



CRITERION 3

SSR CYCLE IV

RESEARCH, INNOVATIONS AND EXTENSION

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
	Total	17



(Handwritten signature)

(Dr. K. SUBBULAKSHMI)

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

Phone : 0461 - 2345655

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2022-2023

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Guest Lecture on "First Aid Awareness"

Circular



A.P. C. Mahalaxmi College for Women
Thoothukudi- 628002, Tamilnadu, India
Re-Accredited by NAAC with 'B' Grade

Circular

09.03.2023


The Second Year Students of the Youth Red Cross of the College are to assemble in the auditorium for a **First Aid Awareness Programme** .

Speaker: Mrs. S. Kala Kalidasan, Paramedical lab educational & Welfare Association(State Women's Wing Organizer)

Venue: Auditorium

Date & Time: 15.03.2023 & 01:30 p.m.

Audience: Second Year Youth Red Cross Students


Principal [2]
A.P.C. Mahalaxmi College for Women
Thoothukudi

Invitation





A.P.C. Mahalaxmi College for Women
Thoothukudi-628002, Tamilnadu, India.
Reaccredited by NAAC with B+ Grade

Youth Red Cross
Organizes
a
First Aid Awareness Programme

Resource Person
Mrs. S. Kala Kalidasan
Paramedical lab educational & Welfare
Association
(State Women's Wing Organizer)

Coordinators
Dr. A. Vijayalakshmi
Assistant Professor of Tamil
Ms. J. Sivaranjini
Assistant Professor of Mathematics

Date: 15.03.2023
Time: 01.30 p.m.
Venue: Auditorium

Dr. P. Bala Shanmuga Devi
Principal

Report



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

Re-Accredited by NAAC with 'B' Grade

Report-15.03.2023

Event: Awareness Programme

Venue: Auditorium

Topic: First Aid Awareness Programme

Resource Person: Mrs. S. Kala Kalidasan, Paramedical lab educational & Welfare Association (State Women's Wing Organizer)

Audience: II year Youth Red Cross (350)

Objective of the Programme

Preserving life, preventing injury from getting worse, and aiding recovery. Extended objectives include relieving pain and protecting the unconscious.

An awareness program on first aid was organized by Youth Red Cross A.P. C. Mahalaxmi College for Women, Thoothukudi held on 15.03.2023 at Auditorium. Dr. S. Mallika, Associate Professor of Tamil felicitated the Programme. Mrs. S. Kala Kalidasan, Paramedical lab educational & Welfare Association (State Women's Wing Organizer) acted as a Resource Person. In medical terms she explained the meaning, aims and priorities of First Aid measures. Further, she told the students about different kinds of emergency situations like *shock, bleeding, heart attack, stroke* and various ways to respond to them. The students were enthusiastic and inquisitive to know more on a subject like this which was interesting and educative at the same time. she welcomed the questions and cleared the doubts raised by them.

The Welcome Speech was given by Dr. A. Vijayalakshmi, Programming Officer & Assistant Professor of Tamil. The concluding speech was given by Ms. J. Sivaranjini, Assistant Professor of Mathematics. Over 350 Participants were benefited by this session.

With the guidance and support of Principal Dr.P,Bala Shanmuga Devi the Programme successfully ended.

Outcome of the Programme

It makes students understand the difference between life and death and facilitates to minimize the sufferings of injured. The course trains individuals to provide immediate preliminary medical help to patients before first aid help arrives at the scene.

Invitation



A.P.C. Mahalaxmi College for Women
Thoothukudi-628002, Tamilnadu, India.
 Reaccredited by NAAC with B+ Grade

Youth Red Cross
 Organizes
 A
First Aid Awareness Programme

Resource Person
Mrs. S. Kala Kalidasan
 Paramedical lab educational & Welfare
 Association
 (State Women's Wing Organizer)

Date: 15.03.2023
 Time: 01:30 p.m.
 Venue: Auditorium

Dr. P. Bala Shanmuga Devi
 Principal

Coordinators
 Dr. A. Vijayalakshmi
 Assistant Professor of Tamil
 Ms. J. Sivaranjini
 Assistant Professor of Mathematics

Event Photograph



Principal
A.P.C. Mahalaxmi College for Women
 Thoothukudi

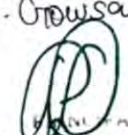
Photos



List of Participants

II B.A.English
Youth Red Cross

S.NO	NAME	SIGNATURE
1.	G.Abina	G. Abina
2.	B.Anushiya	B. Anushiya
3.	U.Beula	U. Beula.
4.	S.Dhanalakshmi	S. Dhanalakshmi
5.	A.Jothimuthukala	A. Jothi Muthu Kala.
6.	K.Ahamed Ameerq	K. Ahmed Ameer
7.	K.Latha Mageswari	K. Latha Mageswari
8.	K.Merlin Sweety	K. Merlin Sweety
9.	N.Mahalakshmi	N. Maha Lakshmi.
10.	B.Muthu Lakshmi	B. Muthu Lakshmi.
11.	M.Muthulakshmi	M. Muthu Lakshmi.
12.	M.Muthu Mari	absent
13.	D.Nivetha	D. Nivetha
14.	A.Reshma Angel	A. Reshma Angel
15.	M.Santhana Priya	M. Santhana Priya
16.	R.Selva Lakshmi	absent
17.	S.Suguna	absent
18.	M.Tamilarasi	absent
19.	M.Vanitha	M. Vanitha
20.	R.Supraja Chellam	Supraja Chellam R
21.	MP.Amy Sharon	absent
22.	S.Beula Shanthini	S. Beula Shanthini
23.	J.Christina Angeline	J. Christina Angeline
24.	A.Jenitha Christy	A. Jenitha Christy
25.	G.Kavitha	G. Kavitha.
26.	P.Lakshmi Prabha	P. Lakshmi Prabha
27.	L.Raja Sudha	absent
28.	A.Sathiya	A. Sathya
29.	M.Sathya	M. Sathya
30.	B.Shalini	Shalini - B
31.	R.Subha	R. Subha
32.	P.Muthu Poorani	P. Muthu Poorani
	S. Poongkani	S. Poongkani
	A. Gowalya	A. Gowalya.


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

S.NO	NAME	SIGNATURE
1.	A.Aarthi	A. Aarthi
2.	M.Arul Jothi	M. Arul Jothi
3.	N.Banumathi	N. Banumathi
4.	M.Dhanalakshmi	M. Dhanalakshmi
5.	V.Girithigaa	V. Girithigaa
6.	S.Gomathy	S. Gomathy
7.	A.Kalaimani	A. Kalaimani
8.	T. M. Kayalvizhi	T. M. Kayalvizhi
9.	M.Malathi	M. Malathi
10.	B.Mari Kani	B. Mari Kani
11.	G.Muthu Mari	G. Muthu Mari
12.	S. Muthu Vigneswari	S. Muthu Vigneswari
13.	N.Nishanthini	N. Nishanthini
14.	S.Poornaselvi	S. Poornaselvi
15.	N.Rajashree	N. Rajashree
16.	S.Renuka	S. Renuka
17.	V.Revathi	V. Revathi
18.	J.Roselin	J. Roselin
19.	A.Ruhaiya Shamena	absent
20.	S.Ulagammal	S. Ulagammal
21.	S.Sarolin	S. Sarolin
22.	S.Sathya Revathi	S. Sathya Revathi
23.	S.Selva Anusya Sri	S. Selva Anusya Sri
24.	M.Shanthi	M. Shanthi
25.	D.Sheeba Jency	D. Sheeba Jency

26. M. Pawithra
 27. G. vasantha mallige
 28. M.S. Malathi

M.S. Malathi



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II.B.Sc Physics (U.A)

Youth Red Cross

S.NO	NAME	SIGNATURE
1.	M.Anitha	M. Anitha.
2.	X.Devika	X. Devika
3.	S.Santhiya	S. Santhiya
4.	V.Sivaranjani	V. Sivaranjani
5.	M.Swathika Priyatharshini	M. Swathika Priyatharshini
6.	A.Vaishnavi	A. Vaishnavi
7.	M.Sumithra	M. Sumithra.



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Youth Red Cross

S.NO	NAME	SIGNATURE
1.	C.Abinaya	C. Abinaya
2.	P.Abinaya	P. Abinaya
3.	M.Asha	M. Asha
4.	A.Azhagudivya	A. Divya
5.	V.Divyadharsini	V. Divyadharsini
6.	S.Gandhi Prabha	S. Gandhi Prabha
7.	S.Harilakshmi Sridevi	S. Harilakshmi Sridevi
8.	V.Ishwarya	V. Ishwarya
9.	S.Jeyarani	S. Jeyarani
10.	B.Jeyasri	B. Jeyasri
11.	M.Karpagajothi	M. Karpaga Jothi
12.	S.Maha Lakshmi	S. Mahalakshmi
13.	G.Mariya Vincya	G. Vinny
14.	A.Remonicka	A. Remonicka
15.	A.Reshma	A. Reshma
16.	A.Rossari Subista	A. Rossi
17.	P.Sakthi Priya Dharshini	P. Sakthi Priya Dharshini
18.	S.Siva Priyanka Devi	S. Siva Priyanka Devi
19.	V.Sneka	V. Sneka



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A.P.C. Mahalaxmi College For Women
TUTIGORIN-2.

II B.Sc Chemistry
Youth Red Cross

S.NO	NAME	SIGNATURE
1.	J.Ilakkiya	J. Ilakkiya
2.	N.Krishnaveni	N. Krishnaveni
3.	R.Mariammal	R. Mariammal
4.	K.Muneeswari	K. Muneeswari
5.	G.Muthu Thrisha	G. Muthu Thrisha
6.	M.Petchiammal	M. Petchiammal
7.	P.Petchiammal	P. Petchiammal
8.	B.Petchiammal	B. Petchiammal
9.	M.Prema	M. Prema
10.	M.Akshaya	M. Akshaya


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II B.Sc Computer Science
Youth Red Cross

S.NO	NAME	SIGNATURE
1.	M.Aarthi	M. Aarthi
2.	S.Abitha	S. Abitha
3.	A.Ananthaselvi	A. Ananthaselvi
4.	Bala Krishna Veni .M	M. Balakrishna Veni
5.	M.Chandra	M. chandra
6.	M.Gayathri	M. Gayathri
7.	K.Gomathi	Gomathi .K
8.	V.Jenitha	V. Jenitha
9.	S.Mahalakshmi	S. Mahalakshmi
10.	M.Marjammal	M. Marjammal
11.	Marriammal(A)Maheswari	Marriammal(A) Maheswari. C
12.	M.Mariselvi	M. Mariselvi
13.	M.Priya dharshini	M. Priya dharshini
14.	S.Raja Vennila	Raja Vennila. S.
15.	P.Ramalakshmi	P. Ramalakshmi
16.	R.Sangeetha	Sangeetha. R
17.	M.Sahisthanaj	Sahisthanaj. M
18.	Selvarani	absent
19.	P.Shanmugha Sundari	P. Shanmugha Sundari
20.	M.Veeralakshmi	M. Veeralakshmi
21.	M.Yuvarani	M. Yuvarani

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II.B.Sc Zoology
Youth Red Cross

S.NO	NAME	SIGNATURE
1.	M.Ananthi	
2.	P.Anupriya	M. Ananthi
3.	E.Anushiya	absent
4.	R.Asha Devi	absent
5.	P.Bala Krishnaveni	R. Asha Devi
6.	A.Gowri	P. Balakrishnaveni
7.	A.Gnana Sowmiya	Absent
8.	P.Ishwarya	Absent
9.	P.Joan Granaf	P. Ishwarya
10.	S.Karbagavalli	Absent
11.	M.Mansiya	S. Karbagavalli
12.	M.Mariselvi	absent
13.	S.Muthu Mari	M. Mariselvi
14.	R.Muthu Ranjani	absent
15.	P.Priya Dharshini	R. Muthu Ranjani
16.	B.Radha	absent
17.	M.Ramalakshmi	absent
18.	P.Subhash Kani	M. Ramalakshmi
19.	M.Sushma	absent
20.	P. Mahalakshmi	M. Sushma
21.	B. Sindhuja	P. Mahalakshmi
		B. Sindhuja


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 TUTICORIN-2.

Commercell.B.Com (Aided)

Youth Red Cross

S.NO	NAME	SIGNATURE
1.	Backialakshmi @ Akshaya	Ln. Backialakshmi @ Akshaya
2.	P.Bavani	P. Bavani
3.	P.Deepthi	P. Deepthi
4.	M.Divya Brinci	M. Divya Brinci
5.	G.Durga	G.Durga
6.	R.Durgadevi	Absent
7.	G.Gowsalya	G.Gowsalya
8.	K.Iswarya	Iswarya K
9.	Jayashree	R. Jayashree
10.	L.Jothilakshmi	L. Jothi Lakshmi
11.	K.Karumari Shunmugga Priya	Absent
12.	P.Kavitha	P. Kavitha
13.	P.Mahesh	P. Mahesh
14.	P.Malathi	P. Malathi
15.	M.Mathina	M. Mathina
16.	S.Muthalagu Karpagam	Absent
17.	M.Nagakrishnamanju	H. Naga Krishna Manju
18.	G.Petchipriya	G. Petchi Priya
19.	K.Poornalakshmi	K. Poorna Lakshmi
20.	T.Ragal Sophia	T. Ragal Sophia
21.	T.Rubhashree	T. Rubhashree
22.	P.Sabhitha	P. Sabitha
23.	M.Sathyakala	M. Sathyakala
24.	P.Selva Prathika	Absent
25.	M.Shunmuga Lakshmi	M. Shanmuga Lakshmi
26.	S.Shri Uma Maheshwari	S. Shri Uma Maheshwari
27.	M.Sneha	M. Sneha
28.	A.Thanga Pushpam	A. Thanga pushpam


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


I.I.B.A Tamil
Youth Red Cross

NO	NAME	SIGNATURE
1.	Pavithra Vijayalakshmi	Pavithra vijayalakshmi
2.	Paul Thangam	P. Paulthangam
3.	N.Priya Dharshini	N. Priyadharsini
4.	S.Anupriya	S. Anupriya.
5.	M.Sangeetha	M. Sangeetha
6.	V.Marieswari	V. Mari Eswari
7.	S.Mahalakshmi	S. Mahalakshmi.
8.	M.Pandeeswari	M. Pandeeswari
9.	V.Naveena	Absent
10.	S.Manikanaeswari	S. Manikanda Eswari
11.	N.Muthumari	Absent
12.	G.Ramya Krishna	Gr. Ramya Krishna
13.	V.Murugeswari	Absent
14.	S.Sakthi Kala	S. Sakthi Kala
15.	M.Pandiselvi	Absent
16.	S.Deva Dharshini	S. Devadharsini
17.	E.Muthu mathi	Absent
18.	S.Mageshwari	S. Mageshwari
19.	M.Sornalatha	Absent
20.	E.Kavitha	Absent
21.	C.Thangamani	Absent
22.	T.Maragatha Valli	T. Maragathavalli
23.	S.Valli	Absent
24.	K.Mariselvi	K. Mariselvi
25.	D.Jenifer Jayanthi	D. Jenifer Jayanthi
26.	R.Avudailakshmi	R. Jenifer Jayanthi
27.	A.Pebina	A. pebina.
28.	M.Muthumari	M. Muthy Mari
29.	K.Abarna	K. Abarna
30.	M.Kiruthika	M. Kiruthika.
31.	S.Akila	S. Akila
32.	M.Nandhini	M. Nandhini
33.	P. Mariammal	P. Mariammal
34.	L. Sharmuga Priya	L. Sharmuga priya
35.	N. Nishanthini	N. Nishanthini
36.	M. Dhivya	M. Dhivya


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H.B.Sc History
Youth Red Cross

Sl.NO	NAME	SIGNATURE
1.	J.Abinaya	J.Abinaya
2.	A.Angel	A.Angel
3.	P.Anu Priya	P. Anu Priya
4.	U.Azhagu Lakshmi	U. Azhagu Lakshmi
5.	M.Bhuvaneeshwari	M. Bhuvaneeshwari
6.	M.Essakiammal	Absent
7.	S.Gayathri	S. Gayathri
8.	J.Gomathi	J. Gomathi
9.	V.Gurudevi	V. Gurudevi
10.	K.Jeyanthi	K. Jeyanthi
11.	A.Karpaga Veena	A. Karpaga Veena
12.	T.Karthika Selva Reshmi	T. Karthika Selva Reshmi
13.	P.Karthi	P. Karthi
14.	K.Maha Lakshmi	K. Maha Lakshmi
15.	A.Maheswari	A. Maheswari
16.	S.Maheswari	S. Maheswari
17.	K.Mari Aishwarya	Absent
18.	M.Maria Sangeetha	Absent
19.	C.Mathavi	C. Mathavi
20.	S.Muruga Lakshmi	Absent
21.	K.Murugeswari	K. Murugeswari
22.	M.Muthu	M. Muthu
23.	M.Muthumari()	M. Muthumari
24.	M.Muthu Mathi	M. Muthu Mathi
25.	M.Muthumari()	M. Muthumari
26.	S.Muthu Selvi	S. Muthu Selvi
27.	P.Pavithra	P. Pavithra
28.	K.Pitchammal	K. Pitchammal
29.	M.Priya Devi	M. Priya Devi
30.	P.Priya Dharshini	P. Priya Dharshini
31.	R.Pushpavalli	R. Pushpavalli
32.	M.Radhika	M. Radhika
33.	E.Revathi	E. Revathi
34.	M.Shanthi	M. Shanthi
35.	G.Sherly	G. Sherly
36.	K.Sorna Lakshmi	K. Sorna Lakshmi


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37.	K.Theiva Kani	K.Theiva Kani
38.	J.Rathna	J. Rathna
39.	A.Muruga Veni	Absent
40.	S.Selviya	S. Selviya


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Orientation on YRC

Circular

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

Reaccredited by NAAC with 'B' Grade

Circular**15.10.2022**

The Second Year Students of the Youth Red Cross of the College are to assemble in the auditorium for an **Orientation Programme** .

**Speaker: Mr. E. Blithe Sudhar ,Coordinator Indian Red Cross Society
Tamilnadu State Branch**

Venue: Auditorium

Date & Time: 17.10.2022 & 10:30 a.m.


Principal
A.P.C. Mahalaxmi College for Women
Thoothukudi

Invitation



 **A.P.C. Mahalaxmi College for Women**
Thoothukudi-628002, Tamilnadu, India.
Reaccredited by NAAC with B+ Grade



Youth Red Cross
Organizes
an
Orientation Programme



Resource Person
Mr. E. Blithe Sudhar
District Coordinator
Indian Red Cross Society
Tamilnadu State Branch

Date: 17.10.2022
Time: 10:30 a.m.
Venue: Auditorium

Coordinators
Dr. A. Vijayalakshmi
Assistant Professor of Tamil
Ms. J. Sivaranjini
Assistant Professor of Mathematics

Dr. P. Bala Shanmuga Devi
Principal

Report



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

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Report on Orientation Programme

17.10.2022

An Orientation Programme for Youth Red Cross Volunteers was organized on 17-10-2022 (Monday) at Auditorium of our campus. **Mr. E. Blithe Sudhar**, District Coordinator, Indian Red Cross Society, Tamil Nadu Branch, Kanniyakumari was the resource person for the programme. He addressed YRC volunteers about the history and motto of YRC moment. He also enlightened the volunteers with his experience on the roles, responsibilities and benefits of YRC. Totally 350 YRC volunteers were benefited by this programme.

Dr. Monica Ramraj, Head & Associate Professor, PG& Research Department of English, felicitated the gathering. **Dr. A. Vijayalakshmi**, Assistant Professor of Tamil welcomed the gathering. **Ms. J. Siva Ranjini**, Assistant Professor of Mathematics proposed the Vote of Thanks. With the support of the Principal **Dr. P.Bala Shanmuga Devi**, the Programme successfully ended.

The Main purpose of organizing the Youth Red Cross is

- ✦ To inculcate in the Youth of our country awareness on the care of their own health and that of others.
- ✦ To understand and acceptance of civic responsibilities and acting accordingly with humanitarian concern, to fulfil the same.
- ✦ To enable the growth and development of a spirit of service and sense of duty with dedication and devotion in the minds of youth.
- ✦ To cultivate better friendly relationship with all without any discrimination YRC incharge made all the arrangements.

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TUTICORIN-2.

Photos

Mr. E. Blithe Sundhar addresses the gathering

