



# NEHRU ARTS AND SCIENCE COLLEGE

(AUTONOMOUS)

(Affiliated to Bharathiar University Accredited with "A+" Grade by NAAC)  
Nehru Gardens, Thirumalayampalayam, Coimbatore - 641 105, Tamil Nadu.  
[www.nehrucolleges.net](http://www.nehrucolleges.net)



## Nehru Centre for Women Excellence:2022-2023

NEHRU CENTRE FOR WOMEN  
EXCELLENCE

Organises  
SEMINAR ON

**OCCUPATIONAL SAFETY AND HEALTH**  
WORLD DAY FOR SAFETY AND HEALTH AT WORK 2022

Venue: D BLOCK - D108    Date: 28/04/2022 @ 2.00 pm

**Mr.CHINNU NALLATHAMBI**  
Co-Founder, Brain Magic Academy  
Chief Trainer,  
International Mind Mastery Program

*Handwritten signature and date: 28/4/22*

**Dr. M. Kanagarathinam, Ph.D.**  
Dean  
School of Commerce  
Nehru Arts and Science College (Autonomous)  
Coimbatore - 641 105.



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## Internal Quality Assurance Cell Report of Events 2022-2023 (Odd Semester)

<b>Name of the School and Department:</b>	Nehru Centre for Women Excellence	<b>Nature of the Event: *</b>	Awareness Programme
<b>Title of the Event:</b>	Occupational Safety and Health-Seminar	<b>Metric Category: **</b>	Centre Activity
<b>Place/Venue:</b>	DI-04, D Block, NASC.	<b>Date/Duration of the Event:</b>	28-04-2022/ 2 Hours

**Details of the Resource Person Mr.ChinnuNallathambi , Co-Founder, Brain Magic Academy, Chief Trainer, International Mind Mastery Program**

**Number of Participants:**

Internal		External		
Students	Faculty	Students	Faculty	Others
60	4	--	--	--

**Write-up about the Event:**

The Nehru Centre for Women Excellence of Nehru Arts and Science College Organized Seminar on the topic “Occupational Safety and Health” in connection with world day for safety and health at work on 28.04.2022 at 02:00 pm at DI-04 , D Block , NASC for the Girls students and members of Nehru Centre for Women Excellence , Nehru Arts and Science College .**Dr.Chinnu Nallathambi, Co-Founder, Brain Magic Academy, Chief Trainer, International Mind Mastery Program** was the Resource Person of the day. The Resource Person shared the knowledge on how to have the mind strong in all type of situation, positive approach when we deal with bad situation and how to keep our mind healthy.

**Outcome of the Event:**

The students and faculty members were acquired the knowledge on how to keep our mind healthy



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## Photograph of the Event



*Handwritten signature and date:*  
28/4/22

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## Nehru Centre for Women Excellence:2022-2023

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**SCHOOL OF COMMERCE**  
Organises

**EXECUTIVE MENTORING**  
On  
**SOFT SKILL DEVELOPMENT**



**Mr. R.J. SENTHILKUMAR**  
Founder  
Sprout Knowledge Solutions Private Limited  
Coimbatore

23 | 10:30  
AUGUST | AM

**Venue : D Block seminar hall**

<b>Convenors</b> Team B.Com (IT)	<b>Dean</b> Dr.M.Kanagarathinam	<b>Principal</b> Dr.B.Anirudhan
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*Handwritten signature and date: Aug 23/8/22*

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## Internal Quality Assurance Cell Report of Events 2022-2023 (Odd Semester)

<b>Name of the School and Department:</b>	Nehru Centre for Women Excellence	<b>Nature of the Event: *</b>	Awareness Programme
<b>Title of the Event:</b>	Executive Mentoring of soft skill training for the students	<b>Metric Category: **</b>	Centre Activity
<b>Place/Venue:</b>	Seminar Hall- I at Nehru College of Physiotherapy	<b>Date/Duration of the Event:</b>	23.08.22/ 2 Hours

**Details of the Resource Person:** Mr.R.J Senthil kumar founder Sprout Knowledge solution Private Limited

**Number of Participants:**

Internal		External		
Students	Faculty	Students	Faculty	Others
106	3	--	--	--

### Write-up about the Event:

The School of Commerce organized the Executive Mentoring on Soft skill development for the students of B.Com Information Technology. The Resource Person shared the knowledge on overall development of the students, creating skills necessary for enhancing employability as well as entrepreneurial abilities of students. Their confidence level is improved as training is given to face interviews and group discussions.

### Out Come of the Event:

The Executive mentoring on soft skill development programme helps the students in their career advancement. Activity Based Teaching Methodology is implemented to ensure the active participation of the learners

### Photograph of the Event



*Handwritten signature and date: 23/8/22*

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## Nehru Centre for Women Excellence:2022-2023



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Nehru Gardens, Thirumalayampalayam, Coimbatore - 641 105, Tamil Nadu.



SCHOOL OF COMMERCE

&

WOMEN EMPOWERMENT CELL

Jointly Organising

### *How to become a women Entrepreneur*



WE CORDINALLY INVITE YOU ALL

CHIEF GUEST

**Mrs.Poornima, Head Operations, Sprout Knowledge Solution**

**Place/Venue: D Block Seminar Hall**

**Date: 23.8.23**

COVENOR

**DR.M.KANAGARATHINAM**

PRINCIPAL

**DR.B.ANIRUDHAN**

*Handwritten signature and date: 23/8/22*

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## Internal Quality Assurance Cell

### Report of Events 2022-2023 (Odd Semester)

<b>Name of the School and Department:</b>	Nehru Centre for Women Excellence	<b>Nature of the Event: *</b>	Expert Talk
<b>Title of the Event:</b>	How to Become a woman Entrepreneur	<b>Metric Category: **</b>	Entrepreneurship
<b>Place/Venue:</b>	D Block Seminar Hall	<b>Date/Duration of the Event:</b>	23.08.22/ 1 Hour

**Details of the Resource Person:** Mrs.Poornima, Head Operations, Sprout Knowledge Solution

**Number of Participants:**

Internal		External		
Students	Faculty	Students	Faculty	Others
40	2	-	-	-

**Write-up about the Event:**

Nehru Centre for Women Excellence organized expert talk on How to become a women entrepreneur for the girl students of B.Com Information Technology Students. The Resource person shared that the environment around an entrepreneur plays a major role in shaping how the person and business turns out, so connect with as many women entrepreneurs as you can and learn from each other's struggles but do not limit your learning and conversation to women.

**Out Come of the Event:**

The students acquired different mind-set to building products and services. They are able to focus on important areas like inclusion, sustainability, empathy and influence innovation.

**Photograph of the Event**



*23/8/22*  
**Dr. M. Kanagarathinam, Ph.D.**  
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## Nehru Centre for Women Excellence:2022-2023



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## INTERNAL CONSORTIUM OF COLLEGES

### NEHRU CENTRE FOR WOMEN EXCELLENCE

in Association with

### NEHRU COLLEGE OF PHYSIOTHERAPY

Cordially Invites you all for

## Awareness Programme on

# Polycystic Ovarian Syndrome (PCOS)

*Resource Persons*



**Dr. M. Naveen silver star**  
Assistant Professor  
Nehru college of Physiotherapy



**26/09/2022, 02:00 PM**  
NCPT, Seminar Hall



**Dr. P. Harini**  
Lecturer  
Nehru college of Physiotherapy

**Covenor**  
**Dr. M. Kanagarathinam**  
Director - NCWE  
Nehru Arts and Science College



**Principal**  
**Dr. B. Anirudhan**  
Nehru Arts and Science College  
**Dr. V. Vijayaraj**  
Nehru College of Physiotherapy

*Dr. M. Kanagarathinam*  
26/9/22

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## Internal Quality Assurance Cell Report of Events 2022-2023 (Odd Semester)

<b>Name of the School and Department:</b>	Nehru Centre for Women Excellence	<b>Nature of the Event: *</b>	Awareness Programme
<b>Title of the Event:</b>	Awareness Programme on <b>Polycystic ovary syndrome (PCOS)</b>	<b>Metric Category: **</b>	Centre Activity
<b>Place/Venue:</b>	Seminar Hall- I at Nehru College of Physiotherapy	<b>Date/Duration of the Event:</b>	26.09.22/ 2 Hours

**Details of the Resource Person:** Dr.Harini & Dr.Naveen Silverstar ,NCPT.

**Number of Participants:**

Internal		External		
Students	Faculty	Students	Faculty	Others
106	3	-	-	-

**Write-up about the Event :**

Nehru Centre for Women Excellence in association with Nehru College of Physiotherapy organized an awareness programme on the topic **Polycystic ovary syndrome (PCOS)** on 26.09.2022 for the girl students of Nehru Arts and Science College at Nehru College of Physiotherapy. The Programme addressed most common issue related to PCOS, what are the main factors for the syndrome, types of PCOS prevention of PCOS. The session also given a practice of some exercises to the girls for free from this kind of problems.

**Out Come of the Event:** The students known about common factors that leads to PCOS, diagnosis making and treatment strategies of health care providers regarding polycystic ovary syndrome (PCOS)



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## Photograph of the Event



*Dr. M. Kanagarathinam*  
26/9/22

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## Nehru Centre for Women Excellence:2022-2023

NEHRU INSTITUTE OF HEALTH SCIENCES

NEHRU CENTRE FOR WOMEN EXCELLENCE  
NEHRU ARTS AND SCIENCE COLLEGE

IN ASSOCIATED WITH

COMMUNITY MEDICINE , PKDIMS ,  
KERALA ORGANISING HEALTH CHECKUP UP CAMP

*OUR PLANET, OUR HEALTH*  
on 29th September

**WORLD  
Heart  
DAY**  
SEPTEMBER 29

*Eat right and sleep tight and prevent heart diseases*  
**DO HEALTH CHECK UP WITH US  
AT NIHS**

BLOOD SUGAR , BLOOD PRESSURE , BMI  
ECG , NUTRITION CONSULTANT  
DOCTOR CONSULTANT

REGISTRATION FEE 50/-

*M.K.*  
29/9/22

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## Internal Quality Assurance Cell Report of Events 2022-2023 (Odd Semester)

<b>Name of the School and Department:</b>	Nehru Centre for Women Excellence	<b>Nature of the Event: *</b>	Awareness Programme
<b>Title of the Event:</b>	Health check up	<b>Metric Category: **</b>	Centre Activity
<b>Place/Venue:</b>	Seminar Hall- I at Nehru College of Physiotherapy	<b>Date/Duration of the Event:</b>	29.09.22/ 6 Hours

**Details of the Resource Person:** Dr.SUMAN CPS, Arthritis and ligament specialist, VGM Hospital ,Coimbatore

**Number of Participants:**

Internal		External		
Students	Faculty	Students	Faculty	Others
96	10			

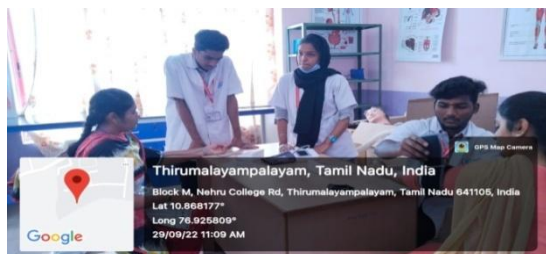
**Write-up about the Event:**

Nehru Centre for Women Excellence organised Health Check up Camp for our Students and faculties in association with Nehru Institute of Health Sciences and Community Medicine, PKDIMS, Kerala on 29.09.2022. totally 106 students and faculties are get benefited from the health check up camp.

**Out Come of the Event:**

The beneficiaries had an opinion about how much we have given it towards our health. And to maintain a good health by regular interval of time

**Photograph of the Event**



*Kano*  
29/9/22  
**Dr. M. Kanagarathinam, Ph.D.**  
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## Nehru Centre for Women Excellence:2022-2023



**NEHRU COLLEGE OF NURSING AND RESEARCH INSTITUTE**

Recognized by the Tamilnadu Nurses and Midwives Council, Chennai,  
Indian Nursing Council, Delhi,  
Affiliated to the Tamilnadu Dr. M.G.R Medical University, Chennai.

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**Nehru Arts and Science College**

**Nehru Centre for Women Excellence**



**" WORLD HEART DAY "**

**Sep 29/ 2022**

*'Cordially inviting you all for the world heart day celebration'*

**THEME OF THE YEAR - 2022**

**' USE HEART FOR EVERY HEART '**

**-World Heart Federation(2022)**

**TIME : 10 AM**  
**DATE: 07/10/2022**  
**VENUE: NASSC**



**NGI-INTERNAL CONSORTIUM**

*Handwritten signature and date: 11/10/22*

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## Internal Quality Assurance Cell Report of Events 2022-2023 (Odd Semester)

<b>Name of the School and Department:</b>	Nehru Centre for Women Excellence	<b>Nature of the Event: *</b>	Awareness Programme
<b>Title of the Event:</b>	Guest lecture on healthy heart and healthy women	<b>Metric Category: **</b>	Centre Activity
<b>Place/Venue:</b>	D-II -04	<b>Date/Duration of the Event:</b>	07.10.22/ 3 Hours

**Details of the Resource Person: Dr.Fuela Esther Thangam, Principal, NCNRI**

**Mr.Rakesh Novin Raju, Mr. Titus Fernandez and Ms.Gayathri, NCNRI**

**Number of Participants:**

Internal		External		
Students	Faculty	Students	Faculty	Others
62	04			

**Write-up about the Event:**

Nehru Centre for Women Excellence in association with Nehru College of Nursing and Research Institute organized an Guest Lecture on Healthy Heart and Healthy Women in connection with Heart Day on 07.10.2022 for the students of Nehru Arts and Science College and Nehru College of Nursing and Research Institute at D II-04,Nehru Arts and Science College. The Programme addressed most common issue related to Heart, what are the main factors for the Heart Diseases, types of prevention techniques for Heart Diseases at the end Hands on training given to the students regarding Cardio-Pulmonary Resuscitation.

**Out Come of the Event:**

The students known about common factors that leads to Heart Diseases and Cardio-Pulmonary Resuscitation



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## Photograph of the Event:



*M. Kanagarathinam*  
11/10/22

**Dr. M. Kanagarathinam, Ph.D.**  
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## Nehru Centre for Women Excellence:2022-2023

 **NEHRU ARTS AND SCIENCE COLLEGE** 

 **NEHRU COLLEGE OF PHYSIOTHERAPY** 

**NGI - Consortium of Colleges**

 **VGM HOSPITAL**  
State-Of-The-Art 100 bedded Hospital

**V.G.M GASTRO, ORTHO AND MULTI-SPECIALITY HOSPITAL**

*On account of World Osteoporosis Day  
Organizes*

**FREE BONE MINERAL  
DENSITY (BMD) TEST CAMP**

Date: 29.10.2022  
Venue: NCPT Seminar Hall

**FOR 100 PERSONS ONLY!**

**BMD Test Worth  
of Rs.2500!  
Totally FREE!!**

**NEHRU CENTRE FOR WOMEN  
EXCELLENCE**



*Dr. M. Kanagarathinam*  
29/10/22

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## Internal Quality Assurance Cell Report of Events 2022-2023 (Odd Semester)

<b>Name of the School and Department:</b>	Nehru Centre for Women Excellence	<b>Nature of the Event: *</b>	Awareness Programme
<b>Title of the Event:</b>	Free Bone Mineral Density Test	<b>Metric Category: **</b>	Centre Activity
<b>Place/Venue:</b>	Seminar Hall- I at Nehru College of Physiotherapy	<b>Date/Duration of the Event:</b>	29.10.22/ 6 Hours

**Details of the Resource Person:** Dr.SUMAN CPS, Arthritis and ligament specialist, VGM Hospital ,Coimbatore.

### Number of Participants:

Internal		External		
Students	Faculty	Students	Faculty	Others
96	10			

### Write-up about the Event:

Nehru Centre for Women Excellence in association with Nehru College of Physiotherapy organized Free Bone Mineral Density Test on 29.10.2022 for the girl students of Nehru Arts and Science College at Nehru College of Physiotherapy and VGM Hospital, Coimbatore for public and the NGI Faculty members under NGI – Consortium of Colleges. This camp provided free testing for BMD and basic test like Weight, Height, and Blood Pressure of the participants. This camp also included the Doctor consultation also free of cost.

**Out Come of the Event:** The public and NGI Faculty members tested their BMD and got awareness about the bone health. The participants consulted with the doctor after the test result.

### Photograph of the Event



*Dr. M. Kanagarathinam*  
29/10/22

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Coimbatore - 641 105.



**Nehru Center for Women Excellence**  
*Welcomes you all*  
*for*  
**An Awareness Programme**  
*Save The Girl Child*  
on  
**National Girl Child Day**  
**24/01/2023**

**Convenor**  
Dr. M. Kanagarathinam

**PRINCIPAL**  
Dr. B. Anirudhan

**D-Block**  
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**3:00-4:00 PM**

*Dr. M. Kanagarathinam*  
24/1/23

**Dr. M. Kanagarathinam, Ph.D.**  
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## Internal Quality Assurance Cell Report of Events 2022-2023 (Even Semester)

<b>Name of the School and Department:</b>	Nehru Centre for Women Excellence	<b>Nature of the Event: *</b>	International Women's Day
<b>Title of the Event:</b>	Awareness program save the girl child	<b>Metric Category: **</b>	Centre Activity
<b>Place/Venue:</b>	D II Floor Seminar hall	<b>Date/Duration of the Event:</b>	24.01.23/ 2 Hours

**Details of the Resource Person:** Dr.N.Saranya Assistant Professor, School of commerce

**Number of Participants:**

Internal		External		
Students	Faculty	Students	Faculty	Others
72	22		18	-

**Write-up about theEvent:**

Nehru Centre for Women Excellence organized an awareness programme on the topic Save the Girl Child in Connection with National Girl Child Day on 24.01.2023 for the girl students of Nehru Arts and Science College at D Block Seminar Hall..Dr.N.Saranya, Assistant Professor, School of Commerce was the Resource Person. The Programme addressed most common issues related to Girl Children, Society perception regarding Girl Children, Objective of the National Girl Child Day and History of Girl Child Day.

**Out Come of the Event:**

The student community got awareness about men and women are equal in the society. So that have to protect girl child is a responsibility of each men in the society

**Photograph of the Event:**



*Handwritten signature and date: 24/1/23*

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## NGI-Consortium of Colleges

### NEHRU CENTRE FOR WOMEN EXCELLENCE

in Association with

### NEHRU COLLEGE OF PHYSIOTHERAPY

**Cordially invite you all for**  
A Fitness Session  
**General Exercises for Active Lifestyle**  
*exclusively for Women*  
Resource Persons



**Dr. M. Naveen silver star**  
Assistant Professor  
Nehru College of Physiotherapy



**03-02-2023, 3:00 PM**  
NCPT, Seminar Hall



**Dr. P. Harini**  
Lecturer  
Nehru College of Physiotherapy

**Convenor**  
**Dr. M. Kanagarathinam**  
Director - NCWE  
Nehru Arts and Science College



**Principal**  
**Dr. B. Anirudhan**  
Nehru Arts and Science College  
**Dr. V. Vijayaraj**  
Nehru College of Physiotherapy

*Km*  
*3/2/23*

**Dr. M. Kanagarathinam, Ph.D.**  
Dean  
School of Commerce  
Nehru Arts and Science College (Autonomous)  
Coimbatore - 641 105.



# NEHRU ARTS AND SCIENCE COLLEGE

(AUTONOMOUS)

(Affiliated to Bharathiar University Accredited with "A+" Grade by NAAC)

Nehru Gardens, Thirumalayampalayam, Coimbatore - 641 105, Tamil Nadu.

www.nehrucolleges.net



## Internal Quality Assurance Cell Report of Events 2022-2023 (Even Semester)

<b>Name of the School and Department:</b>	Nehru Centre for Women Excellence	<b>Nature of the Event: *</b>	National Women Physicians Day
<b>Title of the Event:</b>	A Fitness Session –General Exercises for Active Lifestyle	<b>Metric Category: **</b>	Centre Activity
<b>Place/Venue:</b>	Seminar Hall- I at Nehru College of Physiotherapy	<b>Date/Duration of the Event:</b>	03.02.23/ 2 Hours

**Details of the Resource Person:** Dr.Harini & Dr.Naveen Silverstar ,NCPT.

**Number of Participants:**

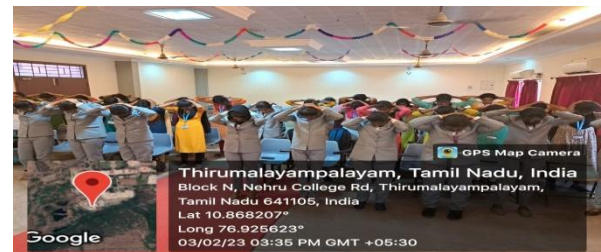
Internal		External		
Students	Faculty	Students	Faculty	Others
57	-	28	-	-

**Write-up about the Event:**

Nehru Centre for Women Excellence in association with Nehru College of Physiotherapy organized an A fitness Programme on General Exercises for Active Lifestyle Exclusive for Women in connection with National Women Physicians Day on 03.02.2023 for the girl students of Nehru Arts and Science College and Nehru College of Physiotherapy at Nehru College of Physiotherapy. The programme Covered common Postures and General Exercises to lead the active life. The session also given a practice of some exercises to the girls for free from this kind of common issues of women facing Day to Day lifestyle.

**Out Come of the Event:** The students known about common factors that leads to muscle ache and regular exercises to make them self-fit and active.

**Photograph of the Event**



*Handwritten signature and date: Km 3/2/23*

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## Nehru Centre for Women Excellence:2022-2023



The Management, Principal, Staff and Students  
Cordially invite you for the

Organized by  
**NEHRU CENTRE FOR WOMEN EXCELLENCE**  
on **08<sup>th</sup> March 2022, 10.00 am** at **Seminar Hall , NASC**

**Adv. Dr. P. KRISHNADAS**  
Managing Trustee & Chairman, Nehru Group of Institutions  
will preside

**Dr. A. NIRMALA**  
Dean, Coimbatore Medical College  
will be the Chief Guest

**Ms. SARITHA RAVEENDRANATH**  
Current Mrs Kerala, Global URF Award Winner  
will be the Guest of Honour

**Dr. P. KRISHNAKUMAR**  
CEO & Secretary, Nehru Group of Institutions  
will offer Felicitation

**Dr. M. Kanagarathinam**  
Director  
Nehru Centre for Women Excellence

**Dr. B. Anirudhan**  
Principal  
Nehru Arts and Science College

*Km*  
8/3/23

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## Internal Quality Assurance Cell Report of Events 2022-2023 (Even Semester)

<b>Name of the School and Department:</b>	Nehru Centre for Women Excellence	<b>Nature of the Event: *</b>	International Women's Day
<b>Title of the Event:</b>	Nehru Women Excellence Award 2023	<b>Metric Category: **</b>	Centre Activity
<b>Place/Venue:</b>	Viscom Theatre	<b>Date/Duration of the Event:</b>	08.03.23/ 2 Hours

**Details of the Resource Person:** K.S.Shabeena, Judicial Magistrate, Avinasi

**Number of Participants:**

Internal		External		
Students	Faculty	Students	Faculty	Others
72	22		18	-

**Write-up about the Event:**

Nehru Centre for Women Excellence organized an organized Nehru Women Excellence Award 2023 in connection with International Women's Day on 08.03.2023 at Nehru Arts and Science College Campus to empower women and commemorate their struggles for attaining their current stature and recognition. This ceremony is about Recognise the inspirational women around us who are distinguished for their outstanding work. NehruWomen Excellence Award hopes to encourage more women to become more visible and not hide their potential, show case their skills and abilities to bring positive change in the world.

**Out Come of the Event:** 19 outstanding faculties from NGI Consortium of Colleges received the Nehru Women Excellence Award 2023.

**Photograph of the Event:**



*Km*  
8/3/23

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