



**Mangayarkarasi College of Arts and Science for Women**  
Affiliated to Madurai Kamaraj University | Accredited with 'A' grade by NAAC (3<sup>rd</sup> Cycle)  
Approved by UGC under Section 2(f) Status | ISO 9001:2015 Certified Institution  
Paravai, Madurai-625402

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**Quality Improvement Initiatives**  
**Identified and Implemented**  
**Academic Year**  
**2025-2026**



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Paravai, Madurai - 625402, India



## Internal Quality Assurance Cell

Organizes

# 3 DAYS

## FACULTY INDUCTION PROGRAMME



Day 1



**Dr. J. JOHN SEKAR**

Formerly Associate Professor of English  
American College, Madurai

Day 2



**MUHIL**

Psychologist  
Ahana Hospital

Day 3



**MEDICAL CAMP**

19.06.2025 to 21.06.2025 @ Seminar Hall, 2pm

Dr.P.Ashok Kumar  
Chairman & Secretary

Dr.A.Saravana Pradeep Kumar  
Pro-Chairman

Er.A.Shakti Pranesh  
Vice-Chairman

Dr.A.Dhivya Meenu Preetha  
Co-Chairman

Dr.Uma Baskar  
Principal



## Report on Three Days Faculty Induction Programme

### SUMMARY REPORT OF THE PROGRAMME

<b>Name of the Cell</b>	Internal Quality Assurance Cell
<b>Name of the Event</b>	<i>3- DAY FACULTY INDUCTION PROGRAMME</i>
<b>Date of Event</b>	19.07.2025-21.07.2025
<b>No. of Participants</b>	134
<b>Venue</b>	Seminar Hall
<b>Name of the Resource Person</b>	Dr. J. John Sekar, Former Professor of English at American College, Madurai Ms. Muhil, a psychologist from Ahana Hospital

#### DAY 1

The event commenced with a Prayer Song followed by the traditional Lighting of the Lamp, symbolizing the pursuit of knowledge. Dr. C. Jestina Jeyakumari, IQAC Coordinator, delivered the welcome address, emphasizing the day's importance in enhancing academic excellence. Dr. Uma Baskar, Principal, offered the inaugural address, outlining the institution's achievements and future aspirations.

In his presidential address, Dr. P. Ashok Kumar, Chairman, highlighted the significance of collaborative efforts among faculty, administration, and students to sustain institutional growth. Mr. A. Shakti Pranesh, Vice-Chairman, provided the felicitation address, acknowledging the organizing committee and announcing upcoming faculty development initiatives.

Dr. M. Meena introduced the chief guest, Dr. J. John Sekar, formally honouring him before his address. Dr. J. John Sekar, Former Professor of English at American College, Madurai, spoke on "Generation X, Millennial Teachers vs Generation Z Students." Drawing from his extensive teaching experience, he compared generational learning styles: Generation X and older Millennials structured, lecture-driven methods versus Generation Z's preference for interactive, technology-enabled, and self-guided learning. He emphasized mutual respect and adaptive teaching strategies, encouraging faculty to blend traditional approaches with digital engagement to meet students at their level. His well-structured address offered



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practical frameworks for intergenerational synergy and pedagogical innovation. The event concluded with a heartfelt Vote of Thanks by Ms. K. Logasutha, IQAC Deputy Coordinator, who expressed gratitude to all participants and invited guests. The program was well-received, offering valuable insights into bridging generational gaps in education while championing innovation.

## OUTCOMES

- **Enhanced Pedagogical Adaptation:** Educators learned to blend structured teaching with interactive, tech-integrated methods to better engage Gen Z students.
- **Increased Digital Literacy:** Faculty embraced tools like Kahoot and Zoom, aligning with Gen Z's preference for digital learning environments.
- **Emphasis on Emotional Intelligence:** Recognizing Gen Z's need for empathy, teachers committed to fostering supportive and communicative classroom atmospheres.
- **Commitment to Continuous Professional Development:** The program highlighted the importance of ongoing training to bridge generational gaps and enhance teaching effectiveness.



## DAY 2

The event commenced with a Prayer Song and Lighting of the Lamp. Dr. E. Prathebaa, Head of the English Department, extended a warm Welcome Address, stressing the importance of student and faculty well-being alongside academic growth.

Dr. Uma Baskar, Principal, delivered the Inaugural Address, reflecting on the college's milestones and the need for holistic development. Presidential Address by Dr. P. Ashok Kumar, Chairman, emphasized institutional support for balanced lifestyles. Mr. A. Shakti Pranesh, Vice-Chairman, in his Felicitation Address, praised the organizers and announced upcoming wellness initiatives.

Special Address by Ms. K. Chendur Priyadharsini, Dean of Academics, focused on integrating supportive academic practices like flexible deadlines and mentorship. Dr. M. Meena introduced and felicitated the chief guest, Ms. Muhil, a psychologist from Ahana Hospital.

In her Chief Guest Address, Ms. Muhil spoke on “Work–Life Balance.” She highlighted psychological benefits of balance, including reduced burnout and increased productivity. She recommended strategies like:

- Setting clear boundaries (e.g., designated work hours, technology curfews)
- Time-blocking and mindful breaks
- Regular self-care & unplugging from work

These practical insights resonated with the audience. The event concluded with a Vote of Thanks by Dr. R. Kalaranjani, Head of Commerce (CA), and the National Anthem. The well-organized program effectively conveyed the importance of balancing professional duties and personal well-being.

Participants gained a deeper understanding that maintaining a work–life balance significantly reduces stress, burnout, and mental health issues—leading to improved emotional stability and long-term wellness.

Work-life initiatives, such as flex-time and support services, help cut absenteeism by roughly 30–50% and significantly improve retention, making institutions more efficient and cost-effective.

By actively supporting work–life balance through policies and wellness programs, the college bolsters morale, fosters trust, and enhances its image—making it more attractive to faculty, staff, and students.



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Honoring the Chief Guest



## DAY 3

### **Programme Report: Health Awareness Seminar and Medical Camp for Faculty**

The Health Awareness Seminar and Medical Camp at Mangayarkarasi College of Arts and Science commenced with a Prayer Song and the Lighting of the Lamp, symbolizing the pursuit of knowledge and well-being.

The event was inaugurated by Dr. Uma Baskar, Principal, who emphasized the importance of integrating health awareness into academic life. Dr. P. Ashok Kumar, Chairman, delivered the Presidential Address, highlighting the institution's commitment to holistic development. Mr. A. Shakti Pranesh, Vice-Chairman, in his Felicitation Address, acknowledged the significance of such initiatives. Ms. K. Chendur Priyadharsini, Dean of Academics, provided the Special Address, underscoring the role of health in academic success.

The Chief Guest, Dr. Gokul, addressed the gathering on "How to Prevent Osteoporosis", emphasizing the importance of weight-bearing exercises, adequate calcium and vitamin D intake, and lifestyle modifications in preventing bone density loss.

Ms. Karthiga, Senior Optometrist at General Eye Care, spoke on "Cavity Management", advising on proper oral hygiene practices, the use of fluoride treatments, and regular dental check-ups to prevent tooth decay.

The programme concluded with a Medical Camp, offering free health check-ups and consultations to students and staff, promoting a culture of health consciousness within the academic community.

### **Outcomes:**

- **Increased Health Awareness:** Participants gained valuable knowledge on bone health and oral hygiene, leading to better personal health practices.
- **Enhanced Preventive Measures:** The seminar and camp encouraged proactive health management, reducing the risk of osteoporosis and dental issues among attendees.
- **Community Engagement:** The event fostered a sense of community well-being, with students and staff actively participating in health initiatives.
- **Institutional Commitment to Holistic Development:** The college reaffirmed its dedication to the overall development of its members, integrating health education into its academic framework.



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This initiative successfully bridged the gap between academic pursuits and health awareness, contributing to the overall well-being of the college community.



Dental Checkup



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Ortho Checkup



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**INTERNAL QUALITY ASSURANCE CELL (IQAC)**

**&**

**COUNSELLING CELL**

**ORGANIZES**

**WORKSHOP ON**

**SELF EMPOWERMENT FOR WOMEN**

**(EXCEL YOUR ENERGY)**



**RESOURCE PERSON**

**Ms. B K Vidhatri**

Brahma Kumaris  
Management Trainer,  
ORC - Delhi .



**Date : 15-07-2025**

**Time : 10:30 am**

**Venue : Seminar Hall**



**Dr.P.Ashok Kumar**  
Chairman

**Dr.A.Saravana Pradeep Kumar**  
Pro - Chairman

**Er.A.Shakti Pranesh**  
Vice - Chairman

**Dr.A.Divya Meenu Preetha**  
Co-Chairman

**Dr.Uma Baskar**  
Principal





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## SUMMARY REPORT OF THE PROGRAMME

<b>Name of the Cell</b>	Internal Quality Assurance Cell & Counseling Cell
<b>Name of the Event</b>	Self-Empowerment for Women
<b>Date of Event</b>	17.05.2025
<b>No. of Participants</b>	193
<b>Venue</b>	Seminar Hall
<b>Name of the Resource Person</b>	Ms.B.K.Vidhatri

### REPORT ON ONE DAY WORKSHOP ON SELF EMPOWERMENT FOR WOMEN

Mangayarkarasi College of Arts and Science for Women, through the Internal Quality Assurance Cell (IQAC) and the Counseling Cell, organized a **One Day Workshop on “Self Empowerment for Women.”** The primary objective of the workshop was to inspire and empower women students by promoting inner transformation, spiritual awareness, and positive thinking.

The workshop was conducted with the intention of helping students understand the importance of self-confidence, emotional balance, and personal growth. The session focused on guiding participants toward realizing their inner potential and developing a positive outlook toward life. It aimed to encourage women to strengthen their self-belief and take charge of their personal and professional development.

During the workshop, participants were introduced to the concept of **inner peace and resilience** and how these qualities can help individuals overcome challenges in their daily lives. Through various interactive activities and discussions, students were encouraged to explore their personal strengths, values, and self-worth. These activities enabled the participants to reflect on their abilities and build a stronger sense of confidence and self-awareness.



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A significant part of the session focused on **Rajyoga meditation techniques**. The participants were taught simple and practical methods of Rajyoga meditation that can help them remain calm, focused, and emotionally balanced. The meditation practices emphasized connecting with the inner self, maintaining mental clarity, and developing a peaceful state of mind.

The workshop created a positive and engaging learning environment where students actively participated in the activities and discussions. It helped them gain a deeper understanding of self-empowerment and the importance of nurturing mental and spiritual well-being.

Overall, the workshop proved to be highly beneficial for the students. It provided them with valuable insights and practical techniques to develop self-confidence, inner strength, and emotional stability. The session concluded on a positive note, with participants expressing appreciation for the opportunity to learn and grow through this meaningful initiative.



Honoring the Chief Guest



### **Outcome of the Workshop**

- Participants gained awareness about the importance of **self-empowerment and self-confidence**.
- Students developed a **positive mindset** and learned to face challenges with courage and determination.
- The workshop helped participants **identify their strengths, values, and self-worth** through interactive activities.
- Students understood the significance of **inner peace and emotional resilience** in their personal and academic life.
- Participants learned **simple Rajyoga meditation techniques** to reduce stress and improve concentration.
- The session encouraged students to remain **calm, focused, and mentally balanced**.
- The workshop motivated participants to practice **positive thinking and self-reflection** in their daily lives.
- Overall, the program promoted **personal growth, emotional well-being, and holistic development** among the students.



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## Internal Quality Assurance Cell

In Association with



## Department of Commerce and CA



*Organize*

## Skill, Employ, Achieve: PM VBRY Awareness Programme

Chief Guest

**Mr. Azhagiya Manavalan**

*Regional Commissioner  
EPFO, Madurai*

**S. Manoharan**

*Enforcement Officer*

**M. Annadurai**

*Enforcement Officer*

**On**

**10th October 2025**

**Seminar Hall**

**Dr.P.Ashok Kumar**  
*Chairman*

**Dr.A.Saravana Pradeep Kumar**  
*Pro - Chairman*

**Er.A.Shakti Pranesh**  
*Vice - Chairman*

**Dr.A.Divya Meenu Preetha**  
*Co-Chairman*

**Dr.Uma Baskar**  
*Principal*



### SUMMARY REPORT OF THE PROGRAMME

<b>Name of the Cell</b>	Internal Quality Assurance Cell & Department of Commerce
<b>Name of the Event</b>	Pradhan Mantri Viksit Bharat Rozgar Yojana
<b>Date of Event</b>	10.10.2025
<b>No. of Participants</b>	224
<b>Venue</b>	Seminar Hall
<b>Name of the Resource Person</b>	Mr.Azhagiya Manavalan

#### REPORT:

The Internal Quality Assurance Cell (IQAC) in association with the Department of Commerce of Mangayarkarasi College of Arts and Science for Women, Madurai, organized an Awareness Programme on Pradhan Mantri Viksit Bharat Rozgar Yojana (PM- VBRY) on 10th October 2025 at the college auditorium. The programme aimed to create awareness among students and faculty members about the objectives, benefits, and implementation of the Pradhan Mantri Viksit Bharat Rozgar Yojana, which seeks to promote employment generation and economic growth across the nation.

The event commenced with a warm welcome address by Ms.K.Chendhur Priyadharsini, Dean of Academics who highlighted the importance of government-initiated employment schemes in empowering the youth and strengthening the nation's workforce.

The distinguished guests for the programme were

- Mr. Azhagiya Manavalan, Regional Commissioner, Employees' Provident Fund Organization (EPFO),
- Mr. Manoharan, Enforcement Officer, EPFO, and
- Mr. Annadurai, Enforcement Officer, EPFO.



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Mr. Azhagiya Manavalan, in his address, elaborated on the objectives and framework of the Pradhan Mantri Viksit Bharat Rozgar Yojana, emphasizing the government's commitment to inclusive and sustainable employment creation. He explained the various incentives available to employers and employees under the scheme and encouraged students to stay informed about such initiatives for future career planning. His insightful session motivated students to actively engage with government programmes designed to enhance employability and financial security.

The session concluded with an interactive Q&A, where students eagerly clarified their doubts regarding job opportunities, financial benefits, and social security measures associated with the PM-VBRY scheme.

The programme ended with a vote of thanks proposed by Ms. Anusiya, Assistant Professor, expressing gratitude to the dignitaries, management, and faculty members for their valuable contribution to the successful conduct of the event.

Overall, the awareness programme proved to be highly informative and inspiring, sensitizing the participants about the significance of government initiatives in nation-building and employment development.



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Special Address given by Chief Guest



Presentation about the PM-VBRY scheme



Event report published in Newspaper



### **Outcome of the Workshop**

- Students gained awareness about the government initiative aimed at promoting employment opportunities for youth.
- Participants understood how the scheme supports first-time employees with financial incentives up to ₹15,000.
- The programme helped students learn about formal employment and social security benefits such as EPFO registration.
- Participants were informed about government support for employers to create more job opportunities through incentives.
- The session motivated students to prepare for career opportunities and participate in the formal job sector.
- Students gained knowledge about financial literacy and career development opportunities associated with the scheme.
- The programme encouraged youth to develop employability skills and seek sustainable employment.
- Overall, the session enhanced students' awareness of national employment schemes and government initiatives for youth empowerment.



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**INTERNAL QUALITY ASSURANCE CELL  
ORGANIZES**

## **Faculty Capacity Enhancement Programme on “Transformative Teaching Through Activity-Based Learning”**



### **CMA RAKESH SHANKAR RAVISANKAR**

*Member - Cost Accounting Standards Board,  
The Institute of Cost Accountants of India,  
Assistant Professor – PG & Research  
Department of Commerce,  
Dwaraka Doss Goverdhan Doss  
Vaishnav College (Autonomous), Chennai.*



### **DR. R. SUNDARI**

*Assistant Professor,  
PG & Research Department of Commerce,  
Dwaraka Doss Goverdhan Doss  
Vaishnav College (Autonomous), Chennai.*



**28.11.2025 & 29.11.2025**



**Board Room**



**10.00 AM**

**Dr. P. Ashok Kumar**  
Chairman

**Dr. A. Saravana Pradeep Kumar**  
Pro - Chairman

**Er. A. Shakti Pranesh**  
Vice - Chairman

**Dr. A. Divya Meenu Preetha**  
Co-Chairman

**Dr. Uma Baskar**  
Principal



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## ***Faculty Capacity Enhancement Programme***

***on***

## ***“Transformative Teaching Through Activity-Based Learning”***

### **AGENDA**

#### **Day 1**

- 10.00 AM : Inauguration
- 10.30 AM to 12.45 PM : Session – I  
Reimagining Classroom Pedagogy:  
Foundations of Activity - Based Learning
- 12.45 AM to 01.30 PM : Lunch
- 01.30 PM to 03.00 PM : Session – II  
Case Studies, Role Plays & Problem-  
Based Learning Frameworks

#### **Day 2**

- 10.00 AM to 12.15 PM : Session – I  
: Designing Engaging Learning Activities  
for Diverse Learners
- 12.15 AM to 01.00 PM : Lunch
- 01.00 AM to 02.30 PM : Session – II  
Collaborative and Peer-Led Learning  
Models for Higher Education focusing on  
Technology-Integration and Digital Tools  
and Interactive Platforms
- 02.30 PM to 03.00 PM : Valedictory & Feedback

**Dr.P.Ashok Kumar**  
Chairman

**Dr.A.Saravana Pradeep Kumar**  
Pro - Chairman

**Er.A.Shakti Pranesh**  
Vice - Chairman

**Dr.A.Divya Meenu Preetha**  
Co-Chairman

**Dr.Uma Baskar**  
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## Five-Day Faculty Capacity Enhancement Programme “Transformative Teaching through Activity-Based Learning”

### SUMMARY REPORT OF THE PROGRAMME

<b>Name of the Cell</b>	Internal Quality Assurance Cell
<b>Name of the Event</b>	Transformative Teaching through Activity-Based Learning
<b>Date of Event</b>	27.11.2025 – 31.11.2025
<b>No. of Participants</b>	115
<b>Venue</b>	Seminar Hall
<b>Name of the Resource Person</b>	CMA. Rakesh Shankar Ravishankar, Assistant Professor, Dr. R. Sundari, Assistant Professor, Dwaraka Doss Goverdhan Doss Vaishnav College, Chennai

#### Report:

A Five-Day Faculty Capacity Enhancement Programme titled “Transformative Teaching through Activity-Based Learning” was conducted from 27 November 2025 to 31 November 2025 in the Board Room for faculty members. The programme aimed to enhance teaching effectiveness by introducing innovative and learner-centred pedagogical approaches that encourage active participation, critical thinking, and collaborative learning among students.

The programme began with a Welcome Address by Dr. Uma Baskar, Principal, who highlighted the importance of adopting innovative teaching methods in higher education. She emphasized that activity-based learning plays a crucial role in making classrooms more interactive and meaningful for students.

The programme was facilitated by CMA. Rakesh Shankar Ravishankar, Assistant Professor, Dwaraka Doss Goverdhan Doss Vaishnav College, Chennai, and Dr. R. Sundari, Assistant Professor, Dwaraka Doss Goverdhan Doss Vaishnav College, Chennai, who shared their expertise in modern teaching strategies and activity-based learning practices.



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## Honoring the Chief Guest

The first session focused on “Reimagining Classroom Pedagogy: Foundations of Activity-Based Learning.” The resource persons explained the need to move beyond traditional lecture-based teaching and adopt activity-based methods that make students active participants in the learning process. The session emphasized experiential learning, classroom interaction, and reflective learning practices.





### **Chief Guest delivering the Special Address to the gathering**

The second session dealt with case studies, role-plays, and problem-based learning frameworks. Through practical illustrations and discussions, the resource persons demonstrated how these strategies help students analyze real-life situations, develop problem-solving skills, and improve communication and analytical abilities.



### **Inspiring words shared by the Chief Guest**

The third session focused on designing engaging learning activities for diverse learners. The speakers highlighted the importance of inclusive teaching and explained how classroom activities can be designed to address different learning styles, abilities, and backgrounds of students.



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## Welcoming the Chief Guest

The fourth session explored collaborative and peer-led learning models for higher education. Faculty members were introduced to methods that promote teamwork, peer interaction, and collective knowledge building. The resource persons explained how collaborative learning helps students develop leadership skills, confidence, and independent thinking.



## Insightful Special Address by the Chief Guest



The final session highlighted the integration of technology in activity-based learning. The resource persons demonstrated the use of digital tools, interactive platforms, and technology-enabled resources that can enhance classroom engagement and support blended learning environments.



### **Words of wisdom from the Chief Guest**

The programme also included a Felicitation Address by Ms. Chendur Priyadharsini, Academic Dean, who appreciated the efforts taken to organize the programme and encouraged faculty members to apply the strategies learned in their classrooms.

The programme concluded with a Vote of Thanks delivered by Dr. C. Jestina Jeyakumari, IQAC Coordinator, who expressed gratitude to the resource persons, the management, and all the participants for contributing to the success of the programme.

The programme was hosted by Ms. Devi Meenakshi & Dr.R.Sangeetha, IQAC Member, who coordinated the sessions and ensured the smooth conduct of the five-day programme.



Overall, the programme was highly informative and interactive. It provided faculty members with valuable insights into innovative teaching methodologies and encouraged them to adopt activity-based learning strategies to create dynamic and engaging classrooms.

**Outcomes of the Programme:**

- Faculty members gained a clear understanding of the principles and importance of activity-based learning.
- Participants learned how to incorporate case studies, role-plays, and problem-based learning techniques into their teaching.
- Faculty developed the ability to design inclusive and engaging learning activities for diverse learners.
- Participants explored collaborative and peer-learning strategies suitable for higher education classrooms.
- Faculty members became familiar with technology integration, digital tools, and interactive platforms to enhance teaching and learning.
- The programme encouraged faculty to transform traditional classrooms into active and student-centred learning environments.