

**SADHANA**  
**Annual Report of 2020- 2021**

# Sadhana

(Women Cell)

**BISHOP HEBER COLLEGE (AUTONOMOUS)**

Ranked 4th at National Level by MHRD Through NIRF 2017

Nationally Reaccredited With 'A' Grade by NAAC with a CGPA of 3.58 out of 4

Recognized by UGC as 'College with Potential for Excellence'

Affiliated to Bharathidasan University

TIRUCHIRAPPALLI-620 017



To  
The Principal,  
Bishop Heber College (Autonomous),  
Trichy-620 017.

Respected Sir,

I humbly submit the core team members of Sadhana[ Women Cell]  
for the Academic year 2020-2021.

- |   |   |                 |
|---|---|-----------------|
| 1. Dr.J.Aruna,<br>Asst. Prof.,Dept. of Tamil                      | - | President       |
| 2. Dr.J.Persis Jessintha,<br>Asst Prof.,Dept. of Computer Science | - | Vice-President  |
| 3. Mrs.R.Annie Karunya Bagyam,<br>Asst Prof.,Dept. of English     | - | Secretary       |
| 4. Ms.R.Sangeetha<br>Asst Prof.,Dept. of Tamil                    | - | Joint-Secretary |
| 5. Dr.J.Joonu<br>Asst Prof.,Dept. of Zoology                      | - | Treasurer       |
| 6. Dr.M.Kasthuri<br>Asst Prof.,Dept. BCA                          | - | Joint-Treasurer |

Thanking you,

Yours faithfully,

PRINCIPAL  
BISHOP HEBER COLLEGE (AUTONOMOUS)  
TIRUCHIRAPPALLI-620 017.

(Dr.J.Aruna)

21/11/2020

The Women Cell (Sadhana) was inaugurated by Mrs. Rani Thomas, Former PA to Collector Trichy under the Presidentship of Dr. Ally Swarnam, Assistant Professor, Department of Library Science.

Sadhana extended its wings to all Women staff and UG Women students, blossomed into a full-fledged Banyan Tree in 2002, when the College transformed into a Co-Educational Institution.

The Women Cell was nurtured by the succeeding Office Bearers Dr. Ally Swarnam, Dr. Shanthi Getsy, Dr. Princy Merlin, Dr. Gheetha, Dr. Vijaya Rani, Dr. Vijayalakshmi, Dr. Seetha Lakshmi and Dr. Aruna. The Cell is instrumental in providing a scope for Women Empowerment through various programs like:

1. Workshops on Entrepreneurship (Arts and Crafts)
2. International Conference
3. Socio Political Awareness
4. Health and Hygiene
5. Martial Art
6. Eco Consciousness
7. Sanitation
8. Gender Sensitisation
9. Women Rights
10. Various Competitions
11. Life Skills
12. Extension Activities



inator	Organi sed						Persons	
Dr. J. Aruna	<b>Micro Enterp rise, Liveli hood and Wome n Econo mic Empo werme nt</b>	zoom platfo rm	5/12/2 020	10	100	110	<b>Ms. Elamathi,</b>  Managing Director  Green Fern Women Producer Company	Inaugurat ion
Dr. Kasthu ri	<b>Voting Fransc hise for Studen ts</b>	zoom platfo rm	5/2/20 21	15	175	190	<b>Mr. C.R. Dinesh,</b> Director Council Member , State Joint Secretary , All India Student Federation, C PI	Capacity Enhance ment Program me
Dr. Kasthu ri	<b>An Aware ness on Cyber Harass ment against Wome n”</b>	zoom platfo rm	11/2/2 021	15	200	215	<b>Mrs, P. Kavitha,</b> Inspector of Police, Women Police Station	A Program me for Promotio n of Universal Values and Ethics
Dr.Joo nu	<b>Becom ing Emplo yable in the Post Coron a World</b>	zoom platfo rm	17/2/2 021	4	56	60	<b>Mr. Charles P,</b> Director & Founder, Kaarlo Training & HR Solutions Pvt. Ltd	A Capacity Enhance ment Program me

Dr. J. Aruna	<b>International Conference on Women Empowerment and Leadership – A Virtual Summit</b>	zoom platform	8/3/3021	30	200	230	<p><b>Dr. Chandrika Subramanian</b>, Writer, Lawyer, Founder, Tamil Valarchi Mandram, Australia.</p> <p><b>Mrs. Nachiyaar</b>, Social Activist, Writer, Public Speaker, Africa.</p> <p><b>Dr. Baghalalak hsmi Venu</b>, Speaker and Writer, Saudi Arabia.</p> <p><b>Mrs. Prasanna Alagarsamy</b>, Former Newcaster of Jaya TV</p>	Programme on Women Empowerment
Dr. J.Persis Jessintaha	<b>Workshop on Physical Fitness and Body Sculpting</b>	Indoor Stadium	8/3/2021	50	-	50	<p><b>Ms J. Keerthana</b>, Dancer (Vijay TV, Kalaignar TV, Raj Tv) and Zumba Trainer, Wings Academy (Hip hop)</p>	Health & Fitness



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**BCA ASSOCIATION**  
**SADHANA WOMEN CELL**  
 jointly organize an interactive forum  
**BREAST CANCER AWARENESS**  
 On 21<sup>st</sup> October 2020  
 Time: 1:00 PM - 2:00 PM

**RESOURCE PERSON**  
**Dr. T. Ramani Devi MD, DGO**  
 National Vice President FDGSI 2020  
 Chairperson Endometriosis Committee of FOGSI, 2014 - 2016  
 EC Member of SARDO  
 Director - Ramakrishna Medical Centre LLP,  
 Director - Janani Trichy Fertility Centre,  
 Tiruchirappalli.

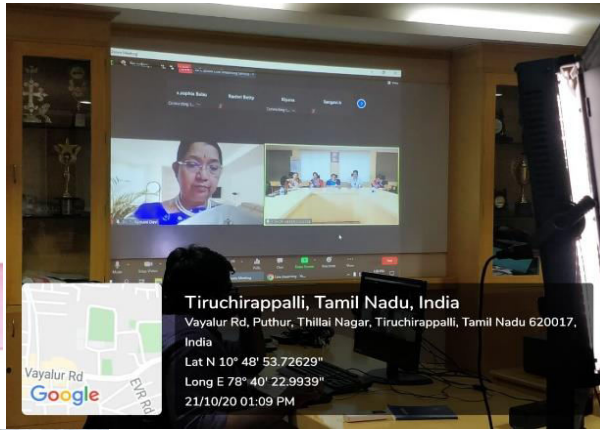
**FELICITATION**  
**Dr. V. Violet Dhayabaran**  
 Dean of Sciences  
 Associate Professor of Chemistry  
 Co - ordinator , Department of Biotechnology & Bio - Informatics

**CONVENER**  
 Dr. J. James Manoharan (Head, BCA)  
 Dr. J. Aruna (President - Sadhana Women Cell)

**CO - CONVENER**  
 Dr. M. Kasthuri (Asst. Prof., BCA)  
 Ms. P. Iria Parvathi (Asst. Prof., BCA)  
 Dr. B. Praveetha (Asst. Prof., BCA)

**ZOOM LINK:** <https://zoom.us/j/2244402872?pwd=MG11Sld1dDh1TWVWY2hwaUk3eVVCU09>  
**YOUTUBE LINK:** <https://youtu.be/9W8KbJ0u0Y>

All Women Staff and Students are cordially invited



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**SADHANA WOMEN CELL**  
 organizes  
**CAPACITY ENHANCEMENT PROGRAM ON VOTING FRANCHISE FOR STUDENTS**  
 on 26<sup>th</sup> February 2021  
 Time: 3:00 PM

**RESOURCE PERSON**  
**Mr. C. R. Dinesh Kumar BCA, MSW, PGDC**  
 Director Council Member,  
 State Joint Secretary  
 All India Student Federation  
 Communist Party of India  
 Trichy

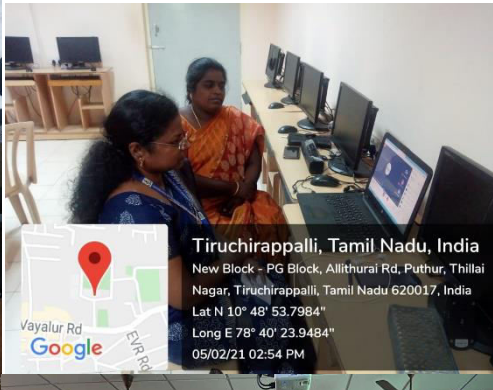
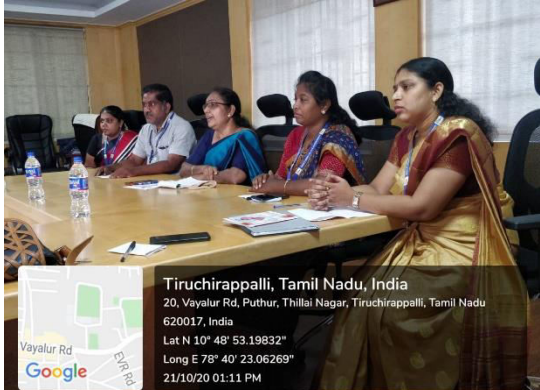
**CONVENER**  
 Dr. J. Aruna  
 (President - Sadhana Women Cell)  
 Department of Tamil, BHC.

**CO - CONVENER**  
 Dr. J. Pravee Anandha  
 (Vice President - Sadhana Women Cell)  
 Department of Computer Science, BHC.

**Dr. M. Kasthuri**  
 (Joint Secretary - Sadhana Women Cell)  
 Department of BCA, BHC.

**Ms. E. Saranya**  
 (Joint - Treasurer - Sadhana Women Cell)  
 Department of Tamil, BHC.

**MEETING LINK:** <https://meet.google.com/jw-tyw-ql>  
 All are cordially invited



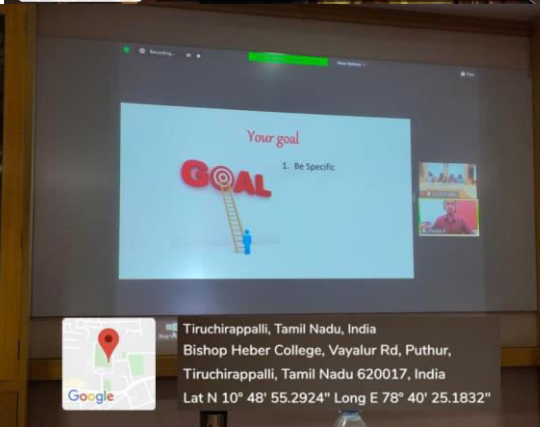
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**SADHANA WOMEN CELL**  
 organizes  
**BECOMING EMPLOYABLE IN THE POST-CORONA WORLD**  
 on 17<sup>th</sup> February 2021  
 Time: 2:30 PM to 6 PM

**Resource Person**  
**Mr. P. Charles, B.E., M.B.A., HR,**  
 Director and Founder,  
**KAAROO TRAINING & HR SOLUTIONS PVT LTD,**  
 Tiruchirappalli - 620021.

**CONVENER**  
 Dr. J. Aruna  
 (President - Sadhana Women Cell),  
 Department of Tamil, BHC.

**CO - CONVENER**  
 Dr. J. James Manoharan  
 (Treasurer - Sadhana Women Cell),  
 Department of Zoology, BHC.



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**UG Department of Computer Applications**  
**SADHANA WOMEN CELL**  
 jointly organizes  
**A Programme for Promotion of Universal Values and Ethics**  
 on February 18, 2021 at 8:30 AM

**THESE**  
**An Awareness on Cyber Harassment against Women.**

**RESOURCE PERSON**  
**Mrs. T. Kavitha**  
 Expertise in Public, Welfare, Peace Studies, Women.

**FELICITATION**  
**Dr. S. Sobana**  
 Dean of Arts  
 Associate Professor & Head,  
 Department of English  
 Bishop Heber College,  
 Trichy.

**CONVENER**  
 Dr. J. James Manoharan (Asst. Prof., & Head, BCA)  
 Dr. J. Aruna (Asst. Prof., Tamil & Devanagari - Sadhana Women Cell)

**CO-CONVENER**  
 Dr. M. Kasthuri (Asst. Prof., BCA & Joint Secretary - Sadhana Women Cell)  
 Ms. P. Iria Parvathi (Asst. Prof., BCA)

**Dr. J. Aruna**  
 (President - Sadhana Women Cell)  
 Department of Tamil, BHC.

**Ms. E. Saranya**  
 (Joint Secretary - Sadhana Women Cell)  
 Department of Tamil, BHC.

**Ms. P. Iria Parvathi** (Asst. Prof., BCA)

**STOP VIOLENCE AGAINST WOMEN**

**Dr. J. Aruna**  
 (President - Sadhana Women Cell)  
 Department of Tamil, BHC.

**Ms. E. Saranya**  
 (Joint Secretary - Sadhana Women Cell)  
 Department of Tamil, BHC.

**Ms. P. Iria Parvathi** (Asst. Prof., BCA)

**Phone no: 98429 9880**  
**Phone no: 98429 9880**

All Women Staff & Students are invited.
















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**SADHANA WOMEN CELL**  
**And**  
**FINE ARTS ASSOCIATION**  
 Jointly Organize

**WORKSHOP ON PHYSICAL FITNESS  
 AND BODY SCULPTING**

On 8<sup>th</sup> March 2021  
 Time: 2:30 PM  
 Venue: Multipurpose Auditorium (Fourth Floor)

**CHIEF GUEST**



Ms. J. Keerthana  
 Dancer (Vijay TV, Kalaignar TV, Raaj TV)  
 Zumba Trainer  
 Wings Dance Academy (Hip Hop)

**CONVENER**

Dr. J. Aruna  
 (President - Sadhana Women Cell)  
 Department of Tamil, BHC.  
 Dr. G. Sobers Smiles David  
 Associate Professor and Head  
 Staff In - Charge of Fine Arts  
 PG Department of Computer Science, BHC.

**CO – CONVENERS**

<p>Dr. J. Perzis Jessintha          (Vice President - Sadhana Women Cell)          Department of Computer Science, BHC.          Dr. Anne Karunya Bagyam          (Secretary - Sadhana Women Cell)          Department of English, BHC.          Dr. M. Kasthuri          (Joint - Secretary - Sadhana Women Cell)          Department of BCA, BHC.</p>	<p>Dr. J. Joonu          (Treasurer - Sadhana Women Cell)          Department of Zoology, BHC.          Ms. R. Sangeetha          (Joint - Treasurer - Sadhana Women Cell)          Department of Tamil, BHC.</p>
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