



## CRITERION 3

SSR CYCLE IV

## RESEARCH, INNOVATIONS AND EXTENSION

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### 3.4. Extension Activities

**3.4.3.1: Number of extension and outreach programs conducted in collaboration with industry, community and Non-Government Organizations through NSS/NCC etc., year wise during the last five years**



## A.P.C. MAHALAXMI COLLEGE FOR WOMEN

Thoothukudi- 628 002, Tamil Nadu.

### To whomsoever it may concern

I hereby declare that the following details and documents are true to the best of my knowledge. They have been checked and verified.

### **3.4.3. Number of extension and outreach programmes conducted through YRC**

S. No	Academic Year	Number of programmes
1	2022-2023	2
2	2021-2022	2
3	2020-2021	5
4	2019-2020	5
5	2018-2019	3
	<b>Total</b>	<b>17</b>



*(Handwritten signature)*

(Dr. K. SUBBULAKSHMI)

Principal i/c  
Principal  
A.P.C. Mahalaxmi College for Women,  
Thoothukudi

Phone : 0461 - 2345655

Website : [www.apcmcollege.ac.in](http://www.apcmcollege.ac.in)

2018-2019

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**Guest Lecture on "Health Awareness"**

Circular

**A.P.C. MAHALAXMI COLLEGE FOR WOMEN****THOOTHUKUDI****CIRCULAR**


01.10.2018

In connection of Traditional Festival "VAA RANI VAA", Youth Red Cross is going to conduct a health awareness programme on 05.10.2018. Indian Medical Corporation Women's section Doctors will deliver the lectures on the topic "Health Awareness".


All are cordially invited

*S. Sakya Bame*  
**PRINCIPAL**  
PRINCIPAL  
A.P.C. Mahalaxmi College For Women  
TUTICORIN 2


Invitation



**A.P.C. Mahalaxmi College for Women**  
**Theothukudi-628002, Tamilnadu, India**



**In connection with**  
**VAA RANI VAA**



**Youth Red Cross**  
*Organizes*

**Health Awareness Programme**

**Date: 05.10. 2018**  
**Venue: College Campus**



## Report

**A.P.C.MAHALAXMI COLLEGE FOR WOMEN****THOOTHUKUDI****YOUTH RED CROSS****SPECIAL GUEST LECTURE REPORT****2018-2019**

On behalf of Youth Red Cross, a special guest lecture was organized on the topic "Health Awareness" on 5<sup>th</sup> October 2018. Indian Medical Corporation Women's Section Doctors were delivered a special lectures on various topics related to the theme.

Dr.K.SathyaBama, Principal, A.P.C.Mahalaxmi College for Women welcomed the gathering. Dr.Poongodhai, M.D., D.G.O., Indira Hospital delivered the lecture on the topic "Obesity". Dr.Rajeswari, M.S.(ENT), V.O.C.Port Trust Hospital delivered the lecture on the topic "Women's Health" and Dr.AngalaThangeswari, M.D., (Psychology) delivered the topic "Communications equipment in Society". Dr.PethukaniVenkat, M.S.,D.G.O., and Dr.Banu were generally address to the students. Dr.S.Mallika, Associate Professor of Tamil was the Master of Ceremony for this programme. The Awareness programme ends with the National Anthem.

*K. Sathya Bama*  
PRINCIPAL  
A.P.C. Mahalaxmi College For Women  
TUTICORIN, 2

## List of Participants



**A.P. C. Mahalaxmi College for Women**  
**Thoothukudi- 628002, Tamilnadu, India**  
**Youth Red Cross-2018-2019**  
**List of Participants**  
**Health Awareness**

S.No.	Name	Class & Major
1	A. ABARNA	II B. Sc. Computer Science
2	S. ANANTHI VIGNESHWARI	II B. Sc. Computer Science
3	S. BAVANI	II B. Sc. Computer Science
4	S. DEEPA	II B. Sc. Computer Science
5	J. GLARA SILVIA	II B. Sc. Computer Science
6	J. JUMANA TAKCINA BANU	II B. Sc. Computer Science
7	S. KAVITHA	II B. Sc. Computer Science
8	P. MANJU	II B. Sc. Computer Science
9	A. MARIESWARI	II B. Sc. Computer Science
10	K. NAGAESWARI	II B. Sc. Computer Science
11	K. OVIYA PRIYA	II B. Sc. Computer Science
12	V. PETHARASI	II B. Sc. Computer Science
13	C. PRIYADHARSHINI	II B. Sc. Computer Science
14	P. RADHA	II B. Sc. Computer Science
15	A. RAMYA	II B. Sc. Computer Science
16	K. SANGEETHA	II B. Sc. Computer Science
17	A. VANI	II B. Sc. Computer Science
18	S. VIGNESHWARI	II B. Sc. Computer Science
19	V. VINITHA	II B. Sc. Computer Science
20	S. YASMIN KINTEEL NOORANI	II B. Sc. Computer Science
21	M. ABIRAMI	II B. A. Tamil
22	S. ABIRAMI	II B. A. Tamil
23	A. ABISIYA	II B. A. Tamil
24	G. CELCEA	II B.A. Tamil
25	P. SUBBULAKSHMI	II B. A. Tamil
26	S. SUGUNA DEVI	II B. A. Tamil
27	M. SUVITHA	II B. A. Tamil
28	T. THANGAM	II B. A. Tamil
29	N. UMALAKSHMI	II B. A. Tamil
30	R. VASANTHI	II B. A. Tamil
31	S. VIDHYA	II B. A. Tamil
32	J. AKILA	II B.Com. Batch I
33	L. ANTONY DIVYA THERESE	II B.Com. Batch I
34	M. ANUSUYA	II B.Com. Batch I
35	V. ARCHANA	II B.Com. Batch I
36	S.S. ARUMUGA ESWARI	II B.Com. Batch I

37	D. CHITHARA	II B.Com. Batch I
38	S. MAHALAKSHMI	II B.Sc. Mathematics(Aided)
39	C. MAREESWARI	II B.Sc. Mathematics(Aided)
40	G. MUTHU MARI	II B.Sc. Mathematics(Aided)
41	P. PERIYA NAYAGI	II B.Sc. Mathematics(Aided)
42	S. PUSHPA LAKSHMI	II B.Sc. Mathematics(Aided)
43	P. RAMA LAKSHMI	II B.Sc. Mathematics(Aided)
44	V. SELVA PRIYA	II B.Sc. Mathematics(Aided)
45	R. SOUNDARYA	II B.Sc. Mathematics(Aided)
46	S. SREEMATHI	II B.Sc. Mathematics(Aided)
47	M. SUBA SARASWATHI	II B.Sc. Mathematics(Aided)
48	C. SUDARMANI	II B.Sc. Mathematics(Aided)
49	R. SWEETHIN HETZY	II B.Sc. Mathematics(Aided)
50	A. VINITHA	II B.Sc. Mathematics(Aided)
51	S. ABINAYA	II B.Com. Aided
52	V. ANANTHA LAKSHMI	II B.Com. Aided
53	B. GEETHA	II B.Com. Aided
54	M. MALATHI	II B.Com. Aided
55	M. MARIA GERTRUDE STELLA	II B.Com. Aided
56	S.M. MUTHU SELVI	II B.Com. Aided
57	V. NANTHINI	II B.Com. Aided
58	K. GOWRI	II B.Sc. Chemistry
59	M. JEEVITHA	II B.Sc. Chemistry
60	M. MAHALAKSHMI	II B.Sc. Chemistry
61	M. MARIAMMAL	II B.Sc. Chemistry
62	J. MUKILA	II B.Sc. Chemistry
63	S. PON MAHESHWARI	II B.Sc. Chemistry
64	B. RAJALAKSHMI	II B.Sc. Chemistry
65	M. RAMYA ANJALIN	II B.Sc. Chemistry
66	S. SHENBAGA RAMA DEVI	II B.Sc. Chemistry
67	R. SOUNDARYA	II B.Sc. Chemistry
68	A. STELLA ROSELIN	II B.Sc. Chemistry
69	M. SUBAHSINI	II B.Sc. Chemistry
70	K. SURYA	II B.Sc. Chemistry
71	M. VANITHA	II B.Sc. Chemistry
72	A. VIJAYA KANI	II B.Sc. Chemistry
73	K. GOWRI	II B.Sc. Chemistry
74	M. JEEVITHA	II B.Sc. Chemistry
75	M. ALAGUMARI	II B.Sc. Zoology
76	M. ANNUSHYA	II B.Sc. Zoology
77	P. BAGAVATHI DEVI	II B.Sc. Zoology
78	V. ESAKKIAMMAL	II B.Sc. Zoology
79	S. JEYALAKSHMI	II B.Sc. Zoology
80	E. KOWSALYA	II B.Sc. Zoology
81	S. MAREESWARI	II B.Sc. Zoology
82	J. MEGARUN NISHA	II B.Sc. Zoology
83	B. PAVITHRA	II B.Sc. Zoology



84	P. PAVITHRA	II B.Sc. Zoology
85	S. PITCHAMMAL	II B.Sc. Zoology
86	R. SAKTHIKOWSIKA	II B.Sc. Zoology
87	S. ABINAYA	II B.A. English
88	A. ANNISS FATHIMA	II B.A. English
89	M. ANUCIA PRIYA	II B.A. English
90	M. ANISHIYA DEVI	II B.A. History
91	M. BALA SUNDARI	II B.A. History
92	A. ANUSHIYA	II B.A. History
93	A. ARUNA DEVI	II B.A. History
94	L. BRAMMA SAKTHI	II B.A. History
95	R. CHENDURKANI	II B.A. History
96	P. GNANA SUNDARI	II B.A. History
97	C. GOVINDHAMMAL	II B.A. History
98	K. GURUVAMMAL	II B.A. History
99	R. MANISHA	II B.A. History
100	S. MARI SELVI	II B.A. History

*K. Sathyalaxmi*  
PRINCIPAL  
A.P.C. Mahalaxmi College For Women  
TUTICORIN-2.

**Guest Lecture on "First Aid"**

Circular

**A.P.C.MAHALAXMI COLLEGE FOR WOMEN****THOOTHUKUDI – 628002****CIRCULAR****18.09.2018**

On behalf of YRC, We are going to organize a Guest Lecture on 19.09.2018 at 2.00 pm at conference Hall. Dr.S.Sivasailam, MBBS., MNAMS., DNB(Psychiatry), Senior Consultant Psychiatrist, Rengasamy Nursing Home, Thoothukudi will be delivering the Lecture on the theme "First Aid". All are cordially invited.

*K. Sathya Bame*  
**Principal**  
PRINCIPAL  
A.P.C Mahalaxmi College For Women  
TUTICORIN 2



Invitation



**A.P.C. Mahalaxmi College for Women**  
**Thoothukudi-628002, Tamilnadu, India**



**Youth Red Cross**  
**Organizes**  
**Awareness Programme on**  
**First Aid**

**Dr. S.Sivasailam, MBBS., MNAMS.,**  
**DNB(Psychiatry)**  
**Senior Consultant Psychiatrist**  
**Rengasamy Nursing Home**  
**Thoothukudi**

**Date: 19.09. 2018**  
**Venue: College Campus**

## Report



**A.P.C. Mahalaxmi College for Women, Thoothukudi**

**Report of the Youth Red Cross for 2018- 2019**

On behalf of Youth Red Cross, A.P.C Mahalaxmi College for Women, a **Guest lecture** was organized on the topic “**First Aid**” for Youth Red Cross students on 19<sup>th</sup> September 2018 at 2.00 pm.

**Dr. K. Bala Deepa Arasi**, Assistant Professor of Mathematics, delivered the Welcome Address. It was followed by honouring the chief guest with the momento by **Dr. S. Malika**, Associate Professor of Tamil.

**Dr. S. Sivasailam**, MBBS, MNAMS, DNB (Psychiatry), Senior Consultant Psychiatrist, Rangasamy Nursing Home, delivered the lecture on the topic “**First Aid**”. Second year under graduate students of YRC were attended and gained some knowledge about First Aid.

**Dr. Pushpagavalli**, Assistant Professor of Tamil, delivered the vote of thanks.

The programme ended with the National Anthem.

*K. Sathya Bame*  
PRINCIPAL  
A.P.C. Mahalaxmi College For Women  
TUTICORIN - 2.



Photos

Guest lecture on 19.09.2018



*Provoking speech by Dr. S. Sivasailam*



## List of Participants



A.P. C. Mahalaxmi College for Women, Thoothukudi- 628002, Tamilnadu, India

Youth Red Cross-2018-2019

List of Participants

**First Aid**

S.No.	Name	Class & Major
1	M. ABIRAMI	II B. A. Tamil
2	S. ABIRAMI	II B. A. Tamil
3	A. ABISIYA	II B. A. Tamil
4	G. CELCEA	II B. A. Tamil
5	N. CHITRA	II B. A. Tamil
6	M. DHANALAKSHMI	II B. Sc. Physics
7	G. GOWRI	II B. Sc. Physics
8	M. KARTHIKA	II B. Sc. Physics
9	J. KEERTHIKA	II B. Sc. Physics
10	S. MADHUMATHY	II B. Sc. Physics
11	K. MADHUMITHA	II B. Sc. Physics
12	K. MAREESWARI	II B. Sc. Physics
13	K. MARISELVI	II B. Sc. Physics
14	M. NANTHINI	II B. Sc. Physics
15	P. PAVITHIRA	II B. Sc. Physics
16	S. PETHULAVANYA	II B. Sc. Physics
17	R. PONCHITHRA	II B. Sc. Physics
18	R. POOLAM DEVI	II B. Sc. Physics
19	A. PRIYA	II B. Sc. Physics
20	M. PRIYA	II B. Sc. Physics
21	K. PRIYADHARSHINI	II B. Sc. Physics
22	B. RAMYA	II B. Sc. Physics
23	M. RANJANI	II B. Sc. Physics
24	T. RANJANI	II B. Sc. Physics
25	M. MUTHU GOWSALYA	II B. A. English
26	A. MUTHU MARI	II B. A. English
27	S. NANGAIYAR	II B. A. English
28	K. PRATHIBA	II B. A. English
29	S. PREMA	II B. A. English
30	M. RAJA KANI	II B. A. English
31	M. SANTHANA MARI	II B. A. English
32	K. BANUPRIYA	II B.Sc. Mathematics(Aided)
33	A. BENASIR	II B.Sc. Mathematics(Aided)
34	P. DHANA LAKSHMI	II B.Sc. Mathematics(Aided)
35	S. JEYA LAKSHMI	II B.Sc. Mathematics(Aided)
36	G. KAMALA AMBIGAI	II B.Sc. Mathematics(Aided)
37	M. KRISHNAVENI	II B.Sc. Mathematics(Aided)
38	S. MAHALAKSHMI	II B.Sc. Mathematics(Aided)



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54	M. MALATHI	II B.Com. Aided
55	M. MARIA GERTRUDE STELLA	II B.Com. Aided
56	S.M. MUTHU SELVI	II B.Com. Aided
57	V. NANTHINI	II B.Com. Aided
58	J. NISHA PATHY	II B.Com. Aided
59	P. PONRUBI	II B.Com. Aided
60	A. PRIYANKA	II B.Com. Aided
61	M. RAJESWARI	II B.Com. Aided
62	E. SHANTHI	II B.Com. Aided
63	R. SINDHU PRIYA	II B.Com. Aided
64	S. SNEHA	II B.Com. Aided
65	G. SORNALATHA	II B.Com. Aided
66	S. SUBALAKSHMI	II B.Com. Aided
67	S. SUBBULAKSHMI	II B.Com. Aided
68	M. SUGANYA	II B.Com. Aided
69	V. THANGAMARIAMMAL	II B.Com. Aided
70	N. VARSHA	II B.Com. Aided
71	N.A. VASANTHAA	II B.Com. Aided
72	M. VEERA GOMATHI PRIYA	II B.Com. Aided
73	A.S. VELHAMMAL	II B.Com. Aided
74	K. VIJAYALAKSHMI	II B.Com. Aided
75	M. ALAGUMARI	II B.Sc. Zoology
76	M. ANNUSHYA	II B.Sc. Zoology
77	P. BAGAVATHI DEVI	II B.Sc. Zoology
78	V. ESAKKIAMMAL	II B.Sc. Zoology
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90	M. ANISHIYA DEVI	II B.A. English
91	M. BALA SUNDARI	II B.A. English
92	P. DEVI NIRMALA	II B.A. English
93	S. GOWRI SAKUNDHALA	II B.A. English
94	S. JENITTA ESTHERJ	II B.A. English
95	K. KALAIARASI	II B.A. English
96	M. KANIGA	II B.A. English
97	M. KARPAGAVALLI	II B.A. English
98	N. KARTHIGA DEVI	II B.A. English
99	P. MAHALAKSHMI	II B.A. English
100	S. MAJHESWARI	II B.A. English

*K. Sathyabama*  
PRINCIPAL  
**A.P.C. Mahalaxmi College For Women**  
TUTICORIN-2.



**Guest Lecture on "Cyber Safety"**

Circular

**A.P.C.MAHALAXMI COLLEGE FOR WOMEN, THOOTHUKUDI – 628002****Youth Red Cross****CIRCULAR****07.02.2019**

YRC- Youth Red Cross of our College has arranged a Guest Lecture on 07.02.2019 held at Auditorium. Mrs.S. Sornalatha, MA.ML, Advocate, Notary Public, Thoothukudi will be delivering the lecture on the theme "Cyber Safety".

All are cordially invited.

*K. Sathya Rama***Principal**PRINCIPAL  
A.P.C. Mahalaxmi College For Women  
TUTICORIN

Invitation



**A.P.C. Mahalaxmi College for Women**  
**Thoothukudi-628002, Tamilnadu, India**



**Youth Red Cross**

**Organizes**

**Awareness Programme on**

**Cyber Safety**

**Mrs. Sornalatha M.A, M.L**

**Advocate**

**Notary Public**

**Date: 07.02. 2019**

**Venue: College Campus**



**Report****A.P.C.MAHALAXMI COLLEGE FOR WOMEN  
THOOTHUKUDI****YOUTH RED CROSS  
Guest Lecture Report  
2018- 2019**

On behalf of Youth Red Cross, a Guest Lecture was organized on the topic “Cyber Safety” on 07<sup>th</sup> February 2019. Mrs.Sornalatha M.A., M.L., Advocate, Notary Public was the guest speaker of the programme. Dr.S.Mallika, Associate Professor of Tamil welcomed the gathering. As a token of love, Dr.S.Mallika gave a memento to the chief guest. Mrs.Sornalatha delivered the lecture on the topic cyber safety and she defined Cyber safety is the safe and responsible use of information and communication technologies. She also encouraged the students to identify the risks associated with information and communication technologies. Totally 500 YRC students were benefited by the programme. Dr.K.Bala Deepa Arasi, Assistant Professor of Mathematics delivered the vote of thanks. The programme ended with the National Anthem.

*K. Sakya Bame*

PRINCIPAL

A.P.C. Mahalaxmi College For Women  
TUTICORIN 2

Photos



*Chief Guest Mrs. Sornalatha, Advocate addressed the gathering*



## News Clipping

A.P.C.MAHALAXMI COLLEGE FOR WOMEN THOOTHUKUDI, YOUTH RED CROSS ;Guest Lecture Report 2018- 2019 ;Advocate Sornalatha delivered the lecture

Onetamil News Feb 8, 2019



A.P.C.MAHALAXMI COLLEGE FOR WOMEN THOOTHUKUDI, YOUTH RED CROSS ;Guest Lecture Report 2018- 2019 ;Advocate Sornalatha delivered the lecture

THOOTHUKUDI 2019 FEB 8 ; On behalf of Youth Red Cross, a Guest Lecture was organized on the topic

“Cyber Safety” on 07th February 2019. Mrs.Sornalatha M.A., M.L., Advocate, Notary Public was the guest speaker of the programme. Dr.S.Mallika, Associate Professor of Tamil welcomed the gathering. Advocate Sornalatha delivered the lecture on the topic cyber safety and she defined Cyber safety is the safe and responsible use of information and communication technologies. She also encouraged the students to identify the risks associated with information and communication technologies. Totally 500 YRC students were benefited by the programme. Dr.K.Bala Deepa Arasi, Assistant Professor of Mathematics delivered the vote of thanks. The programme ended with the National Anthem