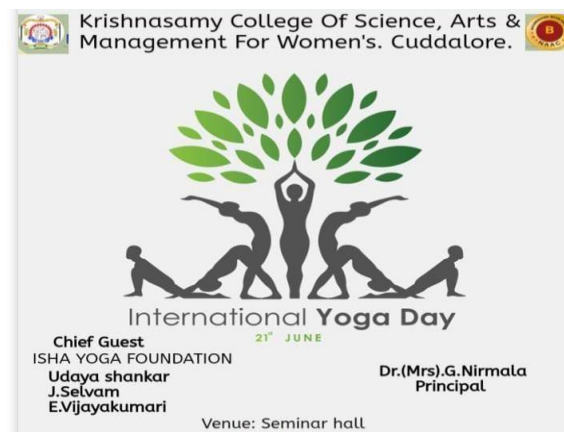# YOGA PROGRAMME'S 2022-2023

Yoga Programme - 1

Date : 21.06.2023

The Yoga Programme was started by the Principal and the Chief guest Isha yoga Foundation Mr. Udaya Shankar trained all the staff members in yoga and gave the speech about importance of Yoga in daily life.

- A few minutes of yoga during the day can be a great way to get rid of stress that accumulates daily in both body and the mind.

- Yoga effective techniques to release stress.

- By doing yoga as a daily routine activity, it helps us to increase your bone density and it will keep our bone strong enough.

- Simple yoga tips in daily life and then some yoga videos are played

- Yoga is all about the different types of postures and breathing. So basically breathing helps us to reduce our weight and keep maintain a good figure.

- All the staff members do the Yoga 15 - 20 minutes daily.

- The program was ended with staff member feedback and questionnaire session.

Yoga Programme – 2

The Yoga programme was conducted on 17.07.2023 at KCSAM campus by "Vazhga Valmudan Vedhanthiri Maharishi Manavalakalai" Yoga centre The chief guest Thiru. M. Srinivasan (Rtd), Director, Annamalai University, Department of Oceanography, Parangipettai participated and interact with students about yoga. All the second year student was participated the program. He created the awareness about Yoga. Students know about the important of Yoga and visited the " Yoga awareness vehicle". Finally, Program was successfully finished with feedback session.

Yoga Participation Student Name List:

S.NO	NAME	DEPATMENT
1.	ABINAYA A	II CS BI
2.	ANITHA S	II CS BI
3.	ARUNA A	II CS BI
4.	ASWINI M	II CS BI
5.	DEEPA MALINI S	II CS BI
6.	BHARANI V	II CS BI
7.	FASEEHA S.N	II CS BI
8.	HARINI M	II CS BI
9.	INDHUJA K	II B.A TAMIL
10.	POOVITHA M	II B.A TAMIL
11.	SALONI S	II B.A TAMIL
12.	SNEGA G	II B.A TAMIL
13.	SUJI D	II B.A TAMIL
14.	SUVITHA A	II B.A TAMIL
15.	LAVANYA D	II B.A TAMIL
16.	NALINI P	II B.A TAMIL
17.	SIVAPRIYA G	II B.A TAMIL
18.	SIVARANJANI S	II B.A TAMIL
19.	DIVYABHARATHI S	II B.A TAMIL
20.	GAYATHRI I	II B.A TAMIL
21.	MAGESHWARI P	II B.A TAMIL
22.	NISHANTHI S	II B.A TAMIL
23.	JASMINAFARVIN J	II B.A TAMIL
24.	KANIMOZHI K	II B.A TAMIL
25.	RAMYA R	II B.A TAMIL
26.	ASHIKA B	II B.A TAMIL
27.	ARTHI K	II MATHS
28.	DEVIGA R	II MATHS
29.	INIYA P	II MATHS
30.	JAYASRI K	II MATHS
31.	NIVETHA R	II MATHS
32.	SWATHI S	II MATHS
33.	VENNILA V	II MATHS
34.	VINITHA D	II MATHS
35.	ARTHI K	II MATHS
36.	DEVIGA R	II MATHS
37.	INIYA P	II MATHS
38.	JAYASRI K	II MATHS
39.	NIVETHA R	II MATHS
40.	AKSHAYA V	I MATHS
41.	JOTHIKA M	I MATHS
42.	MANJULA V	I MATHS
43.	SOWMIYA M	I MATHS
44.	ZINATH Z	I MATHS
45.	NITHIYA M	I MATHS
46.	SARANYA A	I MATHS

LANGUAGE AND COMMUNICATION SKILL

Lan

Mon
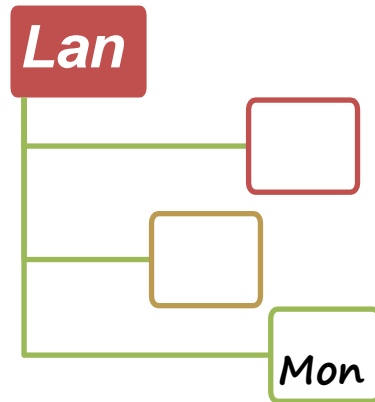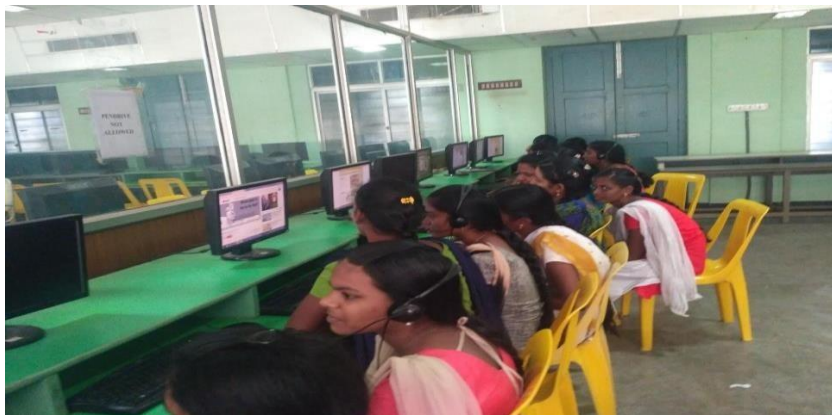
Language Lab optimize computing resources

Language Lab are an intuitive tool for both the student and the teacher
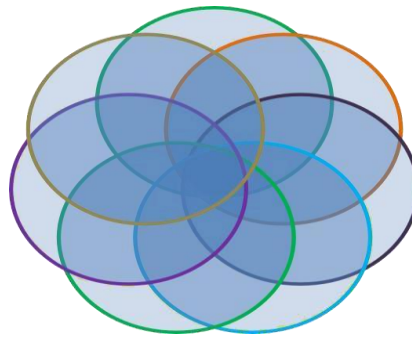
Students learn much faster in Language Lab

The Teacher takes a more important role in the Language Lab

The Department has a modern Language Laboratory with state-of-the-art audio-visual equipment to aid in imparting language skills. The Laboratory is effectively utilized by students and faculty members for various self-enhancement and soft skill development activities. Laboratory proves beneficial for those students who are poor in use of English language. Students from rural areas who are generally weak in English can have sufficient ear training in the language lab. It aims at confidence-building among students for interactions and presentations in English. The basic purpose of the lab is to provide students a platform to enhance English language skills, communication skills and to practice soft skills.

The main objectives of the Language Laboratory are:

1. To equip the students with good communication skills.
2. To emphasize the need of English in the technical world.
3. To prepare them for interviews and future job environments.
4. To train the students in the art of conversation and discussion.

Details of language laboratory:

Laboratory Location: Central Computing Facility
Laboratory In charge (Hardware): Mr. R. S. Patil

Laboratory In charge (Orell iTELL Software): Dr. Ms. D. M. Kadam
Laboratory Assistant: Mr. Manik Yadav

Area: 754 ft2

Total Investment: 15,84,422/-

Stations: One Teacher Station and Twenty-four Student Stations

Currently Orel I TELL digital language lab is installed in the lab which is server based and can be accessed over the intranet from any location in the college. This language learning software can be used by 1500 users. Digital Language Lab is useful to enrich a student's language learning experiences.

Further, this revolutionary language lab is equipped with audio recording facilities which help a great mode of evaluation and feedback. By this self-evaluation of the students' performance, they can identify the areas that need to be improved or changed.

Following English language and communication skills related laboratory sessions can be conducted here:

1. Grammar of English Language: Practice and Exercises
2. Vocabulary Building Skills
3. Active Listening Skills
4. Introduction to Phonetic Sounds
5. Reading Comprehension
6. Business Letter Writing
7. Oral Presentations (Self Introduction, Extempore, Public Speech, Formal Presentation, Use of AV Aids, etc.)
8. Group Discussion (Unstructured & Structured)
9. Mastering Presentation Tools (Microsoft Word & Power Point)
10. Preparation of & Appearing for the Interview
11. Situational Conversations
12. Understanding Importance of Body Language

A fully functional language caters to all the undergraduates, graduates, postgraduates and all sections of the society. Language lab holds regular training AVSATLL (Audio- Visual Self Assessment Techniques Language Learning) where spoken skills are taught. Spoken English, UGC approved 1) Communicative English 2) HRD skills COP Courses are held. Mock Interviews are held. Training for higher education is imparted in the form of coaching for GRE,TOEFL and IELTS to students outside campus also.

English Language Proficiency Acquisition Platform made available in the Computer Lab in the administrative block on the first floor has the latest required paraphernalia like digital multimedia control, headsets, microphones, interactive response control, etc. essential for assessing students' speech. Our Language Laboratory's collection is designed to assist learners in the acquisition and maintenance of aural comprehension, oral and written proficiency, and cultural awareness. It offers the best stuff for students to master effortlessly English pronunciation, accent, diction and conversational skillfulness.

The Faculty Members who handle English Proficiency Class once a week will initiate the students into Language Lab and will have follow-up sessions on a regular basis. The language laboratory is an audio or audio-visual installation used as an aid in modern language teaching. Language Laboratory acts as a platform for learning, practicing and producing language skills through interactive sessions and communicative mode of teaching. Learners can act and respond in a variety of ways at their own pace.

Language Lab not only facilitates the teaching process but also brings fun and efficiency to learning. As each student has her own console with a headset they have one of the main advantages of practicing on their own. They can do their pronunciation, listening, and reading, writing & speaking comfortably on their own.

Objectives:

- To expose the students to a variety of self-instructional, learner- friendly modes of language learning.
- To enable them to learn better pronunciation through stress on word accent, intonation and rhythm.
- To train them to use language effectively to face interview, group discussions, public speaking.
- To maintain good linguistic competence- through accuracy in grammar, pronunciation and vocabulary.
    - Good communication skills are indispensable for the success of any professional. If one wants to reach out to people, he or she has to speak their language. The English language, in particular, has become essential in the lives of young people who aspire to advance their careers anywhere in the world.
    - The language laboratory has become the need of the hour in any language learning process for
    communication. So our management realized that the language lab is mandatory for the students particularly from rural areas. Our college has well equipped Computer Assisted Language Laboratory (CALL) with up to date software and gadgets.

Our college has individual and well equipped smart classroom for each department. The smart classroom helps to renovate the traditional education system into modernized one. It provides eminence education to students through better concept formation, concept elaboration, improvement in reading skills and academic attainment.

KRISHNASAMY COLLEGE OF SCIENCE, ARTS AND MANAGEMENT FOR WOMEN, CUDDALORE – 607 109.

SMART CLASS Using ICT Tools 2022-23

Department of Computer Application

Class & Major : III BCA

Date   : 21.01.2023

Venue   : III BCA

Subject   : Big Data Analytics

Title   : Big Data Platform and Challenges

Total Strengh : 45

Presented by   : Mrs.R.Jothi

Class & Major : III BCA

Date   : 30.01.2023

Venue   : III BCA

Subject   : Python Programming

Title   : Expressions

Total Strengh   : 43

Presented by   : Mrs.R.Sangeethapriya

Class & Major : III BCA

Date   : 01.02.2023

Venue   : III BCA

Subject   : Object oriented analysis and design

Title   : OOAD Methodologies

Total Strengh   : 46

Presented by   : Mrs.S.Kothbul Zeenath Banu

Class & Major : III BCA

Date   : 06.02.2023

Venue   : III BCA

Subject   : Mobile Computing

Title   : Frequencies for radio transmission

Total Strengh   : 46

Presented by   : Mrs.D.Viji
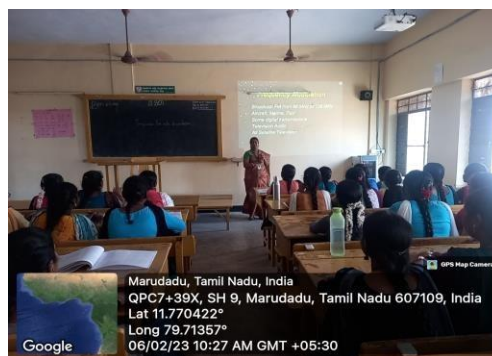
Class & Major : I BCA

Date   : 17.11.2022

Venue   : III BCA

Subject   : Digital computer fundamentals

Title   : Magnetic and optical storage

Total Strengh : 47

Presented by   : Mrs.S.Suriya
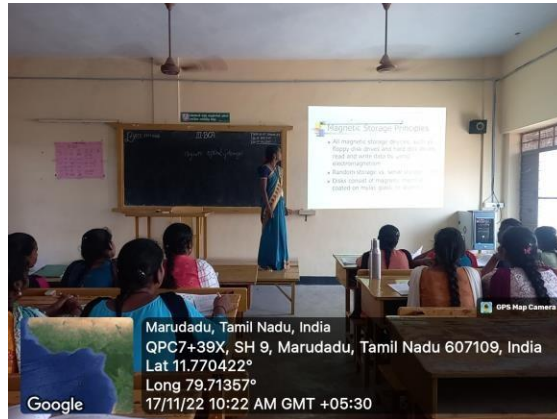
Department Of Mathematics

Class & Major : III – B.Sc.,Maths
Date   : 15.12.22
Venue   : Seminar Hall
Subject   : Complex Analysis I
Title   : Conformal Mapping
Total Strengh : 33
Presented by   : Mrs.M.Chellam

Class & Major : III – B.Sc.,Maths
Date   : 01.09.22

Venue   : Seminar Hall
Subject   : Abstract Algebra
Title   : Normal Subgroup
Total Strengh   : 31
Presented by   : Mrs. M.Sivasakthi

Class & Major : III – B.Sc.,Maths
Date   : 19.11.22
Venue   : Seminar Hall
Subject   : Real Analysis I
Title   : Types of functions
Total Strengh   : 30
Presented by   : Mrs. S.Mohamed Abeeba

Class & Major : III – B.Sc.,Maths
Date   : 29.09.22
Venue   : Seminar Hall

Subject   : Progrmming in C- language
Title   :While and do-while loop
Total Strengh   : 33
Presented by   : Mrs. G.Sivasankari

Class & Major : III – B.Sc.,Maths
Date   : 19.11.22
Venue   : Seminar Hall
Subject   : Linear Programming
Title   : Simplex Method
Total Strengh   : 31
Presented by   : Mrs.K.Vaishnavi

Class & Major : I – B.Sc.,Maths
Date   : 14.12.22
Venue   : Seminar Hall

Subject   : Environmental Studies
Title   : Water Pollution
Total Strengh   : 32
Presented by   : Ms.S.Subasri

Class & Major : II – M.Sc.,Maths
Date   : 08.12.22
Venue   : Seminar Hall
Subject   : Topology
Title   : Subspace topology
Total Strengh   : 31
Presented by   : Mrs.A.Mahalakshmi

Certificate of Achievement

This Certificate has been awarded to

Mr/Miss Gayathri R   Reg No TVU12012020U11020

Branch B.Com Computer Application

College Name Krishnasamy College of Science, Arts & Management For Women

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Mr. Abhilash Misra
Chief Executive Officer,
NSE Academy Limited

Managing Director
Tamil Nadu
Skill Development Corporation

Certificate No.: TN/NM/NAL-NIRP49389
Issued on: 6ᵗʰ August 2023
Place: Mumbai

Certificate of Achievement

This Certificate has been awarded to

Mr/Miss Devi P   Reg No TVU12012020U10011

Branch B.Com

College Name Krishnasamy College of Science, Arts & Management For Women

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Mr. Abhilash Misra
Chief Executive Officer,
NSE Academy Limited

Managing Director
Tamil Nadu
Skill Development Corporation

Certificate No.: TN/NM/NAL-NIRP56834
Issued on: 6ᵗʰ August 2023
Place: Mumbai

MICROSOFT OFFICE 365 PRODUCTIVITY SUITE OFFERINGS

BEGINNERS LEVEL

This is to certify that **HEMAMALINI J** has successfully completed the

Digital Training on Microsoft Office 365 Productivity Suite Offerings Beginners Course

offered by Naan Mudhalvan in partnership with Microsoft on April 17, 2023

naanmudhalvan.tn.gov.in/

Microsoft

naanmudhalvan.azurewebsites.net/

MICROSOFT WORD
BEGINNERS LEVEL

This is to certify that **SINDHUJA B Balamurugan** has successfully completed the
Digital Training on Microsoft Word Beginners Level
offered by Naan Mudhalvan in partnership with Microsoft on April 11, 2023

Microsoft

Upskill ▶▶
from Cambridge

DATE ISSUED	Candidate ID
2023-04-26	ENG_161985

Test Report

Candidate Name
GAYATHRI K

On the CEFR scale
A2

READING	WRITING
A2	B1

SPEAKING	LISTENING
A1	B1

These results show that the candidate can:

Produce simple, mainly isolated phrases, on very familiar topics.
Understand short work-related documentation and messages within their area of expertise.
Write straightforward messages to colleagues, customers, or contacts at other companies on a range of familiar subjects.
Understand the main ideas of clear speech on familiar topics found in the workplace.

CAMBRIDGE English

Upskill ▶▶
from Cambridge

DATE ISSUED	Candidate ID
2023-04-26	ENG_162805

Test Report

Candidate Name
Kabidhasri K

On the CEFR scale
A2

READING	WRITING
B1	B1

SPEAKING	LISTENING
A1	A2

These results show that the candidate can:

Produce simple, mainly isolated phrases, on very familiar topics.
Understand the general meaning of short, non-routine messages and longer articles within their work context.
Write straightforward messages to colleagues, customers, or contacts at other companies on a range of familiar subjects.
Understand the main points of short, clear, slow speech.

CAMBRIDGE English

Healthy and Hygienic

A report on Healthy and Hygienic for college students participating in bridge courses would focus on guiding them towards emphasizes the importance of maintaining good hygiene practices such as regular hand washing with soap, covering coughs and sneezes, and staying home when sick to prevent the spread of illness. Additionally, it highlights the significance of prioritizing overall health by getting enough sleep, exercising regularly, eating a balanced diet, and addressing mental health needs through stress- reducing activities and seeking support when necessary. By promoting these habits, college can safeguard their well- being and create a healthier environment for themselves and their peers.

BRIDGE COURSE TIME TABLE

2022 -2023

Date	Day Order	1	2	3	4	5	6
17.08.22	I	Inaugural function	Self Introduction	General instruction	Library week celebration		
18.08.22	II	Library	About the college	Abstract Puzzle PowerPoint Templates	Smart class	Chemistry Everyday Life	English Grammar
22.08.22	III	Health hygiene	Importance of chemistry	Opportunities and placements of chemistry students	Library	Sports	Sports
23.08.22	IV	Library	Lab safety	Menstrual hygiene	Smart class	Pothu Tamil	Curriculum
24.08.22	V	Stress management	How to utilize Technology	Wealth from Waste	LIBRARY	SPORTS	SPORTS

25.08.22	VI	Smart class	Smart class	About course, syllabus , internal assessments, exam pattern	Library	Department quiz	Rain water harvesting

BRIDGE COURSE TIME TABLE

2022 -2023

	1	2	3	4	5	6
17.08.22	welcoming	Self Introduction		Library week Celebration		
18.08.22	Competitive Exam Tips and Tricks A.M	Library	Importance of Internal Exams S.S	Math Carrier M.C	Sports	
22.08.22	Smart Class		Word Game K.V	Multiplication Tricks G.S	Library	Procedure of preparing Resume A.M
23.08.22	Drawing Competition S.S		Women's Safety and Women's Empowerment A.M	Library	Sports	
24.08.22	Smart Class		About Mathematicians K.V	Positive Thoughts M.C	Library	Health and Hygiene A.M
25.08.22	Library	Math Riddles A.M	Food and Nutrition M.C	Personality Development S.S	Sports	

Physical Fitness

Regular gym attendance is paramount for college students seeking to optimize their physical fitness. Utilizing gym facilities provides access to a wide range of equipment and resources tailored to individual fitness goals, whether it's cardiovascular exercise, strength training, or flexibility routines. Consistent gym sessions not only promote physical health by improving strength, endurance, and flexibility but also contribute to mental wee-being by reducing stress and enhancing mood through the release of endorphins. Moreover, the gym environment offers opportunities for social interaction and support, fostering a sense of community among peers striving for similar fitness objectives. By prioritizing gym attendance, college students can effectively manage their physical fitness and overall wellness a midst the demands of academic life.

CONTENTS