



# SHRIMATI INDIRA GANDHI COLLEGE

(Nationally Accredited at "A" Grade (3rd Cycle) by NAAC)

Chatram Bus Stand, Tiruchirappalli – 620002.

## Medical Related Programmes

S.No	Conducted By	Program Title	Date
<b>2017 - 2018</b>			
1.	National service scheme	Dengue Awareness activity	27.06.2017
2	National service scheme	Dengue Awareness activity	27.07.2017
3	National service scheme	Journey for Sight Rally	08.12.2017
<b>2018 - 2019</b>			
4	Menstrual Hygiene Management Consortium (MHMC) and NSS Units of Bharathidasan University, Tiruchirappalli	Health & Hygiene for Women and Release of a Booklet with Slogans on "Menstrual Hygiene Management Awareness" seminar	24.11.2018
5	National service scheme	Menstrual Hygiene Management" Awareness Programme	16.01.2018
6	Fashion technology and costume designing	Menstrual hygiene poster making competition	16.02.2019



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S.No	Conducted By	Program Title	Date
<b>2018 - 2019</b>			
7	SCOPE & National service scheme	Sanitation and General Hygiene Awareness Programme	21.07.2019
8	NSS	Breast Feeding Week Celebration	01.08.2019
9	NSS	Menstrual Hygiene Management" Awareness Programme	16.08.2019
10	NSS	Fit India Movement	29-08-2019
11	Biochemistry and Hospital administration	Biomedical waste management	12.10.2019
12	NSS	Menstrual Hygiene Management" Awareness Programme	10.01.2020
13	NSS	Fit India Movement - Rally	18.01.2020
14	NSS	Awareness on Novel coronavirus	08.02.2020



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## Medical Related Programmes

S.No	Conducted By	Program Title	Date
<b>2020 -2021</b>			
15	NSS	Menstrual Hygiene Management" Awareness Programme	11.01.2021
16	NSS	WISH awareness programme	10.03.2021
17	NSS	Personal hygiene awareness programme	16.03.2021



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## Medical Related Programmes

S.No	Conducted By	Program Title	Date
<b>2020 -2021</b>			
18	Microbiology	Variants of SARS-CoV and vaccination of the young	09.08.2021
19	NSS	WISH awareness programme	01.10.2021
20	Hospital administration	Cognizance on stein leventhal syndrome	13.10.2021
21	NSS	Corona vaccination camp attended	30.10.2021
22	Alumnae Association	Etiquette and practice of personal hygiene	08.12.2021
23	Physical Education	Physical activities in prevention of hypokinetic diseases	27.01.2022
24	Department of Biochemistry (funded by RGNIYD)	Training on diet and lifestyle modifications to combat polycystic ovary syndrome among SC/ST adolescent girls in Tiruchirappalli	14.03.2022 -16.03.2022



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2017-2018

**Title :** Dengue Awareness activity

**Conducted by:** National service scheme

**Date:** 27.06.2017



**Title :** Dengue Awareness activity

**Conducted by:** National service scheme

**Date:** 27.07.2017





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**Title :** "Journey for Sight" Rally

**Conducted by:** National service scheme

**Date:** 08.12.2017



**2018-2019**

**Title :** "Health & Hygiene for Women and Release of a Booklet with Slogans on "Menstrual Hygiene Management Awareness" seminar

**Conducted by:** Menstrual Hygiene Management Consortium (MHMC) and NSS Units of Bharathidasan University, Tiruchirappalli

**Date:** 24.11.2018





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**Title : “Menstrual Hygiene Management” Awareness Programme**

**Conducted by: National service scheme**

**Date: 16.01.2018**



**Title : Menstrual Hygiene - Poster making Competition Conducted by:  
Fashion Technology and Costume Designing and  
Hospital Administration**

**Date: 16.02.2019**





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2019-2020

**Title :** "Sanitation and General Hygiene Awareness Programme"

**Conducted by:** SCOPE & National Service Scheme

**Date:** 21.07.2019



**Title :** Breast Feeding Week Celebration

**Conducted by:** National service scheme

**Date:** 01.08.2019

On the occasion of the, the NSS Units conducted a Drawing, Rangoli, Poetry and Slogan Writing Competition to create awareness among the NSS Volunteers, on **01.08.2019**. 100 Volunteers participated in the programme.







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**Title :** Menstrual Hygiene Management Awareness Programme

**Conducted by:** National service scheme

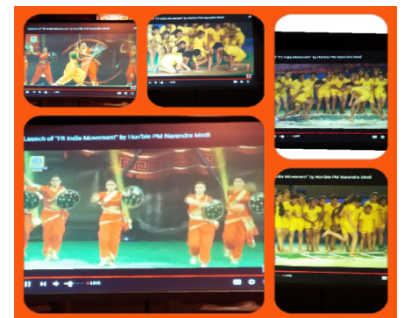
**Date:** 16.08.2019



**Title :** "Fit India Movement"

**Conducted by:** National service scheme

**Date:** 29.08.2019





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**Title : “Bio Medical Waste Management ”**

**Conducted by:** Department of Bio Chemistry & Department of Hospital Administration

**Date:** 12.10.2019



**Title : “Menstrual Hygiene Awareness Programme”**

**Conducted by:** National service scheme

**Date:** 10.01.2020





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Chatram Bus Stand, Tiruchirappalli – 620002.

**Title :** "Fit India Movement" Rally

**Conducted by:** National service scheme

**Date:** 18.01.2020



**Title :** "Novel Corona Virus" Awareness programme

**Conducted by:** National service scheme

**Date:** 08.02.2020





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2020-2021

**Title : "Menstrual Hygiene Awareness Programme"**

**Conducted by: National service scheme**

**Date: 11.01.2021**



**Title : "WISH Awareness Programme"**

**Conducted by: National service scheme**

**Date: 10.03.2021**



**Title : "Personal Hygiene Awareness Programme"**

**Conducted by: National service scheme**

**Date: 16.03.2021**





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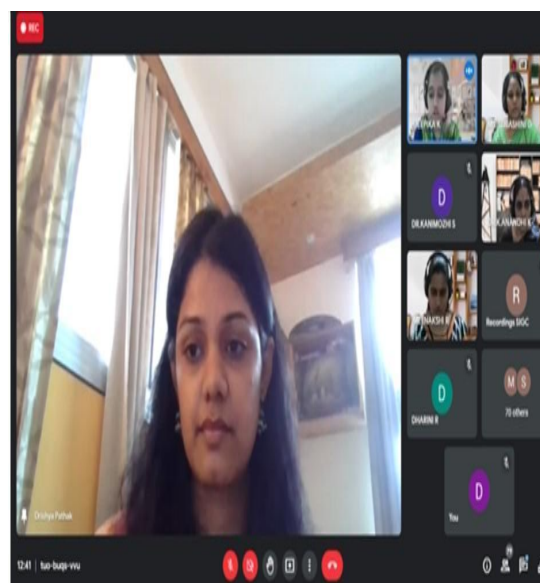
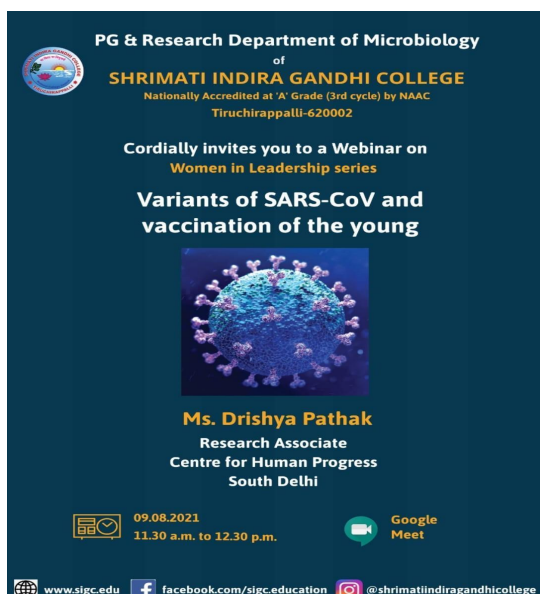
2021-2022

**Title :** “Variants of SARS - CoV and Vaccination of the Young”

**Conducted by:** Department of MicroBiology

**Date:** 09.08.2021

Topic: Impact of Oral microbiota



**Title :** “WISH Awareness Programme”

**Conducted by:** National service scheme

**Date:** 01.10.2021





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**Title :** "Cognizance on Stein Leventhal syndrome"

**Conducted by:** Department of Hospital Administration

**Date:** 13.10.2021



**DEPARTMENT OF HOSPITAL ADMINISTRATION**

of

**SHRIMATI INDIRA GANDHI COLLEGE**

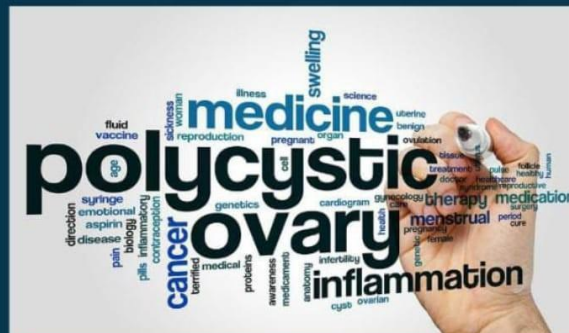
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Tiruchirappalli - 620 002

Cordially Invites you to a Webinar on

**Women in Leadership Series**

**Cognizance on Stein Leventhal Syndrome**



**Dr. D. Parimala Devi MD., DGO.,**  
**Professor of Obstetrics & Gynaecology**  
**Retired Dean**  
**Government Medical College**  
**Pudukkottai**



13.10.2021



11.30 a.m. - 12.30 p.m.



Google Meet



[www.sigc.edu](http://www.sigc.edu)



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Chatram Bus Stand, Tiruchirappalli – 620002.



Resource person:

Dr. D. Parimala Devi ,MD.,DGO.,  
Professor of Obstetrics and  
Gynecology ,  
Retired Dean ,  
Government Medical College,  
Pudukkottai .



இணையதள கருத்தரங்கம்: இந்திராகாந்தி  
மகளிர் கல்லூரி, சத்திரம் பஸ் நிலையம் அருகில்,  
திருச்சி. முற்பகல் 11.30 மணி. கருப்பை குறித்த  
மருத்துவம். பேசுபவர்: டாக்டர் பரிமளாதேவி.

• ஸ்ரீமதி இந்திரா காந்தி  
கல்லூரி மருத்துவமனை  
மேலாண்மைத்துறை:  
சினைப்பை நோய்  
அறிகுறிகள் குறித்த  
இணையவழி கருத்தரங்கு,  
உரை - புதுக்கோட்டை  
அரசு மருத்துவக் கல்லூரி  
முன்னாள் முதல்வர்  
டாக்டர் டி.பரிமளா தேவி,  
முற்பகல் 11.30.



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**Title :** "Corona Vaccination Camp"

**Conducted by:** National service scheme

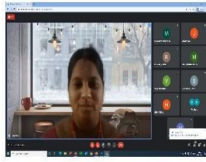
**Date:** 30.10.2021



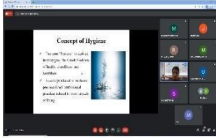
**Title :** "Etiquette and practice of Personal Hygiene"

**Conducted by:** Alumnae Association

**Date:** 08.12.2021



**Resource person**  
Ms.B.Anupriya M.Sc.,MBA.,M.Phil.,  
Alumnae-HA(Batch:2010-2012)  
Assistant Professor,  
Seethalakshmi Ramaswami College,  
Trichy.



**இணையதள கருத்தரங்கம்: இந்திரா காந்தி மகளிர் கல்லூரி, சத்திரம் பல்நிலையம் அருகில், திருச்சி, காலை 11.30 மணி. தலைப்பு: தனிமனித சுகாதார மேம்பாடு, பேசுபவர்: அனுப்ரியா, ஏற்பாடு: கல்லூரி முன்னாள் மாணவியர் சங்கம்.**

**திருச்சி**  
● **மூலமதி இந்திரா காந்தி கல்லூரி: நன்னடைத்தை மற்றும் தன் சுத்தம் பேணுதல் என்ற தலைப்பில் இணையவழி கருத்தரங்கு, உரை - சீதாலட்சுமி ராமசாமி கல்லூரி உதவிப் பேராசிரியர் பி.அனுபிரியா, முற்பகல் 11.30.**

## TIRUCHI TODAY

### RELIGION

**Sri Ranganathaswamy Temple, S-rirangam:** Vaikunta Ekadasi festival, pagal pathu, Sri Namperumal purappadu from sanctum sanctorum, 6.30 a.m.;reaching Arjuna Mandapam, 7 a.m.; Arayar seva, 7.30 a.m. to noon; purappadu from Arjuna mandapam, 9 p.m.; reaching sanctum sanctorum, 10 p.m.

### GENERAL

**St. Joseph's Institute of Management:** Talk on 'Staying motivated,' by A. Kaliyamurthy, former Superintendent of Police, 9.30 a.m.

**Shrimati Indira Gandhi College:** Alumni Spotlight lecture series - B.Anupriya, Assistant Professor, Seethalakshmi Ramaswami College, speaks on Etiquette and Practice of Personal Hygiene, 11.30 a.m.

**Jamal Mohamed College:** Installation of office bearers of Youth Red Cross, R.Jawahar Hasan, secretary, Indian Red Cross Society, Tiruchi Branch, speaks on Services of Youth Red Cross, 11.30 a.m.

**National College Department of Physics:** Faculty development programme on Embedded Systems and Internet of Things, T.Krishna Chaithanya, Embedded System Engineer, EdGate Technologies Pvt Ltd., resource person, 9.30 a.m.





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Chatram Bus Stand, Tiruchirappalli – 620002.

**Title :** “Physical activities in Prevention of Hypokinetic Diseases”

**Conducted by:** Department of Physical Education

**Date:** 27.01.2022

DEPARTMENT OF PHYSICAL EDUCATION  
of  
SHRIMATI INDIRA GANDHI COLLEGE  
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Tiruchirappalli - 620 002  
Cordially invites you to a Webinar on  
**Health and Wellness Series**  
**Physical Activities in Prevention of Hypokinetic Diseases**  
Dr. M. Elayaraja  
Professor  
Department of Physical Education  
Pondicherry University  
Puducherry  
27th January 2022  
10.00 a.m. to 11.00 a.m.  
/Shrimati Indira Gandhi College  
Shri Thotta P.V. Ramanujam, President; Dr. K. Meena, Secretary; Shri K. Chandrasekharan M.S., CEO; Smt. S. Aparna M.B.A., M.Phil., Director  
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## திருச்சி

- ஸ்ரீமதி இந்திரா காந்தி கல்லூரி உடற்கல்வித்துறை: உடற்பயிற்சியின் மூலம் ஹைபோகெனடிக் நோய்களை தடுப்பது குறித்த இணையவழி கருத்தரங்கு, உரை - பாண்டிச்சேரி பல்கலைக்கழக உடற்கல்வித்துறை பேராசிரியர் எம். இளையராஜா, காலை 10.

இணையதள கருத்தரங்கம்: இந்திராகாந்தி மகளிர் கல்லூரி, திருச்சி, காலை 10 மணி, தலைப்பு: ஆரோக்கியம் குறித்த மருத்துவ ஆலோசனைகள், பேசுபவர்: டாக்டர் இளையராஜா.



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## Chief Speaker's Address



Presented by

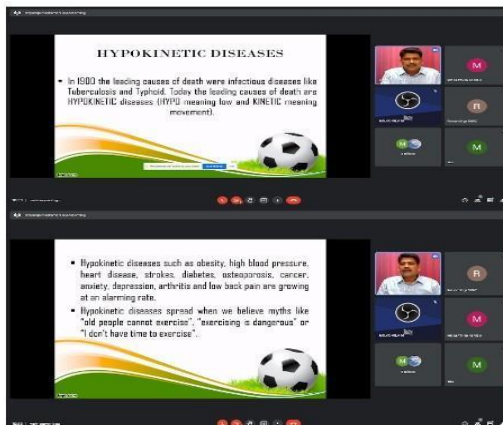
**Dr. M. Elayaraja**

Professor

Department of Physical Education and Sports

Pondicherry University

Puducherry – 605 014



**Title :** “Training on diet and lifestyle Modification to combat polycystic ovary syndrome among Sc/ST adolescent girls in Tiruchirappalli”

**Conducted by:** Department of Biochemistry

**Date:** 14.3.2022 - 16.03.2022

**DEPARTMENT OF BIOCHEMISTRY**  
of  
**SHRIMATI INDIRA GANDHI COLLEGE**  
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Tiruchirappalli - 620 002  
Et  
**Rajiv Gandhi National Institute of Youth Development**  
Department of Youth Affairs  
Ministry of Youth Affairs & Sports, Government of India

**Day 1 (14.03.2022): Inauguration;**  
Time: 10.00 a.m. to 10.30 a.m.

Programme Schedule		
Slot	Session & Resource person	Topic/Activity
<b>Day 1 (14.03.2022)</b>		
10.00 - 10.30 a.m		Inauguration
10.30 - 10.45 a.m.		Tea Break
10.45 - 12.00 p.m	Session I: Dr. Jayasree Ramesh, MD Consultant family physician, Obstetrics and Gynaecology, Kauvery Hospital, Trichy	PCOS and Menstrual Hygiene Management and Waste Disposal: Practices and Challenges Faced by Girls/Women of Developing Countries.
12.00 - 1.15 p.m	Session II: Mrs R.Priyanga, Dietician, Kalors Health Care India Pvt Ltd., Trichy.	Weight Maintenance formula for PCOS
01.15 - 02.15 p.m		Lunch Break
02.15 - 03.15 p.m	Session III: Mr. S.Jaganathan, Department of Physical Education, Santhanam Vidyalyaya senior secondary (CBSE) school, Trichy	Exercises for Adolescent girls
03.15 - 03.30 p.m.		Tea Break
03.30 - 04.45 p.m	Session IV: Dr Kavitha Senthil, MD (Obstetrics & Gynecology), DGES (Germany) Director, GVN Hospital (P) Ltd., Trichy	Screening and prevention techniques of cancers with emphasis on women.
<b>Day -II (15.3.2022)</b>		
10.00-11.15 a.m	Session I: Mrs G.Gowthami, Yoga Teacher, Gnanavali Yoga Life Learning Centre, Trichy	Yoga for Healthy Lifestyle
11.15-11.30 a.m		Tea Break
11.30 - 12.45 p.m	Session II: Dr Safa Abdul Syed Basheerudeen, Senior Scientist, Microbiological Laboratory, Molecular & Genetics Center, Trichy.	Genetics of PCOS
12.45 - 01.45 p.m.		Lunch



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**Day 1: Date: 14.03.2022; Time: 10.45-12.00 p.m.;**

**Session I: Dr Jayasree Ramesh, MD (OBGYN), Consultant family physician, Kauvery hospital, Trichy.**

**Topic: PCOS and Menstrual Hygiene Management and Waste Disposal: Practices and Challenges Faced by Girls/Women of Developing Countries.**



**Day 2: Date: 15.03.2022; Time: 10.00 - 11.15 a.m.;**

**Session I: Mrs G.Gowthami, Yoga Teacher, Gnanavoli Yoga Life Learning Centre, Trichy**

**Topic: Yoga for Healthy Lifestyle**



**Day 3: Date: 16.03.2022; Time: 11.30 - 12.45 p.m.;**

**Session II: Ms M.Kiruthika, Department of Physical Education, Sri Jayendra Matric Hr Sec School, Trichy.**

**Topic: Aerobic Exercises**





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## **“TRAINING ON DIET AND LIFESTYLE MODIFICATIONS TO COMBAT POLYCYSTIC OVARY SYNDROME AMONG SC/ST ADOLESCENT GIRLS IN TIRUCHIRAPPALLI”**

**Date: 14.03.2022 – 16.03.2022 (3 Days)**

**Name list of student participants: 40 students of SC/ST category.**

1. A.Hemalatha - I B.Sc., Biochemistry
2. S.Pavithra - II B.Sc., Biochemistry
3. R.Sarojini - II B.Sc., Biochemistry
4. R.Deepika - III B.Sc., Biochemistry
5. N.Indumathi - III B.Sc., Biochemistry
6. C.Seethalakshmi - III B.Sc., Biochemistry
7. R.Kaviya - I M.Sc., Biochemistry
8. R.Kanmani - I M.Sc., Biochemistry
9. S.Ranjani - III B.Sc., Biochemistry
10. M.Prithvi – I B.Sc., Chemistry
11. R.Karthika – I B.Sc., Chemistry
12. R.Reena - I B.Sc., Chemistry
13. P. Kaviya Meenakshmi - I B.Sc., Chemistry
14. S.Catherin - III B.Sc., Chemistry
15. A.Agalya - III B.Sc., Chemistry
16. C.Sineha - III B.Sc., Chemistry
17. S.Nirajaa - III B.Sc., Chemistry
18. B.Prianga - III B.Sc., Chemistry
19. R.Sowndharya - III B.Sc., Chemistry
20. I.Bairavi - III B.Sc., Chemistry
21. A.Yazhini Preethi - III B.Sc., Chemistry
22. Koli Harshada Sanjay - II B.Sc Chemistry
23. Dharani J - II B.Sc Chemistry
24. S.Sivapriyavarshini - I M.Sc., MB
25. D.Mythili - I M.Sc., Microbiology
26. S.Shalini - I M.Sc., Microbiology
27. M.Gowsalya - I M.Sc., Microbiology
28. T.Dhivya - I M.Sc., Microbiology
29. K.Kaviya – I B.Sc., Microbiology
30. R.Nalaini – I B.Sc., Microbiology
31. A.Haripriya – II B.Sc., Microbiology
32. V.Jothi – II B.Sc., Microbiology
33. M.Sowmiya – II B.Sc., Microbiology
34. V.Ananthavalli – II B.Sc., Microbiology
35. M. Manjula Devi – II B.Sc., Microbiology
36. S.Logaveni – II B.Sc., Microbiology
37. D.Ishwarya – II B.Sc., Microbiology
38. M.Hemalatha – II B.Sc., Microbiology
39. S.Senga – II B.Sc., Microbiology
40. R.Rajalakshmi – II B.Sc., Microbiology



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## Newspaper Clippings

The Hindu Tamil 14.03.2022

மூலமதி இந்திராகாந்தி மகளிர் கல்லூரி: பாலிசிஸ்டிக் ஓவரி சின்ட்ரோமை எதிர்த்து இளம்பெண்கள் போராடுவதற்கான உணவுமுறை மற்றும் வாழ்க்கை முறை மாற்றங்கள் குறித்த பயிற்சி, வெங்கடேஸ்வர தீட்சிதர் அரங்கம், காலை 10.

The Hindu 14.03.2022

**Shrimati Indira Gandhi College Department of Biochemistry and Rajiv Gandhi National Institute of Youth Development: Training programme on 'Diet and lifestyle modifications to combat polycystic ovary syndrome among SC / ST adolescent girls in Tiruchi,' 10 a.m.;** Department of Physics: Webinar on 'Terahertz Spectroscopy,' R. Nagalakshmi, associate professor, National Institute of Technology, Tiruchi, speaks, 11.30 a.m.