



**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)



# CENTRE FOR WOMEN EXCELLANCE





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## Nehru Centre for Women Excellence

**2022 - 2023**

### VISION

To attain the empowerment of women through diligent training and development programme to tap their potentials and make them to improve their lifestyle and social status

### MISSION

Educate women to realise their strength and exhibit their multi-dimensional role to create a more equal world.

Encourage the women to provide formidable effort to reach out the society to bridge the in equalities that con front women today.

### OBJECTIVES

- To reach out to rural women in order to enhance their status through skill training and to bring out their potentialities through productive entrepreneurship services to the rural and marginalized Women.
- Top remote Women in Development realizing their career goals leadership qualities and to choose proper effective life options.
- To advocate women's issues and outreach programmes for women's empowerment and to provide an access to the socio-economic feyness.
- To develop partnership and networking with civil society, women's organizations at the grass root level, private sector agencies and Government machinery for bringing visibility to women's issues
- To sensitize women for playing a more committed and meaningful role in the overall development of women and children.
- To offer value-oriented courses to the female students which will definitely improve their decision-making?

### **WRITE UP**

1.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 28.06.2022 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 Mr. 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



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strong in all type of situation, positive approach when we deal with bad situation and how to keep our mind healthy. Then as a woman how to tackle the bad situation.

### **Outcome of the Event: (Occupational Safety and Health)**

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

2. 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.

### **Outcome of the Event: (Executive Mentoring on Soft skill development)**

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

3. 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 turn 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.

### **Outcome of the Event: (How to become a women entrepreneur)**

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.

4. 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.





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## **Outcome of the Event: (Awareness programme on polycystic ovary syndrome) (PCOS)**

The session also given a practice of some exercises to the girls for free from PCOS kind of problems.

5. 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.

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 turn 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.

## **Outcome of the Event: (Health Check-up Camp)**

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.

6. Nehru Centre for Women Excellence in association with Nehru College of Nursing and Research Institute organized a 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.

## **Outcome of the Event: (Guest Lecture on Healthy Heart and Healthy Women)**

The students known about common factors that leads to heart diseases and Cardio-Pulmonary Resuscitation

7. Nehru Centre for Women Excellence in association with Nehru College of Physiotherapy organized Free Bone Mineral Density Test on 29.11.2022 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



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like Weight, Height, and Blood Pressure of the participants. This camp also included the Doctor consultation also free of cost.

**Outcome of the Event: (Free Bone Mineral Density Test)**

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.

8. 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.

**Outcome of the Event: (Save the Girl Child)**

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 man in the society

9. 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.

**Outcome of the Event: (A fitness Programme on General Exercises for Active Lifestyle Exclusive for Women)**

The students known about common a factor that leads to muscle ache and regular exercises to make them self-fit and active.

10. Nehru Centre for women excellence organized the International women's day among the faculty members of Nehru group of institutions. In this process, the scrutiny done with the profile and



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knowledge of the women faculty of NGI. Among them best persons have got selected and provided the awards and shield for them to motivate and encourage them.

## **Outcome of the Event: (International women's day)**

19 outstanding faculty members from NGI Consortium of Colleges received the Nehru Women Excellence Award 2023.

## **Nehru Centre for Women Excellence**

### About the Centre

Nehru Arts and Science College has planned to initiate the Nehru Centre for Women Excellence with the aim of providing various training, awareness and life guiding programme to the female students and rural and urban women to compete with the competitive world. The centre has various plans to elevate the lifestyle and social status of women. Other women related committees such as Sexual Harassment, Women Empowerment and Grievance Redressal. Functioning in the college will come under the purview of Nehru Centre for Women Excellence after its implementation.

**All girl students of Nehru Arts and Science College are the members** of Nehru Centre for Women Excellence. The Nehru Centre for Women Excellence organized many programmes to serve and elevate the lifestyle of women.

### CENTRE MEMBERS

2022 - 2023

S. No.	Faculty Members
1	Dr. M. Kanagarathinam
2	Dr. N. Saranya
3	Mrs. R. Mahadevi
4	Dr. P. Nāthiya





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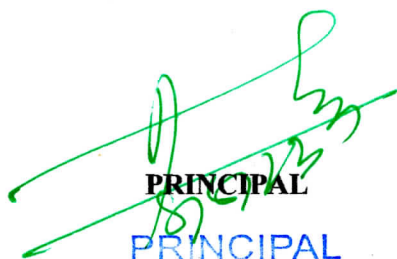


## ACTIVITIES OF THE CENTRE 2022 - 2023

S. No	Date	Event	No. of Beneficiaries	Outcome
1	28.06.2022	Occupational safety and health	106	Women learned to be healthy and to safeguard themselves
2	23.08.2022	How to become a Women Entrepreneur	42	Gained Knowledge on basics of Becoming a Entrepreneur
3	23.08.2022	Executive Mentoring	109	helps the students in their career advancement
4	26.09.2022	Awareness on Polycystic Ovarian Syndrome (PCOS)	106	Students Learned about factors causing (PCOS), diagnosis, treatment,
5	29.09.2022	Health Check Up	106	Students Checked their health through the camp
6	07.10.2022	Guest Lecture on Healthy Heart and Healthy Women	62	Students got awareness about the factors that lead to Heart Diseases and Cardio Pulmonary Resuscitation
7	29.10.2022	Free Bone Mineral Density Test	50	Public and NGI members got awareness about their bone health
8	24.01.2023	Awareness Programme on Save the Girl Child	154	Students learned importance of National Day Celebrations
9	03.02.2023	A fitness Session - General Exercises for Active Lifestyle	132	The students learned the importance of doing exercise
10	08.03.2023	Nehru Centre for Women Excellence	112	Outstanding women faculty received Women Excellence award and motivated to achieve more

  
DIRECTOR  
(Dr. M. Kanagarathinam)



  
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