name	Sign
1	23UBC501	SELVARAGAVAN S	SAR
2	23UBC503	ANTONY GLADSON K	Cheng
3	23UBC504	CAPTAN JEENATH I	I. captan seerath
4	23UBC506	JOE RAKESH A	Joe
5	23UBC507	BENITO ANTONY J	Benito
6	23UBC508	SAGAYA ARUL DASS R	R. Sagaya Arul Dass
7	23UBC509	AGASTIN RAJU A	A. Agastin Raju
8	23UBC510	VISWA E	E. Viswa
9	23UBC511	DANISH MICHAEL L	Michael
10	23UBC512	MARIYA EFRON Y	Y. Efron
11	23UBC513	JESWIN S	Jeswin
12	23UBC514	BHARATHRAJ T	Bharathraj
13	23UBC515	MATHAN M	Mathan
14	23UBC516	ASWIN B	Aswin
15	23UBC517	CHARLES FERNANDO A	A. Charles
16	23UBC518	VENUS FERNANDO C	Venus
17	23UBC520	JAYA RAM P	Jaya
18	23UBC521	KEVIN ANTONYRAJ K	K. Kevin
19	23UBC523	PRABHAKARAN M	Prabhakaran
20	23UBC524	LOYOL MICHAEL VIPIN V	Vipin
21	23UBC525	JOSE N V	Jose
22	23UBC526	HARIPRASATH V	Hariprasath
23	23UBC527	GOVINDHARAO V	V. Govindharao
24	23UBC528	SANTHOSHKUMAR S	Santhoshkumar
25	23UBC529	ANDREWS M	M. Andrews
26	23UBC530	JERIN J FERNANDEZ	Jerin
27	23UBC531	CLARISON SILVERA K	Clarison


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 St. Joseph's College
 Tiruchirappalli - 620 012

28	23UBC532	ASWIN R	
29	23UBC535	JOHN BRITTO J	<i>R. Britto</i>
30	23UBC536	GOKUL S K	
31	23UBC537	VISHNUPRAKASH R	<i>S.K. Gokul</i>
32	23UBC538	BARATH R	
33	23UBC539	JERON A	<i>Barath R.</i> <i>Jeron A.</i>
34	23UBC540	RUBAS MELSON S	<i>S. Rubas</i>
35	23UBC541	JOHN BENADICT XAVIER A	<i>A. John</i>
36	23UBC543	CHARAN S	<i>S. Charan</i>
37	23UBC544	MARSELIN MADHAN S	<i>M. Marselin</i>
38	23UBC545	DANY SUNOJSON S	<i>D. Sunojson</i>
39	23UBC549	UDHAYARAJA R	<i>R. Udhaya</i>
40	23UBC551	JAGADHEESHWARAN M	
41	23UBC552	AROCKIA MADHAN K	<i>K. Arockia</i>
42	23UBC553	SURENDHREN S M	<i>S. Surendhren</i>
43	23UBC554	VISHWA BHARATHI S	<i>S. Vishwa Bharathi</i>
44	23UBC555	RABISHEIK RUBAN C	
45	23UBC557	SREE AHILLAN K	<i>K. Sree</i>
46	23UBC558	JOEL JEEVAN RAJ D	<i>D. Joel</i>
47	23UBC559	ROHITH KANTH G	
48	23UBC560	YUVARAJ GANESH M	<i>M. Yuvaraj</i>
49	23UBC561	VASANTH R	<i>V. R.</i>
50	23UBC562	SARATHY M	<i>M. Sarathy</i>
51	23UBC564	VASANTH M	<i>M. Vasanth</i>
52	23UBC565	MOHAMMED NISHAQ A	<i>A. Mohammed</i>
53	23UBC568	SHARUKESH R	<i>R. Sharukesh</i>

Principal
HEAD OF THE DEPARTMENT
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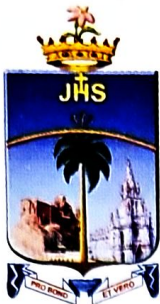
Simplified Yoga

S.no	Register Number	Name	Sign
53	23UBC601	SEBASTEEN INIGO A	
54	23UBC602	NEERAJ MARIYA JOSE J	
55	23UBC605	JOE VISWAJEETH I	
56	23UBC606	JEEVANANTHAM J	
57	23UBC607	JOHN SOLOMON N	
58	23UBC608	HERONES S	
59	23UBC609	JAISUVISANE J	
60	23UBC610	EDISON SANTHIYAGU S	
61	23UBC611	SEBASTIN JEYARAJ A	
62	23UBC612	ABRAHAM MOSES M	
63	23UBC613	MAKESHWARAN C	
64	23UBC614	MANAVALAN P R	
65	23UBC615	MARIA LIJO A	
66	23UBC616	KEVINRICHARD A	
67	23UBC617	HARISON D	
68	23UBC618	DOVIN D	
69	23UBC619	JEYA PRAKASH J	
70	23UBC621	BACKIYARAJ B	
71	23UBC623	PRAVEENKUMAR B	
72	23UBC624	KARANDASS E	
73	23UBC625	ANTO BENEDICT C	
74	23UBC627	GOKULRAM N	
75	23UBC628	MOHAMED YASSIK A	
76	23UBC629	SIVANESH S	
77	23UBC630	LOURDU XAVIER A	
78	23UBC631	ALISTER JOSEPH	
79	23UBC632	NAVEENRAJ M	
80	23UBC633	SAM JOSHVA R	
81	23UBC634	SRI THILAKESH J	

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S.no	Register Number	Name	Sign
82	23UBC635	SIVAVISHNU M	<i>M. Sivavishnu</i>
83	23UBC636	HARISH P	<i>Harish</i>
84	23UBC637	SEBASTIN FRANGO J	
85	23UBC638	RICHARD ROBINSON S	<i>Dr. Richard Robinson</i>
86	23UBC639	SATHESH T	<i>Sathesh</i>
87	23UBC640	NITHISH J	<i>Nithish</i>
88	23UBC641	JOSHUA SOLOMON A	
89	23UBC642	RAJAPOOVARASAN N	<i>Rajapoo</i>
90	23UBC643	MATHESH K	<i>K. Mathesh</i>
91	23UBC646	PRASANNA P	
92	23UBC647	KIRUBALAN V	<i>Kirubalan V</i>
93	23UBC648	DONI RIO LAWREN R	<i>R. Doni Rio</i>
94	23UBC649	KAVIN M	<i>M. Kavin</i>
95	23UBC650	MITHUNAVASAN R	<i>R. Mithu</i>
96	23UBC651	SAKTHIDASAN S	<i>S. Sakthidasan</i>
97	23UBC652	VISHAL AATHITHYA RK	<i>Rk. Vishal</i>
98	23UBC653	THAMIZHARASAN B	<i>Thamizharasan</i>
99	23UBC654	PRAJAN ANTTO J	<i>Prajan</i>
100	23UBC655	JOBIN S	<i>Jobin</i>
101	23UBC657	MAHENDRAN M	<i>M. Mahendran</i>
102	23UBC658	ABDUL VAJITH B	<i>Abdul</i>
103	23UBC659	HARISH MERWIN S	<i>S. Harish</i>
104	23UBC660	GUHAN M	<i>M. Guhan</i>
105	23UBC661	FRANKLIN JOSHWA P	<i>P. Frank</i>
106	23UBC662	SAFIKKUR RAHUMAN S	<i>S. Safi</i>
107	23UBC663	MURUGESHWARAN M	<i>Murugesw</i>
108	23UBC664	MARIA ALANCE G	
109	23UBC665	RAJESH P	<i>P. Rajesh</i>
110	23UBC667	KALAIVANAN J	<i>Kalaivanan</i>
111	23UBC669	HENDRIES YOWAN R	<i>Yowan R.</i>

Amrinder
HEAD OF THE DEPARTMENT
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(Dr. V. Maria Antoniate Martin, Assistant Professor, Department of Information Technology delivered the welcome address)



(Dr.C.Venish Raja Assistant Professor of the Department Information Technology acted as a resource person)

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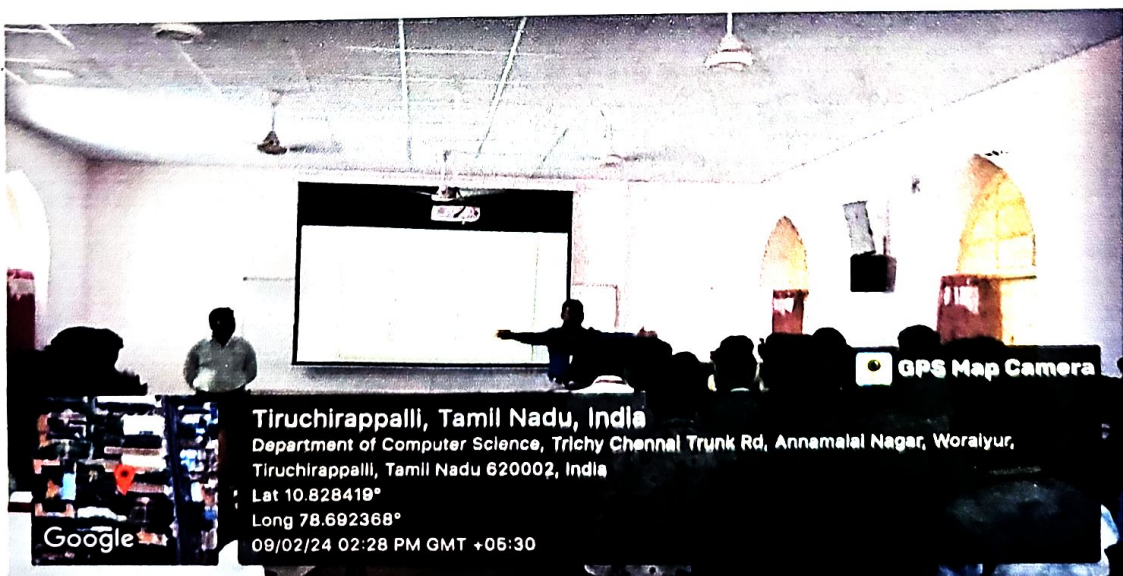
TIRUCHIRAPPALLI - 620 002.

Phone : 0431 - 4226477, 4226386, Fax : 0431 - 2701501

Website : www.sjctni.edu



(Dr.C.Venish Raja delivered a very enlightening lecture on the impact of different Yogic practices on the physiology of the human body)



Signature

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DEPARTMENT OF HISTORY

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TIRUCHIRAPPALLI, TAMIL NADU-620002

WE, THE PROFESSORS AND STUDENTS OF DEPARTMENT OF HISTORY
ARE GLAD TO INVITE TO THE

REV. FR. SUSAI ENDOWMENT LECTURE AND VALEDICTION OF HISTORY ASSOCIATION

PRESIDED BY

REV. DR. M. AROCKIASAMY XAVIER, SJ

PRINCIPAL
ST. JOSEPH'S COLLEGE
TIRUCHIRAPPALLI

LECTURE BY

MR. J. THAMIZHSELVAN JAYAKUMAR

NATUROPATHY AND ACUPUNCTURE
CHENNAI

ON

CONTEMPORARY LIFESTYLE AND HEALTHCARE



FEBRUARY

27

2024

DR. J. SANTHOSH KUMAR
HEAD OF THE DEPARTMENT

DR. S. MANIKANDAN
ASSOCIATION PRESIDENT

TUESDAY

AT 11:00 AM

VENUE: PLACEMENT OFFICE

All are invited!

Your presence is highly anticipated and welcomed at this special event



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A REPORT ON

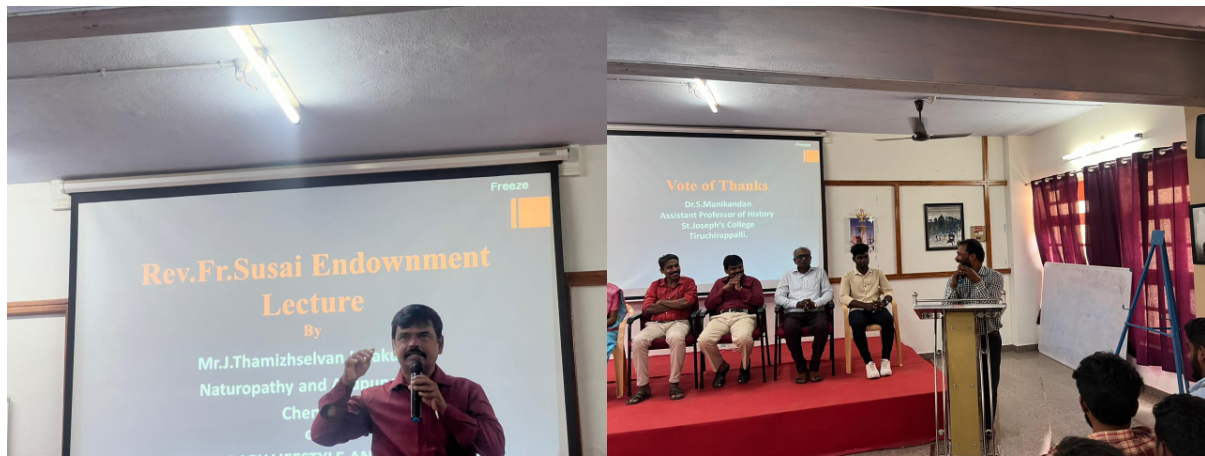
REV.FR. SUSAI ENDOWMENT LECTURE

Our department of history with the intellectual session being over, was ready with the advisory session. This session was organised with the great efforts of our Association President, Dr. S. Manikandan, and our Head of the Department, Dr.S. Santhosh Kumar. This session was followed by the Dr.M. Arumairaj's Endowment Lecture. The time of the session is 11 am and all the other specifications are same as the previous lecture. The resource person is Mr.J. Thamizhselvan Jayakumar, specialized in Naturopathy and Acupuncture. The Welcome Address was given by Dr.K. Lingammal, our Assistant Professor. Then the resource person was honoured by Dr.C. Thomas. The Resource Person had 20 years of experience in his field of medicine. The topic of the lecture is "Contemporary Lifestyle and Healthcare". He initiated the session with the request to close all our notes and to open our minds. He informed that the earlier session is on disciplined knowledge but this session would be practical and life-based. The session was based on the daily routine of our life. The making of cooking oil like Sunflower, Groundnut, Coconut oil by the corporates was exposed by him. He said that the last extract from Gasoline, Petrol, Diesel.i.e, Crude oil is used for oil preparation. He advised us to use Traditionally made Gingelly oil(Chekku oil) for cooking. In the morning, he told us not to use toothpaste for brushing instead the twigs of Neem tree was recommended by him. He informed us to use Gingelly oil for mouth rinse or mouthwash. It is good for the prevention of cancer, detoxification and overall health. He guided us to have fresh water at the morning and to avoid hot beverages. One hour of studying or doing other things are expected for healthy digestion of water. He also instructed us not to



drink RO water because it won't have the essential minerals for our body as it is filtered. He always insisted that our mind has the real potential for our body's strength. It can cure the diseases on its own. He reminded to have lunch with sweet as first and oil foods as last. He narrated a real story on his experience where his Guru and his team cured a man out of his Psychological problem. He insisted upon the truth of heart attacks. He said that heart attacks can be prepared with small precautions. Dr. Mahendran was surprised by his speech and asked him several questions on Junk food, and on Positions to sleep. He clearly answered that for modern lifestyle and in the name of Showing off, many are eating Chicken from KFC's which will restrict menstrual cycle and cause infertility in both men and women. The creams used for face was not promoted by him, instead he advised to use Gingelly oil for mouth wash which enhance face texture naturally. The Broiler Chicken Fraud, and many food preservation controversies are alerted by him. The oil used in street shops are provided by the 5 star hotels who already use them for their preparation of food. The intestinal structure was dictated by him in crystal clear manner. The enema, eye cleaners and mucus cleaning natural procedures are given by him. The pH of water, the secretion of Hydrochloric acid was defined by him. He told to sleep in a position that we find comfortable for better rest. But, sleeping faced sky is always advisable. Then, our professor asked several questions on food practices. He answered that the Ice Biryani(Used Rice Fermented Congee) is best for our health. He recommended Coconut oil for hair growth that is used in Kerala. It should be natural and not contained in plastic bottles. Finally, he concluded his speech with the saying that everyone of us have a busy schedule of life, but our body is suffering a lot than our aura. Thus, the principles said by him are advisable to follow in our daily routine for a healthy living.





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Department of History
St. Joseph's College
Tiruchirappalli – 620002

Rev. Fr. P. Susai Endowment Lecture and Valedictory Address
by
Mr. J. Thamizhselvan Jayakumar, On Contemporary Lifestyle and
Healthcare

Held at Placement Office on 27.02.2024

Attendance

Sl. No.	Name	D. No.	Class	Signature
1.	Gr. Sanjay	23UHS119	I-BA History	G. Sanjay
2.	E. Deepak	23UHS127	I BA History	E. Deepak
3.	A. Sahaya Jerome	23UHS126	I BA History	A. Sahaya Jerome
4.	J. John Xavier Raj	23UHS112	I BA History	J. John Xavier Raj
5.	A. Sheikh Mohammed Ali	23UHS153	I BA History	A. Sheikh Mohammed Ali
6.	S. ARUNACHALAM	23UHS173	I-BA HISTORY	S. Arunachalam
7.	Sam Samuel Ekka	23UHS115	I BA History	Sam Samuel Ekka
8.	Fernando Marwein	21UHS108	III B.A History	Fernando Marwein
9.	M. Rasim Ahmed	23UHS159	I B.A. History	M. Rasim Ahmed
10.	S. Alwin	23UHS124	I B.A. History	S. Alwin
11.	K. Tharun	23UHS142	I B.A. History	K. Tharun
12.	B. Robin Nirajan	23UHS134	I B.A. History	B. Robin Nirajan
13.	S. Jeyan Raja	23UHS129	I BA History	S. Jeyan Raja
14.	R. J. DHANUSHA K. DE	23UHS180	I BA History	R. J. DHANUSHA K. DE
15.	G. Harish Raghavendra	23UHS131	I B.A. History	G. Harish Raghavendra



16.	S. Sabareesh	23UHS135	I B.A History	<i>[Signature]</i>
17.	A. Sugumar Jose	23UHS114	I B.A History	<i>[Signature]</i>
18.	F. Kerin Joseph	23UHS104	I B.A History	<i>[Signature]</i>
19.	C. Sarma andrews	23UHS113	I B.A history	<i>[Signature]</i>
20.	S. Akash	23UHS123	I B.A history	<i>[Signature]</i>
21.	R. Bhargavi	23UHS125	I B.A history	<i>[Signature]</i>
22.	F. Vincent Raj	23UHS112	I B.A history	<i>[Signature]</i>
23.	K. Sathishkumar	23UHS149	I B.A history	<i>[Signature]</i>
24.	J. THOMAS ALVA EDISON	23UHS108	I B.A History	<i>[Signature]</i>
25.	G. Vignesh	23UHS152	I B.A History	<i>[Signature]</i>
26.	K. Sabarish	21UHS157	III BA History	<i>[Signature]</i>
27.	P. Rajasekhar	21UHS120	III BA History	<i>[Signature]</i>
28.	T. Praveen Kumar	21UHS118	III B.A. History	<i>[Signature]</i>
29.	S. Dinesh Kumar	21UHS124	III BA history	<i>[Signature]</i>
30.	M. Vinodhan	21UHS137	III BA history	<i>[Signature]</i>
31.	R. Stalin	21UHS164	III BA history	<i>[Signature]</i>
32.	T. Anarithan	21UHS165	III BA history	<i>[Signature]</i>
33.	S. Deva Rajan	21UHS173	III B.A. History	<i>[Signature]</i>
34.	M. Sathish	21UHS174	"	<i>[Signature]</i>
35.	S. Prabhakar	21UHS121	"	<i>[Signature]</i>
36.	H. Melvin Prasad	21UHS101	"	<i>[Signature]</i>
37.	M. Tamilazhagan	23UHS162	I. BA. history	<i>[Signature]</i>



38.	M. Santhosh	23UHS164	II BA history	M. Santhosh
39.	B. Karthik raja	23UHS155	II BA history	B. Karthik raja
40.	M. Prem Kumar	21UHS110	III B.A history	M. Prem Kumar
41.	Vishwara K.	21UHS170	III BA History	Vishwara K.
42.	R. Ramesh	21UHS114	III BA History	R. Ramesh
43.	A. HARI HARAN	21UHS174	" "	A. Hari Haran
44.	T. Dheeran Raja	21UHS109	III B.A History	T. Dheeran Raja
45.	S. GILBERT RASHAN	22UHS114	II BA History	S. Gilbert Rashan
46.	A. Praveena	22UHS175	II BA History	A. Praveena
47.	A.S. yawan ray	22UHS119	II BA HISTORY	A.S. yawan ray
48.	Arjun Torrance	22UHS113	II BA History	Arjun Torrance
49.	Kishore	22UHS101	II BA History	Kishore
50.	P. Dinash kumar	22UHS168	II BA History	P. Dinash kumar
51.	V. AJAY	22UHS176	II B.A	V. AJAY
52.	P. Dhenesh	22UHS140	II B.A History	P. Dhenesh
53.	Maria Rabin -A	22UHS118	II "	Maria Rabin -A
54.	J. Valan	22UHS106	II BA History	J. Valan
55.	D. Christopher	22UHS123	II BA History	D. Christopher
56.	M. Anbuselvan	22UHS161	II BA History	M. Anbuselvan
57.	JAYA SORIMAN JS	22UNS145	II B.A HISTORY	JAYA SORIMAN JS
58.	Augustin	22UHS121	II B.A History	Augustin
59.	L. Sebastian Anto	22UHS164	II BA History	L. Sebastian Anto



60.	Lokas S	22UHS122	I BA History	Shrey
61.	Penadict marian	22UHS108	I I	Pen
62.	V. Agnel Wilfred	22UHS132	II-BA History	Agnel
63.	Maniandan G	22UHS162	II BA History	Maniandan
64.	C. Charan Dhan Kirishnan	22UHS155	II BA History	Ch.
65.	Bharathwaj	22UHS151	II BA History	for. B
66.	Bharanidharan	22UHS104	II BA History	for. B
67.	R. David raj	22UHS125	II BA History	David Raj
68.	K. Vishvasriyan	22UHS116	II BA History	K. V.
69.	S. Yogeswaran	22UHS129	II nd BA History	S. Yogeswaran
70.	A. DANIVAR SMITH	22UHS169	II BA History	A. Danivar Smith
71.	J. BESIL JENNY	22UHS159	II BA HISTORY	Besil Jenny
72.	Kamal S	22UHS158	II BA History	K. S.
73.	S. Soundararaj	22UHS170	II nd BA History	S. Soundararaj
74.	K. Raghu	22UHS163	II BA History	K. Raghu
75.	A. Jalapathi Antony	22UHS110	II BA History	A. Jalapathi
76.	C. Arjith Gokunin	22UHS109	II BA History	C. Arjith
77.	Pabithra J	22UHS131	II BA History	P. J.
78.	Priyalakshmi K	22UHS135	III BA HISTORY	Priyalakshmi K
79.	Divya S	21UHS166	III BA History	Divya
80.	Evangelin Reba	21UHS129	III BA History	E. Reba
81.	Kalpana S	21UHS102	III BA History	S. Kalpana



82.	V. Preetha	21UHS150	III. BA History	V. Preetha
83.	Haritha R	20UHS156	II BA History	Haritha R
84.	C. Shreela	22UHS141	II BA History	C. Shreela
85.	Swanya A.S	22UHS165	II. BA History	A.S. Swanya
86.	Abina Rose	22UHS103	II. BA History	Abina Rose
87.	Varshini	22UHS102	II. BA History	Varshini
88.	Praveena	22UHS175	I. BA History	Praveena
89.	Reni. V	23UHS105	I. BA History	Reni. V
90.	Kanishka. A.	23UHS161	I B.A History	Kanishka. A.
91.	Pavithra K.	23UHS169	I. B.A. History	Pavithra K.
92.	S. Nithya Sri	23UHS168	I BA History	S. Nithya Sri
93.	S. Nirai Mathi	23UHS163	I BA History	S. Niraimathi
94.	J. Reshmi	23UHS136	I B.A History	J. Reshmi
95.	Kalavathi. M.	23UHS146	I BA History	Kalavathi. M.
96.	Varsha. V	23UHS122	I BA History	Varsha. V
97.	Devadharshini J.K.	23UHS110	I BA History	J.K. Devadharshini
98.	K. Jenifa	23UHS170	I, B.A. HISTORY	K. Jenifa
99.	Aarlean Vinay P.	23UHS109	I BA History	Aarlean Vinay P.
100.	Preethi Marina. V	23UHS138	I BA History	Preethi Marina. V
101.	Rexi Dona. S	23UHS160	I BA History	Rexi Dona. S
102.	A. Arunakar	21UHS172	III BA History	A. Arunakar
103.	M. Sai Varathan	21UHS134	III BA History	M. Sai Varathan



INVITATION



ST. JOSEPH'S COLLEGE (AUTONOMOUS)

Special Heritage Status Awarded by UGC
Nationally Re-Accredited with A++ (4th Cycle) Grade
College with potential for Excellence
DBT-STAR & DST-FIST sponsored college
TIRUCHIRAPPALLI - 620002

DEPARTMENT OF BUSINESS ADMINISTRATION

INTERACTIVE SESSION ON "PSYCHOLOGICAL WELLBEING"

RESOURCE PEARSON

Mrs. CHRISTEELA. F M

ASSISTANT PROFESSOR, DEPARTMENT OF COUNSELLING PSYCHOLOGY, SJC



VENUE:

COMMUNITY CENTRE

TIME & DATE

10.10.2023 (TUESDAY)
@ 3:00 PM

Prof. C. F. Octovia Antony Sessammal
HEAD OF THE DEPARTMENT

ALL ARE INVITED

ST. JOSEPH'S COLLEGE (AUTONOMOUS), TRICHY-2.

DEPARTMENT OF BUSINESS ADMINISTRATION

INTERACTIVE SESSION ON "PSYCHOLOGICAL WELLBEING"

Date: 10/10/2023

Venue: Community Centre

REPORT

An interactive session on "Psychological Well-Being", was held and organized by the Department of business administration, for the students of second year BBA. This was organized, in order to create awareness among the students about "Mental health" for psychological well-being.

Also, the students make Human chain formation to create awareness about World Mental Health Day among the students. As well as improve and understand the mental health of an individual among the students, which is very much helpful for the students to maintain the psychological well-being. The resource speaker of the event was Mrs. Christleela, FM, Assistant professor, Department of counselling psychology, St. Joseph college Autonomous, Trichy.

The event began at 3pm with the devotional song followed by the welcome address delivered by Student Mr. Anbuselvan second year BBA.

The resource speaker of the event, Mrs. Christleela has imparted the concept of self-dignity and self-esteem and also imparted the difference types of motivation to improve the confidence level of the students.

The feedback given by the students

- The lecture provided valuable insights into the importance of destigmatizing mental health, fostering a more inclusive understanding of various psychological conditions.
- The incorporation of real-life case studies during the lecture enhanced my comprehension, offering practical examples that reinforced theoretical.
- The speaker effectively emphasized the significance of proactive self-care and community support, empowering individuals to prioritize their mental well-being. They could grasp everything.

We concluded our meeting at 4:30pm. the vote thank was delivered by Mr. Abineyan IInd BBA.

Octavia Antony

Prof. C.F. Octavia Antony Sessammal, MBA, M.Phil, NET
Head & Assistant Professor
Department of Business Administration
St. Joseph's College (Autonomous)
Tiruchirappalli-620 002.

INTERACTIVE SESSION ON “PSYCHOLOGICAL WEELBEING”

Date: 10/10/2023

Venue: Community Centre



DEPARTMENT OF BUSINESS ADMINISTRATION

INTERACTIVE SESSION ON PSYCHOLOGICAL WELLBEING

DATE: 10.10.2023

TIME: 3.00 p.m

VENUE: COMMUNITY CENTRE

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DEPARTMENT OF BUSSINESS ADMINISTRATION

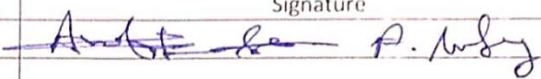
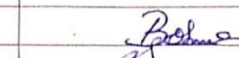
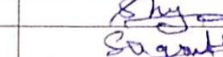
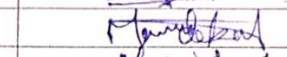
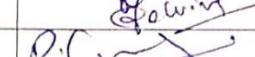
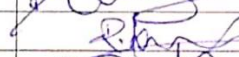
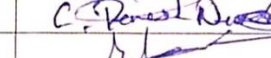
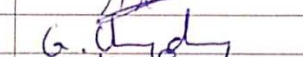
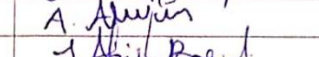
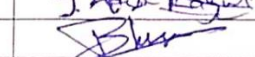
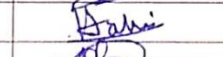

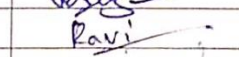
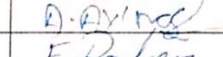

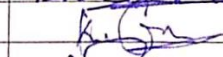
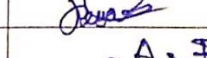
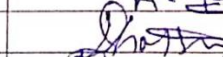
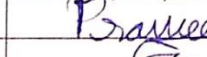
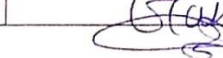






INTERACTIVE SESSION ON PSYCHOLOGICAL WELL BEING

DATE:10.10.2023

TIME: 3.00 p.m

VENUE: COMMUNITY CENTRE

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56	22UBU668	<i>[Signature]</i>
57	22UBU669	<i>[Signature]</i>
58	22UBU670	<i>[Signature]</i>
59	22UBU671	

Oscar Antony

Prof. C.E. Oscar Antony Sessommai, MBA, M.Phil, M.Ed.
 Head & Assistant Professor
 Department of Business Administration
 St. Joseph's College (Autonomous)
 Tiruchirappalli-620 002.



HEALTH CLUB
PG DEPARTMENT OF COMMERCE CA
St. Joseph' College (Autonomous)
Tiruchirappalli - 620002. TN



Health Check Awareness through **MEDICAL CAMP**

Date : 20.09.2023

Time : 09.30 am - 01.00 pm

Venue : K.P. Joseph Hall

Felicitations

Rev. Dr. K. Amal SJ

Secretary, St. Joseph's College (Autonomous), Trichy

Rev. Dr. M. Arockiasamy Xavier SJ

Principal, St. Joseph's College (Autonomous), Trichy

Dr. P. Rajendran

Deputy Principal, St. Joseph's College (Autonomous), Trichy

Chief Guest



Dr. R. Silambarasan

MD., MBA (HM), PGDML (NLSIU), PGDHA, CPOIH

Quality Head & Accreditation Coordinator, Maruti Hospital, Trichy

Medico Legal Consultant, NABH Consultant

Member in Quality Council of India

Mr. P. Sivaraman

Manager, Health Care Department
& Medical Camp Team Members
Maruti Hospital, Trichy

Mr. K. Ranjith Kumar

Administrator
SkillSet Academy
Trichy

Dr. B. Fathimamary

Association President

Dr. J. Arputha Sahaya Raj

Coordinator, CCA Clubs

Dr. J. Rajees

Coordinator-Health Club

Dr. N. Maheswari

HOD

ALL ARE INVITED



DEPARTMENT OF COMMERCE COM. APPL. St. JOSEPH'S COLLEGE (Autonomous)

Accredited at A++ Grade (Cycle IV) by NAAC Special Heritage Status awarded by UGC
College with Potential for Excellence by UGC DBT STAR & DST FIST sponsored College

TIRUCHIRAPPALLI - 620 002.

Phone : 0431 - 4226444, 2700320, Fax : 0431 - 2701501

Website : www.sjctnl.edu

Minutes of Health Check Awareness through Medical Camp

Date: 20-09-2023

Time: 9.30 AM TO - 1.00 PM

Venue: KP Joseph Hall

PG Department of Commerce CA and Health Club jointly organized the Health Check Awareness through Medical Camp for students on 21st July 2023 at 9.30 am. The Program started with Prayer song. Welcome address was given by **Dr.N.Maheswari**, Head of the Department of Commerce CA.

Rev.Dr.K.Amal SJ Secretary and **Rev. Dr. M. Arockiasamy Xavier SJ** Principal blessed and felicitated the gathering. They appreciated the department for conducting the Health check awareness program and motivated the physician **Dr. R. Silambarasan** and his team for conducting the free medical camp for our students.

Dr.P.Rajendran, Deputy Principal felicitated the gathering. He shared his views on health and objective of the medical camp also motivated the organizers and the students.

Dr.J.Rajees, Assistant professor and Coordinator of Health Club introduced the Chief Guest **Dr. R. Silambarasan**, Quality Head & Accreditation Coordinator, Maruti Hospital, Tiruchirappalli by providing his expertise and achievements.

The Chief Guest projected the importance and significance of Health Checkup. He advised to take a balanced breakfast with protein is a great way for your child to start their day. He stressed on the healthy balanced diet, Starchy foods, Fruits and vegetables. At the end of the session, Diet and Exercise had been discussed by him and students clarified their doubts with the resource person.

The function came to an end at 1.00 pm with the vote of thanks given by **Dr.B.Fathimamary**, Association President of Commerce CA. The event was organized by the Department and Health Club thank to **Mr.P. Sivaraman**, **Mr.Ranjith** and **Dr.J.Arputha sahaya raj** for the all arrangements made. All the faculties are very much helped and organized this camp with meaningful day. Totally 234 students & 10 faculties were benefited through this camp.

Dr. J. Rajees
Organising Secretary

Dr. B. Fathimamary
Organising Secretary &
Association President

Dr. N. Maheswari
HOD

'Health Check Awareness through MEDICAL CAMP'

S.No	Register Number	Name	Signature
1	23UCC501	REVANTH JERIN M	R. Jerin
2	23UCC502	JOEL JUSTIN REGIT D	O. Regit
3	23UCC503	AROKIA ANAND J	Anand
4	23UCC504	MAHARAJA K	K. Mahalingam
5	23UCC505	MOVIN RAJ I	T. Movin Raj
6	23UCC506	EZHILBALAN S J	S. J. Ezhilbalan
7	23UCC507	RANJITH KUMAR E	E. Ranjith
8	23UCC508	STEPHAN BENADICT K	K. Stephan Benadict
9	23UCC509	VINNICE FRANCIS L	L. Vinnice
10	23UCC510	HADLEY YVON M	M. Hadley Yvon
11	23UCC511	REHOBOTH M	
12	23UCC512	RICKY JOHNSON JESURAJ J	J. Ricky Johnson Jesuraj
13	23UCC513	RATHINAGIRISHWARAN M	M. Rathinagiriswaran
14	23UCC515	INFANT DEEPAK A	A. Infant Deepak
15	23UCC516	DEVA NESAN I	I. Devanesan
16	23UCC517	JEROME HARRIS P	P. Jerome Harris
17	23UCC518	RUBAN L	L. Ruban
18	23UCC519	SARAVANA KUMAR T P	
19	23UCC520	SHANKAR NARAYANAN N	N. Shankar Narayanan
20	23UCC522	DANIEL GERMAN P	P. Daniel German
21	23UCC523	NITHISH KARTHICK S	S. Nithish Karthick
22	23UCC524	MICHAEL MERVIN P	P. Mervin
23	23UCC525	NISHANTH G	G. Nishanth
24	23UCC526	FRAANKLIN A	A. Frankline
25	23UCC527	SABARIVASAN M	M. Sabarivasan
26	23UCC528	KALYAN M	M. Kalyan
27	23UCC529	ABISHEIK JAIN V	V. Abhishek Jain
28	23UCC530	RAHUL S	
29	23UCC531	JONE VARKEES S	S. Jone Varkees
30	23UCC532	JOYAL EDISON P	P. Joyal Edison
31	23UCC533	LADEES ARO A	A. Laadees Aro
32	23UCC534	MADESH P S	S. P. Madesh
33	23UCC535	RAGUL RAJA K	K. Ragul Raja
34	23UCC536	JEROME LAWRENCE L	L. Jerome Lawrence
35	23UCC537	SHAM JONES C	C. Sham Jones
36	23UCC538	GODWIN ALFO RAJA X	X. Godwin Alforajay
37	23UCC539	MADHAVAN J	J. Madhavan
38	23UCC540	SEBA NIXON J	J. Seba Nixon
39	23UCC541	SUBAJI S	S. Subaji
40	23UCC542	ADITHYA M	M. Adithya

41	23UCC543	FRANCIS JOVIT A	A. Francis Jovit
42	23UCC544	FELIX A	A. Felix
43	23UCC545	ARUN PRAVIN K	U. Arun Pravin
44	23UCC546	HAARIS GODWIN C L	C.L. Haaris Godwin
45	23UCC547	RONANTO R	R. Ronanto
46	23UCC549	THANASEKAR S	S. Thanasekar
47	23UCC550	ARUN JOYAL A	A. Arun Joyal
48	23UCC551	SIPIKUMAR N	N. Sipi Kumar
49	23UCC552	GOVINTHAPRASATH K	K. Govinthaprasath
50	23UCC553	SUBASH T	T. Subash
51	23UCC554	SANTHOSH R	R. Santhosh
52	23UCC555	DHURKESH NITHYAN A	A. Dhurkesh Nithyan
53	23UCC556	KELWIN A	A. Kelwin
54	23UCC557	AUSTIN A	A. Austin
55	23UCC558	ANTO RENO S	S. Anto Reno
56	23UCC559	LOGESHWARAN A	A. Logeshwaran
57	23UCC560	HARIKESH S	S. Harikesh
58	23UCC561	PRASANNA BALAJI R	R. Prasanna Balaji
59	23UCC562	DHARUUN C	C. Dharaun
60	23UCC563	DANIAL WILLIAM A	A. Danial William
61	23UCC564	LOORTHU CHRISTOBHER L	L. Loorthu Christobher
62	23UCC565	YOGESHWARAN S	S. Yogeshwaran

Association President

Chief Guest

HOD

Dr. B. FATHIMAMARY
 Assistant Professor
 Dept. of Commerce CA
 St. Joseph's College (Autonomous)
 Tiruchirappalli - 620 002.

Dr. N. MAHESWARI
 M.Com., M.A., MBA., M.Phil., NET., P.T.
 Head & Research Advisor
 PG Department of Commerce Computer Applications
 St. Joseph's College (Autonomous)
 Tiruchirappalli - 620 002

Class :II B.Com CA

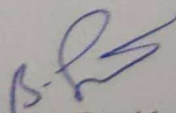
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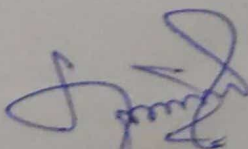
'Health Check Awareness through MEDICAL CAMP'

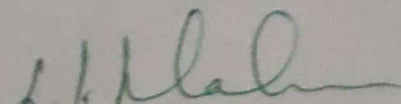
Venue: KPJ Hall

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3	22UCC503	JOE ROSHAN D	<i>[Signature]</i>
4	22UCC504	THOMINIC SIBITHARAN J	<i>[Signature]</i>
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13	22UCC514	SAHAYA ANTON AKASH S	<i>[Signature]</i>
14	22UCC515	JERONE JUDE B	<i>[Signature]</i>
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17	22UCC518	JAYA PRATHAP J	<i>[Signature]</i>
18	22UCC519	SHABIRAM R B	<i>[Signature]</i>
19	22UCC521	LIVINLESLIE J	<i>[Signature]</i>
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22	22UCC524	JOHN ROSHAN A	<i>[Signature]</i>
23	22UCC525	SANJAY KUMAR A K	<i>[Signature]</i>
24	22UCC526	ALEX M	<i>[Signature]</i>
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26	22UCC528	DHAMODHARAN S	<i>[Signature]</i>
27	22UCC529	JERIN BENITO ANTONY T	<i>[Signature]</i>
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31	22UCC533	SARAN K	<i>[Signature]</i>
32	22UCC534	AJAY ANTOS A	<i>[Signature]</i>
33	22UCC535	NAVEEN KUMAR S G	<i>[Signature]</i>

34	22UCC536	SANTHANA NIRMAL M	M. Nirmal
35	22UCC537	NILAVAN R	
36	22UCC538	JOHN JABAZE D	A. S. Jaf
37	22UCC539	SIMSON A	P. P. P.
38	22UCC540	VINITH A	D. N. D.
39	22UCC541	PRAVINRAJA P	S. Karthikeyan
40	22UCC542	MAHESWARAN D	
41	22UCC543	KARTHIKEYAN S	
42	22UCC544	MATHIYAZHAGAN M	
43	22UCC545	TERANCE M	
44	22UCC546	MANOJ R	
45	22UCC547	DOMINIC JOSEPH ALEXANDER	
46	22UCC548	HENDRY A	
47	22UCC549	KARTHICK N	
48	22UCC550	KISHORE S	
49	22UCC551	AAKASH R	
50	22UCC552	SUNIL SANGEETH J	
51	22UCC553	ROBIN WELS S	
52	22UCC554	SABARINATHAN T	
53	22UCC555	JONES J	
54	22UCC557	KAVIBHARATHI S	
55	22UCC558	STAINS JACKSON S	
56	22UCC559	YOUGIN AKASH S	
57	22UCC560	DEEPAK P	
58	22UCC562	ABINESH V	
59	22UCC564	MUGESH THEJA A	
60	22UCC565	KIRTHIK ROSHAN M	
61	22UCC566	LOKESH S D	
62	22UCC567	ARAFATH ALI B	


Association President


Chief Guest


HOD

Dr. B. FATHIMAMARY
Assistant Professor
Dept. of Commerce CA
St. Joseph's College (Autonomous)
Tiruchirappalli - 620 002.

Dr. N. MAHESWARI
M.Com., M.A., MBA, M.Phil., NET, J2.C.
Head & Research Advisor
PG Department of Commerce Computer Application
St. Joseph's College (Autonomous)
Tiruchirappalli - 620 002

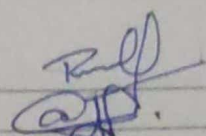
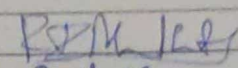
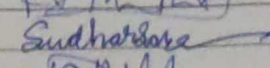
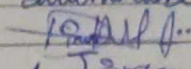
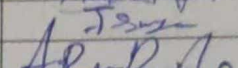
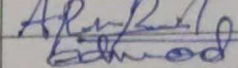
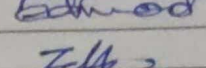
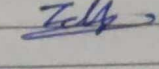
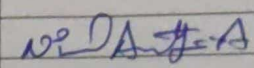
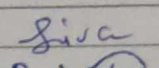
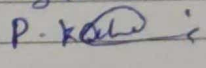
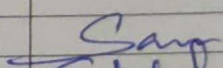
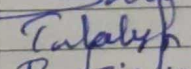
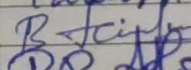
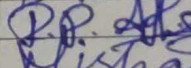
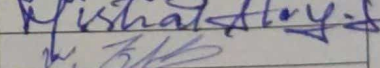
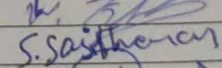
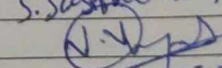
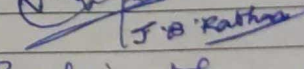
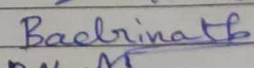
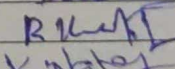
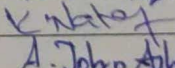
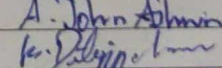
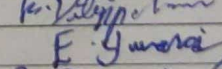
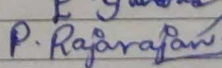
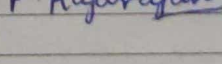
Class : III B.Com CA

Date: 20-09-23

'Health Check Awareness through MEDICAL CAMP'

Venue: KPJ Hall

S.no	Register Number	Name	Signature
1	21UCC501	AROCKIA AJAY J	J. Arockia
2	21UCC502	JERARD P	P. Jerard
3	21UCC503	LAMEK ANDREWS A	Canet
4	21UCC504	DEVESH D	
5	21UCC505	ANDREW NIHITHAN H	Andrew
6	21UCC506	JEFRIN C	Jefferin
7	21UCC507	RICKY MARTIN D	Ricky
8	21UCC508	ARAVINTH J	J. Aravindh
9	21UCC509	NITHISH KUMAR P	
10	21UCC510	DINESH R	D. Dinesh
11	21UCC511	ASIR PHILIP S	S. Asir Philip
12	21UCC512	PRASANTH P	P. Pranth
13	21UCC513	VISHNU VARDHAN T V	V. Vishnu
14	21UCC514	JOY PRINSO ALEX A	A. Alex
15	21UCC515	AKILAN S	S. Akilan
16	21UCC516	KEVIN JOSHVA S	K. Joshva
17	21UCC517	IRUDAYA ALEN S	S. Irudaya Alen
18	21UCC518	JQNES DEEPAN P	
19	21UCC519	DHARAN K	D. Dhara
20	21UCC520	JOVIN P	
21	21UCC521	ROSARIYO JENI P	P. Rosariyo
22	21UCC522	MILTON DOMINIC R	R. Milton
23	21UCC523	THOMAS SANJAI M	
24	21UCC524	SANJAY S	
25	21UCC525	RISHI S	
26	21UCC526	PRADEEP CHRISTOPHER A	A. Pradeep
27	21UCC527	SANTHOSH RAJ M	M. Santhosh
28	21UCC528	ANBALAGAN A	A. Anbalagan
29	21UCC529	PURUSOTHAMAN M	M. Purusothaman
30	21UCC530	EDWARD A	A. Edward
31	21UCC531	MENAKA PRASATH T	T. Menaka
32	21UCC532	THOMAS J	J. Thomas
33	21UCC533	SRI RAM K	K. Sri Ram

34	21UCC534	RAHUL RONALDO J	
35	21UCC535	ARJUN M	
36	21UCC536	RENI ROSHAN R	
37	21UCC537	NIRMAL LALITH R I	
38	21UCC538	SUDHARSAN S	
39	21UCC539	DINO HALIL A	
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41	21UCC541	ROBIN PUTHUMAI RAJ A	
42	21UCC542	RUGUL EDWARD A	
43	21UCC543	JOHN DEEPAK KUMAR D	
44	21UCC544	SRIDHARRAJ D	
45	21UCC545	GOWTHAM P	
46	21UCC546	NIRMAL ANTONY A	
47	21UCC547	POONDIRAJ S	
48	21UCC548	SIVABALAKUMARAN M	
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50	21UCC550	GIRIDHARA S	
51	21UCC551	SAM DANIEL S	
52	21UCC552	MAHESH T	
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59	21UCC559	STEVE CECILL RATHAN J B	
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64	21UCC565	DILIPPAN KRISHNA K	
65	21UCC566	YUVARAJ E	
66	21UCC567	RAJARAJAN P	
67	21UCC568	ARAVINTH S	

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Dr. B. FATHIMAMARY
Assistant Professor
Dept. of Commerce CA
St. Joseph's College (Autonomous)
Tiruchirappalli - 620 002.

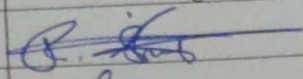
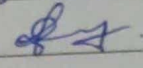
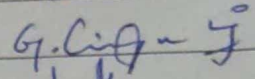
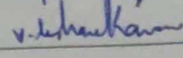
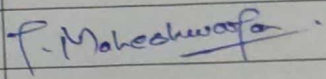
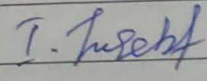
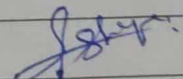
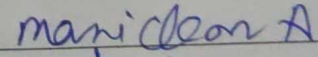
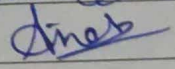
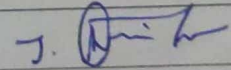
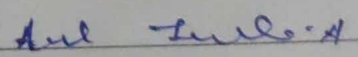
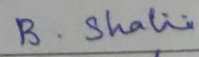
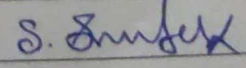
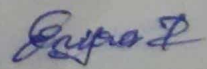
Dr. N. MAHESWARI
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PG Department of Commerce Computer Application
St. Joseph's College (Autonomous)
Tiruchirappalli - 620 002

Class : I M.Com CA

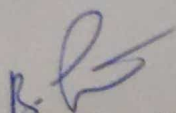
Date: 20-09-23

'Health Check Awareness through MEDICAL CAMP'

Venue: KPJ Hall

S.no	Register Number	Name	Signature
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2	23PCC802	JERY ADAMS P	
3	23PCC803	LINGESHWARAN G	
4	23PCC804	MOHANA KANNAN V	
5	23PCC805	SHARMILA S	
6	23PCC807	BOOMADEVI R	
7	23PCC808	MARCELIN EFFCY LUTHOVICA J	
8	23PCC809	MAHESHWARAN T	
9	23PCC810	AKSHAYA V	
10	23PCC811	JEROME SEBASTHIAN I	
11	23PCC813	HARITHA K	
12	23PCC814	KISHORE K	
13	23PCC815	ABISHA R	
14	23PCC816	MANICKAM A	
15	23PCC817	DHINESH KUMAR R	
16	23PCC818	MOHANA RAJ S	
17	23PCC819	ANTONI JESU J	
18	23PCC820	AGNES PRADEEPA D	
19	23PCC821	JANSI A	
20	23PCC822	ARUL JEYASEELAN A	
21	23PCC823	SHALINI B	
22	23PCC824	SIMON FELIX S	
23	23PCC825	R ENIYAVAN	

24	23PCC826	NANSIROOPINA S	Nansiroopina S
25	23PCC827	ANBU CHINNARAJ P	
26	23PCC828	KANISHKA S	
27	23PCC829	SURUTHI M	N.T. S. S.
28	23PCC830	KUMUTHA LAKSHMI E	E. K.
29	23PCC831	MELVIN JOHNSON A	Therap
30	23PCC832	DHANALAKSHMI B	Dhanalakshmi B
31	23PCC833	VARSA R	R. Varsha
32	23PCC834	KANNAN R	R. Kannan
33	23PCC835	VISHNUREGHA M	M. Vishnu
34	23PCC836	SELVISWETHA T	T. Selviswetha
35	23PCC837	DEVA MILTON SANTHIYAGU I	I. Deva Milton
36	23PCC839	DITTOJOHNBEROVA T	T. Ditto John
37	23PCC840	HAMJA MOHAMED M H	M. H. Hamja
38	23PCC841	JON KINSALIN J	J. Kinsalin
39	23PCC842	NIROSHINI U	U. Niroshini
40	23PCC843	NISHANTH KUMAR M	M. Nishanth
41	23PCC844	VARSHINI A	
42	23PCC845	ABIRAMI KM	K. M. Abirami
43	23PCC846	VIRGIN E	
44	23PCC847	AARTHI S	



Association President

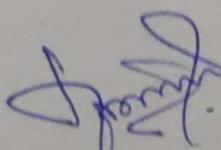
Dr. B.FATHIMAMARY

Assistant Professor

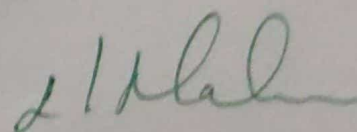
Dept. of Commerce CA

St. Joseph's College (Autonomous)

Tiruchirappalli - 620 002.



Chief Guest



HOD

Dr. R. MAHESWARI

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PG Department of Commerce Computer Application

St. Joseph's College (Autonomous)

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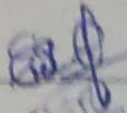
Class :II M.Com CA

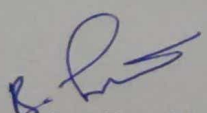
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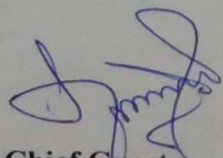
'Health Check Awareness through MEDICAL CAMP'

Venue: KPJ Hall

S.no	Register Number	Name	Signature
1	22PCC801	KAMATCHI P	
2	22PCC802	ASHLIN TEENA J	J. Ashlin Teena
3	22PCC803	NEYA AASHMI M	M. Neeya Ashmi
4	22PCC804	SERAPHINE SHINY A	A. Seraphine Shiny
5	22PCC805	MERLIN DOLLY S	S. Merlin Dolly
6	22PCC806	ARIRAM K	
7	22PCC807	LEENA P	
8	22PCC809	KAVISRI GR	Kavisri G.R.
9	22PCC810	MOHANAPRASATH S	S. Mohanaprasath
10	22PCC811	SWETHA S	S. Swetha
11	22PCC812	PRAVEEN KUMAR B	B. Praveen Kumar
12	22PCC813	RENY SHAJU	
13	22PCC814	MADHURA P	P. Madhura
14	22PCC815	JAYANTHI M	M. Jayanthi
15	22PCC816	ABIRAMI M	M. Abirami
16	22PCC817	JANANI G	G. Janani
17	22PCC818	ADHITHYAPRABHU M	M. Adhithyaprabhu
18	22PCC819	ANTONY GILBERT RAJ J	J. Antony Gilbert Raj
19	22PCC820	SATHIYA PRIYA K	
20	22PCC821	SREE SIVASAKTHI R	
21	22PCC822	GOWSIKHA M	M. Gowshika
22	22PCC823	GANESH M	M. Ganesh
23	22PCC824	ARJUN RAJA K	K. Arjun Raja
24	22PCC825	SURIYA GIRALD C	C. Suriya Girald
25	22PCC826	ABINAYA A	A. Abinaya
26	22PCC827	KARTHIKEYAN S	S. Karthikeyan
27	22PCC828	MARIYA JANANI A	A. Mariya Janani
28	22PCC829	AGNES JENIFER S	S. Agnes Jenifer
29	22PCC830	KEERTHANA C	C. Keerthana
30	22PCC831	DENIS ARMSTIN A	A. Denis Armstin
31	22PCC832	JAYASURYA M	M. Jayasurya
32	22PCC833	ASHIFA A	A. Ashifa

33	22PCC834	MADHUMITHA S G	
34	22PCC836	BALAJI KRISHNA PRABHU S	S. BKP
35	22PCC837	VIJAYALAKSHMI K	K. Vel.
36	22PCC838	SOWNDARYA M	M. S. S. S.
37	22PCC839	AROCKIYADIVYA S	S. Arunprasad
38	22PCC840	ROSY A	A. R. S.
39	22PCC841	MICHAEL BEAVAN A	A. M. B. B.
40	22PCC842	SHALINI R	R. Shalini
41	22PCC843	BALAKRISHNAN S	
42	22PCC844	MARIMUTHU A	A. Marimuthu
43	22PCC845	KIRUBA JOSEPHINE D	D. Kirubajoseph


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HOD

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Dept. of Commerce CA
St. Joseph's College (Autonomous)
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PG Department of Commerce Computer Application
St. Joseph's College (Autonomous)
Tiruchirappalli - 620 002

**BENEFICIARIES OF MEDICAL CAMP
(OTHER DEPARTMENT)**

1. 23PDS864	- JAYALAKSHMI	<u>Jayalaxmi</u>
2. 23PDS857	- KEMILA	Kemila
3. 23PDS888	- PERSHI	Persi
4. 23PDS 816	- JANANI RAI	Janani Rai
5. 23PDS858	- MARIA PRATHEPA	Prathepa
6. 23PDS836	- RICHARD	Richard
7. 21UST137	- ABITHA .A	Abitha
8. 22UEN518	- SARAN - D	Saran D
9. 23PDS820	- Jhonson	Jhonson

'Health Check Awareness through MEDICAL CAMP'

Date: 20-09-23

Venue: KPS Hall

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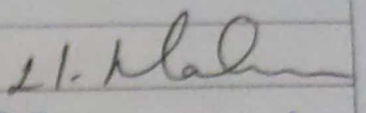
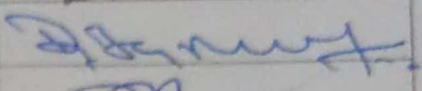
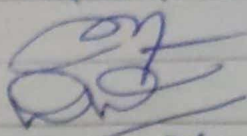
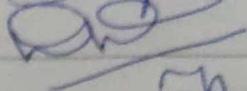
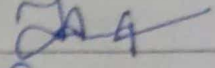
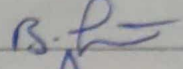

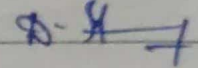
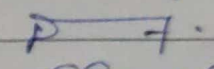
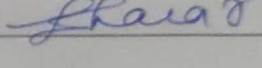
Health Check Awareness through Medical Camp

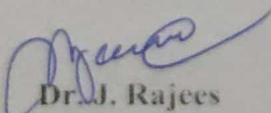
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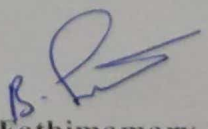
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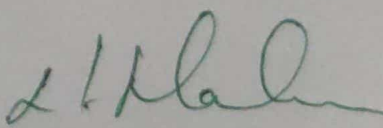
Venue: KP Joseph Hall

Faculty Attendance

S.No	Name	Signature
	Dr. N. Maheswari	
	Dr. D. SOHN PRAPASARAN	
	J. RAJES	
	Dr. F. X. VIRAIN TROGO	
	Dr. J. AREUTHA CHAYA RAJ	
	Dr. B. FATHIMAMARY	
	Dr. S. ARUMUTHAM	
	Ms. D. IRINE AUXILIA MARY	
	Dr. C. Dorathy	
	Dr. L. Saal	


Dr. J. Rajees
Organising Secretary


Dr. B. Fathimamary
Organising Secretary &
Association President


Dr. N. Maheswari
HOD

PG Department of Commerce Computer Application

St. Joseph's College(Autonomous)

Tiruchirappalli-620 002

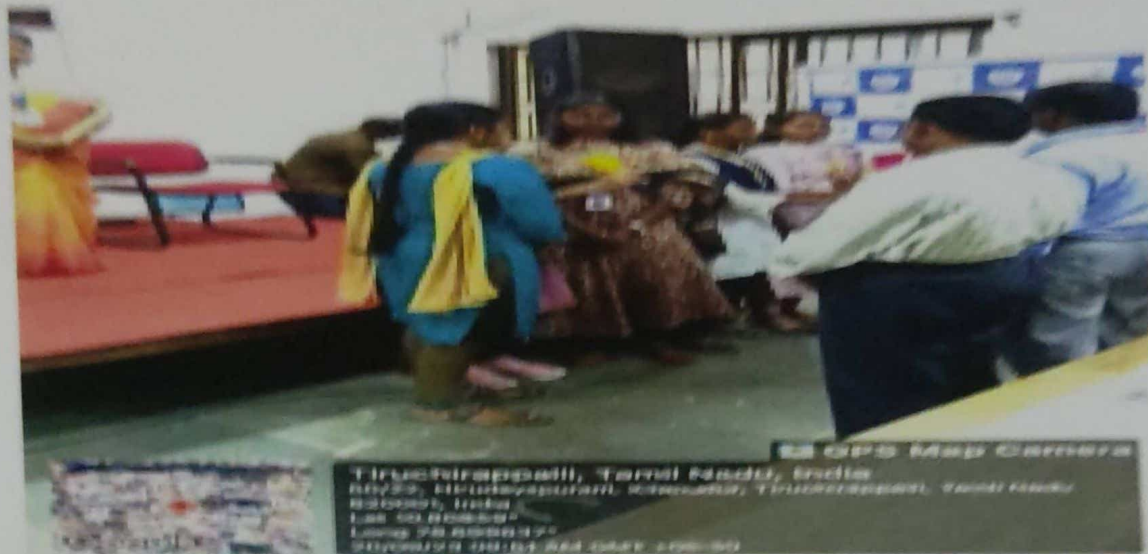
Health Check Awareness through Medical Camp

Date: 20-09-2023

Time: 9.30 AM TO - 1.00 PM

Venue: KP Joseph Hall

Photos











PG Department of Counselling Psychology
St. Joseph's College (Autonomous)
TRICHY - 620002, TAMIL NADU



**We, the Staff and Students of Counselling Psychology,
cordially invite you to the**

**Inauguration of Well-being Association
and Guest Lecture on
Overview of Mental Health and
Role of Psychologists**

Chief Guest

Dr. Randeep Rajkumar

**Chief Clinical Psychologist
Athma Hospitals and Research Centre**

Felicitation

Rev. Dr. Emmanuel Arockiam, S.J.

**Head of the Department of Counselling
Psychology**

Date: 03.08.23

Venue: SAIL HALL

Time: 2:30 P.M.

All are Invited!

PG DEPARTMENT OF COUNSELLING PSYCHOLOGY

ST. JOSEPH'S COLLEGE (AUTONOMOUS)

TIRUCHIRAPPALLI - 620 002

**A REPORT ON AN INAUGURATION CEREMONY OF
WELL – BEING ASSOCIATION – 2023**

Date: 03.08.23

Time: 2:30 P.M.

INTRODUCTION:

An inaugural ceremony of the Well-being Association was held in the afternoon of August 3rd, 2023. A concise report of the event follows.

No. of participants: 38 students of Dept. of Counselling Psychology, three professors and two counsellors.

PROGRAM AGENDA:

1. Prayer
2. Welcome address
3. Honoring the chief guest
4. Felicitation
5. Honoring the office bearers
6. Song
7. Introducing the chief guest
8. Chief Guest's speech
9. Dance
10. Vote of thanks

REPORT:

The event commenced with a soulful and serene prayer followed by a hymn at 2.30 pm, invoking blessings and guidance for the proceedings to unfold. Following the prayer, Neha A D of 2nd PG of the organizing committee extended a warm welcome to all the distinguished guests, staff, student counselors and students of the department. The spotlight then shifted to the Chief Guest of the occasion, Dr. Randeep Rajkumar, who was welcomed with a traditional shawl as a symbol of respect and honor by Dr. A. John Balaiah, Assistant Professor of the department. This gesture emphasized the significance of their presence.

The event proceeded with the felicitation by Rev. Dr. Emmanuel Arokiam, HOD of PG Dept. of counselling Psychology, who had contributed significantly to the success of the event. He acknowledged the dedication and hard work of the organizing committee, and welcomed the chief guest for the event with his graceful words.

The highlight of the event was the honoring the office bearers, wherein Neha A D was officially appointed as Secretary, Sajeetha R as Treasurer, Manikandan Ramu as Assistant Secretary and Gaja Priya as Assistant Treasurer of the well-being association. The ceremonial act was performed with handing over the badges, signifying the responsibilities and expectations associated with their positions. Following that, the office bearers assured their commitment, dedication and responsibility by taking the pledge which was recited by Dr. Suganthi, Assistant professor of the department.

A melodic interlude that filled the air in the form of a captivating song performance by the students of 1st and 2nd PG mesmerized the audience.

Manikandan, student of 1st PG, took the stage to introduce the esteemed Chief Guest. The introduction highlighted the achievements and contributions of the Chief Guest, building anticipation for his address. The Chief Guest, Dr. Randeep Rajkumar, then, took the podium,

delivering an inspiring and thought-provoking speech on ‘Overview of Mental Health and Role of Psychologists’ which was the need-of-the-hour to the students. His words reflected wisdom, experience, and a deep understanding of the event's theme. He shared the ways to become a professional in this field and gave ideas of working areas to the audience. Students were captivated by the Chief Guest's insights. After that, a rhythmic beat of music filled the venue as a mesmerizing dance performance. It engaged the audience culturally.

The performance by Gaja priya, student of 1st PG, her graceful movements and vibrant expressions added a dynamic element to the event, evoking emotions and applause. As the event drew to a close, Shobiha of 2nd PG, extended heartfelt thanks to all the participants, guests, staff, and volunteers who had contributed to the event's success. The vote of thanks acknowledged the collective effort that made the event possible.

CONCLUSION

The Well-being Association exhibited its dedication to its members' well-being by hosting this informative session on mental health. The overview provided the participants with useful information, dispelled myths, and encouraged a compassionate and empathic approach to mental health issues.

The inaugural session not only welcomed the First-Year Students to the association but also initiated everyone into the value and importance of well-being. The Well-being Association of the Dept. of Counselling Psychology hopes to create awareness about mental health and learn about psychology through its activities throughout this academic year.



Dr. EMMANUEL AROCKIAM, S.J., Ph.D.
DIRECTOR - DEPT OF COUNSELLING PSYCHOLOGY
ST. JOSEPH'S COLLEGE (AUTONOMOUS)
TRICHY-620 002

Inauguration of Well-being Association - 03/08/2023
Dept. Counselling Psychology, SJC, Trichy - 02.



GPS Map Camera

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Lat 10.828871, Long 78.690699

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Note : Captured by GPS Map Camera

Inauguration of Well-being Association - 03/08/2023
Dept. Counselling Psychology, SJC, Trichy - 02.



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Inauguration of Well-being Association - 03/08/2023
Dept. Counselling Psychology, SJC, Trichy - 02.



GPS Map Camera

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Inauguration of Well-being Association - 03/08/2023
Dept. Counselling Psychology, SJC, Trichy - 02.



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Inauguration of Well-being Association - 03/08/2023
Dept. Counselling Psychology, SJC, Trichy - 02.



Inauguration of Well-being Association - 03/08/2023
Dept. Counselling Psychology, SJC, Trichy - 02.



GPS Map Camera

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Apple Maps

St. Joseph's college (Autonomous), Trichy-02

Department of counseling psychology

Well-Being Association Inauguration

ATTENDANCE FORM

DATE: 03rd AUG 2023

TIME: 02:30- 04:00 PM

S. No	NAME	D. NO	SIGNATURE
1	F. Nasreen Banu	23PCP808	F. nasreen
2.	V. Shamili	23PCP809	V. Shamili
3.	Varshini Siva	23PCP814	Varshini S
4.	F. Shama	23PCP806	F. Shama
5	R. Deepika	23PCP813	R. Deepika
6.	B. Gaja Praga	23PCP802	B. Gaja Praga
7.	M. Romimol	22PCP824	M. Romimol
8.	V. Rajeshwari	22PCP811	V. Rajeshwari
9.	B. Jeydaya Anny	22PCP806	B. Jeydaya Anny
10.	M. Mariya Farveen	22PCP818	M. Mariya Farveen
11.	S. Aishwarya	22PCP827	S. Aishwarya
12	B. Jobin Premkumar	23PCP803	B. Jobin Premkumar
13	J. Jelfrin Seba	23PCP807	J. Jelfrin Seba
14.	B. Kezia Jakulin	23PCP805	B. Kezia Jakulin
15	Nirmala B	22PCP823	Nirmala B
16	Sathya . S	22PCP816	Sathya . S
17	L. Lily Chrover	22PCP810	L. Lily Chrover
18.	C. Deborah	23PCP810	C. Deborah
19.			

St. Joseph's college (Autonomous), Trichy-02

Department of counseling psychology

Well-Being Association Inauguration

ATTENDANCE FORM

DATE: 03rd AUG 2023
TIME: 02:30- 04:00 PM

S. No	NAME	D. NO	SIGNATURE
20	Vijay Kumar	23PCP804	Vijay
21	D Anala Anton	23PCP811	D. Anala Anton
22	R. Manikandar	23PCP801	Mani
23	B. Gaja priya	23PCP802	Gaja Priya
24	Sajitha R	22PCP814	Sajitha
25	Nelha A.D	28PCP830	Nelha A.D.
26	Maccina M	22PCP803	M. Macina
27	Buritha B	22PCP815	Buri
28	Schobika B	22PCP820	Schobi
29	Raji Nol M	22PCP801	Raji
30	M ANNIE CELES	22PCP804	M Annie
31	Bhuvaneswari M	22PCP802	Bhuvani
32	Sasikala	22PCP829	Sasikala
33	J. Shajitha Banu	22PCP826	J. Shajitha
34	J. Benasi V	22PCP17	J. Benasi
35	B. Ramya	22PCP809	B. Rame
36	T.V. Ranganayak	22PCP836	T.V. Ranga
37	A. Christy	22PCP805	A. Christy
38	I. Felishin Kelli-E	22PCP841	I. Felishin
39	Darwin A	22PCP813	Darwin



St. Joseph's College (Autonomous)
Trichy - 02



DEPARTMENT OF COUNSELLING PSYCHOLOGY

Well Being Association

INVITED TALK 2023- 2024

**NLP -NEURO LINGUISTIC
PROGRAMMING**

Resource person: Ms. Jasmine, Counsellor
Eliora Counselling Center

Date: Sep 19-21, 2023

Time: 2.00 pm – 3.30 pm

Venue: II M. Sc. Counselling
Psychology Classroom

St. Joseph's College (Autonomous), Trichy - 02

Department of Counselling Psychology

Invited Talk 2023-2024

NLP (Neuro Linguistic Programming)

Event Details

Name of the Programme	Invited Talk on NLP (Neuro Linguistic Programming)
Convener	Rev. Dr. Emmanuel Arockiam, SJ
Executive Coordinator	Dr. John Balaiah
Resource Person	Ms. Jasmine, Counsellor, Eliora Counselling Centre.
Date	Sep 19-21, 2023
Time	2.00pm - 3.30 pm
Venue	II M.Sc. Counselling Psychology Class room
Category of participants	PG Dept. of Counselling Psychology Students
No. of participants	44

Report of the Programme

An invite Talk for PG Counselling Psychology Students was organized by the PG Department of Counseling Psychology, St. Joseph's College from Sep 19-21 2023. The Programme was coordinated by Dr. John Balaiah. The aim of the Programme was to give orientation on NLP to the PG Counselling Psychology students. The Programme was held at II M.Sc.Counselling Psychology Class room from Sep 19-21 2023.

The Programme commenced with an introduction on the topic and the resource person by Dr. John Balaiah, Assistant Professor. He welcomed the gathering and gave a brief outline about the necessity of NLP programmes. On the first day, Ms. Eliora highlighted the importance of NLP techniques for counselling. She also explained the 14 principles of NLP and classified the NLP frames. She briefed the communication models which plays significant role in Client's behavior and that it can be utilized for therapy. On the second day, Ms. Jasmine gave an outline on the five filters and sub modalities that influence one's thought process and methods like mirroring and matching which would be helpful in rapport building during therapy. On the third day, she demonstrated Time line coaching with two students from the gathering. Students participated enthusiastically and understood the results of such

imaging process in goal setting. She also highlighted the merits and limitations of Anchoring in NLP and the wide applications of NLP. The students shared their experience of the sessions on these 3 days. The programme came to a close with felicitations by Dr. Suganthi, and a note of thanks by Lawley Chower, II Msc.Counselling Psychology.



Dr. EMMANUEL AROCKIAM, S.J., Ph.D.
DIRECTOR - DEPT OF COUNSELLING PSYCHOLOGY
ST. JOSEPH'S COLLEGE (AUTONOMOUS)
TRICHY-620 002

St. Joseph's College (Autonomous), Tiruchirappalli – 02
PG DEPARTMENT OF COUNSELLING PSYCHOLOGY

STUDENTS PARTICIPANTS LIST

M.Sc. Counselling Psychology

Topic: *Neuro Linguistic Programming* Venue: *II M.sc. Counselling Psychology* Date: *19.09.2023*

SL. NO	D. No	Name	Signature
1.	23PCP801	R. Manikandan	<i>Mani</i>
2.	23PCP802	B. Gaja Priya	<i>Gaji</i>
3.	23PCP803	B. Jobin Premkumar	<i>Jobin</i>
4.	23PCP804	M. Vijay Kumar	<i>Vijay</i>
5.	23PCP805	B. Kezia Jakulin	<i>Kezia</i>
6.	23PCP806	E. Shama Pearlin	<i>Shama</i>
7.	23PCP807	Jeffrin Seba J	<i>Jeffrin</i>
8.	23PCP808	F. Nasreen Banu	<i>Nasreen</i>
9.	23PCP809	V. Shamili	<i>Shamili</i>
10.	23PCP810	C. Deborah	<i>Deborah</i>
11.	23PCP811	D. Amala Anton	<i>Amala</i>
12.	23PCP812	M. Praveen	<i>Praveen</i>
13.	23PCP813	Deepika	<i>Deepika</i>
14.	23PCP814	Varshini Siva	<i>Varshini</i>
15.	23PCP815	Dushime Orly Shanice	<i>Dushime</i>
16.	22PCP801	Rojimol M	<i>Rojimol</i>
17.	22PCP802	Bhuvaneswari M	<i>Bhuvaneswari</i>
18.	22PCP803	Macrina.M	<i>Macrina</i>
19.	22PCP804	Annie Celes M	<i>Annie</i>
20.	22PCP805	Christy Charlette A	<i>Christy</i>
21.	22PCP806	Irudaya Ancy B	<i>Irudaya</i>
22.	22PCP807	Sarabeshwaraa V S	<i>Sarabeshwaraa</i>
23.	22PCP809	Ramya B	<i>Ramya</i>
24.	22PCP810	L. Laly Chrower	<i>Laly</i>

25.	22PCP811	V. Rajeswari	Rajeswari
26.	22PCP812	Nandhana Subha K	Nandhana
27.	22PCP813	Darwin A	Darwin
28.	22PCP814	R Sajeetha	Sajeetha
29.	22PCP815	B Buvitha	Buvitha
30.	22PCP816	Sathya S	Sathya
31.	22PCP817	Benasir J	Benasir
32.	22PCP818	Marjiya Farveen M	Marjiya
33.	22PCP819	Sindhuja B	Sindhuja
34.	22PCP820	Shobiha B	Shobiha
35.	22PCP823	Nirmala B	Nirmala
36.	22PCP824	Romimol M	Romimol
37.	22PCP826	Shajitha Banu J	Shajitha
38.	22PCP827	Aishwarya S	Aishwarya
39.	22PCP828	Nirmala M	Nirmala
40.	22PCP829	Bandila Sasikala B M	Bandila
41.	22PCP830	Neha A D	Neha
42.	22PCP836	Renganayaki T V	Renganayaki
43.	22PCP837	Raslin Shifana R	Raslin
44.	22PCP841	Felishia Ruth E	Felishia

HOW DOES NLP WORK?

Roller Coaster Ride

Being in the amusement park ride is exciting, what NLP calls "associated".
Watching the ride at a distance is calm, what NLP calls "dissociated".
Discovering these differences and putting them to use is fundamental to NLP.
Some objectivity, mental distance, would help with the intense feelings they stir up, we
can easily become more resourceful and cope with them.



GPS Map Camera

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NEURO LINGUISTIC PROGRAMMING

JASMINE W

ELJORA - COUNSELLING & PSYCHOTHERAPY



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NEURO LINGUISTIC PROGRAMMING

JASMINE W

ELIORA – COUNSELLING & PSYCHOTHERAPY



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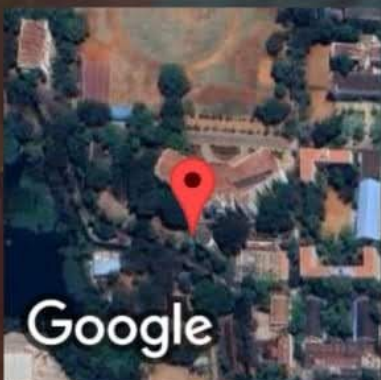
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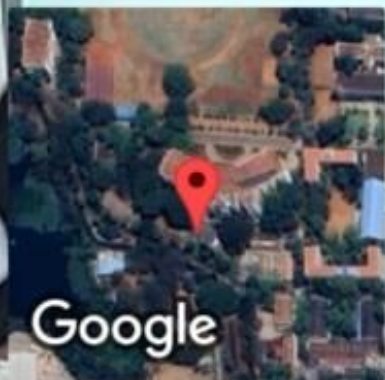
NEURO LINGUISTIC PROGRAMMING

JASMINE W

ELIORA – COUNSELLING & PSYCHOTHERAPY



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St. Joseph's College (Autonomous)
Trichy - 620002



PG DEPARTMENT OF COUNSELLING PSYCHOLOGY
&
WELLBEING ASSOCIATION

hosts a workshop on

"REHABILITATION COUNSELLING"

RESOURCE PERSON



Dr. A Turin Martina
HOD and Associate Professor,
Department of Rehabilitation Science,
Holy Cross College (Autonomous), Trichy

Time: 2:00 to 4:30 PM

January 9&10 2024

WEDNESDAY

**Venue: Department of Counselling
Psychology**

WELL-BEING ASSOCIATION
PG DEPARTMENT OF COUNSELLING PSYCHOLOGY
ST. JOSEPH'S COLLEGE (AUTONOMOUS)
TIRUCHIRAPPALLI - 620 002
A REPORT ON REHABILITATION WORKSHOP

Dates: 9th and 10th January 2024

Timing: 2:00 pm-4:30 pm

Venue: II PG Classroom, Department of Counseling Psychology, St. Joseph's College, Trichy

Resource Person: Dr. Turin Martina, HoD of Rehabilitation Science, Holy Cross College, Trichy

Participants: 28 students of II PG Counseling Psychology

The Rehabilitation Workshop held on the 9th and 10th of January 2024 at the Department of Counselling Psychology, St. Joseph's College, Trichy, was a comprehensive exploration into understanding and assisting individuals with disabilities. This workshop was organized by Dr. Suganthi, President of Well-Being Association, with the backing of Rev. Dr. Emmanuel Arockiam, SJ, Head, Dept. of Counselling Psychology. Dr. Turin Martina, an esteemed expert from the Dept. of Rehabilitation Science, Holy Cross College, Trichy, led the workshop, providing invaluable insights and guidance to the eager participants.

The workshop commenced with a warm welcome address by Sajeetha, the Treasurer of The Wellbeing Association of Counseling Psychology, setting a tone of inclusivity and collaboration. A heartfelt prayer was then led by Christy Charlett, Romimol, Rojmol, and Felishia Ruth, second-year students, invoking a sense of unity and empathy among the attendees.

Day 1 of the workshop focused on an introduction to disability, accompanied by practical examples to deepen understanding. Dr. Turin elaborated on various disabilities, providing detailed explanations and naming syndromes associated with each. Participants gained new insights into the diverse nature of disabilities and expanded their vocabulary with relevant terms.

Day 2 of the workshop delved into counseling children and adults with special needs. Participants learned about the essential skills, characteristics, and assessment tools required to counsel individuals with disabilities effectively. Furthermore, the importance of self-care for counsellors working in this field was emphasized, highlighting the need for maintaining personal well-being while supporting others.

Neha, the Secretary of The Well-being Association of Counselling Psychology, extended sincere gratitude to Dr. Turin Martina for her invaluable contributions and guidance throughout the workshop. The workshop concluded with participants feeling empowered and equipped with newfound knowledge and skills to make a positive impact in the lives of individuals with disabilities.



Dr. EMMANUEL AROCKIAM, S.J., Ph.D.
DIRECTOR - DEPT OF COUNSELLING PSYCHOLOGY
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TRICHY-620 002

St. Joseph's College (Autonomous),

Trichy – 620002

P G Department of Counselling Psychology

Program Name: Rehabilitation Counseling

Date: Jan 9, 2024

Venue: II M.Sc. Counseling Psychology

PARTICIPANTS LIST

S. No.	Reg. No.	Class	Name	Signature
1.	22PCP801	II Msc-Cou-Psy	Rojimal	Rojimal
2.	22PCP802	II Msc-Cou-Psy	Bhuvanemvari	Bhuvanemvari
3.	22PCP803	II Msc-Cou-Psy	Macrina	Macrina
4.	22PCP804	II Msc-Cou-Psy	Annie Celes	Annie Celes
5.	22PCP805	II Msc-Cou-Psy	Christy	Christy
6.	22PCP806	II Msc-Cou-Psy	Drudhaya Anny	Drudhaya Anny
7.	22PCP809	II Msc-Cou-Psy	Saarat Ramya	Saarat Ramya
8.	22PCP810	II Msc-Cou-Psy	Laly Chrovel	Laly Chrovel
9.	22PCP811	II Msc-Cou-Psy	Rayeshwari	Rayeshwari
10.	22PCP812	II Msc-Cou-Psy	Nandhana	Nandhana
11.	22PCP813	II Msc-Cou-Psy	Dalwin	Dalwin
12.	22PCP814	II Msc-Cou-Psy	Buvitha	Buvitha
13.	22PCP815	II Msc-Cou-Psy	Sayeetha	Sayeetha
14.	22PCP816	II Msc-Cou-Psy	Sathyar	Sathyar
15.	22PCP817	II Msc-Cou-Psy	Benaris	Benaris
16.	22PCP819	II Msc-Cou-Psy	Swidhu	Swidhu
17.	22PCP820	II Msc-Cou-Psy	Shobhi	Shobhi
18.	22PCP823	II Msc-Cou-Psy	Nirmala.B	Nirmala.B
19.	22PCP824	II Msc-Cou-Psy	Romimal	Romimal
20.	22PCP826	II Msc-Cou-Psy	Shayletha Banu	Shayletha Banu
21.	22PCP827	II Msc-Cou-Psy	Aishwaryan	Aishwaryan
22.	22PCP828	II Msc-Cou-Psy	Nirmala Shelly	Nirmala Shelly
23.	22PCP829	II Msc-Cou-Psy	Sarikala	Sarikala
24.	22PCP830	II Msc-Cou-Psy	Neha	Neha
25.	22PCP836	II Msc-Cou-Psy	Renganayaki	Renganayaki
26.	22PCP841	II Msc-Cou-Psy	Felishia Ruth	Felishia Ruth

St. Joseph's College (Autonomous),

Trichy - 620002

P G Department of Counselling Psychology

Program Name: Rehabilitation Counseling

Date: Jan 10, 2024

Venue: II M.Sc. Counseling Psychology

PARTICIPANTS LIST

S. No.	Reg. No.	Class	Name	Signature
1.	22PCP801	II MSc. Cou. Psy	Rojimol	Rojimol
2.	22PCP802	II MSc. Cou. Psy	Bhuvaneshwari	Bhuvaneshwari
3.	22PCP803	II MSc. Cou. Psy	Maurina	Maurina
4.	22PCP804	II MSc. Cou. Psy	Annie Celes	Annie Celes
5.	22PCP805	II MSc. Cou. Psy	Christy	Christy
6.	22PCP806	II MSc. Cou. Psy	Trudheya Anny	Trudheya Anny
7.	22PCP809	II MSc. Cou. Psy	Ramya	Ramya
8.	22PCP810	II MSc. Cou. Psy	Laly Chrowel	Laly Chrowel
9.	22PCP811	II MSc. Cou. Psy	Rajeswari	Rajeswari
10.	22PCP813	II MSc. Cou. Psy	Dalewin	Dalewin
11.	22PCP815	II MSc. Cou. Psy	Shayetha	Shayetha
12.	22PCP816	II MSc. Cou. Psy	Sathya	Sathya
13.	22PCP817	II MSc. Cou. Psy	Benarsi	Benarsi
14.	22PCP818	II MSc. Cou. Psy	Maajiya	Maajiya
15.	22PCP819	II MSc. Cou. Psy	Swidhru	Swidhru
16.	22PCP820	II MSc. Cou. Psy	Shobi	Shobi
17.	22PCP824	II MSc. Cou. Psy	Romimol	Romimol
18.	22PCP826	II MSc. Cou. Psy	Shayetha Banu	Shayetha Banu
19.	22PCP827	II MSc. Cou. Psy	Aishwarya	Aishwarya
20.	22PCP828	II MSc. Cou. Psy	Nirmala Sheely	Nirmala Sheely
21.	22PCP829	II MSc. Cou. Psy	Sanikala	Sanikala
22.	22PCP830	II MSc. Cou. Psy	Neha	Neha
23.	22PCP836	II MSc. Cou. Psy	Rengayate	Rengayate
24.	22PCP837	II MSc. Cou. Psy	Rashin	Rashin
25.	22PCP841	II MSc. Cou. Psy	Felisha Ruth	Felisha Ruth



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Tiruchirappalli, Tamil Nadu 620002, India


Lat 10.828518°

Long 78.690496°

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Tiruchirappalli, Tamil Nadu, India

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620002, India

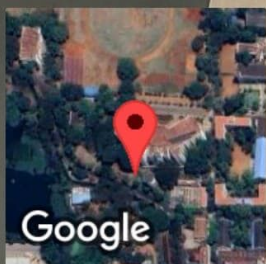
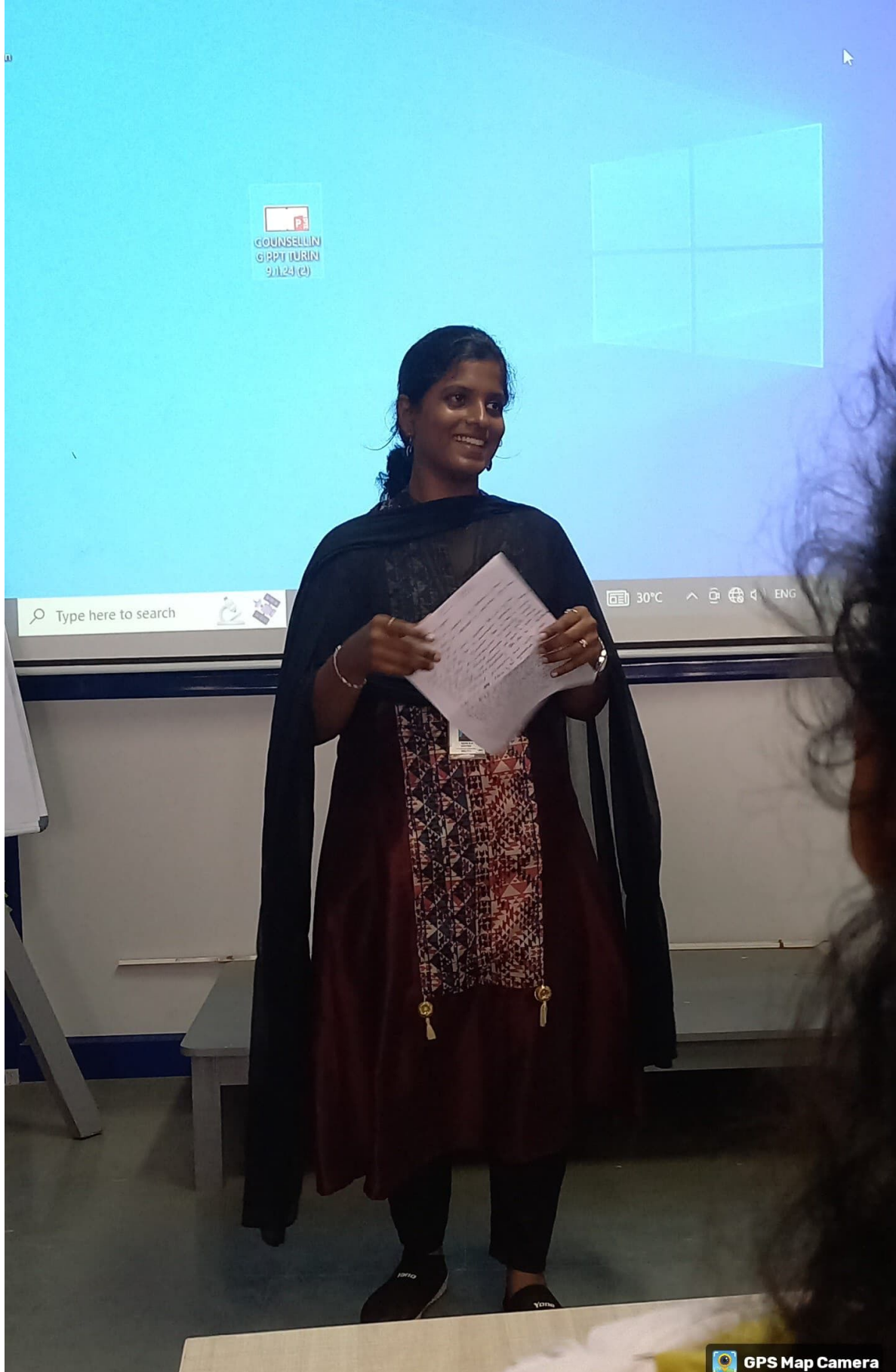
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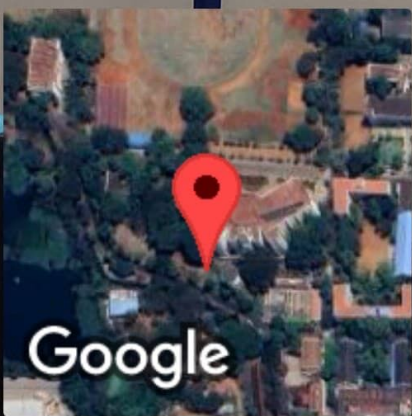
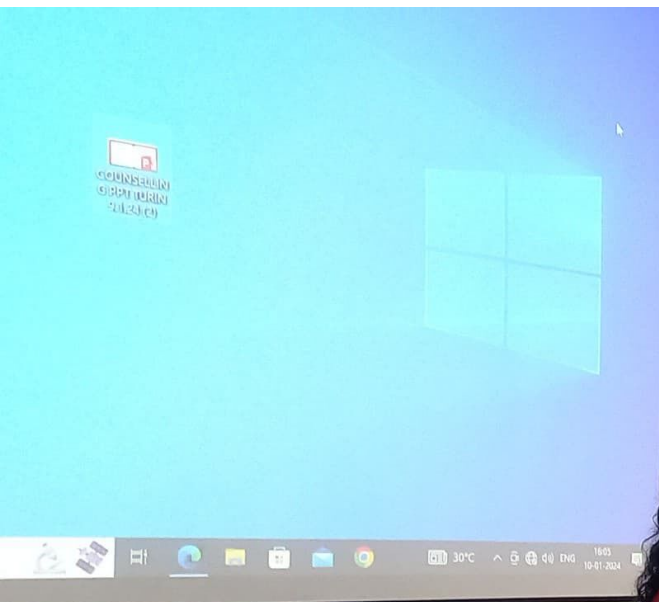
Tiruchirappalli, Tamil Nadu, India

DEPT OF BIOTECHNOLOGY, College Rd, Annamalai Nagar, Woraiyur,
Tiruchirappalli, Tamil Nadu 620002, India

Lat 10.82852°

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DEPT OF BIOTECHNOLOGY, College Rd, Annamalai Nagar, Woraiyur, Tiruchirappalli,
Tamil Nadu 620002, India

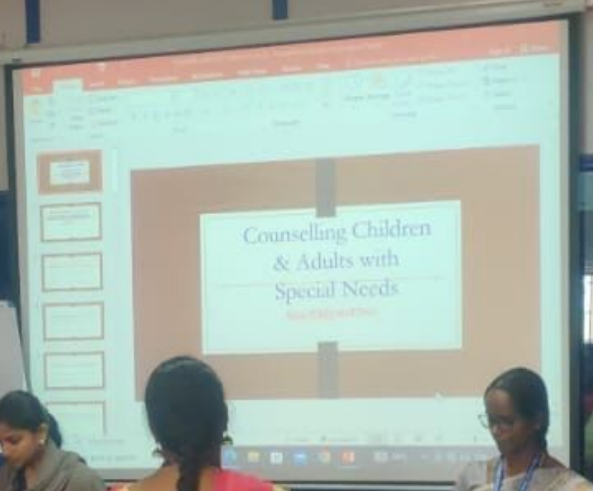
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620002, India

Lat 10.827314°

Long 78.689385°

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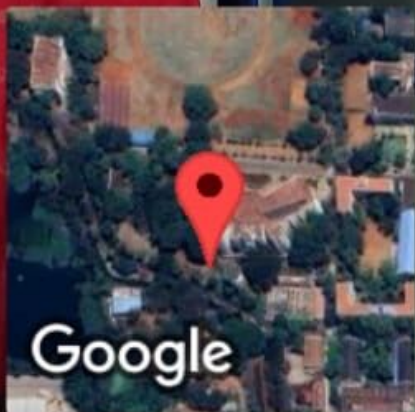
Tiruchirappalli, Tamil Nadu, India

DEPT OF BIOTECHNOLOGY, College Rd, Annamalai Nagar, Woraiyur, Tiruchirappalli,
Tamil Nadu 620002, India

Lat 10.828521°

Long 78.690493°

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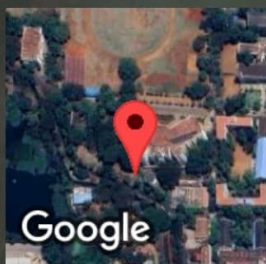
Tiruchirappalli, Tamil Nadu 620002, India

Lat 10.828526°

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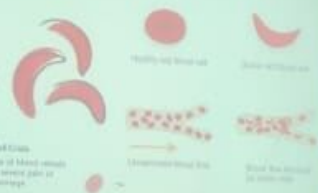
What are Sickle Cell Disorders?

- A group of disorders that affect red blood cells to become misshapen and break down.
- The cells die early, leaving a short age of healthy red blood cells and can't bring enough oxygen to the body.

Types:

Sickle Cell Anemia
Inherited red blood cells that are abnormal and misshapen.

Sickle Cell Crisis
Painful episodes caused by blocked blood flow to organs and tissues.



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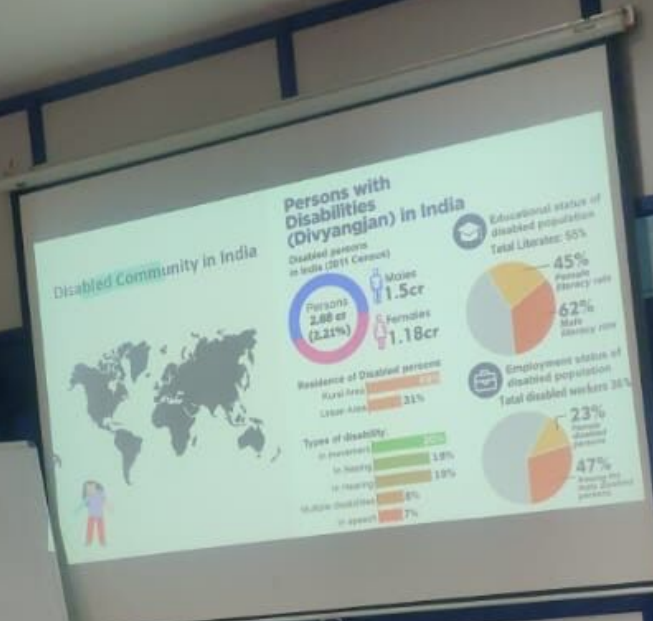
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PGL : Inner Child Sessions for St. Joseph's College, MBA students, Trichy

Program: Healing the Inner Child

Place: Anugraha, a capuchin Institute for Counselling, Psychotherapy & Research Centre, Dindigul

Period: 6th to 8th July,2023 (3 Days)

Days		09.00 to 10.30 AM	11.00 to 12.30 PM	03.00 to 04.15 PM	06.15 to 07.30 PM
July, 6 Tuesday		Ice breaking / Inner Child Intro	Child Up bringing	Mind Locks	Games
July, 7 Wednesday		Emotions/ Fear & Anger	Fear & Anger Therapy	Wonderful / Contaminated child	Forgiveness Therapy
July, 8 Thursday		Affirmatio nTherapy	Reparenting Therapy	Future Vision/ Manifestation Exercises	Good bye

PGL

Personal Growth Lab program is to help students construct their self- identity and to cultivate greater self-awareness by providing an intensive learning experience that combines in-class human relations, laboratory exercises, conceptual inputs, reflection, and discussion with management exercises to have a behavioural change, develop path for career growth, and to achieve one's creative potential, especially student's community to cope up with the curriculum and to make

Introduction on Inner Child- Imparted knowledge on, what is Inner child

and how the child grows inside the mother's womb. To have effective understanding, video clippings were played to show the importance of pregnant women how she needs to be very cautious in what to eat, hear, speech and do, because the fetus is fully active and alive to observe everything.

Further also it was very clearly shown in every child's growth the significant roles of the mothers, fathers and society in building bonding. Those are imprinted stage by stage from Prenatal to Adolescent stage in the minds of every child that he/she passes through.

Mind Lock & removing– During the growth, the child's mind gets locked by adversary comments, activities and wrong influences and hence the sufferings

For an Example: Pain Lock- A child is just ignored by parents due to their work pressure in extending the expected love and affection, which in later stage leads the child to become arrogance

Games: - Variety of Games involving the students into SIX groups were conducted mainly to feel free and empty their mind and thereby to bring self-bonding with body & mind

For Example: Group dance, Fashion show, group mingling and play with water balloon etc.,

Introduction on Emotions, Fear & Anger – Through few video clippings it was explained what is emotion, what are all the causes & triggers for fear & anger and how to overcome them. Also pointed out the occasion where really to have negative emotions, fear and anger also.

Administration of different Psychotherapies: Students were administrated with few Psychotherapies:

- o Blind folded: Students were made blind folded and asked to mentally travel from child stage to current stage thereby driving out the fear
- o Catharsis: Put the students into continuously punch / give blow to the pillows thereby allowing the anger to bubble to the surface. Also administrated how to handle anger
- o Forgiveness therapy: Made to practice on Reflect on the situation, put yourself in the other person's shoes, choose to learn from the experience, let it go and decide where you want to go from here
- o Affirmation therapy: Positive statements about who we are and what our potential is. These help the child feel good about themselves, and focus

on what they want. When children (or teens or adults) hear words of encouragement, they learn to respect themselves.

- o Reparenting therapy: Imparted through showing how a child closely moves with pet animals, feeding, playing with few commands and helping for their growth. Through reparenting, adults will get to work on addressing issues from their childhood like unmet needs or lack of affection. Students were allowed in groups to discuss the unmet needs, disappointments, felt ignored and forced failure etc.,

Introduction on Wonderful & Contaminate child:

Through few Videos how environment makes the child to be wonderful and to be contaminated. Wonderful child has Optimism, naivete and emotional honesty whereas contaminated child has co-dependence, offender behaviour and emptiness

Future Vision and Manifestation exercise: It was the final session, wherein students were involved to have their vision set and work for it as follows:-

- o Pretend it's one year from now, and journal on how the year went for you. Take out your journal and date it to one year in the future. ...
- o Keep a manifestation list. ...
- o Create a vision board. ...
- o Work on retraining your mind. ...
- o Talk about it.

Feedback on Program take away: -

- o Two girls and two boys gave feedback on the program take away

Certification Distribution: -

- o All the 120 students including the faculty accompanied were issued with Course completion certificates

Vote of Thanks and Group Photo: - Program reached the end with the vote of thanks

Conclusion:

- Students were involved to experience the Inner child and filled with life lessons.
- Learnt how to overcome the fear & anger and manage the emotions.
- Understood the life cycle and to lead a fruitful professional and as well personal life.
- Slow and steady transformation could be seen among students in changing behaviour, positive growth and moving towards achieving one's creative potential.





ST. JOSEPH'S INSTITUTE OF MANAGEMENT (JIM)

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St. Joseph's College (Autonomous), Tiruchirappalli - 620 002

Personal Growth Lab

05 to 08 July 2023 | I MBA A | Anugraha College, Dindigul

S.No.	D.No.	Name	05-Jul-23	06-Jul-23	07-Jul-23	08-Jul-23
1	23PBA101	GODWIN CAMERON VANHALTREN	<i>G. Vanhaltren</i>	<i>G. Vanhaltren</i>	<i>G. Vanhaltren</i>	<i>G. Vanhaltren</i>
2	23PBA102	SIVASANKARI V	<i>V. Sivasankari</i>	<i>V. Sivasankari</i>	<i>V. Sivasankari</i>	<i>V. Sivasankari</i>
3	23PBA103	REGIS MICHAEL RAJ S	<i>R. Michael Raj S</i>	<i>R. Michael Raj S</i>	<i>R. Michael Raj S</i>	<i>R. Michael Raj S</i>
4	23PBA104	ANNAMALAI N	<i>N. Annamalai</i>	<i>N. Annamalai</i>	<i>N. Annamalai</i>	<i>N. Annamalai</i>
5	23PBA105	SANJANA D	<i>Sanjana D</i>	<i>Sanjana D</i>	<i>Sanjana D</i>	<i>Sanjana D</i>
6	23PBA106	TONY MARIYA RICHARD C	<i>T. Mariya Richard C</i>	<i>T. Mariya Richard C</i>	<i>T. Mariya Richard C</i>	<i>T. Mariya Richard C</i>
7	23PBA107	PHILOOVIYA M	<i>M. Philooviya</i>	<i>M. Philooviya</i>	<i>M. Philooviya</i>	<i>M. Philooviya</i>
8	23PBA108	M ELTHATH	<i>M. Elthath</i>	<i>M. Elthath</i>	<i>M. Elthath</i>	<i>M. Elthath</i>
9	23PBA109	DEEPAK RAJ K	<i>K. Deepak Raj</i>	<i>K. Deepak Raj</i>	<i>K. Deepak Raj</i>	<i>K. Deepak Raj</i>
10	23PBA110	DENISE CLEMENTIA C	<i>D. Denise Clementia C</i>	<i>D. Denise Clementia C</i>	<i>D. Denise Clementia C</i>	<i>D. Denise Clementia C</i>
11	23PBA111	MICHEAL RAJ	<i>M. Micheal Raj</i>	<i>M. Micheal Raj</i>	<i>M. Micheal Raj</i>	<i>M. Micheal Raj</i>
12	23PBA112	AKASH SAGAYAM D	<i>D. Akash Sagayam</i>	<i>D. Akash Sagayam</i>	<i>D. Akash Sagayam</i>	<i>D. Akash Sagayam</i>
13	23PBA113	BETTY CARMELIA	<i>B. Carmelia</i>	<i>B. Carmelia</i>	<i>B. Carmelia</i>	<i>B. Carmelia</i>
14	23PBA114	SHAKTHI PRIYA B	<i>B. Shakthi Priya</i>	<i>B. Shakthi Priya</i>	<i>B. Shakthi Priya</i>	<i>B. Shakthi Priya</i>
15	23PBA115	IGNESH ANDREWS S	<i>S. Ignesh Andrews</i>	<i>S. Ignesh Andrews</i>	<i>S. Ignesh Andrews</i>	<i>S. Ignesh Andrews</i>
16	23PBA116	ANGEL SHRONEE J	<i>J. Angel Shronee</i>	<i>J. Angel Shronee</i>	<i>J. Angel Shronee</i>	<i>J. Angel Shronee</i>
17	23PBA117	C A DENNIS CLEFORD	<i>C. A. Dennis Cleford</i>	<i>C. A. Dennis Cleford</i>	<i>C. A. Dennis Cleford</i>	<i>C. A. Dennis Cleford</i>
18	23PBA118	MATHANKUMAR V	<i>V. Mathankumar</i>	<i>V. Mathankumar</i>	<i>V. Mathankumar</i>	<i>V. Mathankumar</i>
19	23PBA119	S MOTCHA SURENDRAN	<i>S. Motcha Surendran</i>	<i>S. Motcha Surendran</i>	<i>S. Motcha Surendran</i>	<i>S. Motcha Surendran</i>
20	23PBA120	JONAL A	<i>A. Jonal</i>	<i>A. Jonal</i>	<i>A. Jonal</i>	<i>A. Jonal</i>
21	23PBA121	SHARON MICHEAL I	<i>I. Sharon Micheal</i>	<i>I. Sharon Micheal</i>	<i>I. Sharon Micheal</i>	<i>I. Sharon Micheal</i>
22	23PBA122	FAUSTINA F	<i>F. Faustina</i>	<i>F. Faustina</i>	<i>F. Faustina</i>	<i>F. Faustina</i>
23	23PBA123	ARUL DESIGAN S	<i>S. Arul Desigan</i>	<i>S. Arul Desigan</i>	<i>S. Arul Desigan</i>	<i>S. Arul Desigan</i>
24	23PBA124	SOLOMON JOSEPH S	<i>S. Solomon Joseph</i>	<i>S. Solomon Joseph</i>	<i>S. Solomon Joseph</i>	<i>S. Solomon Joseph</i>
25	23PBA125	SAMMUELJOSHUA A	<i>A. Sammuel Joshua</i>	<i>A. Sammuel Joshua</i>	<i>A. Sammuel Joshua</i>	<i>A. Sammuel Joshua</i>
26	23PBA126	G K DHARSHINI	<i>D. G. K. Dharshini</i>	<i>D. G. K. Dharshini</i>	<i>D. G. K. Dharshini</i>	<i>D. G. K. Dharshini</i>
27	23PBA127	JENIX MICHEAL X	<i>X. Jenix Micheal</i>	<i>X. Jenix Micheal</i>	<i>X. Jenix Micheal</i>	<i>X. Jenix Micheal</i>

S.No.	D.No.	Name	05-Jul-23	06-Jul-23	07-Jul-23	08-Jul-23
28	23PBA128	AMIRTHA VARSHNI RK	Amirtha	Amirtha	Amirtha	Amirtha
29	23PBA129	INFANT RAJA S	S. Infant	S. Infant	S. Infant	S. Infant
30	23PBA130	MATHAVAN	N. Math	N. Math	N. Math	N. Math
31	23PBA131	INFANT MARIA ROSHAN V	V. Infant	V. Infant	V. Infant	V. Infant
32	23PBA132	ANISH PETER SELVAM A	A. Anish Peter Selvam	A. Anish Peter Selvam	A. Anish Peter Selvam	A. Anish Peter Selvam
33	23PBA133	GOKUL S	G. S	G. S	G. S	G. S
34	23PBA134	SADHANA R	R. Sadhana	R. Sadhana	R. Sadhana	R. Sadhana
35	23PBA135	VIJAY ANTO X	X. Vijay	X. Vijay	X. Vijay	X. Vijay
36	23PBA136	PATRICK ROZER	R. Patrick	R. Patrick	R. Patrick	R. Patrick
37	23PBA137	CATHLEEN S	S. Cathleen	S. Cathleen	S. Cathleen	S. Cathleen
38	23PBA138	SUDHERSAN	S. Sudher	S. Sudher	S. Sudher	S. Sudher
39	23PBA139	JOHN PAUL	P. John	P. John	P. John	P. John
40	23PBA140	ROSHAN SAMUEL A	A. Roshan	A. Roshan	A. Roshan	A. Roshan
41	23PBA141	AJOSE BESKI S	S. A Jose	S. A Jose	S. A Jose	S. A Jose
42	23PBA142	HARENAVANEETH D	D. Harenavaneeth	D. Harenavaneeth	D. Harenavaneeth	D. Harenavaneeth
43	23PBA143	MUTHUKUMAR R G	G. Muthu	G. Muthu	G. Muthu	G. Muthu
44	23PBA144	J VINAYAGA MOORTHY	M. Vinayaga	M. Vinayaga	M. Vinayaga	M. Vinayaga
45	23PBA145	SOOSAI REEGAN R	R. Soosai	R. Soosai	R. Soosai	R. Soosai
46	23PBA146	RAMPRASAD P	P. Ramprasad	P. Ramprasad	P. Ramprasad	P. Ramprasad
47	23PBA147	MARIA ABISHA	A. Maria	A. Maria	A. Maria	A. Maria
48	23PBA148	DONY KINGSLY A	A. Dony	A. Dony	A. Dony	A. Dony
49	23PBA149	JOSEMILA S	S. Josemilla	S. Josemilla	S. Josemilla	S. Josemilla
50	23PBA150	DHANASHREE S	S. Dhana	S. Dhana	S. Dhana	S. Dhana
51	23PBA151	MARIYA DELPHI	Delphi	Delphi	Delphi	Delphi
52	23PBA152	CHIDAMBARA KRISHNAN M	M. Chidambaram	M. Chidambaram	M. Chidambaram	M. Chidambaram
53	23PBA153	PREETHI SINTHA A	A. Preethi	A. Preethi	A. Preethi	A. Preethi
54	23PBA154	BLESSWIN ROFINA JUDY	J. Blesswin	J. Blesswin	J. Blesswin	J. Blesswin
55	23PBA155	SAMYUKTHA P	P. Samyuktha	P. Samyuktha	P. Samyuktha	P. Samyuktha
56	23PBA156	DESIGAN T	T. Desigan	T. Desigan	T. Desigan	T. Desigan
57	23PBA157	A IRUDHAYA DHILIBAN CHARLES	C. A Irudhaya	C. A Irudhaya	C. A Irudhaya	C. A Irudhaya
58	23PBA158	DHASWINI S	S. Dhaswini	S. Dhaswini	S. Dhaswini	S. Dhaswini

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S.No.	D.No.	Name	05-Jul-23	06-Jul-23	07-Jul-23	08-Jul-23
1	23PBA201	SPONSA	[Signature]	[Signature]	[Signature]	[Signature]
2	23PBA202	AARON ISAAC A	[Signature]	[Signature]	[Signature]	[Signature]
3	23PBA203	LINDA ESTHER	[Signature]	[Signature]	[Signature]	[Signature]
4	23PBA204	ALAGUSUNDARAM A L	[Signature]	[Signature]	[Signature]	[Signature]
5	23PBA205	J KEVIN	[Signature]	[Signature]	[Signature]	[Signature]
6	23PBA206	KEVIN JOSHUA L	[Signature]	[Signature]	[Signature]	[Signature]
7	23PBA207	ARON SAMUVEL RAJ J	[Signature]	[Signature]	[Signature]	[Signature]
8	23PBA208	S R ARUL PRASATH	[Signature]	[Signature]	[Signature]	[Signature]
9	23PBA209	ASWIN E	[Signature]	[Signature]	[Signature]	[Signature]
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57	23PBA257	SNEHA THOMAS	Sneha	Sneha	Sneha	Sneha


Rev. Dr. P. PAULRAJ SJ
DIRECTOR
JOSEPH'S INSTITUTE OF MANAGEMENT (JIM)
JOSEPH'S COLLEGE (AUTONOMOUS)
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TAMILNADU - INDIA

Yoga and mediation for JIM students 2023 -2024

During 2023–24, SKY (Simplified Kundalini Yoga) was taught by qualified professors from the World Community Service Centre (WCSC). It's a combination of specific breathing techniques, physical postures, and meditation that aims to awaken the Kundalini energy, the latent spiritual force within each individual.

1. Asanas: Physical Postures for Holistic Well-Being

Asanas, or the physical postures of yoga, are a fundamental aspect of this ancient practice. They offer a range of benefits for both physical and mental well-being.

Physical Benefits of Asanas

Increased flexibility and range of motion: Asanas stretch and strengthen muscles, tendons, and ligaments, leading to improved flexibility and range of motion. This can help prevent injuries and enhance overall physical performance.

Improved strength and muscle tone: Asanas engage various muscle groups, promoting strength and muscle tone. This can help improve posture, reduce muscle fatigue, and enhance athletic performance.

Enhanced balance and coordination: Asanas require focus and balance, which can improve overall balance and coordination. This can be beneficial for activities such as walking, running, and sports.

Improved cardiovascular health: Asanas can stimulate blood circulation, improve heart rate variability, and lower blood pressure, contributing to better cardiovascular health.

Enhanced respiratory function: Asanas promote deep diaphragmatic breathing, which can improve lung capacity and respiratory function.

Mental and Emotional Benefits of Asanas

Reduced stress and anxiety: Asanas can help calm the mind, reduce stress hormones, and promote a sense of relaxation. This can be beneficial for managing anxiety, depression, and other stress-related conditions.

Improved mood and emotional well-being: Asanas can enhance mood, reduce feelings of anger, and promote a sense of well-being. This can be attributed to the release of endorphins, natural mood-boosting chemicals.

Increased focus and concentration: Asanas can improve focus and concentration by training the mind to stay present in the moment. This can be beneficial for students, professionals, and anyone seeking to enhance their cognitive abilities.

Enhanced self-awareness and body image: Asanas can promote self-awareness and acceptance of one's body. This can lead to a more positive body image and improved self-esteem.

Regular practice of asanas can transform your physical, mental, and emotional well-being.

2. **Yoga and Meditation: A Path to Enhanced Well-Being**

In the midst of our fast-paced, demanding lives, especially the student's community is much more pressured up in the daily academic curriculum and subsequent preparation for both university examinations and placements, leading to missing out on upholding their wellbeing, including inner peace and harmony. There is no hesitation to mention that if wellbeing is neglected, then nothing can move forward. Also, they often prioritise external factors, neglecting the importance of inner peace and harmony.

Hence, to help individuals achieve holistic well-being, encompassing physical, mental, and spiritual dimensions, JIM liked to involve students in yoga and meditation practice and contacted two agencies known for yoga and meditation.

SKY Yoga: A Unique Approach to Self-Transformation includes the following benefits:

- Reduced stress and anxiety
- enhanced mental clarity and focus.
- improved emotional balance
- Increased energy levels
- Enhanced physical health and vitality

Meditation: Cultivating Inner Peace

Meditation involves training the mind to focus and be present in the moment. Through regular meditation practice, individuals can cultivate inner peace, reduce negative thoughts, and enhance self-awareness. Meditation has been shown to offer numerous benefits, including:

- Reduced stress and anxiety
- Improved emotional regulation
- Enhanced creativity and problem-solving abilities
- Increased self-compassion and acceptance
- strengthened connection to oneself and others

The Synergistic Power of the Sky and Meditation

Combining SKY Yoga with meditation creates a powerful synergy, amplifying the benefits of both practices. SKY Yoga prepares the body and mind for deeper states of meditation, while meditation further enhances the effects of SKY Yoga by calming the mind and integrating the awakened Kundalini energy.

Empowering Individuals for Holistic Well-Being

SKY Yoga and meditation techniques provide individuals with a comprehensive approach to self-improvement and well-being. By regularly practicing these techniques, individuals can experience a transformed life characterised by peace, harmony, and a deeper connection to their inner selves.

Students felt, while comparing with Asanas, that SKY and meditation were very easy to follow and practice at any age. Initial strain encounter in Asanas, but very simple movements in SKY





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58	23PBA259	Abinaya G	Abinaya G
59	23PBA260	Archana B	Archana B



Rev. Dr. P. PAULRAJ SJ
DIRECTOR

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St. Joseph's Institute of Management (JIM)
St. Joseph's College (Autonomous), Tiruchirappalli

Dining Etiquette Workshop Summary

Resource Person: Rev. Fr. Rajasekaran SJ

Position: Assistant Professor, Department of Chemistry

Institution: St. Joseph's College (Autonomous)

Date: 27.06.2023

Participants: 120

Overview

The workshop aimed to educate participants about the essential aspects of dining etiquette, enhancing both personal and professional interactions.

Key Topics Covered

1. **Table Manners:**
 - Proper use of utensils: knives, forks, spoons.
 - Placement of napkins and how to use them.
 - Eating techniques: pace and posture.
2. **Dining Setup:**
 - Understanding place settings.
 - Differences in formal vs. informal dining arrangements.
3. **Conversation Etiquette:**
 - Engaging in polite conversation during meals.
 - Topics to avoid and how to handle sensitive discussions.
4. **Dress Code:**
 - Appropriate attire for different dining occasions.
5. **Cultural Sensitivity:**
 - Awareness of diverse dining customs and practices.
6. **Social Etiquette:**
 - Arriving on time, thanking the host, and when to offer to help.

Practical Demonstrations

- Live demonstrations of table settings and proper utensil use.
- Role-playing scenarios to practice conversational skills.

Conclusion

Participants left with a greater understanding of dining etiquette, equipping them with skills for both personal and professional environments. The workshop emphasized that good manners reflect respect and consideration for others.





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Assistant Professor
Department of Chemistry
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Resource Person

Rev.Fr.Rajasekaran SJ

Assistant Professor

Department of Chemistry

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45	23PBA246	Reegan Js	<i>Reegan Js</i>
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47	23PBA248	J Jeril Richard	<i>J Jeril Richard</i>
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53	23PBA254	Jeeva A	<i>Jeeva A</i>
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55	23PBA256	Kareeshma E	<i>Kareeshma E</i>
56	23PBA257	Sneha Thomas	<i>Sneha Thomas</i>
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St. Joseph's Institute of Management (JIM)
St. Joseph's College (Autonomous), Tiruchirappalli

Report on Guest Lecture: Health and Hygiene and Medical Check up

Date: July 4, 2023

Venue: Loyola Auditorium

Time: 9.00 am

Speaker: Dr. Ramani Devi, MBBS, DGO

A guest lecture on "Health and Hygiene" was organized on July 4, 2023, to raise awareness about the importance of maintaining health and hygiene in daily life. The speaker, Dr. Ramani Devi, MBBS, DGO, is an experienced medical professional specializing in obstetrics and gynecology. The primary objective of the lecture was to educate the participants on the significance of personal and community hygiene, preventive healthcare, and how these contribute to overall well-being.

Key Topics Discussed:

Personal Hygiene: Dr. Ramani Devi emphasized the importance of maintaining personal hygiene, including proper handwashing techniques, oral hygiene, and general cleanliness. She provided practical tips on daily practices that can help prevent the spread of infections.

Diet and Nutrition: The lecture included a discussion on balanced diets and the role of nutrition in maintaining good health. Dr. Devi explained how essential nutrients strengthen the immune system and improve resistance to diseases.

Preventive Healthcare: Dr. Devi highlighted the importance of regular health checkups, vaccinations, and early detection of diseases. She stressed the significance of preventive measures to control the spread of communicable diseases.

Hygiene in Women's Health: As an expert in obstetrics and gynecology, Dr. Devi provided valuable insights into women's health and hygiene, addressing topics such as menstrual hygiene, maternal health, and common infections in women. She shared best practices for maintaining reproductive health and preventing infections.

The lecture was highly informative and appreciated by all attendees. It successfully raised awareness about the significance of maintaining health and hygiene to prevent diseases and promote well-being. The session ended with a vote of thanks by Dr.J.Micheal Sammansu for Dr. Ramani Devi's valuable time and insights.

Health and Hygiene and Medical Check up

Date: July 4, 2023

Venue: Loyola Auditorium

Time: 9:00 am

Speaker: Dr. Ramani Devi, MBBS, DGO



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Health and Hygiene

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Speaker: Dr. Ramani Devi, MBBS, DGO



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5	23PBA105	Sanjana D	
6	23PBA106	Tony Mariya Richerd C	
7	23PBA107	Philooviya M	
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16	23PBA116	Angel Shroneee J	
17	23PBA117	C A Dennis Cleford	
18	23PBA118	M Blesswin	
19	23PBA119	S Motcha Surendran	
20	23PBA120	Jonal A	
21	23PBA121	Sharon Micheal I	
22	23PBA122	Faustina F	
23	23PBA123	Arul Desigan S	
24	23PBA124	Solomon Joseph S	
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26	23PBA126	G K Dharshini	

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30	23PBA130	Mathavan	N.M.D.
31	23PBA131	Infant Maria Roshan V	Infant Maria Roshan V
32	23PBA132	Anish Peter Selvam A	A. Anish Peter Selvam
33	23PBA133	Gokul S	Gokul S
34	23PBA135	Vijay Anto X	Vijay Anto X
35	23PBA136	Patrick Rozer	Patrick Rozer
36	23PBA137	Cathleen S	Cathleen S
37	23PBA138	Sudharsan	Sudharsan
38	23PBA139	John Paul	- ABSENT -
39	23PBA140	Roshan Samuel A	Roshan Samuel A
40	23PBA141	Ajose Beski S	Ajose Beski S
41	23PBA142	Archana Devi S	Archana Devi S
42	23PBA143	Muthukumar R G	Muthukumar R G
43	23PBA144	J Vinayaga Moorthy	J Vinayaga Moorthy
44	23PBA145	Soosai Reegan R	Soosai Reegan R
45	23PBA146	Ramprasad P	Ramprasad P
46	23PBA147	Maria Abisha	Maria Abisha
47	23PBA148	Dony Kingsly A	Dony Kingsly A
48	23PBA149	Josemila S	Josemila S
49	23PBA150	Dhanashree S	Dhanashree S
50	23PBA151	Mariya Delphi	Mariya Delphi
51	23PBA152	Chidambara Krishnan M	Chidambara Krishnan M
52	23PBA153	Preethi Sintha A	Preethi Sintha A
53	23PBA154	Blesswin Rofina Judy	Blesswin Rofina Judy
54	23PBA155	Samyuktha P	Samyuktha P
55	23PBA156	Desigan T	Desigan T
56	23PBA157	A Irudhaya Dhilliban Charles	A Irudhaya Dhilliban Charles
57	23PBA158	Dhaswini S	Dhaswini S
58	23PBA159	Hema K G	Hema K G
59	23PBA160	P L Jerisha	P L Jerisha

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3	23PBA203	Linda Esther	<i>Linda Esther.</i>
4	23PBA204	Alagusundaram Al	<i>[Signature]</i>
5	23PBA205	J Kevin	<i>Kevin.</i>
6	23PBA206	Kevin Joshuva L	<i>Kevin Joshuva L.</i>
7	23PBA207	Aron Samuvel Raj J	<i>Aron</i>
8	23PBA208	S R Arul Prasath	<i>S R Arul Prasath</i>
9	23PBA209	Aswin E	<i>Aswin E.</i>
10	23PBA210	Sersha M	<i>Sersha M.</i>
11	23PBA211	Tony Nejan S	<i>Tony Nejan S.</i>
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13	23PBA213	Stephen Roy G	<i>Stephen Roy G.</i>
14	23PBA214	Christy Asha	<i>Christy Asha.</i>
15	23PBA215	Issac Amalraj A	<i>Issac Amalraj A.</i>
16	23PBA216	Sam Mariya Raj P	<i>Sam Mariya Raj P.</i>
17	23PBA217	Antline Rishone J R	<i>Antline Rishone J R.</i>
18	23PBA218	Aakash Aaron J	<i>Aakash Aaron J.</i>
19	23PBA219	Mohamed Umar Khadari A	<i>Mohamed Umar Khadari A.</i>
20	23PBA220	Monica M	<i>Monica M.</i>
21	23PBA221	Jeevan	<i>Jeevan.</i>
22	23PBA222	Taanwin Jebaraja Lr	<i>Taanwin Jebaraja Lr.</i>
23	23PBA223	Vignesh S	<i>Vignesh S.</i>
24	23PBA224	Jose J	<i>Jose J.</i>
25	23PBA225	Julius K	<i>Julius K.</i>
26	23PBA226	Shivallee B S	<i>Shivallee B S.</i>
27	23PBA227	Darcia Reni A J	<i>Darcia Reni A J.</i>

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29	23PBA229	Franklin Viyan D	<i>Franklin Viyan D</i>
30	23PBA230	Sai Sakthi Ganesh S	<i>Sai Sakthi Ganesh S</i>
31	23PBA231	V Ruban Jerald	<i>Ruban Jerald</i>
32	23PBA232	Jaganathan S R	<i>Jagan S.R.</i>
33	23PBA233	Karthik I P	<i>Karthik I.P.</i>
34	23PBA234	John Britto I	<i>John Britto I</i>
35	23PBA235	Ashwanth Jeffry	- ABSENT -
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SKILLS FOR MANAGEMENT STUDENTS

The program was successfully conducted on 23.08.2023, under the leadership of Sri. Madhusudan Kulkarni Vice President & Unit Head the Ramco Cements, Ariyalur. The initiative aimed to empower participants by enhancing their skills and providing resources for community development.

Participants: A total of **240 participants** engaged in the program.

Program Highlights:

The program commenced with an opening speaker, emphasizing the importance of skills required for management students and their career perspective.





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Skills for Management Students - Placement Brochure Release

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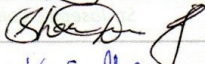



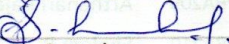
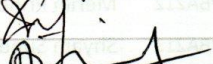
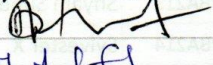
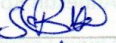

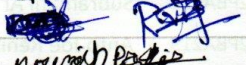
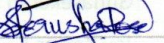


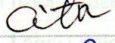
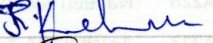






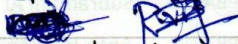

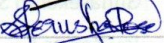



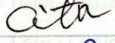
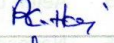
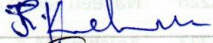



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S.No.	D.No.	Name	Signature
1	22PBA201	Dharik Anwar R	Dharik Anwar R
2	22PBA202	John Magdalene J	John Magdalene J
3	22PBA203	Deepikka D	Deepikka D
4	22PBA204	Sharoan De Sailu S	Sharoan De Sailu S
5	22PBA205	Manisha D	Manisha D
6	22PBA206	Kokilavarshini M	Kokilavarshini M
7	22PBA207	Albert Wilson S	Albert Wilson S
8	22PBA208	Glady Winslet E	Glady Winslet E
9	22PBA209	Arthanari Rajesh V	Arthanari Rajesh V
10	22PBA210	Shalom R	Shalom R
11	22PBA211	Mirithun Jayan M K S	Mirithun Jayan M K S
12	22PBA212	Merlin Princy A	Merlin Princy A
13	22PBA213	Shyam Sundar M	Shyam Sundar M
14	22PBA214	Sylvester X	Sylvester X
15	22PBA215	Annestin Rohan W	Annestin Rohan W
16	22PBA216	Shinie Smithu Sagaya Mary V	Shinie Smithu Sagaya Mary V
17	22PBA217	Naveen Albert T	Naveen Albert T
18	22PBA218	Subramani Ar	Subramani Ar
19	22PBA219	Anto Joe Renish R	Anto Joe Renish R
20	22PBA220	Gunasekaran S	Gunasekaran S
21	22PBA221	Joy Xavier J	Joy Xavier J
22	22PBA222	Naveen Kumar V	Naveen Kumar V
23	22PBA223	Gowtham Neithes S B	Gowtham Neithes S B
24	22PBA224	Bastin Akash Kumar J	Bastin Akash Kumar J
25	22PBA225	Aelen Liana L	Aelen Liana L
26	22PBA226	Naveen Jacob A	Naveen Jacob A
27	22PBA227	Anishala M A	Anishala M A
28	22PBA228	Kaushik Rohan P	Kaushik Rohan P

S.No.	D.No.	Name	Signature
29	22PBA229	Joe Francis S	
30	22PBA230	Sherlin Dona J	
31	22PBA231	Sudharsan K	
32	22PBA232	Dinesh Gopal G B	
33	22PBA233	Pravin Hubert L	
34	22PBA234	Ashok K	
35	22PBA235	Leonicjason X	
36	22PBA236	Shilpa A	
37	22PBA237	Simon Joseph S	
38	22PBA238	Bharath S	
39	22PBA239	Infant Suganthi M	
40	22PBA240	Velkan G	
41	22PBA241	Saral Fancy X	
42	22PBA242	Lalitha S	
43	22PBA243	Aravind Thangaraju S	
44	22PBA244	Maria Jonish M	
45	22PBA245	Renisha J	
46	22PBA246	John Kennedy K	
47	22PBA247	Aarthy Sharon M	
48	22PBA248	Rakesh Klinton S	
49	22PBA249	Ahaz K	
50	22PBA250	Rex Arockia Roshan J	
51	22PBA251	Vigneshmoorthy R	
52	22PBA252	Mounish Patrick M	
53	22PBA253	Jerusha Rose S	
54	22PBA254	Joel P	
55	22PBA255	Hariharan B	
56	22PBA256	Yaadhav D	
57	22PBA257	Vista S Chanfdran	
58	22PBA258	Hari Prasad Rc	
59	22PBA259	Kabilan J R	
60	22PBA260	Tamilmani K	




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S.No.	D.No.	Name	Forenoon	Afternoon
1	22PBA101	Nichelle Anna Joseph	Nichelle	Nichelle
2	22PBA102	Saumia S	Saumia S	Saumia S
3	22PBA103	Kevin Sampras J	Kevin	Kevin
4	22PBA104	Dinakaran K	Dinakaran	Dinakaran
5	22PBA105	Divyaa M E	Divyaa	Divyaa
6	22PBA106	Shameem Basha N M	Shameem	Shameem
7	22PBA107	Vergil Sowmiya R	Vergil	Vergil
8	22PBA108	Colin Joshua J	Colin	Colin
9	22PBA109	Sneha B	Sneha	Sneha
10	22PBA110	Jibril Bennet Anto J	Jibril	Jibril
11	22PBA111	Joshua Don Moen A	Joshua	Joshua
12	22PBA112	Joe Jenish J	Joe	Joe
13	22PBA113	Jai Quty Deena B	Jai Quty Deena	Jai Quty Deena
14	22PBA114	Rajesh R	Rajesh	Rajesh
15	22PBA115	Nirmal S	Nirmal	Nirmal
16	22PBA116	Meenatchi K	Meenatchi	Meenatchi
17	22PBA117	Arul Tyran Rodrigo K	Arul	Arul
18	22PBA118	Jacob Samuvel S	Jacob	Jacob
19	22PBA119	Guruprasath K	Guruprasath	Guruprasath
20	22PBA120	Somila E A	Somila	Somila
21	22PBA121	Allwin Chiristober L	Allwin	Allwin
22	22PBA122	Borgio Nirmal F	Borgio	Borgio
23	22PBA123	Planson Wright A	Planson	Planson
24	22PBA124	Praveen Raj T	Praveen	Praveen
25	22PBA125	Jerry Allan J	Jerry Allan	Jerry Allan
26	22PBA126	Infant Raj S	Infant	Infant
27	22PBA127	Iswariya V	Iswariya	Iswariya
28	22PBA128	Amala Monika R	Amala	Amala

S.No.	D.No.	Name	Forenoon	Afternoon
29	22PBA129	Mahima Therese J M	<i>Mahima Therese</i>	<i>Mahima</i>
30	22PBA130	Selva Prakash S	<i>Selva Prakash</i>	<i>Selva Prakash</i>
31	22PBA131	Sriganesh B	<i>Sriganesh</i>	<i>B. Sriganesh</i>
32	22PBA132	Kishore Samson F	<i>Kishore</i>	<i>F. Kishore</i>
33	22PBA133	A P Yogesh	<i>A.P. Yogesh</i>	<i>A.P. Yogesh</i>
34	22PBA134	Amirtha J	<i>Amirtha</i>	<i>J. Amirtha</i>
35	22PBA135	Shanmuganathan G	<i>G. Shanmuganathan</i>	<i>G. Shanmuganathan</i>
36	22PBA136	Harini Banumathi N	<i>Harini Banumathi</i>	<i>N. Harini Banumathi</i>
37	22PBA137	Alam Jerophel J	<i>J. Alam Jerophel</i>	<i>J. Alam Jerophel</i>
38	22PBA138	Cecil Yogan A	<i>A. Cecil Yogan</i>	<i>A. Cecil Yogan</i>
39	22PBA139	Tamilselvan T	<i>T. Tamilselvan</i>	<i>T. Tamilselvan</i>
40	22PBA140	Faizal A	<i>A. Faizal</i>	<i>A. Faizal</i>
41	22PBA141	Veda Antony Asath S	<i>S. Veda Antony</i>	<i>S. Veda Antony</i>
42	22PBA142	Melina Joe Fevin F	<i>F. Melina Joe Fevin</i>	<i>F. Melina Joe Fevin</i>
43	22PBA143	Eugene James A	<i>A. Eugene James</i>	<i>A. Eugene James</i>
44	22PBA144	Chamely Maria Theresa V	<i>V. Chamely Maria Theresa</i>	<i>V. Chamely Maria Theresa</i>
45	22PBA145	Judsy L	<i>L. Judsy</i>	<i>L. Judsy</i>
46	22PBA146	Immanuel Sam A	<i>A. Immanuel Sam</i>	<i>A. Immanuel Sam</i>
47	22PBA147	Priscilla P	<i>P. Priscilla</i>	<i>P. Priscilla</i>
48	22PBA148	Carol Infant R	<i>R. Carol Infant</i>	<i>R. Carol Infant</i>
49	22PBA149	M Sathyasri Durga Devi	<i>M. Sathyasri Durga Devi</i>	<i>M. Sathyasri Durga Devi</i>
50	22PBA150	Joewin Sam Roy R J	<i>J. Joewin Sam Roy</i>	<i>J. Joewin Sam Roy</i>
51	22PBA151	Bridget Reshma R	<i>R. Bridget Reshma</i>	<i>R. Bridget Reshma</i>
52	22PBA152	Alwin L	<i>L. Alwin</i>	<i>L. Alwin</i>
53	22PBA153	Savio Lucas P	<i>P. Savio Lucas</i>	<i>P. Savio Lucas</i>
54	22PBA154	Akilandeswari C	<i>C. Akilandeswari</i>	<i>C. Akilandeswari</i>
55	22PBA155	Sharmila Rose P	<i>P. Sharmila Rose</i>	<i>P. Sharmila Rose</i>
56	22PBA156	Vinodhini J	<i>J. Vinodhini</i>	<i>J. Vinodhini</i>
57	22PBA157	Arun Ramanan V K	<i>K. Arun Ramanan</i>	<i>K. Arun Ramanan</i>
58	22PBA158	Rama Prasad Rc	<i>Rc. Rama Prasad</i>	<i>Rc. Rama Prasad</i>
59	22PBA159	Vivin Jose J	<i>J. Vivin Jose</i>	<i>J. Vivin Jose</i>
60	22PBA160	Alfred Bejan J	<i>J. Alfred Bejan</i>	<i>J. Alfred Bejan</i>


Rev. Dr. P. PAULRAJ SJ
 DIRECTOR
 JOSEPH'S INSTITUTE OF MANAGEMENT (JIM)
 JOSEPH'S COLLEGE (AUTONOMOUS)
 TIRUCHIRAPPALLI - 620 002
 TAMILNADU - INDIA