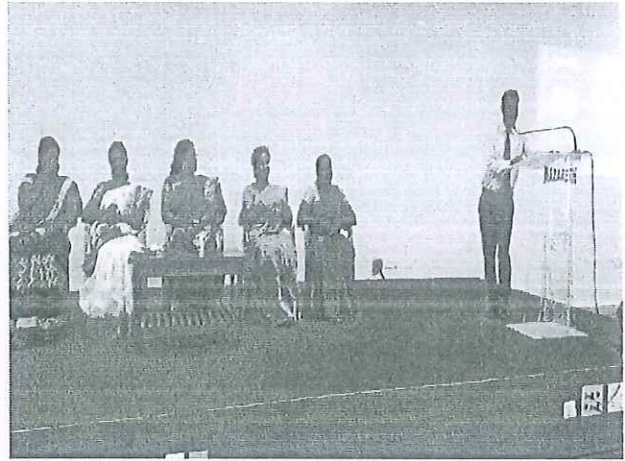


### INTERNATIONAL WOMEN'S DAY CELEBRATION

Nirbhaya Women's Cell celebrated Women's Day on 8<sup>th</sup> March 2019 in our College. Dr. Kamaraj and Mr. Mahadevan were the Convenors of the programme. Mr.Thanga Muniyandi Asst Prof of Commerce welcomed the gathering. Various programmes and games such as Passing the ball, Ramp Walk, and Lucky draw were conducted for the staff members. The Principal Dr. Mary Angeline spoke on the role of Women in protecting the values of our age-old institutions. She insisted on cherishing our rich culture and heritage built on Women in all works of life and requested all to be sensitive to the crimes against women at all times while addressing the gathering.



  
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### Nirbhaya Women Cell - Workshop on 'Self-Confidence'

The 'Nirbhaya Women Cell' of Nazareth College of Arts and Science and Rexona Confidence Academy jointly organized a Workshop on 'Self-Confidence' for Female students at the College premises on 3<sup>rd</sup> September 2018. The Team educated students on confident instilling measures by showing video clippings and making a speech that motivates students to develop self-confidence in them. It was a very useful session. The workshop on 'Self-Confidence' organized by Nirbhaya Women Cell and Rexona Confidence Academy was highly successful in achieving its objectives. It provided valuable insights and practical tools for female students to enhance their self-esteem and assertiveness. Such initiatives are crucial in nurturing the personal and professional growth of students, preparing them to face challenges with confidence.



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### GENDER IDENTITY IN WOMEN'S PERCEPTION AND CONCEPTION OF LIFE

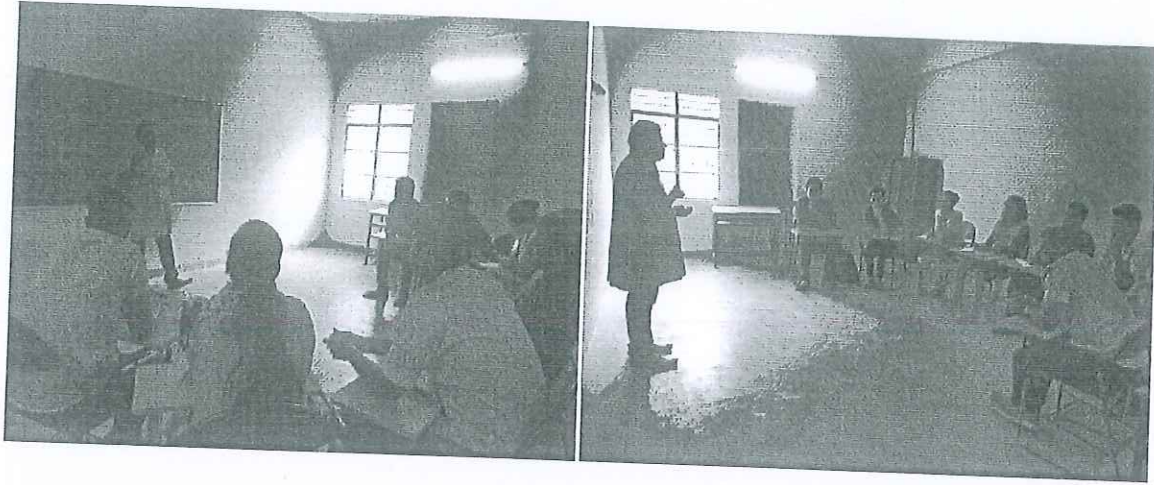
A Guest Lecture was conducted on 26<sup>th</sup> September 2018. Dr. Annapoorni (Head, Department of English, Asan Memorial College, Chennai) was invited as the guest speaker. She spoke on Women's Studies. She explained the role of gender identity in women's perception and conception of life and world in her address. She also motivated students to acquire knowledge on the various aspects of Women's studies. Students were benefited much from this lecture.



  
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PROGRAM ON SOCIAL WORK CODE OF ETHICS



One day guest lecture on Social Work Code of Ethics was conducted for MSW students. The Ministro Foundation, on 11.02.2019. The main objective of this program was to help the students to understand the core values on which social work's mission is based.

The resource person Mr. Gnanaraj started with the introduction on Code Of ethics in Social Work. He also gave example with a case study presentation in making the students understand Professional ethics are the core of social work. The program helped in knowing the values, principles, and standards to guide social workers' conduct. The session was mostly interactive in nature with power point presentation. The students gained knowledge on ethical issues involved in Social Work which is relevant to all social workers and social work students, regardless of their professional functions, the settings in which they work, or the populations they serve.



  
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NAALAI NAMADHE (ROTARACT CLUB)



BE THE  
INSPIRATION



District 3232  
Rotaract



ROTARACT CLUB OF NAZARETH COLLEGE

Sponsored by  
(Rotaract Club of Madras Mylapore Uptown)  
(RID 3232)

Project: SAY 'NO' -RALLY ON CHILD ABUSEMENT

DATE:20/10/2018

A rally conducted on child abuse near the rural area called KANADAPALAYAM. This rally was an initiative to create awareness among the girl children on child abuse and sexual harassment. The members also voluntarily went to people directly and told them about the arising dangers about child trafficking.



Project: MOTHILAIYADU PAAPA

DATE:20/10/2018

In this project the resource person spoke about child abuse and also gave precautions and ideas on how to react on emergency conditions and the kids were also explained about what exactly child trafficking is. The session was interactive and the kids also actively participated. They responded to all the questions put forth by the resource person



  
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### STREET PLAY ON HEALTHY EATING FOR HEALTHY LIVING

There was a street play on the theme Healthy eating for healthy living by the NSS Volunteers from Nazareth College of Arts and Science in the adopted villages namely Vengal panchayat and Vadamadurai panchayat, Periyapalayam, Thiruvallur District respectively on 06-09-2018. The NSS Program officers along with the volunteers introduced themselves to the community and the Volunteers performed the play to highlight the cause and effects of eating junk foods and the importance to have healthy and nutritious food for wellbeing. The NSS team was welcomed by the school staffs and students in both the villages. The main beneficiary was the student community especially a Balwadi children and caretakers in Vadamadurai and School students in Vengal Panchayat. The play was very dramatic with innovative with songs, action and dialogues.

The volunteers had a small discussion and clarified few queries by the school students. The audience especially the school students and women groups enjoyed and appreciated the awareness street play performance and even pledged to help change attitudes so that society can change for Healthy way of living. The Program concluded with a vote of thanks.



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Affiliated to the University of Madras, Accredited with 'B' Grade by NAAC

need five servings daily from the dairy shelf due to their greater calcium and protein requirements. There was a special discussion on the nutrients that the body need especially Protein, Fat, Carbohydrate, Vitamins and Water, the source of each nutrients and role of it for healthy living

The volunteers were active and involved in the session by clarifying their doubts and queries, provided feed back that the session helped them to understand the importance to have healthy and balanced diet and perform daily physical activity and also have proper sleep. The resource person motivated the volunteers with the slogan "Take care of your body, it's the only place you have to live" and thanked the NSS officers and the college for the opportunity and the success of the session. The vote of thanks was given by Mr. Thangamuniyandi.S, NSS Program officer. The session was concluded with National Anthem.

  
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### GUEST LECTURE ON HEALTHY EATING FOR HEALTHY LIVING

The guest lecture on the theme "Healthy Eating for Healthy Living" for NSS volunteers was conducted on 05-09-2018 at 10 am in Nazareth College of Arts and Science. The resource person for the program was Mrs. D. Uma, Lecturer, Tamil Nadu Physical Education and Sports University. The inaugural address was given by Dr. Mary Angeline, Principal, NCAS and encouraged the Volunteers to benefit from the program and for creating better society by staying Healthy. The welcome address was given by Mr. A. Barath Kumar, NSS Program Officer.

The main objective of the program was to highlight the importance of Healthy eating for healthy living among the youth. The resource person introduced the gathering on healthy eating and physical activity for good health and wellbeing, especially for youth persons as it contributes to the growth and development – Physically, Psychologically and Socially. She shared various examples from recent studies from India and from all over the world on poor nutrition habits of youths and declining level of physical activity. She added that the present-day youth consume high fat, sugars and salt food such as snacks, sugary carbonated drinks and confectionary and consume low level of Iron, Calcium and essential vitamins. This could lead to the escalating problem of overweight and obesity among young people. There is a need to focus on educating and encouraging young people to be healthy and adopt healthier behaviours for better society and nation.



The guest lecture was entirely an interactive session engaging the NSS Volunteers through a Power point presentation and animation. The healthy eating was well explained to the volunteers through Food Pyramid tool and visually communicated the healthy eating message of variety and balanced food- choosing variety of foods of appropriate portion from each of the four main food shelves which can help the young people to make correct food choices. It was also highlighted that young people



### DISTRIBUTION OF MINT LEAVES

On 03-09-2018, Dr. Mary Angeline, Principal, Nazareth college of arts and science initiated the mint leaves distribution to the community people. The NSS officers along with volunteers distributed the mint leaves and explained the importance of including mint in daily cooking and its benefit on Health. The volunteers shared variety of cooking tips and recipe using mint in everyday cooking ranging from Juices, tea and chutneys etc. The community people participated in large number and benefitted from the program.



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NUTRITION WEEK CELEBRATION- 2018  
INTER DEPARTMENT COOKING COMPETITION

Inter department cooking competition was conducted on 01-09-2018. The students from the undergraduate department exhibited the nutritious food items prepared by them in the college premises. The judges for the event were the college principal Dr. Mary Angeline and Vice principal Mrs. E. Mano Ranjitham, the students were judged based on the nutritious content and presentation by the students. The winners for the first three positions were awarded with prizes.



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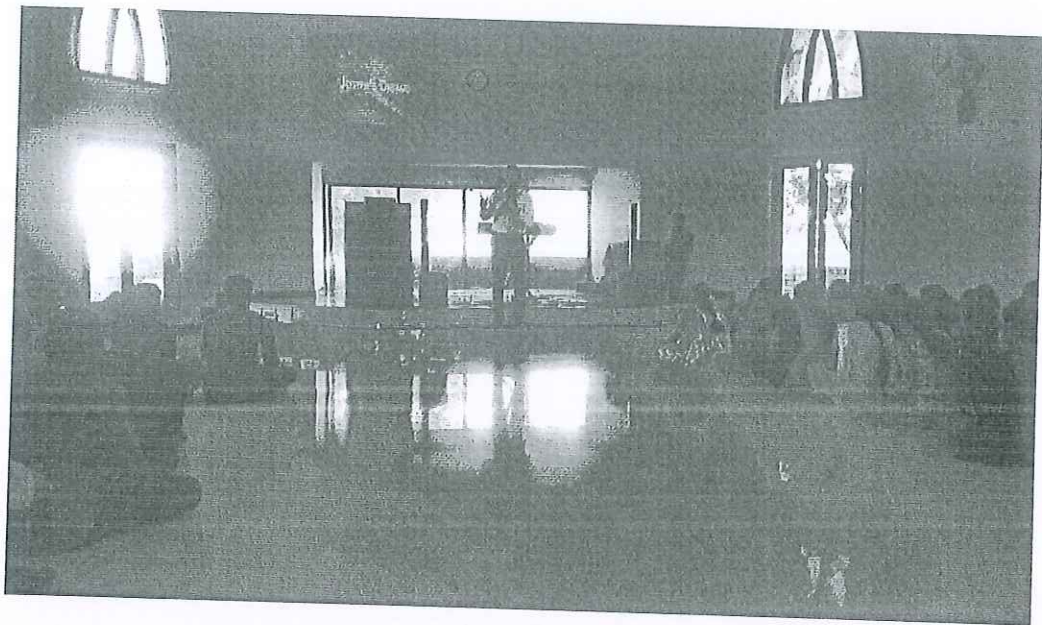
  
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**DESTINATION EXCELLENCE REPORT  
2018-2019**

Destination Excellence classes for the Academic year 2018-2019 was conducted on every Thursday between 11:30 am to 12:30 pm in the Chapel. The classes were conducted for the first year Christian students. Nearly 40 students participated in every class. Each class started with a singing session which was conducted by Pastor. Gabriel Thomasraj, Founder of Impact foundations & team and followed by Spiritual message by him. Six classes were conducted in the odd semester and three classes for the even semester. Students attended the classes enthusiastically.



  
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### WORLD YOUTH SKILLS DAY



On 15<sup>th</sup> July 2018, the Department of social work, organized a program on youth skill day in the college auditorium and screened a video on youth skills required for employability. All the class representatives from the UG department participated in the program and the session was interactive in nature. In the afternoon session the MSW students visited nearby community in Kanadapalayam and interacted with youth persons on employability skills and created awareness regarding the same. The Youth Skill Day program organized by the Department of Social Work was instrumental in promoting awareness about employability skills among college students and community youth. It facilitated meaningful interaction, knowledge exchange, and skill enhancement, contributing to the holistic development of participants. It is recommended to organize similar programs regularly to continue promoting youth employability skills and community engagement. Collaboration with local organizations and industry experts can further enrich future initiatives.

This report emphasizes the importance of equipping youth with essential skills for employability through interactive and community-oriented initiatives, fostering their readiness for professional success and societal contribution.



  
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**NUTRITION WEEK CELEBRATION- 2018**

**NUTRITIOUS FOOD STALL**

On 04-09-2018, the NSS students displayed stalls in the college campus with nutritious food using peanut, chick pea and corn. The students explained the importance of the traditional food to the students. The college principal inaugurated the event and appreciated the volunteers for the initiatives. The college students largely benefitted from this exhibition and pledged that they will take this message to their family members and consume nutritious food at least once in a week.



  
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**Project: THARKAPPU**

**DATE: 18/12/18**

This project was initiated to make the girls aware of the self-defence in order to protect them from the emergency cases and be safe when they are alone in public places. This project is an action call for the girls to stay strong and powerful throughout their life. The resource person taught the girls from the rural areas about how to take precautions on emergency conditions. The Self-Defence Awareness Project for Girls successfully equipped participants with essential knowledge and skills to protect themselves in emergency situations. It served as an empowering initiative to in still confidence and resilience among girls, particularly those from rural areas.



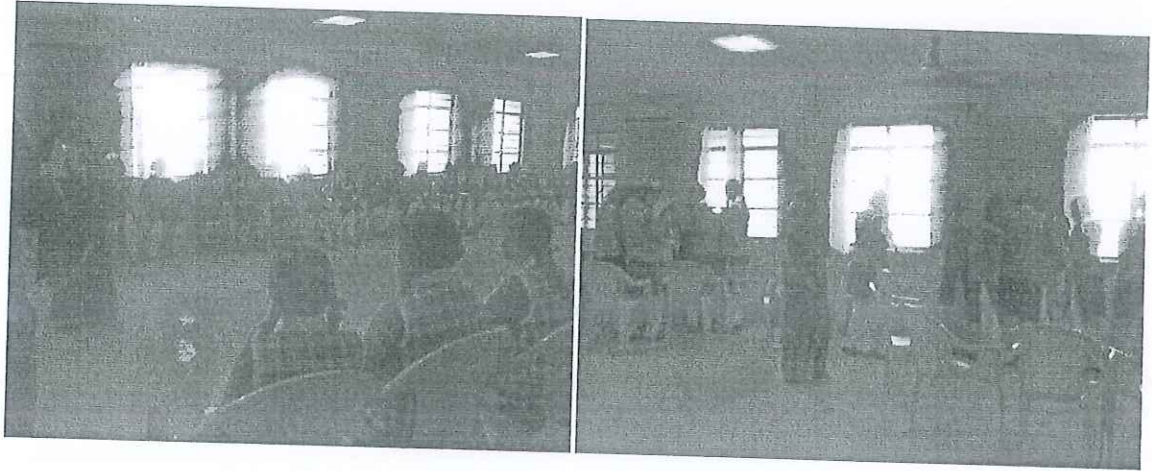
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### AWARENESS ON MENSTRUAL HYGIENE

Awareness at the right age can make a big difference in the betterment of their health and hygiene. On 3<sup>rd</sup> July 2018, the Department of Social Work conducted an Awareness Programme on Menstrual Hygiene to the Nazareth School girls from standard 6 to standard 10. A documentary on the same was played for the participants and gave a lecture on basic Hygiene to be followed during menstruation period.



Menstrual Hygiene Management is a subject of 'Silence' and discussion of the topic among women or even between mother and daughter is very limited. Menstruation is a very important natural body process among women which cannot be avoided. It is a distinct step into womanhood for the adolescent girls. Therefore, it is imperative for every one of them to have awareness about menstrual hygiene. But lacking basic education and health knowledge, it becomes difficult for many women, especially in rural villages and slum areas, to comprehend the long-term effect of poor menstrual hygiene and they finally end up with a lot of health issues such as infertility.



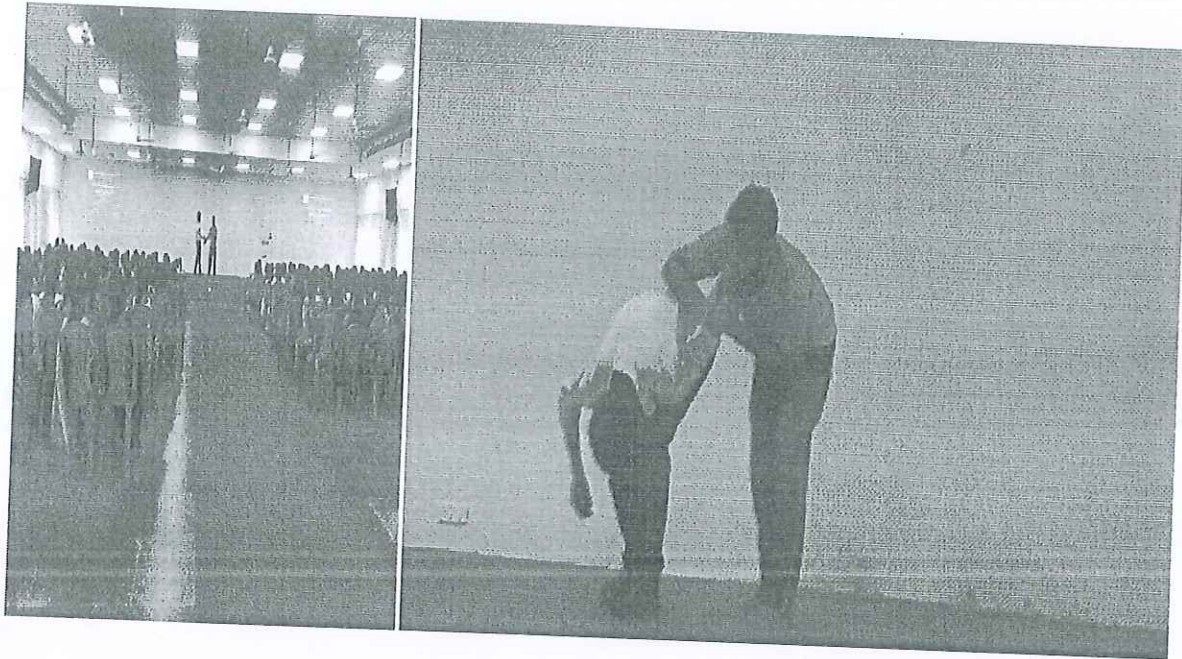
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**SELF- DEFENCE AWARENESS PROGRAMME**

Nirbhaya Women's Cell, of Nazareth College of Arts and Science, conducted a 'Self-Defence Awareness Programme' on 27<sup>th</sup> August 2018. Sensei G. Hariharan (Secretary-Tamilnadu State, 4<sup>th</sup> DAN in KAD) was invited as the Chief Guest. He impressed the students very much and spoke on 'The Importance of Self-defence' in all the situations. He demonstrated some important blows and blocks to defend themselves.



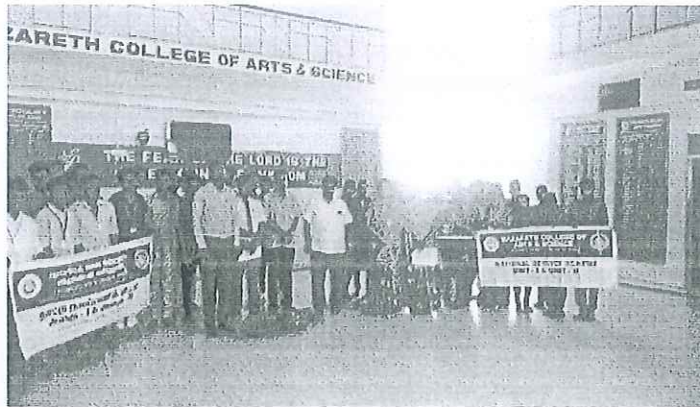
  
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### REPORT ON SWACH BHARAT

The Swach Bharat programme was inaugurated in our college on 23<sup>rd</sup> August 2018. Mr.V.Singaram, 3<sup>rd</sup> ward Counciler of Avadi constituency was invited as a cheif guest. Mr. A.N. Henry Maris, The Secretary, Nazareth College of Arts & Science, Dr. Mary Angeline, The Principal, Ms. E. Mano Ranjitham, The Vice – Principal, Ms. L. Girja Ruby, Dean, Extension Activity and the programme officers of unit-I & unit-II Mr.A.Barathkumar and Mr.Thangamuniyandi.S were present in the programme.The programme started with the objective of cleaning the water bodies in Kannadapalayam and the volunteers distributed pamphlets instructing the locals to safeguard the rivers and other water bodies. Based on these objectives, NSS volunteers went and cleaned the pond. This programme was more beneficial to the members of the society.

### SWACH BHARAT



VOLUNTEERS CLEANING THE WATER BODY



NSS VOLUNTEERS CLEANING



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