



MAR GREGORIOS COLLEGE OF ARTS & SCIENCE

Affiliated to the University of Madras | An ISO 9001:2015 certified Institution
Mogappair West, Chennai-600 037

**AQAR
2023-24**

**MAR GREGORIOS COLLEGE OF
ARTS AND SCIENCE**
Block no. 8 College Road, Mogappair West, Chennai -57
Approved by the Government of Tamilnadu & Affiliated to the University of Madras
An ISO 9001:2015 Certified Institution
Managed by the Malankara Syrian Catholic Trust

INTERNATIONAL YOGA DAY

21 JUNE , 2023

Dr. V. JYAPPAN NISS Programme Officer	Ms. T. SARANYA Ms. A. P. SEBASTIAN Ms. C. V. MARIA GLORIA NSS Coordinators
Dr. G. GAYATHRY Vice Principal (Sr2)	Dr. S. SHALINI MAHER Vice Principal (Sr1)
Dr. M. SIVARAJAN Principal	Rev. Fr. MATHEW PALLIKUNNEL Secretary

www.mgcchennai.ac.in 044-265331440

Dr. R. SRIKANTH, M.B.A., M.Phil., Ph.D.,
Principal
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INTERNATIONAL YOGA DAY

AGENDA

- 11.00am - Prayer
- 11.10am - Tamilthai Vazthu - Audio
- 11.15am - Welcome Address - Ms.Ashwini.R
- 11.20am - Honouring the chief guest
- 11.25am - Felicitation - Dr.R.Srikanth
- 11.30am - Blessings - Rev.Fr.Mathew Pallikunnel
- 11.45pm - Chief guest Address
- 12.30pm - Vote of Thanks - Ms. Bavadharani
- 12.35pm - National Anthem - Audio

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REPORT

The significance of International Yoga Day is to raise awareness of the many benefits of yoga for physical and mental health. Yoga is a mind-body practice that originated in India thousands of years ago. It combines physical postures, breathing exercises, and meditation. This year we celebrate International Yoga Day on 21.06.2023. The theme of International Yoga Day 2023 is 'VasudhaivaKutumbakam'. This Day was celebrated in our college by inviting Mr. Balasubramanian, B.E.,D.Y.T.,M.Sc(yoga Therapy) from Kaduvizhi siddha yoga center. This program Was inaugurated by our principal Dr.R.Srikanth and our voice principals Dr.G.Gayathiri (shift 1) &Dr.S.Shalini Maher (shift 2). Strength and guidance by our Assistant programme officer Mrs. Saranya. The International yoga day program was taken in Mar Gregorios College at Mar Ivanios Hall. The NSS volunteers were accompanied by T.Saranya assistant NSS Program Officer.

The students of MGC NSS volunteers (25) participate in the International Yoga Day Program and learned about the benefits of yoga and able to teach some basic yoga to other people make their day-to-day life healthy. Our NSS volunteers had do some basic

yoga along with the guests about a detailed explanation of yoga and the benefits. The college management and the principal appreciated the efforts of the students and the staff for conducting the program account of Intenrnational Yoga Day.

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Let Your Light Shine

PG DEPARTMENT OF SOCIAL WORK

ORGANIZES WORKSHOP ON

'MIND YOUR MIND'



Dr. LAKSHMINARAYANAN K

B.H.M.S, M.S.W, Facilitator-The Art Of Calming, Trauma Informed,
Somatic Awareness, Breath Work, Sleep Expert, Mental Health

Date : 17 July 2023 Time : 11.00 AM - 12.30 P.M

Venue : Rev.Fr.K.C. GEORGE HALL

Ms. RAMIYA .K.S
STUDENT CONVENOR

Ms. L.S. SUGAPRIYANKA
STAFF CONVENOR

Dr. M. SUDHA
HEAD OF THE DEPARTMENT

Dr.G.GAYATHRY
VICE PRINCIPAL SHIFT -1

Dr.R.SRIKANTH
PRINCIPAL

Rev.Fr.MATHEW PALLIKUNNEL
SECRETARY

MGC THANKS CHENNAI

Block no: 8, College road, Mogappair west, Chennai-37.

Contact no 044-26533140

mail@mgcchennai.ac.in

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AIM OF WORKSHOP- Awareness and Education, Understanding Trauma:Promoting Coping Skills,Creating a Supportive Environment,Encouraging Self-Care, Building Resilience, Knowledge and Skill Enhancement:Reducing Stigma, Promoting Long-term Mental Wellness.

REPORT -The Department of Social Work organized a workshop titled "Mind Your Mind" for the second-year students on July 17th, 2023. The workshop was conducted by Dr.Lakshminarayan, a mental health provider, who served as the resource person for the event. During the workshop, he shed light on the crucial topic of trauma and the significance of addressing it appropriately. Dr..Lakshminarayan also delved into the various stages of trauma, emphasizing the importance of understanding stress as more than just a psychological phenomenon.

One of the key points he highlighted was the significance of proper breathing and quality sleep in the healing process from stress and trauma. These aspects play a vital role in restoring one's mental well-being. The workshop aimed to create awareness among the students about mental health and to provide them with tools to cope with and manage stress and trauma effectively.

By organizing this workshop, the Department of Social Work aimed to equip the students with essential knowledge and skills to care for their mental health and to promote a supportive environment for those facing psychological challenges. The insightful session facilitated a better understanding of the complexities of trauma and offered valuable insights into the path towards healing and resilienc

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DATE: 17/07/2023

WORKSHOP - "MIND YOUR MIND"

ATTENDANCE SHEET

S.NO	NAME	DEPARTMENT AND SHIFT	CONTACT NO	SIGN
1.	Nithya Mandhini Devi	MSW	7339489501	
2.	Georgianthickalath	MSW	9677192823	
3.	M. Diwakar	MSW	6374185457	
4.	KAMIYA K.J	MSW	8124086055	
5.	S. STAINES	MSW	7397942995	
6.	J. Joseph SMITHANA ADOLESCENT CARE	MSW	9360241493	
7.	Blasiana D.	MSW	7399423799	
8.	UTHISHWARAR	MSW	9384626578	
9.	GOWRI	MSW	6382909156	
10.	GABRIN Knox	MSW	8300482617 8300482617	
11.	PRADDESH	MSW	916463658	
12.	PENSON.	MSW	8124976396	
13.	Koushik. S	MSW	6616222935	
14.	M. Praveen Kumar	MSW	8608296077	
15.	A-Sargatha	MSW	7358314541	
16.	Vinodhini	MSW	988461897	

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Department of Tamil & Maths
in association with IQAC

Organizes a Life Skill Program on

" பேச்சுக்கலையும் தலைமைப்பண்பும் "



Resource Person:

Thiru. Kaarai selvaraj

D.Chem.Tech,BBA,PGDMM.

ஊடகவியலாளர்

DATE :2-08-2023&3-08-2023 TIMING : 10.00AM TO 1.00PM

Venue : ROOM NO F-06

Dr.R.Murugan
Ms.S.Gunachithra
CONVENOR

Ms.S.Shantha
IQAC CORDINATOR

Dr.T.Prema
Mrs.T.N.Rekha
HOD

Dr.G.Gayathry
VICE PRINCIPAL Sh - I

Dr.R.Srikanth
PRINCIPAL

Rev.Fr. Mathew Pallikunnel
SECRETARY

Block no :8, College Road, Mogappair West,Chennai -37

Ph:no:-044-26533104/26530798 LET YOUR LIGHT SHINE Website:www.mgcchennai.ac.in

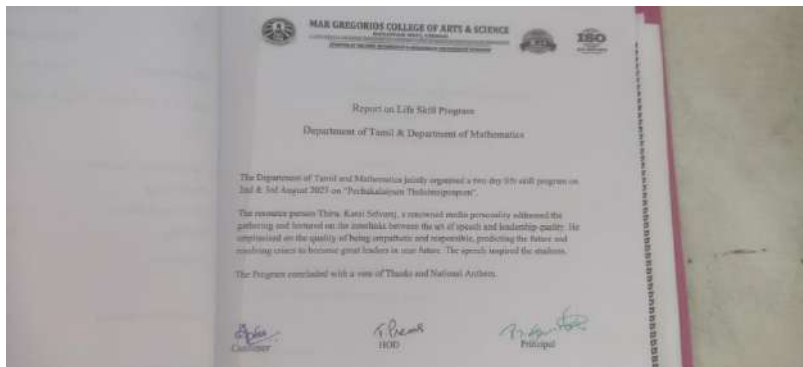
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DEPARTMENT OF TAMIL
STUDENTS ATTENDANCE
LIFE SKILL PROGRAM ON " PECHUKALAIYUM THALAIMAIPANPUM "

S.NO	CLASS	NAME OF THE STUDENT	02.08.23	03.08.23
1.	I BA TAMIL	RUPAN RAJ K	Rupan Raj.k	Rupan Raj.k
2.	I BA TAMIL	SAKTHI K	SAKTHI.K	SAKTHI.K
3.	I BA TAMIL	SELVA KUMAR M	m.selvasekar	m.selvasekar
4.	I BA TAMIL	AMBIKA A	A.Ambika	A.Ambika
5.	I BA TAMIL	DIVYA K	K.Divya	K.Divya
6.	I BA TAMIL	LEEENA SRI S	S.Leena Sri	S.Leena Sri
7.	I BA TAMIL	PRAVEENA K	K.Praveena	K.Praveena
8.	I BA TAMIL	REBEKKAL G	G.Rebekkal	G.Rebekkal
9.	II BA TAMIL	GURUPRASAD J	J.Guru	J.Guru
10.	II BA TAMIL	KESAVAN E	Absent	Absent
11.	II BA TAMIL	NANDEESH R	Absent	Absent
12.	II BA TAMIL	DEVADHARSHINI K	K.Devadharshini	K.Devadharshini
13.	II BA TAMIL	ISHWARYA S	Absent	Absent
14.	II BA TAMIL	SANDHIYA S	S.Sandhya	S.Sandhya
15.	III BA TAMIL	DHIVAKAR K	Absent	Absent
16.	III BA TAMIL	ELUMALAI R	R.Elumalai	R.Elumalai
17.	III BA TAMIL	ANANDHI V	V.Anandhi	V.Anandhi
18.	III BA TAMIL	HEMALATHA S	S.Hemalatha	S.Hemalatha
19.	III BA TAMIL	KOWSALYA V	V.Kowsalya	V.Kowsalya
20.	III BA TAMIL	MURSHIDHA H	H.Murshidha	H.Murshidha
21.	III BA TAMIL	ROJA V	V.Roja	V.Roja
22.	III BA TAMIL	SARASWATHY. K	K.Saraswathi	K.Saraswathi

CONVENOR

HOD

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DEPARTMENT OF TAMIL
STUDENTS FEEDBACK
LIFE SKILL PROGRAM ON " PECHUKALAIYUM THALAIMAIPANPUM "

S.NO	CLASS	NAME OF THE STUDENT	02.08.23	03.08.23
1.	I BA TAMIL	RUPAN RAJ K	Rupan Raj.k	Rupan Raj.k
2.	I BA TAMIL	SAKTHI K	SAKTHI.K	SAKTHI.K
3.	I BA TAMIL	SELVA KUMAR M	Good	VERY Good
4.	I BA TAMIL	AMBIKA A	Very Good	Excellent
5.	I BA TAMIL	DIVYA K	Nice	Very Nice
6.	I BA TAMIL	LEEENA SRI S	Very Good	Very Good
7.	I BA TAMIL	PRAVEENA K	Excellent	Good, Excellent
8.	I BA TAMIL	REBEKKAL G	Excellent	Very Nice
9.	II BA TAMIL	GURUPRASAD J	Very Good	Very Good
10.	II BA TAMIL	KESAVAN E	Absent	Absent
11.	II BA TAMIL	NANDEESH R	Absent	Absent
12.	II BA TAMIL	DEVADHARSHINI K	Very Good	Good
13.	II BA TAMIL	ISHWARYA S	Absent	Absent
14.	II BA TAMIL	SANDHIYA S	Very Good	Very Good
15.	III BA TAMIL	DHIVAKAR K	Absent	Absent
16.	III BA TAMIL	ELUMALAI R	Good	Very Good
17.	III BA TAMIL	ANANDHI V	Good	Good
18.	III BA TAMIL	HEMALATHA S	Super	Good
19.	III BA TAMIL	KOWSALYA V	Good	Very Good
20.	III BA TAMIL	MURSHIDHA H	Super	Good
21.	III BA TAMIL	ROJA V	Good	Very Good
22.	III BA TAMIL	SARASWATHY. K	Good	Very Good

CONVENOR

HOD

R. Srikanth

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LET YOUR LIGHT SHINE

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MAR GREGORIOS COLLEGE OF ARTS & SCIENCE ANTI DRUG AWARENESS PROGRAM

In a vibrant display of commitment and solidarity, the students of Mar Gregorios college of arts & science Anti-drug awareness program held on 11th August international day against drug abuse and illicit trafficking. The event, organised by the college's student body, aimed to raise awareness about the detrimental impact of drug abuse and the urgent need to combat the illicit drug trade.

The awareness pledge taken in the college campus at 11.30 pm. After the blessing of their college secretary Rev.Fr. Mathew Pallikunnel, and Principal Dr.R.Srikanth addressed to the Students and assistant commissioner of police Mr.Kalvirarasan of Nolambur police station created a general awareness among the shift – I students from various departments assembling in lobby with colourful banner and posters bearing impactful messages against drug abuse. Excitement and enthusiasm filled the air as on the students, displaying their determination to create a drugs-free-society.

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The awareness pledge taken in the college campus at 03.00 pm. After the blessing of their college secretary Rev.Fr. Mathew Pallikunnel, and Principal Dr.R.Srikanth addressed to the Students and assistant commissioner of police Mr.Kalvirarasan of Nolambur police station created a general awareness among the shift – II students from various departments assembling in lobby with colourful banner and posters bearing impactful messages against drug abuse. Excitement and enthusiasm filled the air as on the students, displaying their determination to create a drugs-free-society.

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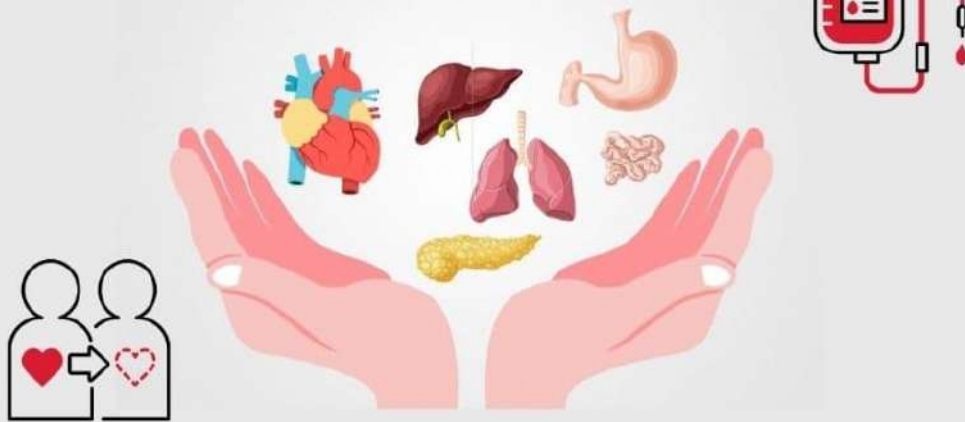
Let Your Light Shine

MGC YOUTH RED CROSS

24th August

Organ Donation Awareness Program
&
Drawing Competition

Be an Organ Donor.



A SECOND CHANCE IS IN YOUR HANDS

Dr. R. SRIKANTH
Principal

Rev. Fr. MATHEW PALLIKUNNEL
Secretary

Block No. 8, College Road, Mogappair West, Chennai - 37

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**MAR GREGORIOS COLLEGE OF ARTS & SCIENCE
MGC YOUTH RED CROSS In association with IQAC Organizes
"ORGAN DONATION AWARENESS PROGRAM"**

DATE: 24th August 2023

VENUE: Rev. Fr. KC George Hall

PROGRAMME SCHEDULE

MASTER OF CEREMONY- Ms. S. Afrith Ashika II B. Com

12:00 Noon -Prayer song

12:01 pm - Welcome Address

12:02 pm - Blessing by Rev. Fr. MATHEW PALLIKUNNEL, Secretary.

12:04 pm - Felicitation by Dr. R. SRIKANTH, Principal.

12:06 pm - Session taken over by the Chief Guest.

12:55 pm - Vote of thanks

1:00 pm - National Anthem

R. Srikanth
24/8/2023

R. Srikanth

Dr.R.SRIKANTH, M.B.A., M.Phil., Ph.D.,
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MGC YOUTH RED CROSS

"ORGAN DONATION AWARENESS & DRAWING COMPETITION"

VENUE: Rev.Fr. K C George Hall

DATE: 24/08/2023


TIME: 12 Noon

Youth Red Cross, in association with IQAC of Mar Gregorios College of Arts & Science, has organized an organ donation awareness program. This programme was conducted on 24th August, 2023 from 12 noon in Rev.Fr. K C George Hall. This event commenced with the felicitation by Principal Dr.R.Srikanth, IQAC Co-Ordinator Mrs.S.Shantha, Vice Principal of Shift - I Dr.G.Gayathry and Shift - II Dr.S.Shalani Maheer, welcomed the team from Mr.C.Yuvaraj, Linison Officer, Transplant Authority of Tamil Nadu. Also present YRC Convinor Dr.B.Hariswaran and Co-Convinor Ms.Sara Jaba Jency.

Around 100 students actively participated and benefited. The drawings depicted the importance of organ donation. This event has created awareness about organ donation, as the creation of potential donors helps to save many lives. Every student who has participated in this event has provided their greatest support. Students who have participated in this event have pledged to donate their organs and encourage others to do the same.


Dr.B.HARISWARAN
YRC- Convenor
MGC
Chennai-37


Dr.R.SRIKANTH
Principal
Mar Gregorios College of Arts & Science
Chennai-37

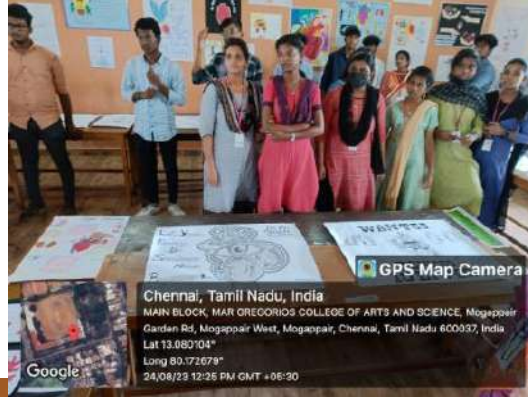

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MAR GREGORIOS COLLEGE OF ARTS AND SCIENCE
MGC - YOUTH RED CROSS
in association with IQAC organizes
ORGAN DONATION AWARENESS PROGRAM & DRAWING COMPETITION
ON 24TH AUGUST 2023
ATTENDANCE SHEET

S.No	Reg.No	Name	Class	Shift	Cell No	Signature
1	222107192	ARDRA GOPALAL	III MATH	I	733996092	Ardra
2	222107193	BEBISHA . C	III Math	I	72009 43056	C. Bebish
3	222107194	DEVAGI . K	III Math	I	7358453124	K. Devagi
4	222107195	GUNAVANI PRIYA . P	II Math	I	9386622026	P. Gunavani
5	222107196	V. JASMINE	III Math	I	8939728907	V. Jasmine
6	222107194	A. Deepika	III CSC	I	9940404571	A. Deepika
7	222107195	S. Harini	III CSC	I	9150925923	S. Harini
8	222107196	K. Kautika	III CSC	I	9363337936	K. Kautika
9	222107197	S. parvitha	III CSC	I	8778673464	S. parvitha
10	222107198	ARUN KUMAR V	III Math	I	9948618748	A. Arun
11	222107199	S. Sebastian	III Math	I	72009157185	S. Sebastian
12	312212007	P. varanth.	II Bca	I	7806926025	P. varanth
13	312212008	S. Venkatesh	II Bca	I	9940531845	S. Venkatesh
14	312212009	V. Vethai	II Bca	I	9261041535	V. Vethai
15	312212010	H. Vijay	II Bca	I	982215981178	H. Vijay
16	312212011	G. vijaykumar	II Bca	I	9566298374	G. vijaykumar
17	312212012	Vishnu.S	II Bca	I	8056221305	Vishnu.S
18	312212013	Thejaswini.E	II Bca	I	9384622621	Thejaswini.E
19	312212015	S. Vithal Raj	II Bca	I	9940225677	S. Vithal Raj
20	312212015	A. THARUN	II Bca	I	744716508	A. THARUN
21	312212013	S. Jaalithan	II Bca	I	7900046521	S. Jaalithan

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MGC - YOUTH RED CROSS

in association with IQAC organizes

ORGAN DONATION AWARENESS PROGRAM & DRAWING COMPETITION

ON 24TH AUGUST 2023

ATTENDANCE SHEET

S.No	Reg.No	Name	Class	Shift	Cell No	Signature
22	122103191	Gurpika R.K	B.com(3)	II	9884499245	Gurpika
23	122103192	Deepika V	B.com(3)	II	99214100733	Deepika
24	122103193	ISWATHIA S	B.com(3)	II	7401073923	Iswha
25	122103194	X. KEERTHANA	B.com(3)	II	8925045194	Keethana.K
26	122103195	KOMALA M	B.com(3)	II	9025724576	Komala M
27	122103183	S. SRINIVASAN	B.com(3)	II	8925092749	Srinivasan
28	122103186	VaSU. M	B.com(3)	II	7904980530	VaSu
29	122103187	Vigneshwaran A	B.com(3)	II	9866021944	Vignesh
30	122103188	D.Vishwa	B.com(3)	II	915042376	D.Vishwa
31	122103189	YUGAN PRE	B.com(3)	II	6382220785	Yugan
32	122103190	YUVAN	B.com(3)	II	8148552987	Yuvan
33	312212009	Syed Ibrahim	B.com	I	9824436903	Syed Ibrahim
34	312212001	S. Sunya Priyanka	B.com	I	934461138	S.Sunya
35	312310512	S. Shalini S	B.com	II	6381942388	S.Shalini
36	312310517	S. Sandhya	I.B.com	I	9862458007	S.Sandhya
37	312310531	Jasmine D.	I.B.com	I	6383176687	Jasmine
38	312310550	Tamil Anas A	I.B.com	I	6374630151	Tamil Anas
39	312310542	S. Lavanya	I.B.com	I	9868854705	S.Lavanya
40	312310545	Hanisha	I.B.com	I	8939348923	Hanisha
41	312310546	A. Anitha	I.B.com	I	9043553043	Anitha
42	312310551	R. V. Manikini	I.B.com	I	8962537988	R.V.Manikini

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ON 24TH AUGUST 2023

ATTENDANCE SHEET

S.No	Reg.No	Name	Class	Shift	Cell No	Signature
43	222109175	M. JAYAKRISHNAN	II BSc (ECG)	I	9344976036	M. Jayakrishnan
44	222107176	R. NARESH KUMAR	III - BSc (ECG)	II	9360391318	R. Nareesh Kumar
45	222107177	NITHISH K. R	II BSc (ECG)	I	944552221	Nithish K.R.
46	222107179	BEEYACA SELVAN	III - BSc (ECG)	I	9962429507	Beeeyaca Selvan
47	222107181	SIVA KUMAR G	III BSc (ECG)	I	8838387657	Siva Kumar G
48	222107182	SUSINDAR	III BSc (ECG)	I	636977017	Susindar
49	222104055	H.R. Sanki Patti	II B.C.A	II	9594473694	H.R. Sanki Patti
50	212204056	N. SR. ASHANTAN	II B.C.A	II	8056104253	N. Siva Ashantan
51	212204057	Syed Sanaul Nethappa	II B.C.A	II	9344071692	Syed Sanaul
52	312310510	V. Kavitha Sree	I. B.com	I	9043791460	V. Kavitha Sree
53	312310514	B. Shylaja	I. B.com	I	9807001205	B. Shylaja
54	312310552	Samyuktha Rachel.J	I. B.com	I	9344972073	Samyuktha Rachel.J
55	312310541	Kavya .M	I. B.com	I	7200178899	Kavya .M
56	312310589	N. Sridhar	I. B.com	I	7865512970	N. Sridhar
57	312310498	R. Saran	I. B.com	I	8925268271	R. Saran
58	312310558	S. Suresha	I. B.com	I	7845175089	S. Suresha
59	312310486	PRASANTH R	I. B.com	I	8072473050	Prasanth R
60	312310491	Raghava Rathinam	I. B.com	I	9381153904	K.R. Raghava
61	312310510	S. Thejaswini	I. B.com	I	6380069895	S. Thejaswini
62	312310484	V. Anandha Prakashini	I. B.com	I	8122670452	V. Anandha Prakashini
63	312310494	R. Anitha	I. B.com	I	6344500523	R. Anitha

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in association with IQAC organizes
Organ Donation awareness program & Drawing Competition
on 24th August 2023
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S.No	Reg.No	Name	Class	Shift	Cell No	Signature
64	312310493	R. Ravikiran	I.B.Com	I	6381300811	R. Ravikiran
65	312310557	Shibin S. Thomas	IT.B.Com	I	9941807180	Shibin
66	312310507	Gula Elavarasan N	I.B.Com	I	9098992088	Gula
67	312310485	Nirmalkanna K	I.B.Com	I	7200174405	Nirmal
68	312310500	Shreeharish	I.B.Com	I	7397397620	H.S. Shreeharish
69	312310513	D. Chamanija Antony	I.B.Com	I	9343690798	D. Antony
70	312310482	P. Muthuhasan	I.B.Com	I	9150241752	P. Muthuhasan
71	312310489	PRAVEENKUMAR.G	I.B.COM	I	9025302277	G. Praveenkumar
72	312310492	RANJITH VENGUOPAL AR	I.B.COM	I	8608870351	Ranjith Vengopal AR
73	312310499	SHANUJ . S	I.B.COM	I	9150125958	Shanuaj
74	312310496	Bakthi R	I.B.Com	I	9360740496	Bakthi
75	312310495	Sachin C	I.B.Com	I	9342762977	Sachin C
76	312310514	Vasanth S	I.B.Com	I	9884347604	Vasanth
77	312310519	Vinayath C	I.B.Com	I	9360446275	Vinayath
78	312310511	S. Vidya Kumar	I.B.Com	I	9094388846	S. Vidya Kumar
79	312310508	S.SUNIL KUMAR	I.B.Com	I	9025892342	S. Sunil
80	312310509	M. Tamilvelan	I.B.Com	I	8925722585	M. Tamilvelan
81	312310497	V. Sankesh Kumar	I.B.Com	I	9715093626	V. Sankesh
82	312310490	P. Pravin	I.B.Com	I	6382997812	P. Pravin
83	312310553	Dani J C	I.B.Com	I	7358179916	Dani J C
84	312310523	Yakesh Kumar S.	I.B.Com	I	4058719195	Yakesh

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Accredited with B++Grade by NAAC
Department of Visual Communication
ORGANIZES
WORK SHOP ON CYBER PSYCHOLOGY

Date: 07.09.2023 **Time : 09.30 a.m to 12.30 p.m**

Resource Person




Venue: AV Room **ALL ARE INVITED**

Dr. Joe Nisha Arvind
Counselling Psychologist
Motivational Coach

Rev.Bro.G.John Thomas Dr.R.Srikanth Rev.Fr.Mathew Pallikunnel
Head of the Department Principal Secretary

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 :044-26533140

 :www.mgcchennai.ac.in

 :mail@mgcchennai.ac.in

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WORKSHOP ON CYBER PSYCHOLOGY

07-09-2023

PROGRAM SCHEDULE

- 10.00 AM** - Prayer Song
- 10.05 AM** - Welcome Address - Student
- 10.15 AM** - Felicitation - Principal
- 10.20 AM** - Honouring the Chief Guest
- 10.30 AM** - Felicitation - Secretary
- 10.40 AM** - Felicitation - Vice Principal
- 10.55 AM** - Guest Address
- 12.45 PM** - Students Feedback
- 01.00 PM** - Vote of Thanks

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Joe Nisha

9789099154

joe@joeshopecenter.com



Arvind

18/22 1st main road

North Jaganatha Nagar, Chennai 49

COUNSELLING PSYCHOLOGIST |
MOTIVATIONAL COACH

Summary

A well seasoned & accomplished counseling Psychologist/life coach, Founder of the renowned Joes Hope Center focused on Mind safety and wellness. Practices with a clear vision to inspire hope and bring about transformation in lives, both on personal and professional fronts. Well-experienced and affluent with counseling techniques. Conducts training and motivational sessions on emotional well-being and mind safety using innovative methods. Close to two decades of experience with nearly 10 yrs of special knowledge and skill in counseling, coaching, training and consulting. Inspired hope and transformed over 5000+ people's lives her vision is to empower individuals by building awareness towards mindsafety.

Experience

- Founder Joes Hope Center- an establishment to provide counseling and coaching services for over 6 years
- Consultant Counselor at Don Bosco Kolathur and Peravallur and Mar Gregorios CBSE Public School
- Consultant with Talentegrity Consulting services
- Mentor & Trainer at ScarchBox, Cognizant, Wipro
- Overall 18+ years of experience

Social Connect

- Mind safety for corporates
- Life Skills sessions for school students
- Emotional Resilience sessions for college students
- Counseling underprivileged children at local community
- Probono COVID counselling in dealing with health anxiety
- Awarded as best volunteer at Outreach program by Cognizant

Certifications

- Psychological First Aid @ John Hopkins University, USA
- Addiction Management @ Yale University, USA
- Chronic Pain Management @ University of Minnesota, USA
- All five courses in Foundations of Positive Psychology @ University of Pennsylvania, USA
- CBT, REBT, SFBT, NLP, Gestalt Therapy
- Child Psychology
- Career Guidance
- Diploma in Life Coaching and Counselling

Expertise

- Certified in several latest psychological methods for coaching and counseling
- Excellent at public speaking
- Expert at intuitive coaching and counseling
- Have been acclaimed as one of the senior counselor and consultant among psychological circles - CCS
- Have been recommended and referred by clients with high rating in practo and Google.
- Certified in management of Stress, Pain and addiction behaviors

Education

- M.Sc Counseling Psychology (University of Madras)
- B.Sc. Psychology (University of Madras)
- MTech Bioinformatics (Sathyabama University) Gold Medallist
- BTech Information Technology (VIT, Vellore campus)

Engagement

- Shakti Corporation US
- IIT Tech Society
- Don Bosco Schools
- Murugappa Polytechnic
- Balu Mandir
- SBOA
- CAIAS
- Sakhi Mental
- MOP Vaidenav
- ZF Walea
- KONE
- Ashok Leyland
- Project Management Institute
- Unlimited Innovations
- CI BOMA
- One Magnify
- Amtra Software

www.joeshopecenter.com

www.youtube.com/c/joeshopecenter



www.facebook.com/joeshopecenter

www.linkedin.com/c/joeshopecenter

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REPORT

The Department of Visual Communication successfully organized a workshop on "Cyberpsychology" on 7th September 2023. The session was led by Ms. Joe Nisha Arvind, a renowned motivational coach, who shared her expertise with the students.

Workshop Highlights:

- Ms. Arvind delivered an engaging and interactive presentation, covering key aspects of cyber psychology.
- Students participated actively, sharing their experiences and concerns regarding online behaviour.
- The resource person provided valuable insights on:
 - Online safety and security
 - Cyberbullying and harassment
 - Digital addiction and mental health
 - Building resilience in the digital age
- The session included group discussions, case studies, and interactive exercises.

Student Feedback:

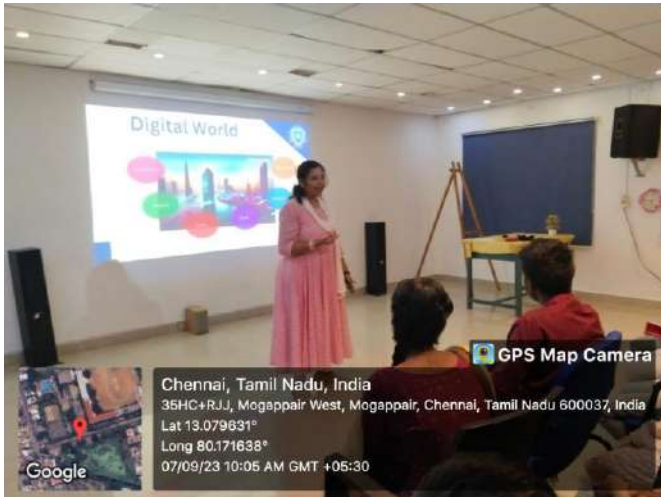
- The workshop was incredibly informative and thought-provoking.
- Ms. Arvind's session helped me understand the importance of online responsibility.
- Conducting similar workshops on related topics
- Inviting industry experts to share their expertise
- Integrating cyber psychology into the curriculum



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MAR GREGORIOS COLLEGE OF ARTS & SCIENCE DEPARTMENT OF VISUAL COMMUNICATION SHIFT-I STUDENTS ATTENDENCE - I YEAR WORKSHOP ON CYBER PSYCOLOGY

S.NO	STUDENTS NAME	SIGNATURE
1	ABHISHEK M	Abhishek M
2	ALBIN T	Albin T
3	AMAL PIEO M B	Amal Pieo, m. B
4	CHRISTOPHER JOSHUA P	Christopher P
5	GANESAN S	Ganesh S
6	GODLIN STEEVE D	Godlin D
7	GUNASEKARAN S	Guna Sekaran
8	JAYASURYA P	Jaya Surya P
9	JIBIN XAVIER J A	Jibin XAVIER J A
10	JUEL SINGH J	Juel Singh J
11	KAUSHAL RAM S	Kaushal Ram S
12	LOKESHWARAN G	Lokeshwaran G
13	MANIKANDAN P	Manikandan P
14	MELVIN PAUL W S	Melvin Paul W S
15	NIRANJAN A	Niranjan A
16	PRAGALATHAN S	Pragalathan S
17	PRAVEEN KUMAR U	Praveen Kumar U
18	PRAVEEN M E	Praveen M E
19	ROBBY K	Robby K
20	SAM PRAVEEN RAJ S	Sam Praveen Raj S
21	SANJAY A	Sanjay A
22	SANJAY R	Sanjay R
23	SANTHOSH KUMAR G E	Santhosh Kumar G E
24	SOURAV R	Sourav R
25	SOWDESHWARAN K	Sowdeshwaran K
26	THAMIZH KUMARAN S	Thamizh Kumaran S
27	VIGNESH U	Vignesh U
28	VIJAY J	Vijay J
29	VIJAY KUMAR P	Vijay Kumar P
30	VISHAL A	Vishal A
31	CHARUMADHI S	Charumadhi S
32	DURGA DEVI A	Durga Devi A

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MAR GREGORIOS COLLEGE OF ARTS & SCIENCE
DEPARTMENT OF VISUAL COMMUNICATION SHIFT-I
STUDENTS ATTENDENCE
WORKSHOP ON CYBER PSYCOLOGY
III YEAR

S.NO	STUDENTS NAME	SIGNATURE
1.	NAVEEN SAI U	[Signature]
2.	VISHVAKE D	[Signature]
3.	ABDUL RAHIM A R	[Signature]
4.	ABEL F JOSEPH	[Signature]
5.	ABHEESH S R	[Signature]
6.	ADITHYAN P M	[Signature]
7.	ASHOKKUMAR R	[Signature]
8.	BHARATH VIJAY S	[Signature]
9.	DANIEL PAUL ABRAHAM T	[Signature]
10.	DEVARAJ M	[Signature]
11.	DILLI BABU P	[Signature]
12.	J.P FELIX AROKIA RAJ	[Signature]
13.	GANGADHARAN P	[Signature]
14.	N.HARI KRISHNAN	[Signature]
15.	HEMANATHAN.K	[Signature]
16.	JOHN MATHEWS L	[Signature]
17.	JOHN PRIESTLEY R B	[Signature]
18.	JOSHA A	[Signature]
19.	KAVINASH.V	[Signature]
20.	KEVIN PAUL B	[Signature]
21.	MICHEL JEBARAJ R	[Signature]
22.	NIRMAL RAJ N	[Signature]
23.	RONNIE CRUZ S	[Signature]
24.	M.SANTHOSH	[Signature]
25.	SHYAM KUMAR T	[Signature]
26.	V SRINATH	[Signature]
27.	SRIRAM M	[Signature]
28.	STEPHEN RAJA	[Signature]
29.	STEVE SHIBIN S S	[Signature]
30.	SUBASH E	[Signature]
31.	SUMMANTH N	[Signature]
32.	VIGNESH RAJ S	[Signature]
33.	VIJAY PRASAD H	[Signature]

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DEPARTMENT OF VISUAL COMMUNICATION SHIFT-I
STUDENTS ATTENDENCE - II YEAR
WORKSHOP ON CYBER PSYCOLOGY

S.NO	STUDENTS NAME	SIGNATURE
1	AJITH KUMAR S	Ajith Kumar
2	AARON PREGREET PREMSON	Aaron
3	ABISHEK R	Abhishek R
4	AKASH S	Akash S
5	ARAVIND D	Aravind M
6	BALAKUMAR M	Balakumar M
7	CHANDRU M	Chandru M
8	CUTESON ABISHUA A	Cuteson Abishua - A
9	DEVA PRASAD A	Deva Prasad A
10	DINAKARAN M	Dinakaran M
11	DINESH BAALA V	Dinesh Baala V
12	DINESH E	Dinesh E
13	HARIPRASATH D	Hariprasath D
14	HARIHARAN A	Hariharan A
15	JOHN JEBASINGH J	John Jebasingh J
16	KARTHICK M	Karthick M
17	LEANDER JOSE V	Leander Jose V
18	MADHANRAJ P	Madhanraj P
19	MUTHUSELVAN S	Muthuselvan S
20	PRINCE PAPPACHAN K S	Prince Pappachan K S
21	RAHUL R	Rahul R
22	RAKESH M	Rakesh M
23	SAMUEL VINCENT S	Samuel Vincent S
24	SANJAY KUMAR B	Sanjay Kumar B
25	SATHYA S	Sathya S
26	SHAUN NOEL MERUGUMALLA	Shaun Noel Merugumalla
27	VARSHAN G V	Varshan G V
28	VIGNESHWAR V	Vigneshwar V
29	ABINAYA K	Abinaya K
30	CATHERINE VERONICA MARY R	Catherine Veronica Mary R
31	JEEVITHA SELVARANI K	Jeevitha Selvarani K
32	R JOTHINI	R Jothini
33	RAGUL R	Ragul R

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LET YOUR LIGHT SHINE

PG DEPARTMENT OF SOCIAL WORK - SSR
In Association with IQAC

Observes

**WORLD SUICIDE
PREVENTION DAY**

You are cordially invited to witness the street
theatre on suicide prevention

Date: 12/09/2023 Time: 01.00 PM Venue: MGC Ground

Mr. Mohammed Shajahan
Student Convenor

Ms. Hareatha Sree
Student Co-convenor

Ms. Nivetha
Staff Convenor

Dr. M. Sudha
Head of the Department

Dr. G. Gayathry
Vice Principal- Shift I

Dr. R. Srikanth
Principal

Rev. Fr. Mathew Pallikunnel
Secretary

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REPORT ON OBSERVANCE OF WORLD SUICIDE PREVENTION DAY

DATE: 12/09/2023

TIME: 1.00 PM TO 1.30 PM

VENUE: MGC Ground

STAFF CO-ORDINATOR – Ms. Nivetha K

STUDENT CONVENORS – Ms. Hareatha Sree and Mr. Mohammed Shajahan

On 12th September 2023 PG Department of Social Work - SSR, in association with the Institutional Quality Assurance Cell (IQAC), conducted an event in commemoration of World Suicide Prevention Day. This initiative focused on the theme of Creating hope through action. To reflect on this, students did thought-provoking street play addressing four pivotal causative factors: academic setbacks, interpersonal relationship issues, societal misconceptions surrounding the LGBTQ+ community, and the scourge of drug addiction. Also, students provided insightful guidance on overcoming these challenging circumstances through a multifaceted approach.

OUTCOME:

1. **Increased Awareness:** The event successfully heightened awareness about the critical factors contributing to suicide risk, such as academic setbacks, interpersonal issues, LGBTQ+ stigmatization, and drug addiction, among the student community and beyond.



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- Educational Impact:** Students gained valuable insights into the multifaceted nature of mental health challenges and suicide prevention. The street play served as an educational tool, facilitating a deeper understanding of the issues and their potential impact on individuals.
- Community Engagement:** The initiative fostered the student community by addressing societal misconceptions related to the LGBTQ+ community. It encouraged open dialogue, challenging stereotypes and promoting inclusivity and acceptance.
- Empowerment through Guidance:** Participants received practical guidance on overcoming challenging circumstances related to academic setbacks, interpersonal issues, LGBTQ+ stigma, and drug addiction. The event equipped them with coping strategies and resources for support.
- Positive Impact on Mental Health:** The focus on creating hope through action had a positive impact on the mental health of participants. By addressing the root causes and offering solutions, the program contributed to a sense of empowerment and resilience among the atten

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DATE: 12/09/2023

Observance of World Suicide Prevention Day 2023
ATTENDANCE SHEET

S.NO	NAME	DEPARTMENT AND SHEET	CONTACT NO	SIGN
1	Ranya	MSW	812400655	[Signature]
2	G. Sarath Appiah	MSW	944473152	[Signature]
3	VINODHARAN	MSW	988616152	[Signature]
4	SARATHAN	MSW	735221424	[Signature]
5	STAINES	MSW	729742295	[Signature]
6	M. Praveen Kumar	MSW	760237677	[Signature]
7	M. Divya R.	MSW	637705582	[Signature]
8	Suatha	MSW	988918378	[Signature]
9	Komalika	MSW	861053335	[Signature]
10	Gnanasambhavan	MSW	685211274	[Signature]
11	Jacob Suresh Ahas	MSW	951044473	[Signature]
12	Arjunakrishnan	MSW	981719313	[Signature]
13	Syovani	MSW	638290726	[Signature]
14	Blessin	MSW	739212273	[Signature]
15	Shahin Khan	MSW	8100782012	[Signature]
16	Othman	MSW	735666650	[Signature]
17	Pragadeesh	MSW	971011724	[Signature]

18	Benson John Thomas	MSW	8124976724	[Signature]
19	Shyama Prasad	MSW	7339493501	[Signature]
20	Sudhan	MSW	893934128	[Signature]
21	Madhan	MSW	893934128	[Signature]
22	Souma	MSW	789776282	[Signature]
23	Riny	MSW	9116600305	[Signature]
24	Milam	MSW	8124976724	[Signature]
25	Priya Prasad	MSW	770000000	[Signature]
26	Rifa	MSW	7237102314	[Signature]
27	Bhramar	MSW	8124976724	[Signature]
28	Janitha	MSW	9042952354	[Signature]
29	Dany	MSW	9042952354	[Signature]
30	Smiti	MSW	6000462658	[Signature]
31	Prasanna	MSW	9042952354	[Signature]
32	Merrisa M	MSW	9042952354	[Signature]
33	HARI ANAND	MSW	9042952354	[Signature]
34	Prasanna	MSW	739732242	[Signature]
35	Prasanna	MSW	638090000	[Signature]
36	Prasanna	MSW	9042952354	[Signature]
37	S.N. Pritha	MSW	9042952354	[Signature]
38	Siva Pritha	MSW	9042952354	[Signature]
39	P. Anil	MSW	982087368	[Signature]
40	M. Pritha	MSW	735666650	[Signature]
41	S. Pritha	MSW	735666650	[Signature]
42	Pritha	MSW	638090000	[Signature]

[Handwritten Signature]

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**PG DEPARTMENT OF SOCIAL WORK
IN ASSOCIATION WITH IQAC
OBSERVES**

World Mental Health Day
AND INAUGURATION OF
*Gregorian Centre for
Social Research Excellence (GCSRE)*

Dr. K. S. RAMESH
DEPUTY DIRECTOR - BANYAN ACADEMY OF LEADERSHIP
IN MENTAL HEALTH
RESOURCE PERSON

Dr. M. SUDHA
HEAD - SOCIAL WORK
DEPARTMENT

Dr. G. GAYATHRY
VICE PRINCIPAL-SHIFT 1

Dr. SAM SANGEETH
HEAD - GCSRE

Dr. R. SRIKANTH
PRINCIPAL

Rev. Fr. MATHEW PALLIKUNNEL
SECRETARY

Ms. R. TANIYA
STAFF CONVENER

VINODHINI. T & SAM AZARIAH
STUDENT CONVENERS

**Date: 13 October 2023
Time: 9.30 am
Venue: Dept. of Social Work**

**BLOCK NO.8, COLLEGE ROAD, MOGAPPAIR WEST, CHENNAI, TAMILNADU 600 037
mail@mgcchennai.ac.in | 044 - 26533140 | www.mgcchennai.ac.in**

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Date: 13th OCTOBER 2023

Venue: Silver Jubilee Block

Agenda & Responsibilities

SL.NO	PROGRAMME	IN CHARGE
1.	Introduction	Sangeetha
2.	Prayer Song	Benson and Team
3.	Welcome Address	Dr. M. Sudha
4.	Introduction of the Chief Guest	Samuel Azariah
5.	Honouring of the Chief Guest	Principal and Secretary
6.	Felicitation	Principal and Secretary
7.	Introduction of Gregorian Centre for Social Research Excellence	Dr. Sam Sangeeth
8.	Inauguration of Gregorian Centre for Social Research Excellence	Secretary
9.	Introduction of the Research Centre's First Research	Dr. M. Sudha
10.	Introduction of Safe Space	Asst. Prof. Suga Priyanka
11.	Inauguration of Safe Space	Principal
12.	Vote of Thanks	Swathi
13.	Convener	Asst. Prof. Taniya
14.	Student conveners	Vinodhini T - II MSW Samuel Azariah - II MSW
15.	Documentation	Rufus Christopher

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Program Report

On 13th October 2023, PG Department of Social Work in association with the Institutional Quality Assurance Cell (IQAC), conducted an event observing World Mental Health Day and held the inaugural of Gregorian Centre for Social Research Excellence. The resource person was Dr. K.S. Ramesh, Deputy Director of Banyan Academy of Leadership in Mental Health. He conveyed the message on how Mental Health affects a person as a whole from their physical to social well being as well as how people have the capacity to bounce back with determination. It was an interactive session between the students and Dr. K.S. Ramesh.

After this, Prof. Dr. Sam Sangeeth introduced about the Research Centre and Rev. Fr. Mathew Pallikunnel inaugurated the Gregorian Centre for Social Research Excellence. HOD Dr. Sudha gave a gist of the first research paper that is to be published in the research centre. It was an interactive session with the students regarding the impact of South Korean dramas and music on female students, especially.

Following this, Prof. Suga Priyanka gave a brief introduction about Safe Space, a project initiated in the department of Social Work, for students to compose their thoughts. Principal Dr. R. Srikanth inaugurated the Safe Space. The students are provided with board games like Chess and Carrom to help them utilise it after college to relieve stress and create healthy



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conversations with fellow classmates. The Safe Space also indicated to students that the staff members are always present to listen to any student if they need someone to talk to.

Finally, the officials were given a tour inside the department where social work students set up eco-friendly garden and other such recycled decorative items. The Principal set up the Safe Space board made out of palm leaf plates.

Evaluation

After the event ended, the staff held an evaluation meeting along with the students. The students appreciated the outcome of the event and provided certain minor suggestions for the betterment of the forthcoming programs. The staff members also shared their key pointers regarding the event and further improvements to the student convenors and staff convenor.

K S Ramesh PhD

Deputy Director | Banyan Academy of Leadership in Mental Health(BALM)

Co-Lead, Centre for Social-care Needs & Livelihoods | The Banyan

His two decades of professional experience includes clinical research, training, counselling, education, fieldwork supervision, policy development, advocacy, consulting etc. A social worker by expertise, Ramesh has been working with the BALM for more than a decade. He was earlier employed by Quintiles, Apollo, and Mar Gregorios. He was an entrepreneur too. He has been a prominent representative for Banyan in several national and international conferences on social work owing to his multi-disciplinary work and expertise on the role of social workers in mental health care delivery.



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His post-graduation in Social Work was at MSSW followed by MPhil, UGC-NET, and PhD. He holds advanced diploma in project management, post graduate certificate in business management, PG diploma in applied Buddhist psychology, and certificates in public mental health and research methodology. Dr. Ramesh has contributed chapters to books and articles in professional journal. He was a Peer reviewer for the journal "Cambridge Prisms: Global Mental Health".

He has travelled extensively within India, Europe and Asia. He has served on State Steering committee for HIV/AIDS bill, and Member of drafting committees for Tamilnadu Youth policy, and recently, the Meghalaya State Mental Health and Social care policy. He was past President of Professional Social workers' association and past Secretary of Alumni Association of Madras School of Social Work. He is currently the Secretary for Commonwealth Health Professions and Partners Alliance (CHPA), Chair of Governance & Appointments Committee at Commonwealth Organisation for Social Work (COSW), and Member of External Advisory Group for HOPE (multi-country project on homelessness and severe mental illness in Africa)

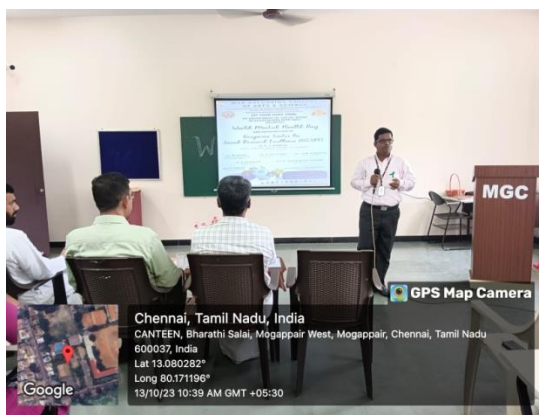
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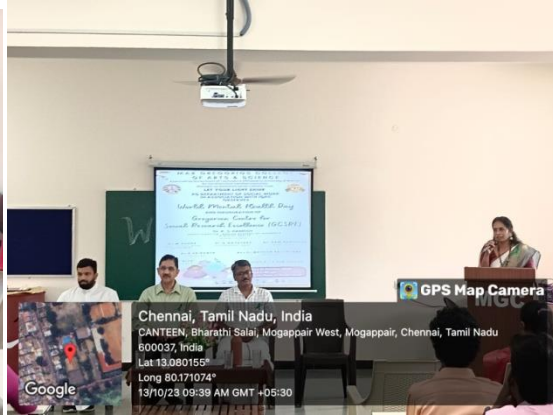
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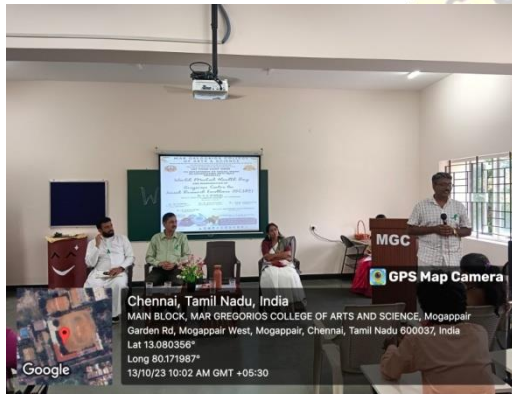
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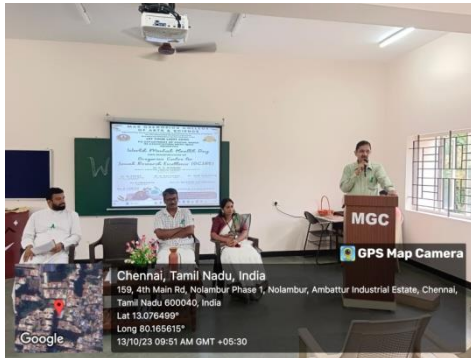
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DATE: 13/10/2023 YEAR - II
Observance of World Mental Health day and Inauguration of Gregorian Centre for
Social Research Excellence
ATTENDANCE SHEET

S.NO	NAME	DEPARTMENT AND SHIFT	CONTACT NO	SIGN
1.	Ponnaya	MSW - II	8124086455	Ponnaya
2.	M. Praveen Kumar	MSW - II	8608390077	M. Praveen
3.	E. Swathi	MSW - II	9884103913	E. Swathi
4.	M. Diwakar	MSW - II	6874185458	M. Diwakar
5.	Grace Carol Christina	MSW - II	6383917279	Grace Carol
6.	S. Koushik	MSW - II	8610833835	S. Koushik
7.	STAINES	MSW - II	7397442995	Staines
8.	T. Samuel Agariah.	MSW - II	9444773130	T. Samuel
9.	V. DEVIKANTH	MSW - II	9884161877	V. Devi
10.	Sangeetha	MSW - II	7358314841	Sangeetha
11.	Joseph CHRISTIAN ADHIS CHRISTIAN J.	MSW - II	9360241492	Joseph
12.	Blessina J	MSW - II	7397442997	Blessina
13.	ETHIC.	MSW - II	938426970	Ethic
14.	Gabriel Knox	MSW - II	8300782812	Gabriel
15.	SOWRI	MSW - II	6882909756	Sowri
16.	PRAGADEESH.	MSW - II	946118567	Pragadeesh

R. Srikanth

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17	Benson John Thomas	MSW-II	8129976294	Ron
18	G. LOGAKARTHIK	MSW-II	9671193223	G. Laksh
19	Nithya Ramakrishna	MSW-II	7339989501	Nithya
20	MILTM	MSW-II	812994029	Milton
21	MADHAN	MSW-II	8939398726	Madhan
22	Sudhan	MSW-II	8939348726	Sudhan
23	Lincy	MSW-II	9176600302	Lincy
24	Robert Reynolds	MSW-II	979088262	Robert Reynolds
25	Rufus	MSW-II	733910224	Rufus
26	Sujayini	MSW-II	9042732354	Sujayini
27	Denny	MSW-II	9446342781	Denny
28	Samuel	MSW-II	8122979762	Samuel
29	Sony	MSW-II	9078786228	Sony
30	Prasanth	MSW-I	6380890509	P. Prasanth
31	Rajankar R	MSW-I	9490996798	Rajankar
32	Pradeep kani	MSW-I	751605624	Pradeep
33	Smiti	MSW-I	6000462658	Smiti
34	Medin	MSW-I	9605051024	Medin
35	Prasanthkumar S	MSW-I	7397326443	Prasanth
36	C. Sanjaykumar	MSW-I	6369747954	C. Sanjay
37	Prasanth T	MSW-I	6380890509	Prasanth
38	S. Nithya	MSW-I	99410154388	S. Nithya
39	M. HARISANKAR	MSW-I	9087129071	M. Harisankar
40	B. SIVAPRISHAK	MSW-I	8925418111	B. Sivaprishak
41	S. Magesh	MSW-I	9810848685	S. Magesh
42	B. MADHANEESHWARAN	MSW-I	2358204683	B. Madhaneeshwaran
43	S. SANTJAY	MSW-I	7358478941	S. Santjay

R. SRIKANTH

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DEPARTMENT OF ENGLISH – SHIFT – I

ONLINE WEBINAR

Academic Year 2023-24

DATE: 04.10.23

PROGRAM SCHEDULE

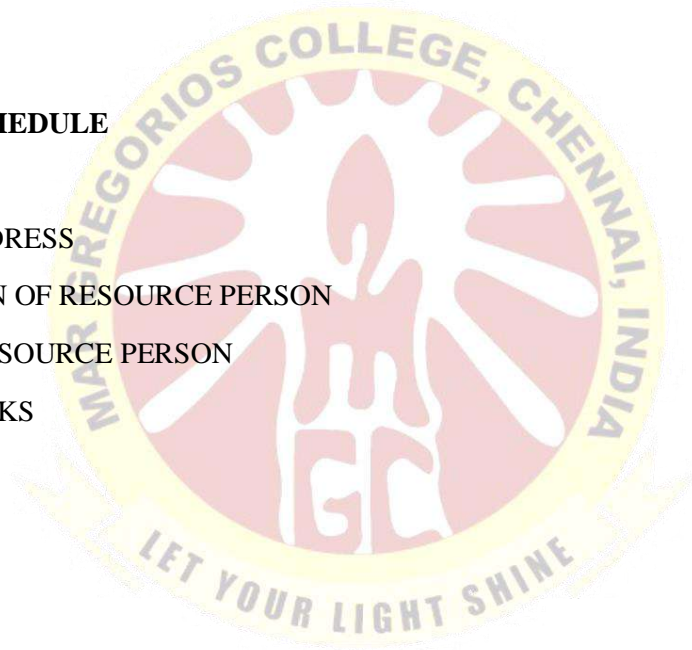
PRAYER

WELCOME ADDRESS

INTRODUCTION OF RESOURCE PERSON

SESSION BY RESOURCE PERSON

VOTE OF THANKS




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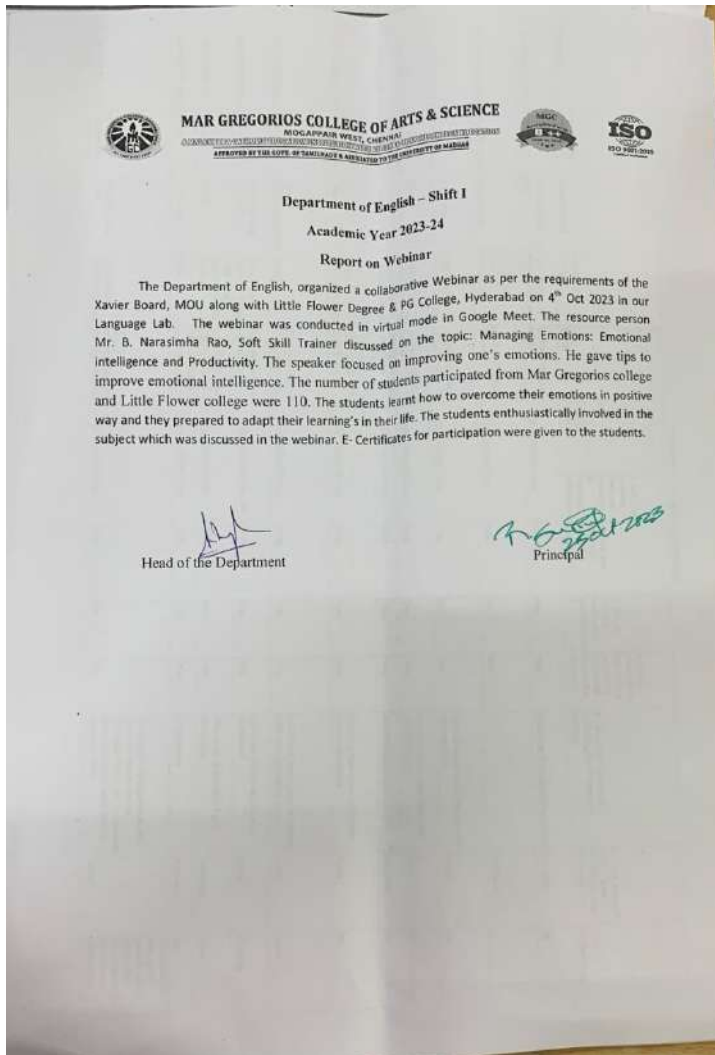
	Narasimha Rao, B Soft Skill Trainer Email: bymed27@gmail.com India +91-9884020971	Address: New No.36, Old no. 124 Thiruvengadapuram, 2 nd St. Choolaimedu, Chennai 600094 Near Nungambakkam Rail Station
SYNOPSIS Narasimha Rao, presently Leadership Training Consultant for Fincare Small Finance Bank, is an extremely passionate, positive and energetic Trainer. He has over 19 years of corporate experience in Banking industry. His career has spanned across the functions in core operations, relationship management, process development, learning & Development. Narasimha Rao started his career in 1993 as a Banking Assistant with HSBC Bank. He has grown leaps and bounds and his last role was Manager HSBC Trade Operations, Hyderabad. His 19 years of corporate experience in HSBC's Operations Management has equipped Rao with strong people and team management skills. Rao with this immense exposure awakens the incredible potential in others and in turn help them to excel in their professional and personal life. Rao enjoys swimming, running, reading and listening to music. He lives in Chennai with his Parents, wife Annapurna two daughters Nirupama and Sruthi.		
ACADEMICS/CERTIFICATION: Pursuing MS, Psychology from Madras University. Certified Train the Trainer from Indo Russian Academy of Training and Development. Certified NLP Basic and Advanced from IRATD. Certified Experiential Learning Trainer by Life Academy. Certified Documentary Credit Specialist from Institute of Financial Services endorsed by ICC, Paris. Certified International Trade Finance Specialist from International Financial Services Association endorsed by ICC, Paris. Graduate in Bachelor of Science from Loyola College, Chennai.	TRAINING PROJECTS: Leadership, Managerial Effectiveness, Stress Management, Motivation, Goal Setting Workshops for Fincare Small Finance Bank, Bangalore. Win Win Negotiation, Corporate Etiquette, Communication & Presentation Programs for Engineers at Shapiroj and Patil Engineering, Chennai. Soft Skill Programs for Blue Star, Bharat Petroleum, Aditya Birla Group, Maruti Suzuki India Ltd. Trained and Evaluated Students on Employability Skills at IITs, VIT, Jadavpur University and various Educational institutions.	
AWARDS/RECOGNITION: Received The Best Trainer Award at IRATD. Thanks Awards received from HSBC for cost savings, customer service. Awarded as HSBC All India Business Champ 2009 for imparting training to Indian Trade Team on upgraded Systems. Gold Medal Winner for Top Scoring in Language at Loyola College, Chennai. 2 nd Place in Chess at Chennai District Tournament. Awarded a Medal for successfully finishing the Ultra Marathon (50km) at Javadhu hills (Thiruvannamalai).	WHAT MAKES ME AN ENTHUSIASTIC TRAINER: Passion Commitment Believing Unlimited Potential Deep connection with self	


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DEPARTMENT OF ENGLISH
WEBINAR - MANAGING EMOTIONS

S. NO	REG. NO.	NAME	YEAR	SIGN 04/10/23
1	BAENG23502	ABUTHIR PABRA R	I	Absent
2	BAENG23509	AJITH KUMAR M	I	Absent
3	BAENG23507	JAYANTHAN A	I	Absent
4	BAENG23510	JOSEPH VIKRAM A	I	Absent
5	BAENG23514	KARAI R	I	Absent
6	BAENG23516	KOMALNATH G	I	Absent
7	BAENG23517	MADHAN KUMAR V	I	Absent
8	BAENG23508	NABRAJ R	I	Absent
9	BAENG23511	NAVERIN S	I	Absent
10	BAENG23511	PAJESHVAR M	I	Absent
11	BAENG23506	SAM SHANKAR C	I	Absent
12	BAENG23505	SANTHOSH KUMAR S	I	Absent
13	BAENG23515	SILVA MURUGAN C	I	Absent
14	BAENG23515	SIMONIKA	I	Absent
15	BAENG23503	NIANDHRI A	I	Absent
16	BAENG23520	NIROSHA S	I	Absent
17	BAENG23522	PREETHI R	I	Absent
18	BAENG23513	PRINYAKA R	I	Absent
19	BAENG23521	SANDESHARAN R	I	Absent
20	BAENG23504	SARANYA S	I	Absent
21	BAENG23510	SONIYA A	I	Absent
22	112204727	YOGESH VARMA S	I	Absent
23	112204728	CHARIDRU K	I	Absent
24	112204729	JASON JARAH C	I	Absent
25	112204730	MICKY ANTO P.M	I	Absent
26	112204731	NITHIN RAJ R	I	Absent
27	112204732	SANJAY G	I	Absent
28	112204733	SANJAY KUMAR A	I	Absent
29	112204734	SHAWN WALLACE A	I	Absent
30	112204735	SURIYA S	I	Absent
31	112204736	ALMISTRO FLOVIN V	I	Absent
32	112204737	EHEEDING MAU	I	Absent
33	112204738	GANESH BAGHAV A	I	Absent
34	112204739	HARISH KUMAR R	I	Absent
35	112204740	JOYSON DANIEL Y	I	Absent
36	112204741	SAI KISHORE S	I	Absent
37	112204742	SANJAY R	I	Absent
38	112204743	ADHISHVARI R	I	Absent
39	112204744	HEMALATHA S	I	Absent
40	112204745	JENIFER HEPCIBA J	I	Absent
41	112204746	LIVYA HAZEL J	I	Absent
42	112204747	SHREEJAI SUPRIYA M.K	I	Absent
43	112204748	SHYAM GRACE J	I	Absent
44	112204749	SUBHASRI N	I	Absent

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11.67

45	112204750	ANNESHA SEN	II	25	25
46	112204751	AMALI GRACY R	II	25	25
47	112204752	IOITHI LAKSHMI N	II	25	25
48	112204753	SONIA ROSE MARY S	II	25	25

29

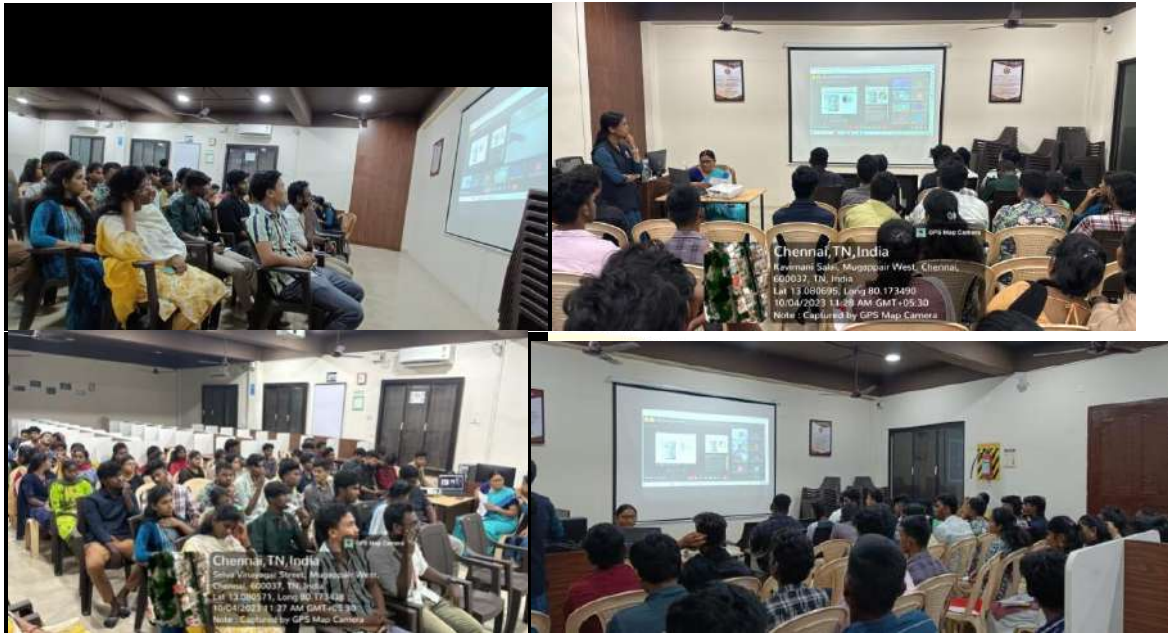
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Managed by the Malankara Syrian Catholic Trust

DEPARTMENT OF COMMERCE, SHIFT - I,
in association with IQAC

Theatrical Performance

on

Anti Drug Awareness



18/10/2023



College
Premises



11:00 a.m.

Dr. M. VENKATESAN
Convenor

Mr. T. BALACHANDAR
Head of the Department, Shift - I

Dr. G. GAYATHRY
Vice Principal, Shift - I



Dr. S. SHALINI MAHER
Vice Principal, Shift - II

Dr. R.SRIKANTH
Principal

Rev. Fr. MATHEW PALLIKUNNEL
Secretary



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DEPARTMENT OF COMMERCE, SHIFT – I

ANTI-DRUG AWARENESS PROGRAM

26th SEPTEMBER 2023

REPORT

Department of Commerce Shift – I organized a theatrical performance on Anti-Drug Awareness Program at (place) on 17th October 2023. Dr. M. Venkatesan was the convenor of the program. The main objective of the program to show students about how drug can ruin their life and how they get affected of using drug both socially and mentally.

This Anti-Drug awareness program was organized by M.com students and performed by B.com students Shift – I. Master of ceremony was Manoj Kumar S of II M.com and vote of thanks was proposed by Dhanalakshmi S of I B.com.

More than 300 students and faculty members were benefited by this theatrical performance which was conducted in our college premises.

Mr. T. BALACHANDAR
Head of the Department,
Department of Commerce, Shift – I
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MAR GREGORIOS COLLEGE OF ARTS & SCIENCE				
DEPARTMENT OF COMMERCE - SHIFT I				
ATTENDANCE SHEET FOR THEATRICAL PERFORMANCE ON ANTI DRUG AWARENESS				
DATE: 18/10/2023				
S.NO	REGISTER NO	NAME OF THE STUDENTS	CLASS	SIGNATURE
1	532201039	MANOJKUMAR S	II M.COM	
2	532201045	TARUN G C	II M.COM	
3	532201049	CATHERINE ANGELINA G	II M.COM	
4	532201044	SHAM SHARAN D	II M.COM	
5	532201048	ADELINE MARIA A	II M.COM	
6	532201050	ELFERINA M	II M.COM	
7	532201040	MANOJ KUMAR S	II M.COM	
8	532201042	PRAVEEN P	II M.COM	
9	532201041	NATHAN ASLIN S	II M.COM	
10	532201035	HARI HARA SUDHAN A	II M.COM	
11	532201036	JOSHUA MARTIN D	II M.COM	
12	532201047	YOGESH E	II M.COM	
13	532201053	SUGIRTHA S	II M.COM	
14	532201051	NIVETHA S	II M.COM	
15	532201038	LAZAR V	II M.COM	
16	532201033	ABISHEK SAMUEL C	II M.COM	
17	532201034	EZHAK G	II M.COM	
18	532201037	D.KARUNYA SEELAN	II M.COM	
19	532201052	SUBHIKSHAYINI R	II M.COM	
20	532201046	VISHNU S	II M.COM	

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MGC NCC ARMY

HEALTHY LIFE EVENT

PROGRAM SCHEDULE:

- 1.TAMIL THAI VALTHU
- 2.WELCOME ADDRESS
- 3.DISPLAYING TYPES OF MILLETS.
- 4.SKIT ON HEALTHY LIVING
- 5.CREATING AWARENESS ON HEALTHY AND UNHEALTHY FOODS .
- 6 QUIZZ GAMES ON MILLETS.
- 7.VOTE OF THANKS.
- 8.NCC SONG.
- 9.NATIONAL ANTHEM.

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MAR GREGORIOS COLLEGE OF ARTS & SCIENCE
NCC IN ASSOCIATION WITH IQAC CONDUCT AN EVENT ON
HEALTH & HYGENIC

DATE – 16TH DEC 2023

VENUE- VALASARAVAKKAM, CHENNAI-87

FEEDBACK-

NCC unit of MGC organize an event on health and hygenic in basis of jeeva saprasam, Inter college competition, On 16th DEC 2023.

The event conducted is to make the society to bring health and hygenic “clean your hands, protect your health”. Our college cadets have explain the students to be displine and how to be healthy, by this the children have got how to be healthy.

The master of cermony for the event is conducted by Cadet Joel John .T, Started by prayer Cadet Uma Maheshwari .B.M followed by Welcome address by Cadet Rohith .N . Explained the children about health and hygenic , Followed by a formal vote of thanks by cadet Bezzam Vamsi Krishna.

The children have gain knowledge by this event, now the children are very well about health and hygenic.

ORGANIZER

NCC UNIT OF MGC

INCHARGE:

LT RAJKUMAR.D

ASSOCIATE NCC OFFICER

P

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2023-24

MAR GREGORIOS COLLEGE OF ART'S & SCIENCE Participation list

REGIMENT NO	CADET NAME	SIGNATURE
TN21SDA665201	R.AKASH	<i>R. Akash</i>
TN21SDA665203	S.BHUVANESHWARAN	<i>S. Bhuvaneshwaran</i>
TN21SDA665204	G.HARI HAARAN	<i>G. Hari Haaran</i>
TN21SDA665205	P.HARI RAM	<i>P. Hari Ram</i>
TN21SDA665206	M.KANNABIRAN	<i>M. Kannabiran</i>
TN21SDA665208	M.SIVA	<i>M. Siva</i>
TN21SDA665209	SUJAY BABU	<i>S. Sujay Babu</i>
TN21SDA665210	J.SUNIL KUMAR	<i>J. Sunil Kumar</i>
TN21SWA665211	R.AISHWARIYA	<i>R. Aishwariya</i>
TN21SWA665212	S.ISHWARYA	<i>S. Ishwarya</i>
TN21SWA665213	P.MONIKA	<i>P. Monika</i>
TN21SWA665214	J.PRIYANKA KASHYAP	<i>J. Priyanka Kashyap</i>
TN21SWA665215	V.RAJEYSREE	<i>V. Rajeysree</i>
TN21SWA665216	RACHEL JHANSI RANI	<i>R. Rachel Jhansi Rani</i>
TN22SDA665201	BEZZAM VAMSI KRISHNA	<i>B. Bezzam Vamsi Krishna</i>
TN22SDA665202	DANIEL.T	<i>D. Daniel T</i>
TN22SDA665203	S.M.GOWTHAM	<i>S. M. Gowtham</i>
TN22SDA665204	JOEL JOHN.T	<i>J. Joel John T</i>
TN22SDA665206	S.NEELAMEGAKAVIN	<i>S. Neelamegavini</i>
TN22SDA665208	PRADEEP.D	<i>P. Pradeep D</i>
TN22SDA665209	ROHITH.N	<i>R. Rohith N</i>
TN22SDA665210	SANJAI.S	<i>S. Sanjai S</i>
TN22SDA665211	SARAN.V	<i>S. Saran V</i>
TN22SDA 665212	TATA AKASH	<i>T. Akash</i>
TN22SDA665214	HAMELATHA.S	<i>H. Hemalatha S</i>
TN22SDA665216	UMA MAHESHWARI.M	<i>U. Maheshwari M</i>

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ELECTRONICS AND COMMUNICATION SCIENCE IN ASSOCIATION WITH IQAC ORGANIZES

YOGA EVENT

"TAKE THE TIME TO MAKE YOUR SOUL HAPPY"

"Breathe, Stretch, Unwind, Connect."

Chief Guest

R. RAJIVGANTHI,
BPES., B.PED., MBA., M.SC. YOGA
MGPS

DATE : 31/01/2024
TIMING : 9-11AM

Event line-up

DR.S.FABBIYOLA (CONVENOR)	MRS.V.SAVITHRI (HOD)	DR.G.GAYATHRY (VICE PRINCIPAL)
DR.R.SRIKANTH (PRINCIPAL)	REV.FR.MATHEW PALLIKUNNEL (SECRETARY)	

NO: 8, COLLEGE ROAD, MOGAPPAIR WEST,
CHENNAI - 600 037

+044 2653 3140 WWW.MGCCHENNAI.AC.IN MAIL@MGCCHENNAI.AC.IN

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**AQAR
2023-24**

Academic Year 2023-2024

Mar Gregorios College of Arts & Science

Department of Electronics and Communication Science

YOGA PROGRAM

Program Schedule

31/01/2024

Oga E

9.00 A.M

Prayer- Dr.S.Fabbiyola

9.05 A.M

Welcome Address– SARAVANAN S S (IIECS)

9.10 A.M

Felicitation – Principal – Dr. R.Srikanth

9.15 A.M

Session by Resource person

Mr.R.RajivGanthi BPES, BPED,MBA,MSc YOGA,

PT Master, YOGA.

11.00 A.M

Vote of Thanks – P.Pooja (IIECS)

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PROFILE

Name : Mr. R.RAJIVGANTHIB.P.E.S.,M.B.A.,M.Sc., (Yoga)
Father'sName : Mr. G.Rangasamy
Mother'sName : Mrs.R.Vasanth
Dateof Birth : 02.03.1980
Gender : Male
MaritalStatus : Married
Nationality : Indian
Religion : Hindu
LanguagesKnown : Tamil&English
PresentAddress : No:7/11,2ndStreet,VGANagar,
2ndLane,Arumbakkam,
NearAppasamyHospital,Chennai-600 106



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SPORTS ACHIEVEMENTS:

Sl.NO	NAME OF THE GAME	NAME OF THE TOURNAMENT	YEAR	CATEGORY HELDED POSITIONS	R
1	VOLLEY BALL	Government of India Nehru Yova Kendra Minister of Youth Affairs Sports cuddalore	2008	SENIOR	G In
2	Athletics Marathan Meni International Congress of india Graduates	Bring the torch by Running 240 km From Chennai to Chidambaram	November 2003	Annamalai University	A U
3	March Fast	Third Annual Track and Field Project Meet	2002	Senior first class	A U
4	Cricket	Intermural Level	2002	Annamalai University	A U
5	Athletics *10000 Mts *100 Mts *200 Mts * Relay botton *4X100 Mts	Enter Physical Education	2001-2009	Chennai	U
6	*Volley Ball *Badminton *Ball Badminton *Kabaddi *Kho-Kho *Foot Ball	Interamural Level	2004	Annamalai University	A U
7	Foot Ball	School District Level	1997	Winner's Up	C S E
8	Athletics 800mts Super Senior	School District Level	1997	First Place	J S N

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REPORT

A Life Skill Program on “YOGA” was conducted on 31st January, 2024 in MGC, Mar Ivanios Hall. The major objective of the program was to improve the mental health of our department Students. Around Fifty two students took part in the program which includes First, Second & Third Years and few Faculty. The Program started at 9.30am with a prayer by Dr.S.Fabbiyola, followed by Welcome address by S.S. Saravanan of III BES. Principal Dr.R.Srikanth felicitated the occasion. The Resource person, Mr. R. Rajiv Ganthi took over the session. Students learned Yoga Asanas and practised as per the demonstration. The feedback was positive and the session was beneficial. P. Pooja, Student of III BES proposed Vote of thanks. The Program ended successfully.



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MAR GREGORIOS COLLEGE OF ARTS & SCIENCE
DEPARTMENT OF ELECTRONICS & COMMUNICATION SCIENCE
YOGA PROGRAM (31/01/2024)

S.NO	REG.NO	NAME	YEAR	BATCH	Signature
1	222107168	PRAKASH J	III B.Sc ECS	2021-2024	[Signature]
2	222107169	ABDUS SAMAD A	III B.Sc ECS	2021-2024	[Signature]
3	222107170	NANDHA KUMAR G L	III B.Sc ECS	2021-2024	[Signature]
4	222107171	SARAVANAN S S	III B.Sc ECS	2021-2024	[Signature]
5	222107172	BAGATH G A	III B.Sc ECS	2021-2024	[Signature]
6	222107173	BHUVANESHWAR P	III B.Sc ECS	2021-2024	[Signature]
7	222107174	HEMATH KUMAR S	III B.Sc ECS	2021-2024	[Signature]
8	222107175	JAYAKRISHNAN M	III B.Sc ECS	2021-2024	[Signature]
9	222107176	NARESH KUMAR R	III B.Sc ECS	2021-2024	[Signature]
10	222107177	NITHISH K R	III B.Sc ECS	2021-2024	[Signature]
11	222107179	SEEYALA SELVAN S	III B.Sc ECS	2021-2024	[Signature]
12	222107181	SIVA KUMAR G	III B.Sc ECS	2021-2024	[Signature]
13	222107182	SUSINDAR S	III B.Sc ECS	2021-2024	[Signature]
14	222107183	VIJAYAN S	III B.Sc ECS	2021-2024	[Signature]
15	222107184	YABESH RAJ S	III B.Sc ECS	2021-2024	[Signature]
16	222107185	GEETHA N	III B.Sc ECS	2021-2024	[Signature]
17	222107186	GOTHAVARI M	III B.Sc ECS	2021-2024	[Signature]
18	222107187	POOJA P	III B.Sc ECS	2021-2024	[Signature]
19	222107188	SHOBANA R	III B.Sc ECS	2021-2024	[Signature]
20	222107189	SNEHA S	III B.Sc ECS	2021-2024	[Signature]
21	222208676	ADHITHYA A	II B.Sc ECS	2022-2025	[Signature]
22	222208677	AHAMED K	II B.Sc ECS	2022-2025	[Signature]
23	222208678	ARUL RAJ S	II B.Sc ECS	2022-2025	[Signature]
24	222208679	BILLA P	II B.Sc ECS	2022-2025	[Signature]
25	222208680	KISHORE V	II B.Sc ECS	2022-2025	[Signature]
26	222208681	MANIKANDAN P	II B.Sc ECS	2022-2025	[Signature]
27	222208682	RAJ KUMAR B	II B.Sc ECS	2022-2025	[Signature]
28	222208683	RAJESH P	II B.Sc ECS	2022-2025	[Signature]
29	222208684	RAKESH P	II B.Sc ECS	2022-2025	[Signature]
30	222208685	SAKTHIVEL K	II B.Sc ECS	2022-2025	[Signature]
31	222208686	SANJAY SHARMA R	II B.Sc ECS	2022-2025	[Signature]
32	222208687	SEETHARAMAN S	II B.Sc ECS	2022-2025	[Signature]
33	222208688	THABISHHUSSIAN I	II B.Sc ECS	2022-2025	[Signature]
34	222208689	TUPRIN PRABHU M	II B.Sc ECS	2022-2025	[Signature]
35	222208690	VISHAAL T	II B.Sc ECS	2022-2025	[Signature]

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222208691	AARTHI S	II B.Sc ECS	2022- 2025	AAA
222208692	ABIRAMI A	II B.Sc ECS	2022- 2025	A.A.
222208693	CHITRA P	II B.Sc ECS	2022- 2025	P.chitra.
222208694	HEMALATHA V	II B.Sc ECS	2022- 2025	AAA
222208695	LAKSHMI S	II B.Sc ECS	2022- 2025	S.lakshmi
222208696	MALINI P	II B.Sc ECS	2022- 2025	Malini P
222208697	SHARMILA S	II B.Sc ECS	2022- 2025	S.Sharmila.
222308042	AMOSH ABHISHEK A	I B.Sc ECS	2023-2026	A.A.
222308043	BALAMURUGAN R	I B.Sc ECS	2023-2026	Bala
222308044	JAI AKASH V	I B.Sc ECS	2023-2026	Jai Akash
222308045	JESTIN W	I B.Sc ECS	2023-2026	Jestin W
222308046	MATHAPPA AZEER K	I B.Sc ECS	2023-2026	Mathappa
222308047	NADIEM M	I B.Sc ECS	2023-2026	AAA
222308048	NANDHA HARISH K E	I B.Sc ECS	2023-2026	Nandha
222308049	NARESH K	I B.Sc ECS	2023-2026	Naresh K
222308050	NIRMALRAJ J	I B.Sc ECS	2023-2026	Nirmalraj
222308051	PRAVEEN M S	I B.Sc ECS	2023-2026	Praveen
222308052	SENTHILMURUGAN N	I B.Sc ECS	2023-2026	Senthil
222308053	SIMEON SAMUEL S	I B.Sc ECS	2023-2026	Simeon
222308054	SIRAJUDEEN A	I B.Sc ECS	2023-2026	AAA
222308055	JOY HANNAH BRITTO C R P	I B.Sc ECS	2023-2026	AAA
222308056	PRIYADHARSHINI K	I B.Sc ECS	2023-2026	K.Priya
222308057	RAJESHWARI P	I B.Sc ECS	2023-2026	AAA
222308058	REVATHI P	I B.Sc ECS	2023-2026	Revathi
222308059	SHANTHAPRIYA E	I B.Sc ECS	2023-2026	E.Shanthapriya
222308060	SUMITHRA V	I B.Sc ECS	2023-2026	V.Sumithra

Sank
HOD



Principal
Dr.R.SRIKANTH, M.B.A., M.Phil., Ph.D.
Principal
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R. Srikanth

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


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On Account of Women's Day
RED RIBBON CLUB
In Association with IQAC Organises
Free Medical Camp for Women

 27/02/2024  9:00 am - 12:00 pm  Mar Ivanios Hall


Dr. E. Pavithra Balaji
MBBS, MD(OG), FMAS, F-ART
Gynecologist/Obstetrician


*S - She
H - has
E - eternal
strength to
humanity*


Dr. Balaji B
MBBS, M.S. Ortho, FISS(CMC, Vellore)
Spine Surgeon

Dr. K. Aswini
Convenor

Dr. G. Gayathri
Vice-Principal, SH-I

Dr. R. Srikanth
Principal






Mrs. C. Sujdha
Co - Convenor

Dr. S. Shalini Maher
Vice-Principal, SH-II

Rev. Fr. Mathew Pallikunnel
Secretary

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FREE MEDICAL CAMP

RED RIBBON CLUB

PROGRAM SCHEDULE:

S.No	Program Schedule		Time
1.	Prayer and Blessing	Sr.Celin (Advisor and Counsellor)	9.00 - 9.05
2.	Welcome	Mrs.Sujdha C (RRC Co-Convener)	9.05 - 9.10
3.	Felicitations	Dr.M.Srikanth (Principal)	9.10 - 9.15
4.	Session 1	Dr.E.Pavithra Balaji (Gynecologist/ Obstetrician)	9.15 - 12.00
5.	Break		10.15 - 11.00
6.	Session 2	Dr.Balaji B (Spine Surgeon)	11.00 - 12.00

MC: Ms.S.Swetha II B.Sc (Computer Science)

Resource Person Details

Dr.R.SRIKANTH, M.B.A., M.Phil., Ph.D.,
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REPORT

Red Ribbon Club in association with Pavithram Specialty Clinic on account of Women's Day conducted free medical camp for Women on 27th February 2024. The camp was scheduled between 9.00am to 12.00pm in Mar Ivanios Hall. The event commenced with the blessing by Sr.Celein followed with felicitation by Principal Dr.R.Srikanth. Momentum was given by Sr.Celein and Principal Dr.R.Srikanth to Dr.E.Pavithra Balaji (Gynecologist/Obstetrician) and Dr.Balaji.B (Spine Surgeon) respectively. Also present were RRC Convenor Dr.Aswini and Co-Convenor Ms.Sujdha.

To create awareness and educate people about regular health checkup, MGC's Red Ribbon Club on account of Women's Day Organized Free Medical Camp for Women for student, teaching and non-teaching staff. General checkup included testing the BP, Sugar level, BMI etc., after which appropriate advice were given to the needed members.

Bone mineral density measuring machine was available as part of general checkup. Conducting such camp helps to encounter if there is any problem. Identifying issues at an early stage has more chance of overcoming it with proper medical attention. Such activity encourages students to be at good health and maintain healthy diet.

More than 100 students were benefited from the Medical Camp and appreciated the members of Pavithram Specialty Clinic for joining hands with Mar Gregorios College - Red Ribbon Club and making the camp more useful and successful for the student and staff community. Special appreciation to student volunteers from RRC for helping and guiding throughout the day.

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NO	Name	Contact no:	Signature
01	Gramelhi Yuthi .C	883852 3151	
02	Sharon .S	883 882 4908	
03	Asnathi vennila	7299488348	B. Vennila
04	A. Jagunthala	9841351922	
05	M. Jennifer	9677185775	
06	A. Monika	6240070051	Monika .A
07	C. Darsha	9860137542	Darsha C.
08	S. Jayarathi	9956295598	
09	S. Viji	9361140396	
10	R. Monisha devi	7338196270	
11	Vagitha	7397276029	
12	Nasreen	9260723311	Nasreen
13	Begum	8172119212	
14	Jennifer	9962490591	
15	Kaviya	9150496288	
16	Shalee	9962425595	
17	Divya .	9842550403	
18	Prathi	6369712770	
19	Puspa	6361554912	
20	Jesima.	8124472722	
21	Olviya	6380837671	
22	Samantha	76 82602448	
23	Abhinava. Ravi	8610017731	



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S.NO	Name	Contact no:	Signature
24	Ashli abekah .S	8198601687	
25	Ausara . V	8831681046	
26	Dhanya . D	9710434674	
27	Deeksha . J	7410248601	
28	Hemini . P	6078158694	
29	Vaishu . B	4165455080	
30	Givija . S	9164061484	
31	Vinusha . G	3186469497	
32	Sukanya . V	9487658046	
33	athira . Y	9567107913	
34	VANSHIKA . D	6378151024	
35	Shruthi . A	9846078110	
36	AKSHAYA . S	9767810127	
37	Ranjini . P	8148166318	
38	preethi . S	7340011445	
39	Sanjana . B	9944067896	
40	Sameera . V	7615581373	
41	Deepika . S	6688104681	
42	Priya Dhanini . A	9345100725	
43	Praveena . G	7650899556	
44	Nivahini . S	9488631890	
45	Narmadha . V	9108873815	
46	haranya . P	7251101726	
47	Kaviya . B	9016373491	
48	Monika . T	6581375519	

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S.NO	Name	Contact no:	Signature
49	Aochamee B	96 64 510130	
50	J. Tamil Selvi	9884349024	
51	S. RIVA SPT	7358559866	
52	V. Hema Priya	97 89 955813	
53	Madhu. S	88 38 513152	
54	Veronica . R	97 71 3 20460	
55	Nandhita . S	450 60 55015	
56	Jennifer . P	8765086150	
57	Sumitha . A	9677237145	
58	Anu . S	6369888176	
59	Dharshni . V	7385382822	
60	Priya . S	9361346826	
61	Selvi . R	8838523152	
62	Lakshmi . A	8245106701	
63	Udbaya . R	9600062255	
64	Ranya . V	9384658094	
65	Shalini . Y	9677801301	
66	Megana . J	7299999329	
67	Devi shree . S	7213480661	
68	Melanie . D	9790174257	
69	Keerthi . S	8360729860	
70	Neha shree . A	9670847201	
71	YUMTHI . U	7299488430	
72	Richitha . K	9677045076	
73	Rivana A	62042...	

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S.NO	Name	contact no.	signature
74	Sana Sri . P	7585 354580	Sana Sri . P
75	Mathulika . P	7585 354580	Mathulika . P
76	Thirshika . R	8347 56 2789	R.Thirshika
77	Malavika . A	9415 27 6318	Malavika . A
78	Sangavi . S	92400 78190	Sangavi . S
79	Kamdhana . B	63 55 930179	Kamdhana . B
80	Anu priya . D	951 240 73200	Anu priya . D
81	Janet . S	93 18 27 46 52	Janet . S
82	Lekha . P	63 85 37 4090	Lekha . P
83	Meena . V	9432196 781	Meena . V
84	Lakshmi . S	7230012 731	Lakshmi . S
85	Sita . R	8295674321	Sita . R
86	Daisy . P	63 25123 726	Daisy . P
87	Jessie . G	63 125 734 96	Jessie . G
88	Oviya . D	93 17 896 472	Oviya . D
89	Hema . L	72900 732 40	Hema . L
90	Shalini . G	634861 4467	Shalini . G
91	Shreya . H	93 48 61 34 94	Shreya . H
92	Selvi . P	92 1367 3396	Selvi . P
93	Rashmi . J	63 136 7118 2	Rashmi . J
94	Indira . M	9923 476208	Indira . M
95	Priya . N	63 456 2010 9	Priya . N
96	Deepika . P	63 455 5111 8	Deepika . P
97	Meena . K	63 48 6172 98	Meena . K
98	Kamathi . Y	8272 189670	Kamathi . Y

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MGC NCC ARMY

YOUTH EMPOWERMENT EVENT

PROGRAM SCHEDULE:

- 1.TAMIL THAI VALTHU.
- 2.WELCOME ADDRESS.
- 3.INTROGATION WITH STUDENTS(EMPOWERED YOUTH SOCIETY).
- 4.CARRER GUIDENCE.
5. QUIZZ GAMES ON GEN EMPOWERD SOCIETY .
- 6.DISTRIBUTING A STATIONARIES TO THE STUDENTS .
- 7.VOTE OF THANKS.
- 8.NCC SONG.
- 9.NATIONAL ANTHEM.

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MAR GREGORIOS COLLEGE OF ARTS & SCIENCE
NCC IN ASSOCIATION WITH IQAC CONDUCT AN EVENT ON
YOUTH EMPOWERMENT

DATE – 10TH JAN 2024

VENUE- SACRED HEART MATRICULATION SCHOOL, PADI CH-50

FEEDBACK-

NCC unit of MGC organize an event on health and hygenic in basis of jeeva saprasam, Inter college competition, On 10th JAN 2024.

The event conducted is to make the society to Bring youth empowerment “. Our college cadets have explain the students to be disipline and how to be youth empowerment , by this the children have got how to be.

The master of cermony for the event is conducted by Cadet Daniel.T, Started by prayer Cadet Hemalatha .S followed by Welcome address by Cadet Pradeep .D . Explained the children about youth empowerment, followed by a formal vote of thanks by Cadet Neelamegakavin .S.

The children have gain knowledge by this event, now the children are very well about Youth empowerment.

ORGANIZER

NCC UNIT OF MGC

INCHARGE:

LT RAJKUMAR.D

ASSOCIATE NCC OFFICER

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Participation list

REGIMENT NO	CADET NAME	SIGNATURE
TN21SDA665201	R.AKASH	Akash
TN21SDA665203	S.BHUVANESHWARAN	Bhuvaneshwaran
TN21SDA665204	G.HARI HAARAN	Hari Haaran
TN21SDA665205	P.HARI RAM	Hari Ram
TN21SDA665206	M.KANNABIRAN	Kannabiran
TN21SDA665208	M.SIVA	Siva
TN21SDA665209	SUJAY BABU	Sujay Babu
TN21SDA665210	J.SUNIL KUMAR	Sunil Kumar
TN21SWA665211	R.AISHWARIYA	Aishwariya
TN21SWA665212	S.ISHWARYA	Ishwarya
TN21SWA665213	P.MONIKA	Monika
TN21SWA665214	J.PRIYANKA KASHYAP	Priyanka Kashyap
TN21SWA665215	V.RAJEYSREE	Rajeshree
TN21SWA665216	RACHEL JHANSI RANI	Rachel Jhansi Rani
TN22SDA665201	BEZZAM VAMSI KRISHNA	Bezzam Vamsi Krishna
TN22SDA665202	DANIEL.T	Daniel T
TN22SDA665203	S.M.GOWTHAM	Gowtham S.M.
TN22SDA665204	JOEL JOHN.T	Joel John T
TN22SDA665206	S.NEELAMEGAKAVIN	Neelamegavini
TN22SDA665208	PRADEEP.D	Pradeep D
TN22SDA665209	ROHITH.N	Rohith N
TN22SDA665210	SANJAI.S	Sanjai S
TN22SDA665211	SARAN.V	Saran V
TN22SDA 665212	TATA AKASH	Tata Akash
TN22SDA665214	HAMELATHA.S	Hamelatha S
TN22SDA665216	UMA MAHESHWARI.M	Uma Maheshwari

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 **RED RIBBON CLUB
&
YOUTH RED CROSS**

In Association with IQAC Organises
**A SEMINAR ON HEALTH & LIFE STYLE
WITH ORTHO CHECKUP**



Dr.R.Raja
ACIM,MPT(Ortho),MIAP,CVA,CCAM,CLM,F.O.R,PGDYN,
DVMS,M.D(Acu),Ph.D,DMT,DAT.

 **26th MARCH 2024**  **2:00pm-4:00pm**  **Mar Ivanios Hall**

Dr.K.Aswini RRC-Convenor	Rev.Sr. Celin Maria. D.M MGC - Counsellor	Mrs.C.Sujdha RRC Co - Convenor
Dr.Harishwaran YRC-Convenor		Mrs.Sara Jeba Jency YRC Co - Convenor
Dr.G.Gayathry Vice-Principal, SH-I		Dr.S.Shalini Maher Vice-Principal, SH-II
Dr.R.Srikanth Principal		Rev.Fr.Mathew Pallikunnel Secretary

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RED RIBBON CLUB

Program Schedule for "A Seminar on Health & Life Style"

DATE: 26.03.2024

VENUE: Mar Ivanios Hall

TIME: 2pm - 4pm

M.C: Afrith Ashika (II B.Com)

2:00PM - Invocation.

2:03PM - Welcome Address - Ms.Ramya (II B.Com).

2:06 PM - Blessings by Secretary Rev.Fr.MATHEWPALLIKUNNEL.

2: 09 PM - Felicitation by Principal- Dr.R.SRIKANTH.

2:12 PM - Honouring of Chief Guest by Principal

2:14 PM - Session taken over by the Resource Person - Dr. Raja.

4:00 PM - Vote of Thanks by Ms. Alceena Baiju, II B.COM (G), S-I.

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YOUTH RED CROSS

A SEMINAR ON HEALTH AND LIFESTYLE

VENUE: MAR IVAIOUS HALL

DATE: 26/04/2024

TIME: 02.00 PM – 4.00 PM

Red Ribbon Club and Youth Red Cross in association with IQAC organized a seminar on Health and Lifestyle followed by ortho checkup camp for students and staff of MGC on 26th March 2024. The camp was scheduled between 2.00pm and 4.00pm in Mar Ivaious Hall. The event commenced with the prayer by Sr. Celein Maria. Vice Principal of Shift – I Dr.G.Gayathry and Shift – II Dr.S.Shalani Maher welcomed Dr.Raja and team from Royal MultiCare. Also present were RRC Convenor Dr.Aswini, Co-Convenor Ms.Sujdha, YRC Convenor Dr.B.Hariswaran and Co-Convenor Ms.Sarah Jaba Jency.

Healthy citizens are the greatest asset any country can have. Having that in mind MGC's YRC and RRC organized ortho checkup for the staff and students. The seminar started very interactively. The Doctor gave many advices and tips for healthy lifestyle. He emphasized on the importance of getting up early and doing regular exercise. He also quoted the necessity of taking healthy homemade diet and warned them about the consequences of outside food. Conducting such camp help students to think and care about their health. After the seminar ortho checkup session took place. This helped students to address their issues and get medical advice. Identifying issues at an early stage has more chance of overcoming it with proper medical attention. Such activity encourages students to be at good health and maintain healthy diet.



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More than 50 students were benefited from the Seminar and Checkup camp. Students and staff appreciated and thanked Dr. Raja joining hands with RRC and YRC and making the camp more useful and successful for the student community. Special appreciation to student volunteers from RRC and YRC for helping and guiding throughout the day.


RRC Convenor


Principal





Dr. R. SRIKANTH, M.B.A., M.Phil., Ph.D.,
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S.No	Name	REG NO DEPT	REG NO DEPT	SIGNATURE
1.	FIRDHOSE R.	I. BS CS	222308097	R. Firdhose
2.	Shangui S	I. BS CS	222308102	S. Shangui
3.	Deepa P	I. BS CS	222308096 934478	P. Deepa Shanmuga Priya
4.	M. Shanmuga priya	I. BSc (CS)	222308103	
5.	M. Sandhya	I. BSc (CS)	222308101	M. Sandhya
6.	K. Ramya	I. BSc [CS]	222308100	Ramya
7.	Indira V	I. BSc [CS]	222308098	Indira
8.	Bhuvaneswari .N	I. BSc [CS]	222308095	Bhuvaneswari
9.	T. Pavana	I. BSc [CS]	222308099	Pavana
10.	P. Adithya	II BCOM (CA)	312212164	Adithya
11.	F. Keerthika	III B. Com (Gr)	312113707	Keerthika
12.	S. Kokila	III B Com (Gr)	312113708	Kokila
13.	Loiker yasmine. D	II. BSc (CS)	222208742	Esther
14.	Hemalatha . N	II B.Sc (CS)	222208743	N. Hemalatha
15.	Hemalatha . S	II BSc (CS)	222208744	Hemalatha S
16.	Dhanshri . D	II BCOM (CA)	312212166	Dhanshri
17.	Anitha . B.	II BCOM (CA)	312212165	Anitha

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Sl. No	REGI NO	NAME	DEPT YEAR	Signature
18	N. SELVA 222208725	N. SELVA	IS. BSC. CS	[Signature]
19	222208721	M. S. L. R. S.	II BSC CS	[Signature]
20	222208728	B. SUDHARSHAN	II BSC. CS	[Signature]
21	222208717	Dr. Partha Sarathy	II BSC. CS	[Signature]
22	222208726	M. HARISHARAN	II BSC. CS	[Signature]
23	222208705	R. GANESH KUMAR	II BSC. CS	R. Ganesh
24	222208734	S. Yogamurthy	II BSC. CS	[Signature]
25	222208703	U. Aravind	II BSC. CS	[Signature]
26	312212072	G. Manohar	II B.com (G)	[Signature]
27	312212086	Vijay Bandaru	II B.com (G)	[Signature]
28	312212081	P. JESITHA BEN ANDERSON	II B.com (G)	P. Jesitha
29	222208729	C. SURIYA	II B.Sc (CS)	[Signature]
30	222208704	B. Karthikeyan	II B.Sc (CS)	[Signature]
31	222208716	N. Shanthan	II B.Sc (CS)	[Signature]
32	222208716	R. RAJESH	II B.Sc (CS)	[Signature]
33	222208731	M. THIRAMANI	II B.Sc (CS)	[Signature]
34	222208726	T. SHARANI SETHURAMAN	II B.Sc (CS)	[Signature]
35	222208710	Sampath	II B.Sc (CS)	[Signature]

[Signature]

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**AQAR
2023-24**

Sl. No.	NAME	REG. NO.	DEPT / YEAR	SIGNATURE
1	Shanmugam K. S. Mahalingam	222308072	B.Sc.(CS) I st year	K. S. Mahalingam
2	S. Senthil S. Blessing	222308074	B.Sc.(CS) I st year	P. DA
3	S. Senthil S. Blessing	222308068	B.Sc.(CS) I st year	D. Senthil
4	S. Senthil S. Blessing	222308063	B.Sc.(CS) I st year	No
5	S. Senthil S. Blessing	222308105	B.Sc.(CS) I st year	P. Senthil
6	S. Senthil S. Blessing	222308079	B.Sc.(CS) I st year	S. Senthil
7	A. Mani Bharathi	222308084	B.Sc.(CS) II nd year	M. J. Bharathi
8	V. Pravin Raja	222308090	B.Sc.(CS) I st year	V. Pravin
9	R. Anirash	222308067	B.Sc.(CS) I st year	R. Anirash
10	M. MUBENDAN	222308085	B.Sc.(CS) I st year	No
11	M. C. Sridharan	2223080106	B.Sc.(CS) I st year	S. Sridharan
12	U. Dhanu Manikandan	222308071	B.Sc.(CS) I st year	U. Dhanu
13	G. ABISHEK	222308061	B.Sc.(CS) I st year	G. Abishek
14	U. ANISH	222308064	B.Sc.(CS) I st year	U. Anish
15	U. Tamil Velvam	2223080108	B.Sc.(CS) I st year	U. Tamil
16	R. Naveen Naveen	222308080	B.Sc.(CS) I st year	R. Naveen
17	S. Sanjai	222308093	B.Sc.(CS) I st year	S. Sanjai
18	S. LAKSHMANA	222308082	B.Sc.(CS) I st year	S. Lakshmana
19	S. Kirubasagar	222308081	B.Sc.(CS) I st year	S. Kirubasagar
20	P. Swandean	222308044	B.Sc.(CS) I st year	P. Swandean
21	K. Kishoraj	222308080	B.Sc.(CS) I st year	K. Kishoraj
22	S. Inigo	222308076	B.Sc.(CS) I st year	S. Inigo
23	S. Manishan	222308085	B.Sc.(CS) I st year	S. Manishan
24	S. Kamalesh	222308078	B.Sc.(CS) I st year	S. Kamalesh
25	S. Sathya Gopala Jothi	222308091	B.Sc.(CS) I st year	S. Sathya

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S.NO	REG. NO	NAME	DEPT YEAR	SIGNATURE
61	222308073 Dhily S	Dhily S	B.Sc (C.S) I st year	S. Dhily
62	222308069	E. Chandur	B.Sc (C.S) I st year	E. Chandur
63	312212163	U. yam vishaj	B. Com (CA) II year	U. yam
64	312212154	Raketh	B. Com (CA) II year	Raketh
65	312212139	Arushi	B. Com (CA) II year	Arushi
66	312212161	S. Sudhakar	B. Com (CA) II year	S. Sudhakar
67	312212150	S. Muthu	B. Com (CA) II year	S. Muthu
68	312212157	R. Srinthosh	B. Com (CA) II year	R. Srinthosh
69	312212156	Ranjay K.L.	B. Com (CA) II year	Ranjay K.L.
70	312212172	VISHAL VARMA	B. Com (CA) II year	Vishal
71	312212173	BENNY ISAIYAH	B. Com (CA) II year	Benny
72	312212138	Deepak . D	II BCOM (CA)	Deepak
73	312212155	B. Sathya	II BCOM (CA)	B. Sathya
74	312212152	K. Parthasarathy	II BCOM [CA]	K. Parthasarathy
75	312212144	K. HEMANTH	II BCOM [CA]	K. Hemanth
76	312212151	N. PARAMESH RAO	II BCOM [CA]	N. Paramesh Rao
77	Hari 312212142	Hairara	II BCOM [CA]	Hari
78	312212138 22208738	Sabatesh B	II BSC [CS]	Sabatesh B
79	22208737	Ruth Nathan D	II BSC [CS]	Ruth Nathan D
80	22208736	Ashwintara	II BSC [CS]	Ashwintara
81	22208739	Shanvi Xavi	II BSC [CS]	Shanvi Xavi
82	22208740	Soumya	II BSC [CS]	Soumya
83	22208741	Vijay . J	II BSC (CS)	Vijay . J

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REG. NO	NAME	DEPT YEAR	SIGNATURE
222308104	Steve shibina S.S	Bsc.cs I st year	Steve
222208745	Kokila. J	II Bsc CS	J. K.
312212171	J. Shaji Jacob.	II. B.com. CA.	J. S.
312212170	P V JOHN PAUL	II B.com CA	J. P.
312212071	A'ARTHIS	II. B.com (H)	A. A.
312212141	Goodwin S	II - B.com [C.A]	G. S.
312212169	Harish Kishore	II - B.com (CA)	H. K.
222208710	LOKESH	II - B.com (CA)	L. K.
222208727	Srikumar A	II BSC (CA)	S. K.
222208712	MADHUS	II BSC (CA)	M. S.
222208712	VEDAYAKOMAR	II BSC (CA)	V. K.
222208732	SANTHANAM	II BSC (CA)	S. N.
222208722	Pravesh S.P	I BSC (CS)	P. S.
222308089	MONESH.C	II BSC (CS)	M. C.
222208715			

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