



Guru Nanak College (Autonomous)

(Affiliated to University of Madras & Re-Accredited At "A" Grade by NAAC)
No. 161, Guru Nanak Salai, Velachery, Chennai - 600042, Tamil Nadu
Website: www.gurunanakcollege.edu.in

5.1.3 Capability Development and Skill Enhancement Activities

Life Skills - Activity Report

|| 2020-21 ||

	GURU NANAK COLLEGE (AUTONOMOUS) Affiliated to the University of Madras Accredited by NAAC at "A" Grade. ISO Certified (9001 - 2015) Guru Nanak Salai, Velachery, Chennai - 600 042.
CERTIFIED DOCUMENTS	
METRIC NO. :5.1.3.....	
PAGE NO.01..... TO18.....	
 PRINCIPAL	

5.1.3 Capability Development and Skill Enhancement Activity

2020-21				
Life Skills				
S.No.	Name of the Capability Enhancement Program	Date of Implementation (DD-MM-YYYY)	Number of Students Enrolled	Name of the Agencies/Consultants Involved with Contact Details (if any)
1	Adaptational Insights from the Physiology and Genomics of Bacteria Thriving in the Alpine Region of Sikkim, Himalaya	30-05-2020	42	Department of Biotechnology, Guru Nanak College, (Autonomous)
2	Customer Management-Strategy for Sustained Success	20-07-2020	250	Mrs G. Sowmya Lakshmi, Synergy Decor
3	Acupressure- A Key for a Healthy Life	01-08-2020	50	Office of the Dean, Academics, Guru Nanak College (Autonomous)
4	Life Skills and Social Entrepreneurship	06-08-2020	51	Mr. R. Sathishraj, CEO, e-crusaders
5	Gender Equity towards Economic Prosperity of Women	10-03-2021	100	Dr. R. Gayathri, founder - Gayatrians
6	Let's Chase Corona with Chaste English: Part 2 Health is Wealth-online E-Quiz	24-08-2020 to 29-08-2020	397	Department of English, Guru Nanak College (Autonomous)
7	Constitution and Democratic Values	13-10-2020	220	Department of Tamil, Guru Nanak College
8	Life Skills for Success	29-01-2021	400	Ms. G. Christy Starina. International Athlete, Long Jumper, Masters Category
9	Strong Leadership and Team Work for Social Work	25-6-2020	212	MSK Academy, Chennai

3. LIFE SKILLS

1. ADAPTATIONAL INSIGHTS FROM THE PHYSIOLOGY AND GENOMICS OF BACTERIA THRIVING IN THE ALPINE REGION OF SIKKIM, HIMALAYA

Event Title	Adaptational Insights from the Physiology and Genomics of Bacteria Thriving in the Alpine Region of Sikkim, Himalaya
Category	Webinar
School & Department	Sciences - Biotechnology
Date	30-05-2020
No. of Resource Person	1
No. of Participants	42

Report

On 30-5-2020, Biospectra, association of Biotechnology department, organized a webinar titled “Adaptational insights from the physiology and genomics of bacteria thriving in the alpine region of Sikkim, Himalaya”. Biospectra, association of Biotechnology department, organized a webinar titled “Adaptational insights from the physiology and genomics of bacteria thriving in the alpine region of Sikkim, Himalaya ”. The speaker was Dr. Rakshak Kumar, Scientist and Assistant Professor, High altitude Microbiology laboratory, Department of Biotechnology, CSRI, Palampur, Himachal. Dr. M.G.Ragunathan, Principal, Guru Nanak College, gave the felicitation address. He briefly discussed about his journey in the field of Biotechnology. He highlighted about his present projects and the commercial applications of his projects. The participants were I, II and III B.Sc., students of Biotechnology Department and III B.Sc., Students of Department of Zoology, Guru Nanak College.

Invitation



Guru Nanak College (Autonomous)
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Guru Nanak Salai, Velachery, Chennai-42



Cordially invites you for

Webinar

On

BACTERIAL GENOMICS

Organized by

Biospectra Association

**Department of Biotechnology, Guru Nanak College,
Guru Nanak Salai, Velachery, Ch-42**

Felicitation Address

Dr. M.G. Rangunathan
Principal
Guru Nanak College

Technical Speaker

Dr. Rakshak Kumar, Scientist
High Altitude Microbiology Laboratory (HAM-
LAB), Department of Biotechnology, CSIR-
Institute of Himalayan Bioresource Technology,
Palampur-176061 (HP)

Date: 30-05-2020, Saturday

Time: 10 a.m. to 11 a.m.

Meeting Platform: **Google meet**

Registration link:

https://docs.google.com/forms/d/1dMzCzYcpdYF5ysjnTedgv0glgBQTg_3qQ8bKzwXli7g/edit

Meeting Link: <https://meet.google.com/ojh-sozw-suh>

2. CUSTOMER MANAGEMENT-STRATEGY FOR SUSTAINED SUCCESS

Event Title	Customer Management-Strategy for Sustained Success
Category	Webinar
School & Department	Commerce – B.Com. General
Date	20-07-2020
No. of Resource Person	1
No. of Participants	250

Report

The School of Commerce organizes online webinar series on “**Customer Management – Strategy for Sustained Success**” from 20th July 2020 to 20th July 2020. Mrs G. SOWMYA LAKSHMI proprietor, synergy decor, Director of Gestalt Designs Pvt Ltd & Centre Head of Dream zone gave her views on “**Strategy for Sustained Success**”. She shared her views on value of Success and how to enhance our Customer Management for the success. Around 250 participants attended the session.

Invitation



GURU NANAK COLLEGE (Autonomous)
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Guru Nanak Salai, Velachery, Chennai- 600 042

DEPARTMENT OF COMMERCE – GENERAL (SHIFT II)

Webinar on
“Customer Management – Strategy for Sustained Success”



Ms. G. Sowmya Lakshmi
Proprietor, Synergy Décor,
Director of Gestalt Designs Pvt Ltd &
Centre Head of Dreamzone
Chennai

Date: 20th July 2020 **Time:** 3.30 p.m. to 4.30 p.m.

Registration Free
E- Certificate will be provided to all participants

Dr.M.G.Ragunathan
Principal

Mr. Manjit Singh Nayar
General Secretary & Correspondent

Customer Management Strategy

The screenshot shows a Zoom meeting interface. At the top, a dark blue header contains the text "Customer Management Strategy". Below this, the main meeting area is divided into two sections. On the left, a grid of video thumbnails shows several participants. One participant, Dr. SRIMATHI, V, is currently speaking and has a larger video window. Other thumbnails are either muted or show profile pictures. A red "REC" indicator is visible in the top left corner of the meeting area. At the bottom left of the meeting area, a notification states "Abinaya Velmurugan has left the meeting". At the bottom right, the date "20.07.2020" is displayed. On the right side of the interface, a chat window titled "The Power of Inner Motivation" is open. It shows a list of messages from participants, including "SOWDEESWARI S" and "Geetha Selvam". The chat window also includes a "Chat" button and a "Send a message to everyone" input field at the bottom.

3. ACUPRESSURE- A KEY FOR A HEALTHY LIFE

Event Title	Acupressure- A Key for A Healthy Life”
Category	Webinar
School & Department	Humanities – Plant Biology & Biotechnology
Date	01-08-2020
No. of Resource Person	1
No. of Participants	50

Report

Department of Plant Biology and Plant Biotechnology of Guru Nanak College, (Autonomous), Velachery, Chennai under the aegis of the Office of the Dean (Academics) organized Webinar on “Acupressure - A key for Healthy Life "on 01/08/2020 between 04.00 pm. to 05.40 pm, through Google Meet Platform, where around 50 participants Non- teaching staff from Guru Nanak College participated in the Webinar The Dean School of Academics Dr. S. Savithiri welcomed the Speaker, dignitaries of the College Management, Faculty members and the participants Dr. E. Gayathiri, Assistant Professor, of Plant Biology and Plant Biotechnology, was the resource person who demonstrated various acupressure points for various ailments . Finally, she concluded that, doing acupressure daily for will improve mental health keep body and mind calm. She also answered to all the queries of the participants Dr. M. Gopi, HOD gave the concluding remarks and proposed the vote of grateful thanks to all those who had helped to make the webinar a success.

Invitation



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GURU NANAK SALAI, VELACHERY, CHENNAI - 600 042

SCHOOL OF SCIENCES

**DEPARTMENT OF PLANT BIOLOGY & PLANT
BIOTECHNOLOGY**

UNDER THE AEGIS OF THE OFFICE OF THE DEAN (ACADEMICS)

ORGANIZES THE WEBINAR ON

**"ACUPRESSURE" A KEY FOR HEALTHY LIFE
RESOURCE PERSON**

Dr. E. GAYATHIRI

ASSISTANT PROFESSOR
DEPARTMENT OF PLANT BIOLOGY & PLANT BIOTECHNOLOGY
GURU NANAK COLLEGE (AUTONOMOUS)

Date : 01 August 2020

Timing : 4:00 p.m. to 5:00 p.m.

Google Meet Link : <https://meet.google.com/apy-wumk-rqn>

E - CERTIFICATE WILL BE PROVIDED FOR ALL THE PARTICIPANTS

Dr. M. G. Raguathan
Principal

Mr. Manjit Singh Nayar
General Secretary & Correspondent

Acupressure – A Key for healthy life

16:48 01.08.2020

REC

Acupressure point for Sinus & stuffy nose



RID 7 LU 5 LU 9

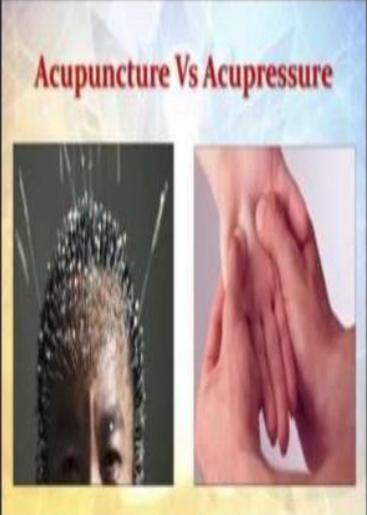
(58)

- DR. JAYANTHI J
- Dr. SAVITHRI S
- ezhilarasi R.M.
- Gayathiri E
- Gayathiri E
- Jaya Lakshmi

REC Gayathiri E is presenting

TAMILAKKATA and 41 more 4:16 PM

Acupuncture Vs Acupressure



Gayathiri E Praveetha Selvan M. Gopi Dr. SAVITHRI S Lakshmi D Yashra M Uttara Devi MALATHI

Rejini Ravathi No reaction

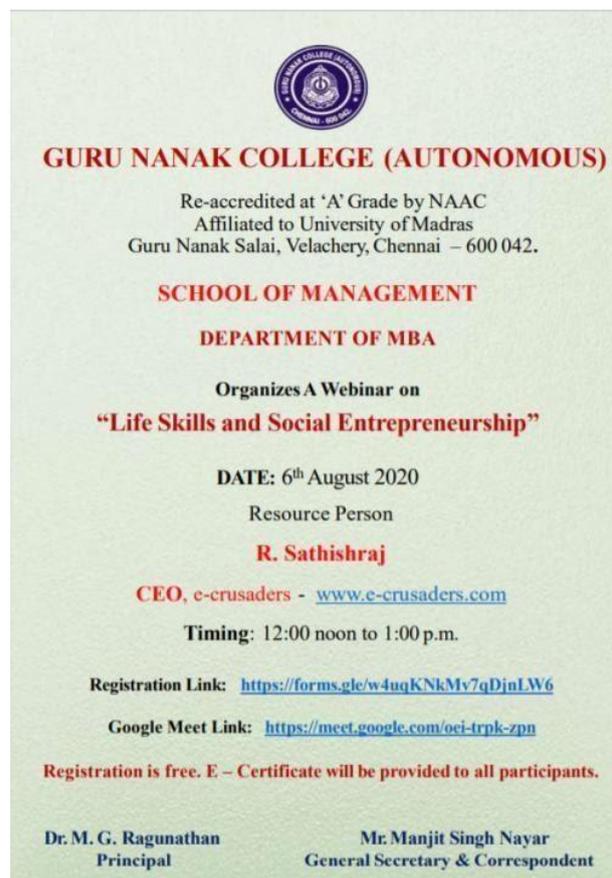
4. LIFE SKILLS AND SOCIAL ENTREPRENEURSHIP

Event Title	Life Skills and Social Entrepreneurship
Category	Webinar
School & Department	Management – Master of Business Administration
Date	06-08-2020
No. of Resource Person	1
No. of Participants	51

Report

The Department of MBA conducted a webinar on ‘**Life Skills and Social Entrepreneurship**’ organised by School of Management of Guru Nanak College on 6th August 2020. The total number of participants for the session were 51 among which there were participants from various place across Tamilnadu like Trichy, Kanchipuram, Mayiladudurai, Dharmapuri and from places outside Tamil Nadu like Bangalore also actively Participated. The resource person was Mr. R. Sathishraj, CEO, e-crusaders. He introduced the concept of Life Skills and Social Entrepreneurship and its importance in today’s world to the audience. He also explained the basic life skills and how one can develop to gain the competitive advantage among others with live examples from his experience. The session was quite interactive and he patiently answered the questions of the participants.

Invitation




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SCHOOL OF MANAGEMENT
DEPARTMENT OF MBA

Organizes A Webinar on
“Life Skills and Social Entrepreneurship”

DATE: 6th August 2020
Resource Person
R. Sathishraj
CEO, e-crusaders - www.e-crusaders.com

Timing: 12:00 noon to 1:00 p.m.

Registration Link: <https://forms.gle/w4uqKNkMv7qDjnLW6>
Google Meet Link: <https://meet.google.com/oei-trpk-zpn>

Registration is free. E – Certificate will be provided to all participants.

Dr. M. G. Ragnathan
Principal

Mr. Manjit Singh Nayar
General Secretary & Correspondent

Life Skills – Social Entrepreneurship

06.08.2020

Meeting details

People (53) Chat

SathishRaj : live life king size 11:58 AM
Good morning to you all
Pls keep ur notepad and pen

SathishRaj : live life king size 12:07 PM
All mute pls

Sathya Bama Balaji 12:13 PM
Both english and tamil would be perfect sir

Sathya Bama Balaji 12:15 PM
Participants kindly refrain from presenting your screen

You 12:15 PM
Participants kindly refrain from presenting the screen

Brindha Arjunan 12:15 PM
Good afternoon everyone

Send a message to everyone

06.08.2020

Meeting details

People (53) Chat

SathishRaj : live life king size 11:58 AM
Good morning to you all
Pls keep ur notepad and pen

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Both english and tamil would be perfect sir

Sathya Bama Balaji 12:15 PM
Participants kindly refrain from presenting your screen

You 12:15 PM
Participants kindly refrain from presenting the screen

Brindha Arjunan 12:15 PM
Good afternoon everyone

Send a message to everyone

5. GENDER EQUITY TOWARDS ECONOMIC PROSPERITY OF WOMEN

Event Title	Gender Equity towards Economic Prosperity of Women
Category	Webinar
School & Department	Commerce – B.Com. General (Shift I)
Date	10-03-2021
No. of Resource Person	1
No. of Participants	100

Report

The Department of Commerce organized One Day Webinar on **Gender Equity towards Economic Prosperity of Women** 10-03-2021 Online Mode. This program was organized with the aim of inculcating values of equality and diversity which are essential for building a healthy society among the adolescent boys and girls. The Resource person highlighted the gender issues and how to resolve interpersonal conflicts arising from gender issues, she also advised them to act assertively and respond to challenges. This webinar helped the students in building values, self-discipline and also to have a balanced development of minds. The students also learned about their constitutional rights and responsibilities towards economic prosperity. Students were highly benefited through this programme. Around 90 students and 10 Faculties participated in the Webinar.

Invitation




GURU NANAK COLLEGE (AUTONOMOUS)
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P.G & Research Department of Commerce
Cordially Invites you to the

WEBINAR ON GENDER SENSITIZATION
TOPIC: "GENDER EQUITY TOWARDS ECONOMIC PROSPERITY OF WOMEN"

Resource Person
Dr. R. Gayatri
MCS, M.Com, MBA, M.Sc (Psy), PGDA, M.Phil, Ph.D.
EDUCATIONIST
FOUNDER - GAYATRIGYANS



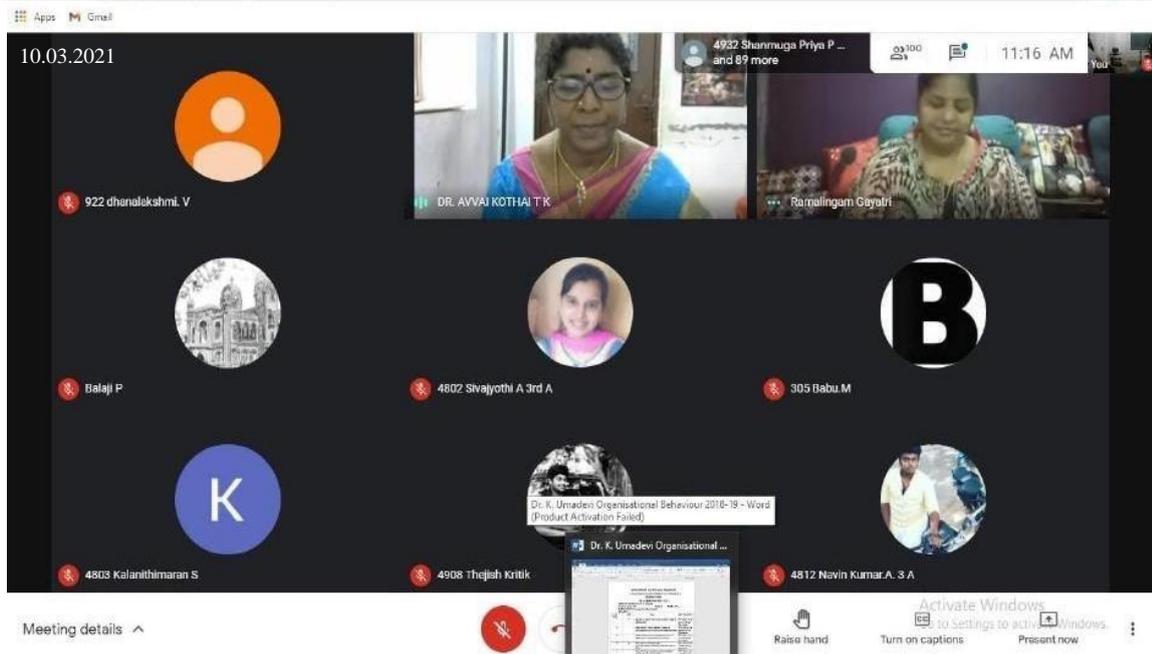
DATE: 10th March 2021, Wednesday
Timing: 11.00 a.m. to 12.00 Noon
Google Meet Link: <https://meet.google.com/shx-pwfo-vgm>

Dr. T.K. Avval Kothai
HoD of Commerce

Dr. M. G. Raguathan
Principal

Manjit Singh Nayar
General Secretary &
Correspondent

Gender Equity towards Economic Prosperity of Women



6. LET'S CHASE CORONA WITH CHASTE ENGLISH: PART 2 HEALTH IS WEALTH

Event Title	Let's Chase Corona with Chaste English: Part 2 Health is Wealth	
Category	International Level Online E-Quiz	
School & Department	Languages – English (Shift I)	
Date	From: 24-08-2020	To: 29-08-2020
No. of Participants	397	

Report

The objective of the International Level Online E-Quiz is to make the participants understand the value of being healthy through proverbs, quotations and idioms on Health. The International Level Online E-Quiz created knowledge on Blood Groups. The Department of English (Shift I) under the auspices of School of Languages organized an International Level Online E-Quiz on “**Let's Chase Corona with Chaste English: Part 2 Health is Wealth**” The Quiz created awareness on being healthy during this pandemic situation. The Quiz was conducted from 24.08.2020 to 29.08.2020 and 397 participants were benefited.

7. CONSTITUTION AND DEMOCRATIC VALUES

Event Title	Constitution and Democratic Values
Category	College
School & Department	Languages - Tamil
Date	13-10-2020
No. of Resource Person	2
No. of Participants	220

Report

The Department of Tamil Organized one day **Constitution and democratic values** on 13.10.2020 in Guru Ramdass Auditorium in the college campus. URAIYARANGAM – A Seminar was organized on the title “ஜனநாயக விமியங் களும் சம நெறி சமுகமும் ” (Jananayaka vimiyankalum sema neri samukamum) with the objective of enlightening the students on Indian Constitution and Democratic Values. Thiru Yakkan, well known social critic spoke on “அரசமமப்புச் சட்டமும் சனொயக நெறிகளும் ” (Arasamaippuc Jananayaka sananayaka nerikaalum). He enlightened the students on the essence of Constitution and its historical background. He emphasized on the significance of Secular, democratic and pluralistic essence of the constitution. The next session was presided by Karthigai Selvan who spoke on “ஊடகங் களும் சனொயக பபாறுப்புகளும் ” (Uṭakankaalum Jananayaka poruppukaalum). He delivered an insightful discourse was on the Democratic responsibilities of Media with interactive discussions, picking up challenging questions from the inquisitive students. The program concluded with cultural events and prized distribution. Over two hundred students overwhelmingly participated in the program.

Invitation



8. LIFE SKILLS FOR SUCCESS

Event Title	“Life Skills for Success”
Category	Webinar
School & Department	Commerce – B.Com. Accounting & Finance
Date	29-01-2021
No. of Resource Person	1
No. of Participants	400

Report

The invited Guest speaker was **Ms. G. Christy starina**. She is an International Athlete and a Long jumper of Masters Category representing India in various World level and Asian Sports meet right from the year 1988 till date. She has brought many laurels& accolades to our country. She inspired the students and she is an exceptional and extraordinary person. The session started with the College prayer renderedby final year student, Ms.S.Vinothini. The resource person was introduced to the online attendees by the Head of the Department, Dr. Gayathri Harikumar.

The speaker spoke about her childhood experiences and explained her real-life story in length. She enlightened the students with the "Essential 3 D's " required to succeed in life-**Discipline, Dedication & Determination**. The speaker kept the audience in hooks when she narrated her sporting career challenges. Her expressive narration of the life incidents had anemotional impact on the listeners. She concluded talk with a note to the teachers &all elders requesting them, to motivate the students to take up some physical activity in their routine day today life. Around 400 participants were there in total, wherein 100 participants joined the Google Meet session while 300 participants joined the YouTube livestreaming session. Mrs. S.Amudhalakshmi, Asst.Professor of the Department proposed the vote of thanks. She thanked the guest speaker& all other members who had contributed for the successful conduct of the webinar.

Invitation

GURUNAK COLLEGE (AUTONOMOUS)
DEPARTMENT OF COMMERCE (ACCOUNTING & FINANCE)

It is a pleasure to invite you all for the webinar
on the topic **"LIFE SKILLS FOR SUCCESS"**

INVITED SPEAKER

G. CHRISTY STARINA
SUPERINTENDENT OF GST & EXCISE, TAMIL NADU ZONE

Date : 29/01/2021 **Time : 3pm - 4pm**

G-Meet link - <https://meet.google.com/yvg-gkvh-mwz>

....All are Welcome...

DR. M. G. RAGUNATHAN
PRINCIPAL

SARDAR MANJIT SINGH NAYAR
GENERAL SECRETARY & CORRESPONDENT

Life Skills for Success

REC

28 68 NISHOK ... and 69 more

4:26 PM

Press Esc to exit full screen

You

LIFE SKILLS FOR SUCCESS

P

V

29.01.2021

Activate Windows
Go to Settings to activate Windows.

Meeting details ^

Raise hand Turn on captions Present now

9. STRONG LEADERSHIP AND TEAM WORK FOR SOCIAL WORK

Event Title	Strong Leadership and Team Work for Social Work
Category	Webinar/Workshop
School & Department	Humanities – Social Work
Date	25-6-2020
No. of Resource Person	1
No. of Participants	212

Report

The PG Department of Social Work conducted the Webinar as the initiative on behalf of the School of Humanities. The Department of social work conducted the webinar as the initiative on behalf of the school of humanity there were 212 participants registered for the webinar from all over India Mr. E. Horst Kharis, Asst. Prof of the Department of Social Work inaugurated the webinar. Dr. M. G. Raganathan, Principal, Guru Nanak College addressed the participants with the welcome address. Followed by the welcome address, Dr. K. Shanthi, Head, Department of Social Work introduced the resources person to the participants Mr. Joshua Gerard, B.E, PGDBA, PGDHRM gave a warm welcome to all the participants. The webinar came to an end at 11.31am with the conclusion of without leadership quality and teamwork their won't be a success. The webinar concluded with vote of thanks delivered by Asst. Prof. E. Horst Kharis

Invitation

The invitation poster features the logo of Guru Nanak College (Autonomous) on the left. The text on the right reads: 'GURU NANAK COLLEGE (AUTONOMOUS) (AFFILIATED TO UNIVERSITY OF MADRAS AND RE-ACCREDITED AT 'A' GRADE BY NAAC) Guru Nanak Salai, Velachery, Chennai 600042. SCHOOL OF HUMANITIES & DEPARTMENT OF SOCIAL WORK Invites you for a webinar on'. The main title 'STRONG LEADERSHIP AND TEAM WORK FOR SOCIAL WORK' is written in large, blue, stylized letters. Below this, it says 'Mr. Joshua Gerard, COO TATTI'. The date and time are listed as 'Date: 25-06-2020' and 'Time: 10.30 to 11.30 Am on Zoom' with a Zoom icon. A small portrait of Mr. Joshua Gerard is on the right. At the bottom, the names of the Principal, Dr. M. G. Raganathan, and the General Secretary and Correspondent, Sardar Manjit Singh Nayar, are listed.

Certificate

