

KASTHURBA COLLEGE FOR WOMEN, VILLIANUR

(Run by the Pondicherry Society for Higher Education & Fully Funded by the Government of Puducherry)
Phone: 0413-2661627 email: vcw_2005@yahoo.in

AQAR 2020-2021

Report of Workshops and Seminars organized during the year

Event 1: Webinar on Environmental Studies.

The webinar was organised by the Green Club on 3rd and 4th June 2020.

Kasthurba College for Women and Women's Polytechnic College, Pondicherry, collaborated in this venture. The Principal, Dr.Cheryl-Ann Shivan welcomed the participants and inaugurated the webinar. The various topics covered in the webinar included

- Environmental Protection: Value Addition Based on Case Studies
- Biodiversity Conversation, Pollution, and Environmental Laws
- Solid Waste Management
- Women and Child Welfare

Teaching Faculty, Students, Research scholars and environmental activist (412) across India participated and interacted with the resource persons from different walks of life. Dr.K.Bhuvaneswari, Co-ordinator for the Green Club moderated the sessions for the two day webinar. Feedback forms were collected through google forms and the participants were given e-certificates.

Online Webinar

ENVIRONMENTAL STUDIES

03rd - 04th June 2020
(04.00 p.m To 05.00 p.m)

Topics to be covered

- Environmental Protection: Value Addition Based on Case Studies.
- Biodiversity Conservation, Pollution, Environmental Laws.
- Solid Waste Management.
- Women and Child Welfare.


Free Registration

[Click here to Register](#)

Who can attend
Only Teachers from Universities/Colleges/Schools

Co-ordinators
Dr. J. Gandhi Mohan
Dr. K. Bhuvaneswari

Reach us
workshop@wptcpdy.in
9443434972
9486025434



IITB Remote Centre (RCI400)
Women's Polytechnic College, Puducherry
in association with
Green Club
Kasthurba College for Women, Puducherry

Note: Due to limited number of seats, the participants are allowed on first come first serve basis

WOMEN'S POLYTECHNIC COLLEGE, PUDUCHERRY & KASTHURBA COLLEGE FOR WOMEN, PUDUCHERRY

Online Webinar on
ENVIRONMENTAL STUDIES

Programme Schedule
June 03rd-04th, 2020

Date & Time	Topic & Speakers
03.06.2020 04.00pm To 04.30pm	Environmental Protection: Value Addition Based on Case Studies. Dr.R. Rajamanikam, CO-Director, Kodaikanal International School, Centre for Environmental and Humanity (KISCHE), Kodaikanal
03.06.2020 04.30pm To 05.00pm	Biodiversity Conservation, Pollution, Environmental Laws. Mr.P.Vipin Babu, Scientist, ENVIS Co-ordinator, Department of Science, Technology and Environment (DSTE), Pondicherry Pollution Control Committee (PPCC), Govt. of Puducherry
04.06.2020 04.00pm To 04.30pm	Solid Waste Management. Er.S.Sudalai, Assistant Professor, Centre for Pollution Control and Environmental Engineering, Pondicherry University
04.06.2020 04.30pm To 05.00pm	Women and Child Welfare. Dr.Vidyaa Ramkumar, Chairperson, District Local Complaints Committee, (Sexual Harassment at Workplace), Former Chairperson, Child Welfare Committee, Govt. of Puducherry.

Event 2: International Webinar on "Young Minds Matter - Towards the Mental Health and Well-being of Youth".

The International Webinar was organised by the Department of Psychology, Kasthurba College for Women

INTERNATIONAL WEBINAR ON

YOUNG MINDS MATTER: TOWARDS THE MENTAL HEALTH & WELL-BEING OF YOUTH

29TH & 30TH JUNE 2020

THE WEBINAR AIMS TO PROVIDE:
AN UNDERSTANDING OF THE MAJOR PSYCHOLOGICAL ISSUES AMONG YOUTH
EARLY IDENTIFICATION AND INTERVENTION STRATEGIES WITH AN AIM TO BUILDING STRONG YOUNG MINDS
METHODS TO PROMOTE HEALTHY RELATIONS BETWEEN TEACHERS AND THEIR STUDENTS

WHO CAN PARTICIPATE:
TEACHERS, STUDENTS & PARENTS

CLICK HERE TO REGISTER OR SCAN QRC

REACH US :
9443434972 & 9486025434
workshop@wptcpdy.in

CO-ORDINATORS:
DR. J GANDHI MOHAN
DR. K BHUVANESHWARI

IITB Remote Centre (RC1400)
Women's Polytechnic College, Puducherry
in association with
Department of Psychology
Kasthurba College for Women, Puducherry

29TH JUNE 2020 11.15AM TO 11.30AM
KEYNOTE ADDRESS

SHRI. A. ANBARASU, I.A.S.
DEVELOPMENT COMMISSIONER-CUM-
SECRETARY TO GOVERNMENT
GOVT. OF PUDUCHERRY

29TH JUNE 2020 11.30AM TO 12.30PM
LET'S KEEP TALKING: RAISING AWARENESS OF YOUNG PEOPLE'S WELL-BEING FROM A MENTAL HEALTH PERSPECTIVE

MS. SASHA RUTH BIPIN,
B.A.(HONS) PSYCHOLOGY AND SPECIAL &
INCLUSIVE EDUCATION, M.SC. PSYCHOLOGY
MEMBER OF THE BRITISH PSYCHOLOGICAL SOCIETY
ENGAGEMENT OFFICER, UNITED KINGDOM

29TH JUNE 2020 3.00PM TO 4.00PM
EMANCIPATION FROM ADDICTION - ROLE OF STUDENTS AND TEACHERS

DR. P. ARUL VARMAN, M.D.(PSYCHIATRY)
ASSISTANT PROFESSOR
DEPARTMENT OF PSYCHIATRY
INDIRA GANDHI MEDICAL COLLEGE AND
RESEARCH INSTITUTE, PONDICHERRY, INDIA

30TH JUNE 2020 11.30AM TO 12.30PM
MENTAL HEALTH AND WELL-BEING: AN OVERVIEW OF MOOD DISORDERS IN YOUNG PEOPLE

DR. BIPIN RAVINDRAN,
M.B.B.S., MRCPsych(LONDON), DGM(LONDON)
CONSULTANT PSYCHIATRIST
NATIONAL HEALTH SERVICE,
UNITED KINGDOM

30TH JUNE 2020 3.00PM TO 4.00PM
PROMOTION OF STUDENTS' MENTAL WELL-BEING - ROLE OF TEACHERS

MR. S. SARAVANAN, M.Phil.
ASST. PROF. OF CLINICAL PSYCHOLOGY
DEPT. OF PSYCHIATRY
PONDICHERRY INSTITUTE OF MEDICAL SCIENCES
PONDICHERRY, INDIA

The International webinar started with a Welcome Address by the Principal, Dr. Cheryl-Ann Shivan followed by the keynote address by Shri.A.Anbarasu, Secretary to Government of Puducherry. Teachers, research scholars, students and parents from all over India, and a few participants from Pakistan, the U.A.E. and the U.S. (number of registered participants 764) registered and actively participated in the webinar and the discussions help after each session.

The session was very interactive as many of the points that were raised concerned the teacher's role in students' mental health, coping with COVID-19, challenges in using mobile phone, managing behavioral issues of adolescents, rehabilitation process of substance abuse, and internet addiction.

Dr.K.Bhuvaneswari, Asst. Prof of Psychology proposed the Vote of Thanks to all the resource persons from India and the United Kingdom, as well as to the participants. Feedback was collected and e-certificates provided to those who attended all the sessions.

Event 3: National Level Online Quiz on "Socio Political and Cultural History of Sangam Age" organised by the Dept. of History and Dept. of Tamil, Kasthurba College for Women.

The quiz was organized to instill self-learning among college students. Around 92 students and teachers took part in the online quiz and were given e-certificates with their scores.

Event 4: Webinar on "Mental Health Care" as part of World Mental Health Day on 10th October 2020 organised by Dept. of Psychology, Kasthurba College for Women.

Dr.M.Gajalakshmi, Psychiatrist, explained in detail about the ways and means to take care of the mental health of students. She gave an overall view on the identification of major mental health disturbances and the importance of early intervention for better health outcome. The programme was organized exclusively for the students of Kasthurba College for Women.



A purple poster for World Mental Health Day. At the top, it says 'World Mental Health Day' in white. Below that, the date '10th October 2020' and time '3.00 - 4.00 p.m.' are listed. To the right is a cartoon illustration of a pink brain with glasses and a blue bow tie. The main title is '"Mental Health for All Greater Investment – Greater Access"' in yellow. Below this, it lists 'Dr. M.Gajalakshmi, M.B.B.S., D.P.M' as the speaker, with her credentials: 'Psychiatrist & Program Manager, National Mental Health Program, Puducherry'. It states she 'will deliver the guest lecture on "Mental Health Care"'. Two links are provided: 'Registration Link: https://forms.gle/PF8c7QHLJsNyWP9T7' and 'Lecture Link: https://meet.google.com/chq-ykvb-oab'. The organizers are 'Kasthurba College for Women, & National Mental Health Program, Pondicherry.' The contact number '94860 25434, 95859 78968' is at the bottom. A small watermark 'Made with PosterMyWall.com' is in the bottom left corner.

World Mental Health Day

10th October 2020
3.00 - 4.00 p.m.

**"Mental Health for All
Greater Investment – Greater Access"**

Dr. M.Gajalakshmi, M.B.B.S., D.P.M
Psychiatrist & Program Manager,
National Mental Health Program,
Puducherry

will deliver the guest lecture on "Mental Health Care"

Registration Link: <https://forms.gle/PF8c7QHLJsNyWP9T7>

Lecture Link: <https://meet.google.com/chq-ykvb-oab>

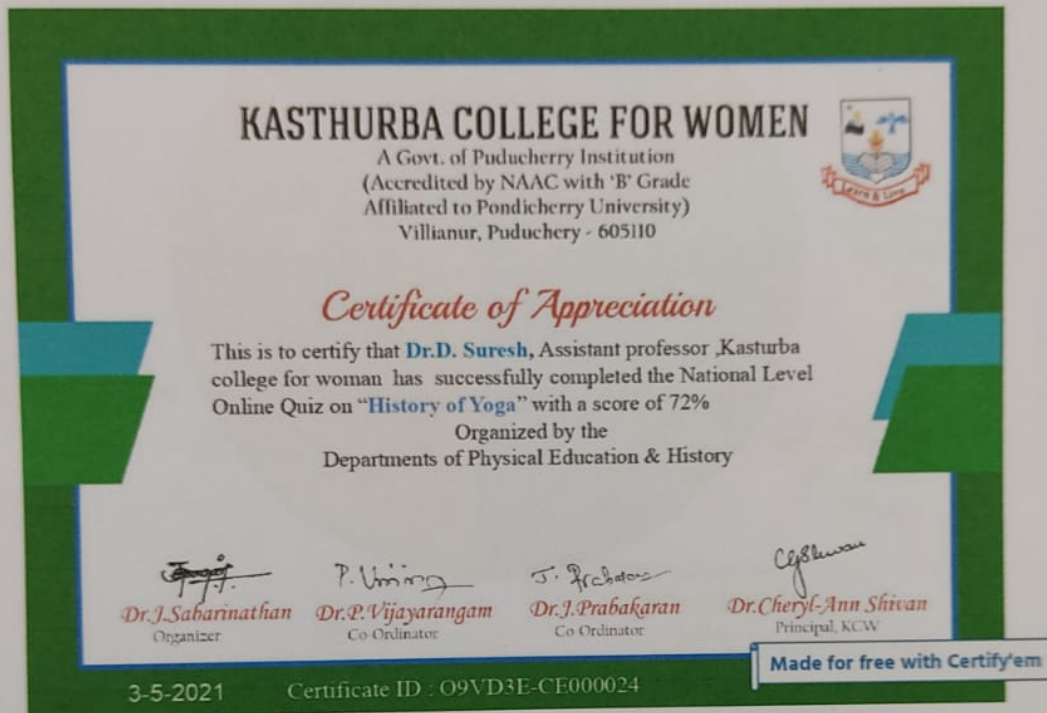
organised by
Kasthurba College for Women,
&
National Mental Health Program, Pondicherry.

Contact: 94860 25434, 95859 78968

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Event 5: National Level Online Quiz on "The History of Yoga" was organised by the Dept. of Physical Education and Dept. of History, Kasthurba College for Women.

Students (276 nos.) from the U.T. of Puducherry and from three other states (Tamil Nadu, Karnataka, Telangana) took part in the quiz and benefitted from it.



Dr. Cheryl-Ann Shivan
Principal
PRINCIPAL
KASTHURBA COLLEGE FOR WOMEN
VILLIANUR,
PUDUCHERRY 605 110.