

## Activities (2023-2024)

### Celebration of 1008 Sacred Light Pooja

Celebrated on 04.08.2023 for the welfare of both the students and the universe

### Awareness Programme

An awareness session regarding proper usage of Vending machines and Incinerators is arranged on 30<sup>th</sup> September 2023 to influence the female students' individual health by breaking their menstrual trauma into easeful comfy



### Celebration of Pongal Festival and National Youth Day

Celebrated on 12<sup>th</sup> January 2024 to instill knowledge regarding the role of youth in the society. This festival carries the integrity of all the students and also the awareness on the importance of abundant natural resources.

### Life Skill Training

Siddha Mudra Yoga practice session is arranged on 2<sup>nd</sup> February 2024 to train the female students practicing healthy lifestyles



## Women's Day Celebration

On account of International Women's Day, celebrations were arranged for women students on 8<sup>th</sup> March 2024 at 11 am. Prior to the celebrations competitions like Elocution, Poster Making, Talentia were arranged for the girls to exhibit their unique talents. On the Women's Day celebrations, students were enlightened with the changing roles and phases of women at present by the resource person Dr. Savithri Perumal, Assistant Professor and Head, Government Arts and Science College, Thirumangalam. Winners of the competitions were encouraged with the prizes.



## Students in Competitions





Students' Performance

## Hormone and Women's Health

Health Awareness Programme on **Hormone and Women's Health** was arranged for the women students on 5<sup>th</sup> March 2024 to create awareness on their health condition. Dr. Kumaravel, Director- Alpha Hospital & Research Center, Consultant Endocrinologist, Madurai addressed students on the function of various hormone glands and the effects of their imbalances.



