

**FIRST YEAR ORIENTATION PROGRAM REPORT 2021-2022  
BATCH 1**

The Orientation program was organized by jointly by the Internal Quality Assurance Cell and Student Support Cells to all the UG and PG first years' first batch students on 04.10.2021. The session was conducted in the Zoom Platform. The session started from 09.00 A.M and ended well by 1.30 P.M. The UG & PG students from various departments participated in the orientation session. The detailed report regarding the session conducted is given below

The table explains the time, topic and the details of the presentation team for the orientation program. The report consists of two parts. The first part of the reports explained briefly about the topics covered, the activities given, the video telecasted, and the assessment details given, feedback form.

The second part of the report contains the screenshots and the attendance shots of the session.

S.NO	HOUR/TIME	TOPIC	PRESENTATION TEAM
1	<b>I Hour</b> 9 AM to 9.50AM	Gender Sensitization. and Equity	Mr.Pandyan Dr.Saravanan
2	<b>II Hour</b> 9.50AM to 10.40AM	Anti-Ragging	Dr.Sharmila Ms.Belsia Britto
3	<b>III Hour</b> 11AM to 11.50AM	Personality Development and career Counseling	Mr.Anderson Ms.Nithya Kalyani
4	<b>IV Hour</b> 11.50AM to 12.40PM	Social Responsibility	Mr.Jeevan Kishore Kumar Ms.Ierin Benita
5	<b>V Hour</b> 12.40PM to 1.30PM	Health Care	Ms.Nilopher Mr.Febin



During the first hour from 09.00 A.M to 09.50 A.M the topic Gender Sensitization and Equity session was oriented to the students for all the first batch first year students on 04.10.2021. The session started with a brief introduction about the presentation team and the topic. The topic was explained to the students by Mr.Pandian and Dr.Saravanan. The Importance of Gender Equality and how it impacts the society has explained to the students. They have discussed in detail about the gender stereotypes, types of violence, various Issues and Challenges faced by the women and men in the society. The presentation team explained about the various Women Empowerment Schemes to support the women's interest. They gave various measures and solutions to overcome the challenges. Nearly more than 183 students participated in the session. At the end of the session activity and assessment link was shared among the students through Google forms . To enhance the topic the videos regarding the topic gender sensitization and equity were also telecasted to the students. Later the feedback link was shared and students gave their valuable feedback on the session.

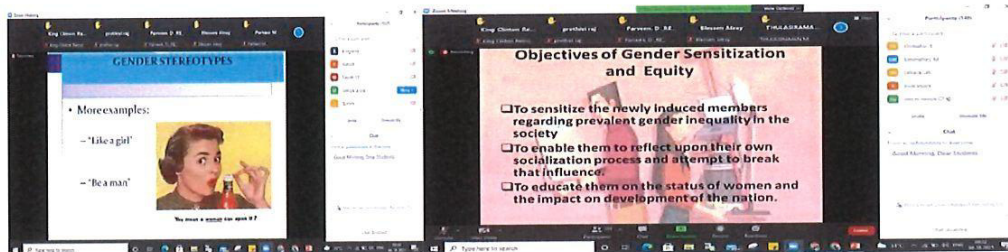
During the second hour from 09.50 A.M to 10.40 A.M the topic Anti-ragging was presented to the students by Dr. Sharmila and Ms. Belsia for all the first batch first year students on 04.10.2021 through virtual medium zoom platform. The session started with a brief introduction about ragging, the stress was on dress code abuse, the influence of the media. Then the focus was on Anti-ragging awareness, the pain and stress faced by the victim, the trauma the individual undergoes, and then the session engrossed on the importance of rehabilitation and care for the victims. The next part of the orientation focused on the substantive laws prohibiting ragging and focusing on the punishments, and rules as per UGC regulations. The students were also given an activity, to post anti-ragging slogans on social media like What Sapp, Facebook, Instagram, etc. A video was played where a student becomes a victim of ragging during his college days, and the consequences he faced later in his life. At the end of the session, the students were asked to take up a quiz and were given follow-up activities. Nearly 175 students from the various departments participated. Later the feedback link was shared, and students gave their valuable feedback on the session through google forms

During the III Hour from 11.00 AM to 11.50 AM the topic Personality development and career counseling was presented by Mr.Anderson , Ms.Nithya Kalyani for all the first batch students on 04.10.2021 through virtual medium zoom platform. The session started with a brief introduction about Personality development and its importance in the today world. The session also focused on providing career related counselling to the students. The next part of the orientation focused on the process of personality development, attributes of inner personality and outer personality. The students were also given detailed knowledge on swot analysis and the importance of setting smart goals in



life. A video was played regarding the SWOT analysis. At the end of the session, the students were asked to take up a quiz and were given follow-up activities. Nearly 175 students from the various departments participated. Later the feedback link was shared, and students gave their valuable feedback on the session. During the IV Hour from 11.50 AM to 12.40 PM the topic Social Responsibility was presented to all the first batch students by MS. Ierin Benitta. The session started with a brief introduction about the Social Responsibility and its importance among the students role in today world. The session focused on various topics such as the meaning of social responsibility. Responsibility of the students towards society. The Unnat Bharat Abhiyan program was also explained to the students in a detailed manner. The students showed their interest towards the program by raising questions. The next part of the orientation focused on giving activity. A video was played to the students at the end of the session through YouTube mode to raise the awareness among the students respect to the topic. At the end of the session, the students were asked to take up a quiz and were given follow-up activities to engage the students on the topic. Nearly 180 students from the various Departments participated. Later the feedback link was shared, and students gave their valuable feedback on the session.

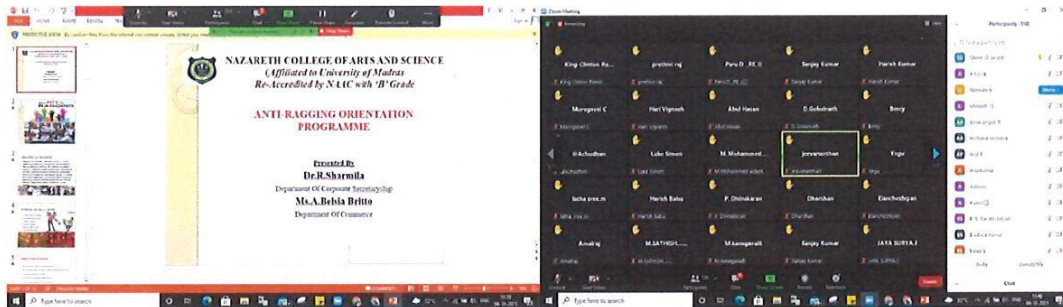
### SCREENSHOTS AND ATTENDANCE DETAILS OF GENDER SENSITIZATION AND EQUITY



During the V Hour from 12.40 AM to 01.30 PM the topic Health Care was oriented to all the first batch students on 04.10.2021. The session started with a brief introduction about the COVID19 issues and its impact on human health. During the session various topics were also discussed among the students such as COVID-19, CORONAVIRUS, HAND WASH, MASK, SOCIAL DISTANCING, SYMPTOMS, VACCINATION. A thorough and detailed explanation was given to the students. It enlightened the students by giving the awareness on how to keep a human being safe and also take necessary precaution during the unhealthy period. The students were also given an activity to wash their hands and also asked them to share the video. A video was telecasted at the

beginning of the session. The students actively participated in the activity given. At the end of the session, the students were asked to take up a quiz and were given follow-up activities. Nearly 140 students from the various departments participated. Later the feedback link was shared, and students gave their valuable feedback on the session.

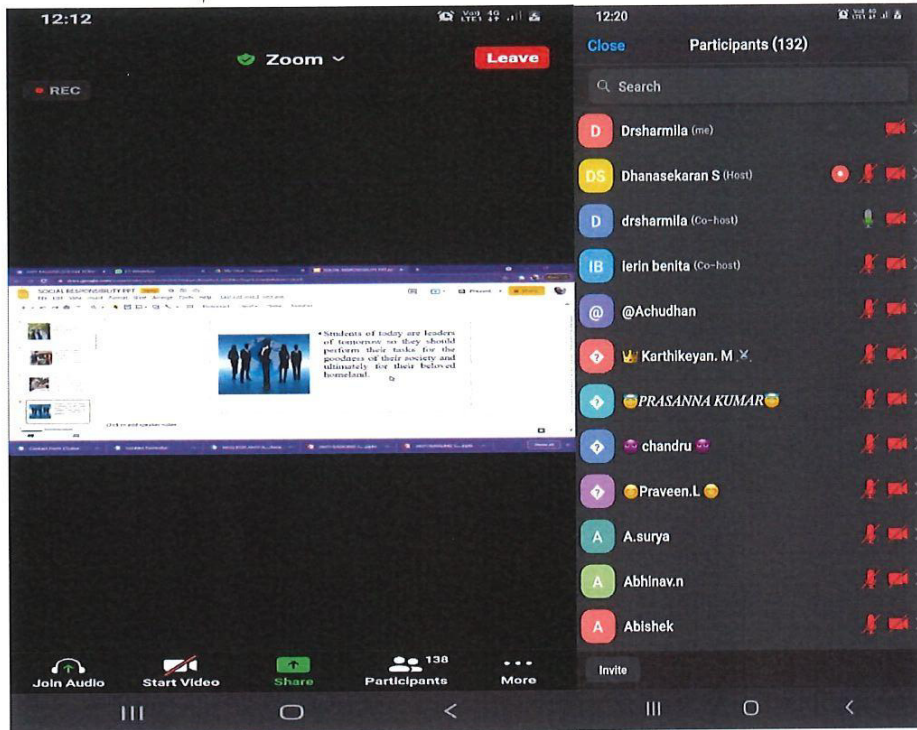
### SCREENSHOTS AND ATTENDANCE DETAILS OF ANTI-RAGGING



### SCREENSHOTS AND ATTENDANCE DETAILS OF PERSONALITY DEVELOPMENT AND CAREER COUNSELING

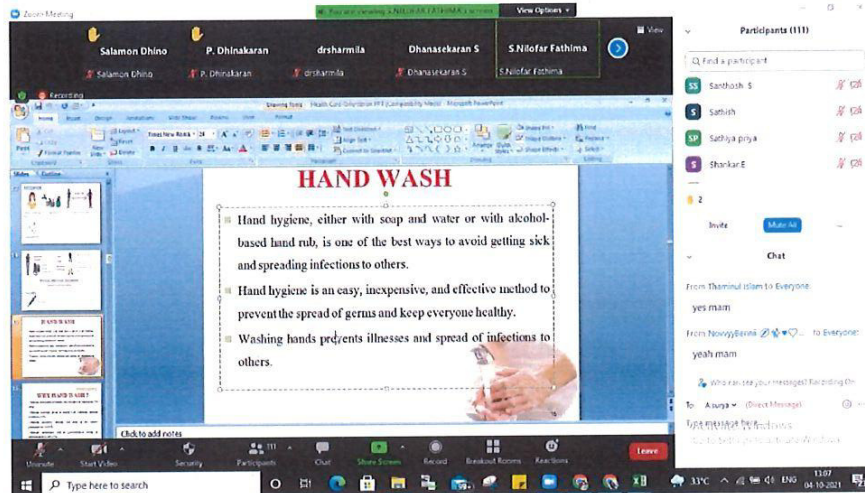


## SCREENSHOTS AND ATTENDANCE DETAILS OF SOCIAL RESPONSIBILITY



The screenshot shows a Zoom meeting in progress. The main window displays a presentation slide titled "SOCIAL RESPONSIBILITY BY DR P. DHANASEKARAN". The slide content reads: "Students of today are leaders of tomorrow, so they should perform their tasks for the good of their society and ultimately for their beloved homeland." Below the slide, there is a list of participants with their names and status (e.g., video on/off, audio on/off). The list includes: Drsharmila (me), Dhanasekaran S (Host), drsharmila (Co-host), lerin benita (Co-host), @Achudhan, Karthikayan. M, PRASANNA KUMAR, chandru, Praveen.L, A.surya, Abhinav.n, and Abishek.

## SCREENSHOTS AND ATTENDANCE DETAILS OF HEALTH CARE



The screenshot shows a Zoom meeting in progress. The main window displays a presentation slide titled "HAND WASH". The slide content reads: "Hand hygiene, either with soap and water or with alcohol-based hand rub, is one of the best ways to avoid getting sick and spreading infections to others. Hand hygiene is an easy, inexpensive, and effective method to prevent the spread of germs and keep everyone healthy. Washing hands prevents illnesses and spread of infections to others." Below the slide, there is a list of participants with their names and status. The list includes: Sandosh S, Sathish, Sathya priya, and Shankar E.



## FIRST YEAR ORIENTATION PROGRAM REPORT 2021-2022

### BATCH -2

The orientation program was organized jointly by the Internal Quality Assurance Cell and Student Support Cell. The orientation program for the UG and PG first years second batch students was conducted on 05.10.2021. The session was conducted through the Zoom Platform. The session started from 09.00 A.M and ended well by 1.30 P.M. The UG & PG students from various departments participated in the orientation program. The detailed report regarding the session conducted is given below.

The table explains the time, topic and the details of the presentation team for the orientation program. The report consists of two parts. The first part of the reports explained briefly about the topics covered, the activities given, the video telecasted, and the assessment details given, feedback form.

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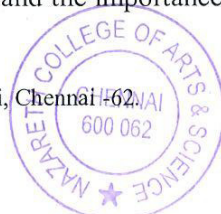
*[Signature]*  
Principal



During the first hour from 09.00 A.M to 09.50 A.M the topic Gender Sensitization and Equity session was oriented to the students for all the first batch first year batch II students. The session started with a brief introduction about the presentation team and the topic. The topic was explained to the students by Mr.Pandian and Dr.Saravanan. The Importance of Gender Equality and how it impacts the society has explained to the students. They have discussed in detail about the gender stereotypes, types of violence, various Issues and Challenges faced by the women and men in the society. The presentation team explained about the various Women Empowerment Schemes to support the women's interest. They gave various measures and solutions to overcome the challenges. Nearly more than 75 students participated in the session. At the end of the session activity and assessment link was shared among the students through google forms . To enhance the topic the videos regarding the topic gender sensitization and equity were also telecasted to the students. Later the feedback link was shared and students gave their valuable feedback on the session.

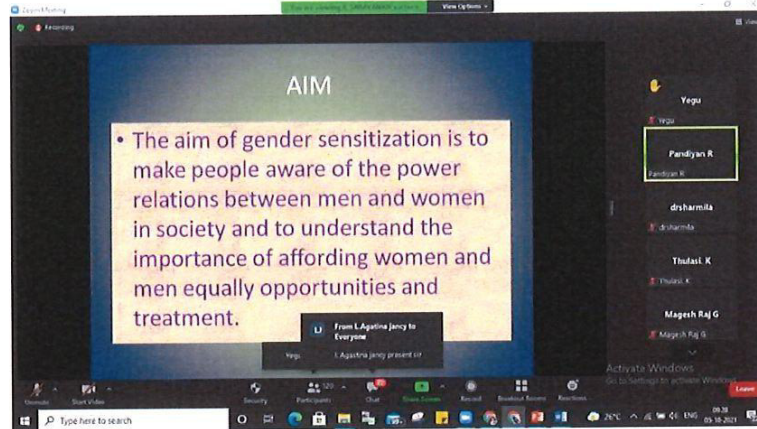
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During the III Hour from 11.00 AM to 11.50 AM the topic Personality development and career counseling was presented by Mr.Anderson , Ms.Nithya Kalyani for all the second batch students through virtual medium zoom platform. The session started with a brief introduction about Personality development and its importance in the today world. The session also focused on providing career related counselling to the students. The next part of the orientation focused on the process of personality development, attributes of inner personality and outer personality. The students were also given detailed knowledge on swot analysis and the importance of setting smart goals in life. A video

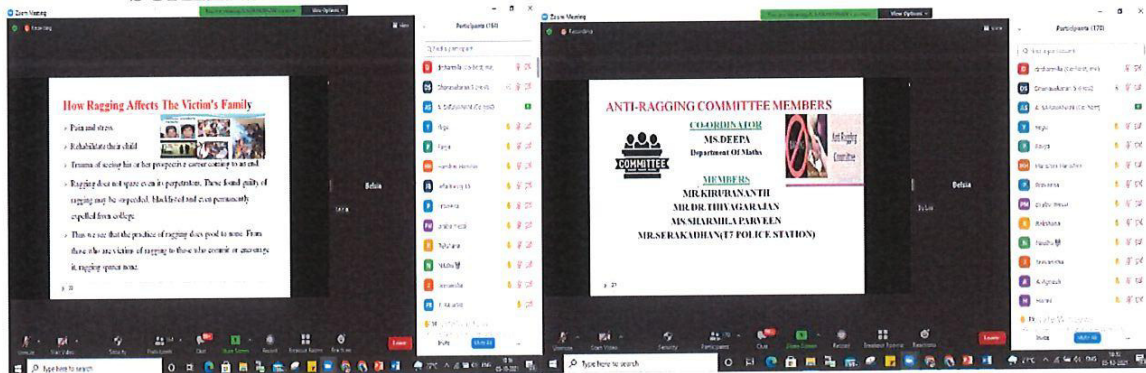


was played regarding the SWOT analysis. At the end of the session, the students were asked to take up a quiz and were given follow-up activities. Nearly 153 students from the various departments participated. Later the feedback link was shared, and students gave their valuable feedback on the session.

### SCREENSHOTS AND ATTENDANCE DETAILS OF GENDER SENSITIZATION AND EQUITY

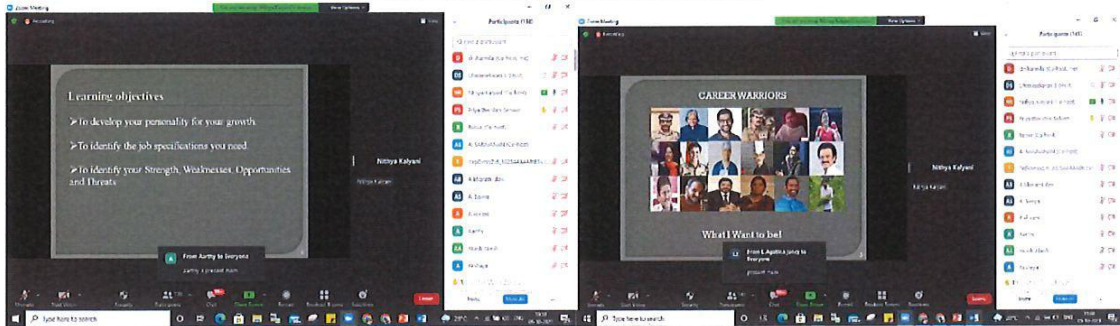


### SCREENSHOTS AND ATTENDANCE DETAILS OF ANTI-RAGGING



During the IV Hour from 11.50 AM to 12.40 PM the topic Social Responsibility was presented to all the second batch students by MS. Ierin Benitta. The session started with a brief introduction about the Social Responsibility and its importance among the students role in today world. The session focused on various topics such as the meaning of social responsibility, Responsibility of the students towards society. The Unnat Bharat Abhiyan program was also explained to the students in a detailed manner. At the end of the session, the students were asked to take up a quiz and were given follow-up activities to engage the students on the topic. Nearly 148 students from the various departments participated. Later the feedback link was shared, and students gave their valuable feedback on the session.

## SCREENSHOTS AND ATTENDANCE DETAILS OF PERSONALITY DEVELOPMENT AND CAREER COUNSELING

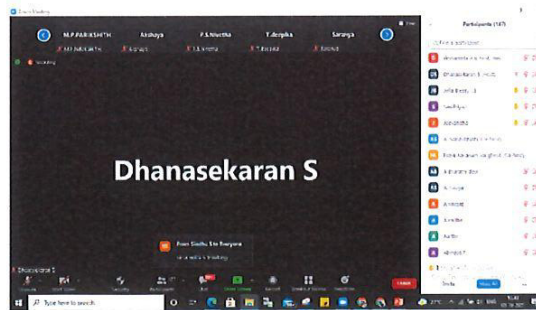


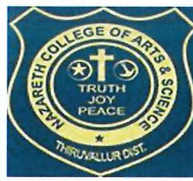
During the V Hour from 12.40 AM to 01.30 PM the topic Health Care was oriented to all the second batch students. The session started with a brief introduction about the COVID19 issues and its impact on human health. During the session various topics were also discussed among the students such as Covid-19, Coronavirus, Hand Wash, Mask, Social Distancing, Symptoms, Vaccination. A thorough and detailed explanation was given to the students. Nearly 148 students from the various departments participated. Later the feedback link was shared, and students gave their valuable feedback on the session.

## SCREENSHOTS AND ATTENDANCE DETAILS OF SOCIAL RESPONSIBILITY



## SCREENSHOTS AND ATTENDANCE DETAILS OF HEALTH CARE





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**NO**  
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DISCOMFORT  
RASHES

**STANDARD QUALITY**  
As per IS 5405 (1980)

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[www.kanmani.net](http://www.kanmani.net)



Principal

Nazareth College of Arts & Science,  
Kovilpathagai Main Road, Kannadapalayam,  
Vellanoor Post, Avadi, Chennai-600062.



# A Menstrual Management Program & Sanitary Napkins



Idhu Namma Avadi



## Kanmani Sanitary Napkin Program

Idhu Namma Avadi (INA) has developed an unsurpassed best Menstrual Hygiene program that tackles all issues surrounding menstrual health, and supports the development of the communities we serve.



Our Kanmani Sanitary Napkin program is designed and developed by SHG women for women. The program improves menstrual health awareness and use of menstrual products in rural areas. Through its integrated approach, the program improves the health of the beneficiaries, as well as their lives, economic opportunities, dignity, and access to education. The program is designed to be financially sustainable and

socially acceptable for local communities. Kanmani pads are 85% biodegradable by weight, and we also teach communities proper waste management practices.

### Kanmani Production

We have established production unit at the campus of Nazareth College of Arts and Science targeted and supply sanitary napkin across the state. Our production unit produce over 1000 quality pads per day we have recruited women from the community and the entire unit is managed by one of the SHG of INA.

**NO**  
**LEAKAGE**  
**DISCOMFORT**  
**RASHES**

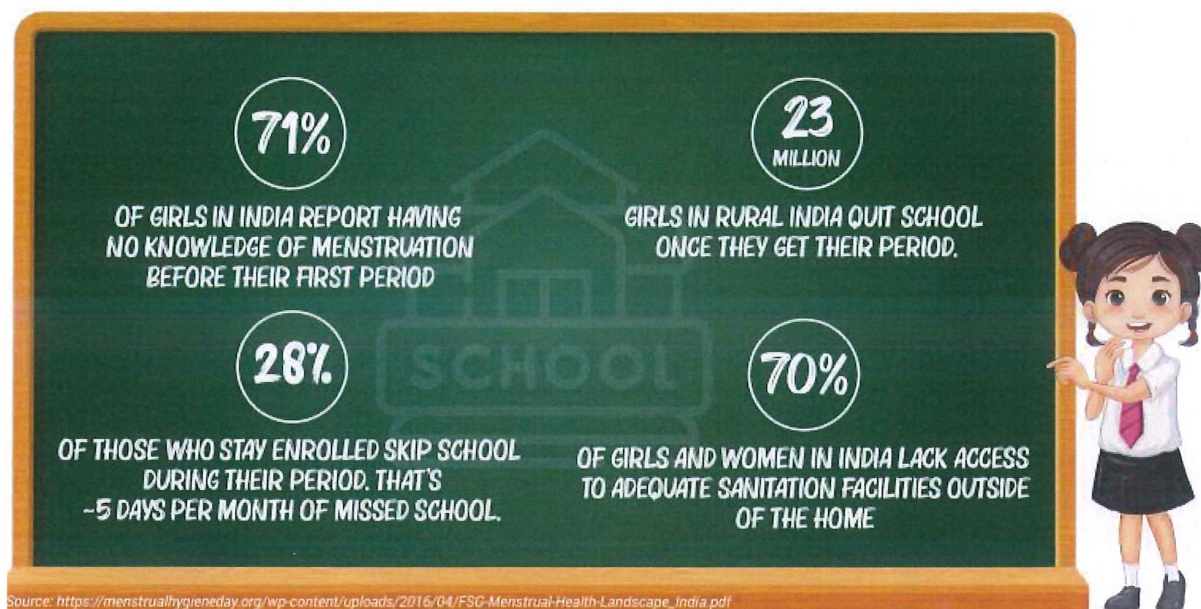


**STANDARD**  
**QUALITY**  
As per IS 5405 (1980)

### Kanmani Distribution

Our SHG Women reach out to various Institutions/Corporates to promote our brand. A dedicated team of student volunteers doing awareness of menstrual hygiene to the school girl children. The revenue received from Institutions/Corporates help an member of SHG to have better livelihood.

The stigmas surrounding menstruation prevent women from talking about their health, protecting their health, and living their daily lives. These stigmas do immeasurable damage to the dignity and confidence of young girls. Menstrual health management is not just a women's issue. It is critical to the education and productivity of the entire nation.



**\*\*Welcome to the Kanmani Sanitary Napkin Program\*\***

## Key Features:

### Community-Driven Development:

The program is designed and executed by SHG women, ensuring it meets the specific needs and challenges of the communities it serves.

### Holistic Approach:

Beyond menstrual health, Kanmani focuses on improving economic opportunities, preserving dignity, and enhancing access to education. This approach creates a positive ripple effect in the community.

### Financial Sustainability:

Kanmani is designed to be financially sustainable, ensuring its long-term success and benefits for the communities involved.

### Social Acceptability:

Cultural sensitivity is central to our approach. The Kanmani Sanitary Napkin Program is tailored to be socially acceptable within local communities, fostering trust and participation.

### Biodegradable Solutions:

Kanmani pads are 85% biodegradable by weight, reflecting our commitment to environmental responsibility. We also prioritize teaching proper waste management practices to the communities we work with.

Impact:

### Health and Hygiene:

By increasing awareness and promoting the use of menstrual products, Kanmani contributes to improved menstrual health, reducing health risks and enhancing overall well-being.

### **Empowerment of Women:**

Through education, economic opportunities, and preserving dignity, Kanmani empowers women to take control of their lives and become active contributors to their communities.

### **Access to Education:**

Kanmani aims to break down barriers related to menstruation, ensuring that girls have unimpeded access to education. This initiative supports a future where every girl can pursue her dreams freely.

### **Conclusion:**

The Kanmani Sanitary Napkin Program stands as a beacon of empowerment and sustainability, addressing crucial aspects of menstrual health while fostering community development. By leveraging local expertise and resources, Kanmani not only promotes health and hygiene but also enhances the socio-economic fabric of the communities it serves.

Through continuous innovation and community engagement, Kanmani remains committed to creating a positive impact, one menstrual cycle at a time.



KANMANI TAILORING UNIT AND SANITARY NAPKIN DISTRIBUTION



## GENDER SENSITIZATION ORIENTATION

### 2020-2021 REPORT

The Gender Sensitization orientation programme was conducted through the virtual medium on 28 July 2020 by the department of English to the second and third-year students. The session was aimed at “creating awareness among the students about gender sensitization and stereotype in the society” The session was conducted under the guidance of Ms. Princy John, Head, Department of English and was facilitated by Assistant Professors Ms. Vaishnavi G, Ms. Bhavani Sindhuja S R, for II BA and Mr. Pandiyan R, Mr. Arun Theoder for III BA respectively.



Around fifty-five students from both the classes participated which was scheduled between 10.00 – 11.45 AM. The coordinators used audio-visual tools to enhance the understanding of students. The event witnessed the active participation of the students as they expressed their views and opinions on gender issues.