SALEM SOWDESWARI COLLEGE (FOR WOMEN)

SALEM - 636010

STUDENTS' WELFARE COMMITTEE 2025-2026

COMMITTEE MEMBERS:

Dr. T.Poongodi	-	Chairman
Mrs.S.Valarmathi	-	Coordinator
Dr. C. Kavitha	-	Member
Dr.D.Selvapandian	-	Member
Dr. A.Vanitha	-	Member
Dr.V.Gayathri	-	Member

SFCW

Mr. S. Kumar	-	Overall Incharge
Dr.P M.Kavitha	-	Member
Mrs. K. Saranya	-	Member
Dr. A.Usha	-	Member
Mrs. S.Nithya	-	Member
Mr. K.Tharanipriya	-	Member
Mrs. M.Parimala	-	Member

MAINTAINING REPORT :

Dr. C. Kavitha

Objectives:

- Act as an interface between students and administration, taking suggestions of students through drop boxes in college and on college websites.
- Develop strong student teacher relationships by implementation of mentor mentee programmes and help the students with psychological issues to achieve reconciliation with the self and others.

- General hygiene in the campus, Canteen and food hygiene, Building maintenance and hygiene, Checking drinking water.
- To arrange special meetings with parents who fail to attend class, low performance in class.

INDEX

SNO	DATE	ACTIVITIES 2025_2026	Pg.No.
1	24.09.2025	AWARENESS PROGRAMME ON "EMPOWER HER TO EXCEL: NURTURING SUCCESS IN EVERY STUDENT	3
2	11.02.2026	ROLE OF NUTRITION IN STUDENT HEALTH AND WELLNESS	10

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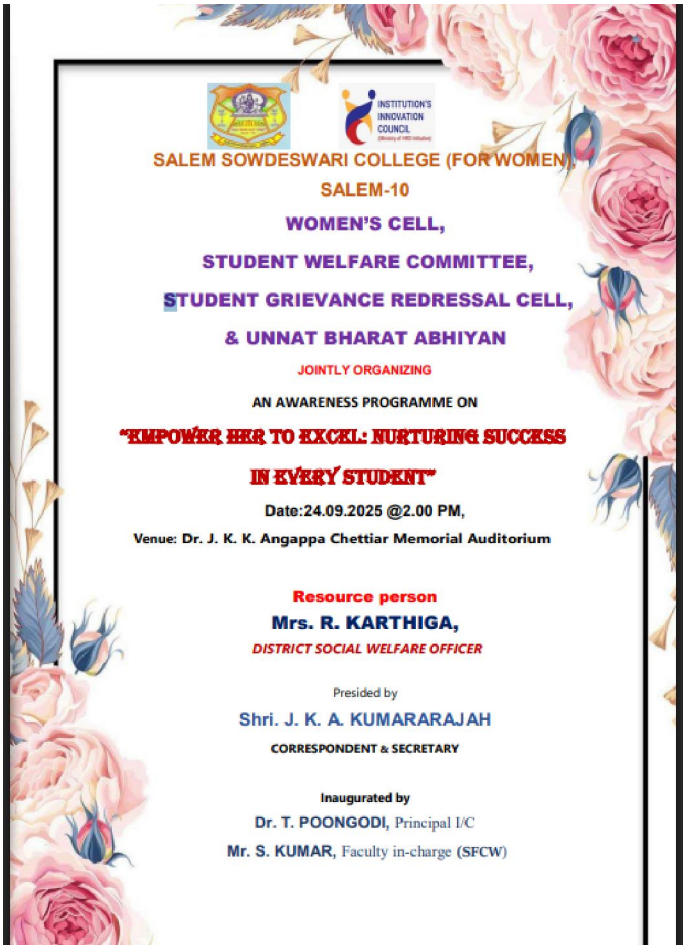
STUDENTS' WELFARE COMMITTEE 2025-2026

Event 1: AWARENESS PROGRAMME ON "EMPOWER HER TO EXCEL: NURTURING SUCCESS IN EVERY STUDENT

Date : 24.09.2025

Venue: Dr. J.K.K. Angappa Chettiar Memorial Auditorium

INVITATION

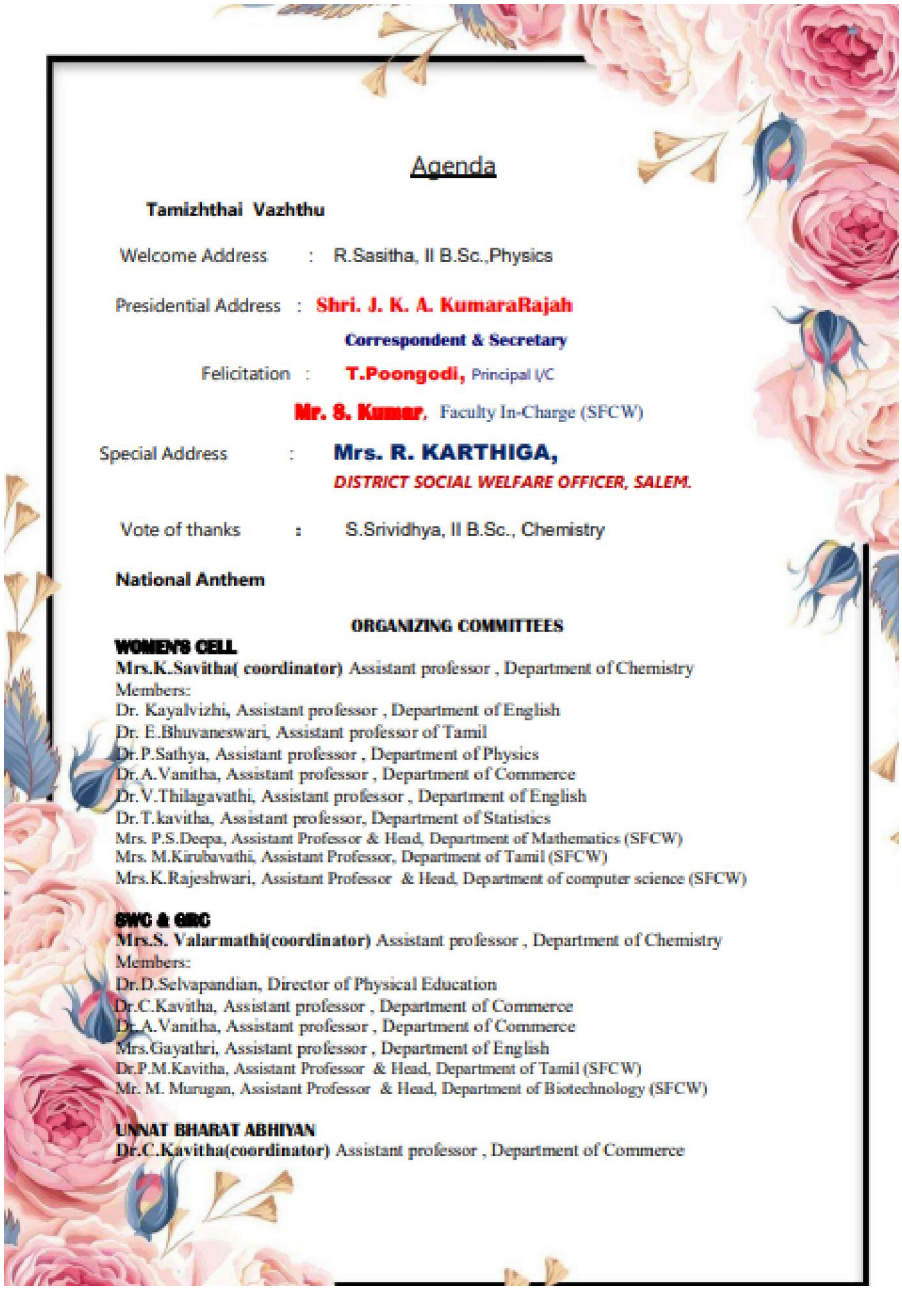


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STUDENTS' WELFARE COMMITTEE 2025-2026

AGENDA



Agenda

Tamizhthai Vazhthu

Welcome Address : R.Sasitha, II B.Sc.,Physics

Presidential Address : **Shri. J. K. A. KumaraRajah**
Correspondent & Secretary

Felicitation : **T.Poongodi,** Principal I/C
Mr. S. Kumar, Faculty In-Charge (SFCW)

Special Address : **Mrs. R. KARTHIGA,**
DISTRICT SOCIAL WELFARE OFFICER, SALEM.

Vote of thanks : S.Srividhya, II B.Sc., Chemistry

National Anthem

ORGANIZING COMMITTEES

WOMEN'S CELL
Mrs.K.Savitha(coordinator) Assistant professor , Department of Chemistry
Members:
Dr. Kayalvizhi, Assistant professor , Department of English
Dr. E.Bhuvaneswari, Assistant professor of Tamil
Dr.P.Sathya, Assistant professor , Department of Physics
Dr.A.Vanitha, Assistant professor , Department of Commerce
Dr.V.Thilagavathi, Assistant professor , Department of English
Dr.T.kavitha, Assistant professor, Department of Statistics
Mrs. P.S.Deepa, Assistant Professor & Head, Department of Mathematics (SFCW)
Mrs. M.Kirubavathi, Assistant Professor, Department of Tamil (SFCW)
Mrs.K.Rajeshwari, Assistant Professor & Head, Department of computer science (SFCW)

SWC & GIRC
Mrs.S. Valarmathi(coordinator) Assistant professor , Department of Chemistry
Members:
Dr.D.Selvapandian, Director of Physical Education
Dr.C.Kavitha, Assistant professor , Department of Commerce
Dr.A.Vanitha, Assistant professor , Department of Commerce
Mrs.Gayathri, Assistant professor , Department of English
Dr.P.M.Kavitha, Assistant Professor & Head, Department of Tamil (SFCW)
Mr. M. Murugan, Assistant Professor & Head, Department of Biotechnology (SFCW)

UNNAT BHARAT ABHIYAN
Dr.C.Kavitha(coordinator) Assistant professor , Department of Commerce

SALEM SOWDESWARI COLLEGE (FOR WOMEN)

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STUDENTS' WELFARE COMMITTEE 2025-2026

PROFILE OF THE RESOURCE PERSON

Ms. R.Karthika, who is serving as a Gender Specialist in the Department of Social Welfare and Women Empowerment, Government of Tamil Nadu, Salem District.

She holds a Master's degree in Social Work (MSW) and has acquired one year of professional experience in the field of social welfare and women's empowerment.

In her role within the government department, Ms. R.Karthika has been engaged in promoting gender equality, implementing women-centric welfare schemes, supporting vulnerable communities, and ensuring the effective execution of empowerment programs at the district level.

She has contributed to awareness campaigns, capacity-building initiatives, and program monitoring that align with the government's mission of creating a just and inclusive society.

Her commitment to uplifting women, reducing gender disparities, and fostering social justice reflects the core objectives of the Department of Social Welfare and Women Empowerment.

Through her service, she continues to play an important role in bringing positive change to society.

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STUDENTS' WELFARE COMMITTEE 2025-2026





REPORT

The Student Welfare Committee, Student Grievance Redressal Cell, in association with the Women's Cell, and Unnat Bharat Abhiyan, organised an awareness programme on

"Empower Her to Excel: Nurturing Success in Every Student" on 24th September 2025 at 2:00 p.m. The event was held at the Dr. J.K.K. Angappa Chettiar Memorial Auditorium.

The programme commenced with the solemn rendition of Tamil Thai Vaazhthu, setting an inspiring tone for the day. This was followed by the welcome address and felicitation delivered by Dr. T. Poongodi, Principal (In-charge), who highlighted the importance of empowering students, particularly women, to achieve excellence in every sphere of life.

The introduction of the resource person was presented by Dr. V. Thilagavathi, who briefed the audience about the achievements and expertise of Ms. R.Karthika, Gender Specialist, Department of Social Welfare and Women Empowerment.

Ms. R.Karthika then delivered a highly interactive and insightful session, engaging the students with real-life examples and practical insights. She elaborated on the various women-centric schemes introduced by the Government of Tamil Nadu, covering support provided to women from birth to adulthood and beyond. The schemes she highlighted included: Magalir Urimai Thogai Thittam (Kalaignar Women's Rights Scheme), Pudhumai Penn Scheme, Moovalur Ramamirtham Ammaiyar Ninaivu Marriage Assistance Scheme, Dr. Dharmambal Ammaiyar Ninaivu Widows Remarriage Assistance Scheme, Annai Theresa Ninaivu Marriage Assistance Scheme for Orphan Girls, E.V.R. Maniammaiyar Ninaivu Marriage Assistance Scheme for Inter-caste Marriage, Sathiyavanimuthu Ammaiyar Ninaivu Free Sewing Machine Scheme, Working Women Hostels Scheme, Service Homes for Women Welfare, Free Education to Poor Girl Students under Periyar EVR Nagammai Scheme, Free Coaching for Women for IAS/IPS, along with welfare initiatives through the Tamil

Nadu Corporation for Development of Women (TNCDW) and the Tamil Nadu State Rural Livelihood Mission (TNSRLM).

Through her address, she sensitised the students on how these welfare measures can benefit them directly as well as the wider community of women. The session was not only informative but also motivating, instilling in the students a sense of awareness about their rights and opportunities for growth.

The programme concluded with a vote of thanks proposed by Ms. S. Srividhya, II B.Sc. Chemistry, who expressed gratitude to the dignitaries, the resource person, and the organizing committees for making the programme a meaningful success. The event came to an end with the National Anthem.

FEEDBACK FORM - Resource Person - Ms. R.Karthika

Awareness Programme on "Empower Her to Excel: Nurturing Success in Every Student"

Organized by: Student Welfare Committee, Student Grievance Redressal Cell, in association with the Women's Cell, and Unnat Bharat Abhiyan

Date: 24.09.2025 & Venue: Dr. J.K.K. Angappa Chettiar Memorial Auditorium

Name: _____

Department / Class: _____

S. N	Parameters	Excellent	Very Good	Good	Satisfactory	Needs Improvement
1	Relevance of the topic	☐	☐	☐	☐	☐
2	Usefulness of the session	☐	☐	☐	☐	☐
3	Quality of the resource person	☐	☐	☐	☐	☐
4	Clarity of presentation	☐	☐	☐	☐	☐

5	**Time management**	☐	☐	☐	☐	☐
6	**Interaction and engagement**	☐	☐	☐	☐	☐
7	**Venue and arrangements**	☐	☐	☐	☐	☐
8	**Overall satisfaction**	☐	☐	☐	☐	☐

Signature of the candidate

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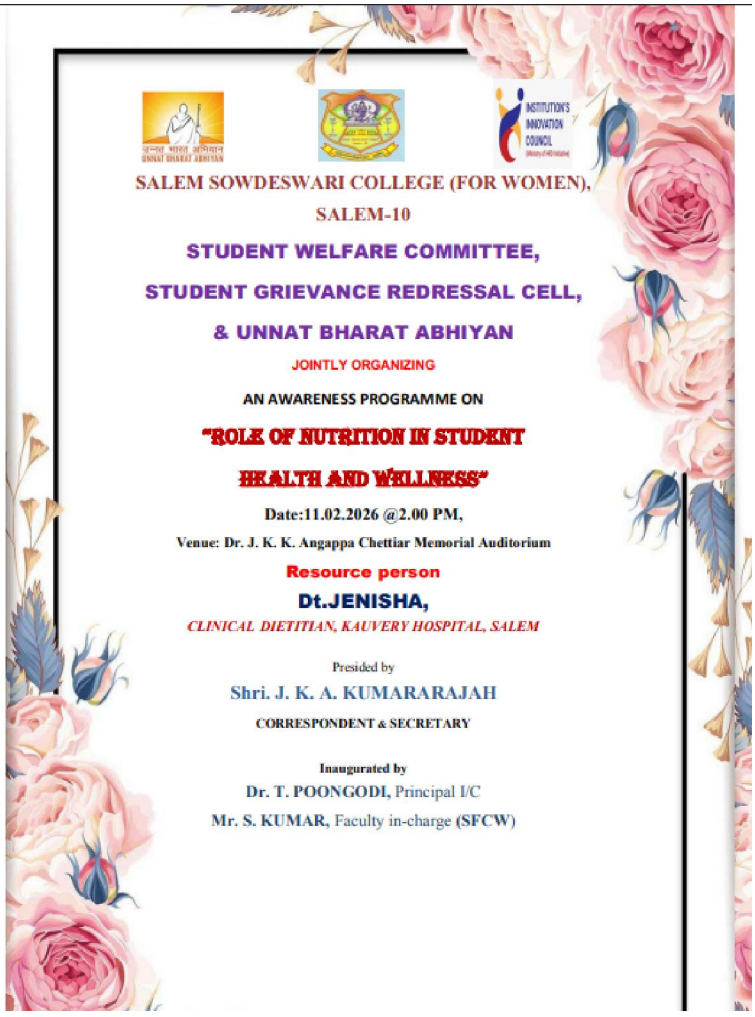
STUDENTS' WELFARE COMMITTEE 2025-2026

Event 2: "ROLE OF NUTRITION IN STUDENT HEALTH AND WELLNESS"

Date : 11.02.2026

Venue: Dr. J.K.K. Angappa Chettiar Memorial Auditorium

INVITATION



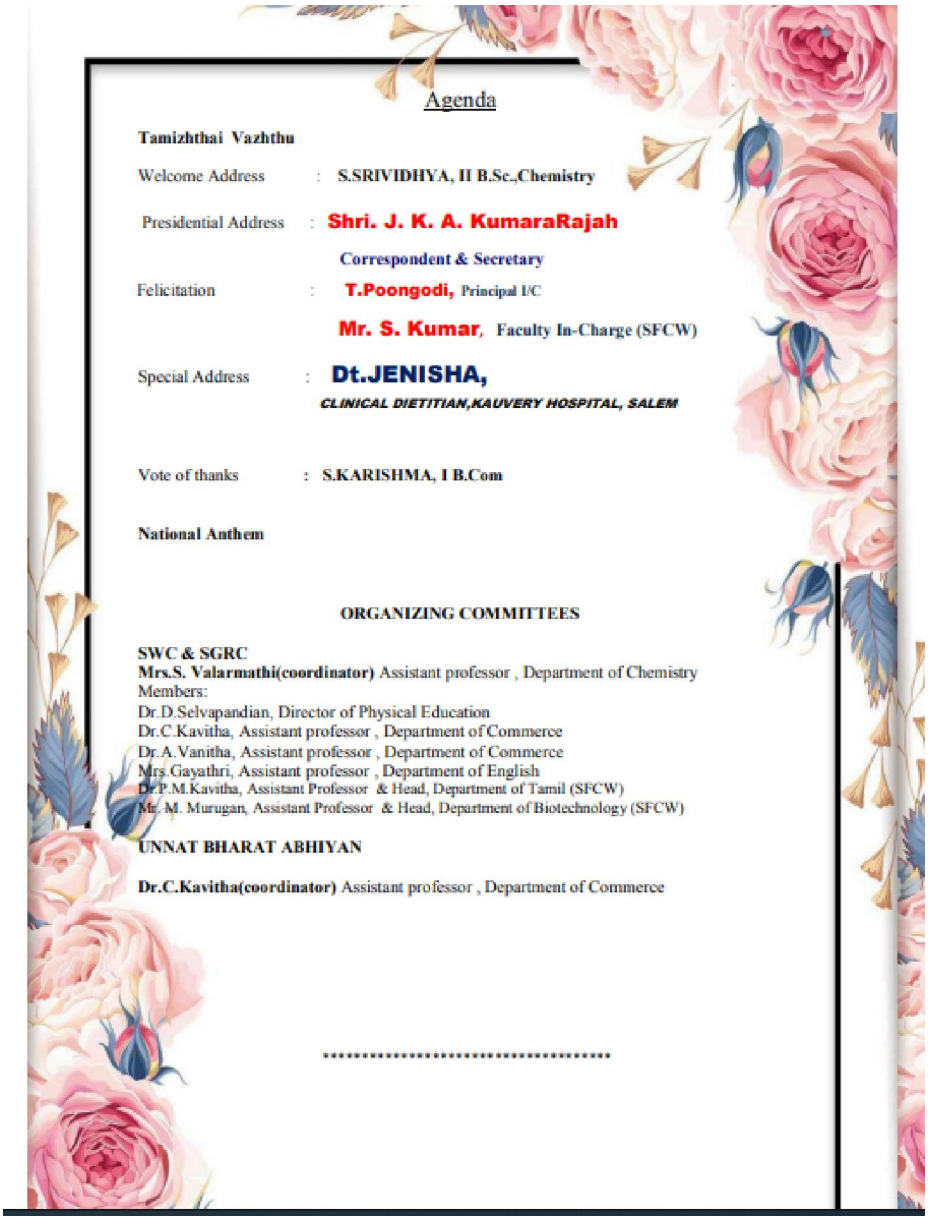
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SALEM SOWDESWARI COLLEGE (FOR WOMEN)

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STUDENTS' WELFARE COMMITTEE 2025-2026

AGENDA



Agenda

Tamizhthai Vazhthu

Welcome Address : **S.SRIVIDHYA, II B.Sc.,Chemistry**

Presidential Address : **Shri. J. K. A. KumaraRajah**

Correspondent & Secretary

Felicitation : **T.Poongodi,** Principal I/C

Mr. S. Kumar, Faculty In-Charge (SFCW)

Special Address : **Dt.JENISHA,**

CLINICAL DIETITIAN,KAUVERY HOSPITAL, SALEM

Vote of thanks : **S.KARISHMA, I B.Com**

National Anthem

ORGANIZING COMMITTEES

SWC & SGRC
Mrs.S. Valarmathi(coordinator) Assistant professor , Department of Chemistry
Members:
Dr.D.Selvapandian, Director of Physical Education
Dr.C.Kavitha, Assistant professor , Department of Commerce
Dr.A.Vanitha, Assistant professor , Department of Commerce
Mrs.Gayathri, Assistant professor , Department of English
Dr.P.M.Kavitha, Assistant Professor & Head, Department of Tamil (SFCW)
Mr. M. Murugan, Assistant Professor & Head, Department of Biotechnology (SFCW)

UNNAT BHARAT ABHIYAN

Dr.C.Kavitha(coordinator) Assistant professor , Department of Commerce

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STUDENTS' WELFARE COMMITTEE 2025-2026

PROFILE OF THE RESOURCE PERSON

Jenisha, a passionate and dedicated Dietitian and Nutritionist with a strong foundation in human nutrition and dietetics. With a Masters degree in Nutrition and Dietetics, she specializes in creating personalized, evidence-based diet plans tailored to diverse health goals and lifestyles.

She is committed to empowering individuals to achieve their health and wellness goals through customized nutritional strategies. Whether you're looking to manage chronic conditions, optimize your fitness, or maintain a healthy lifestyle, she provide actionable guidance and ongoing support to help you succeed.

Beyond clinical practice, she is also a dedicated Health Awareness Speaker. She actively conducts sessions to educate and empower communities on the importance of nutrition, preventive healthcare, and healthy lifestyle choices.

She believes that the right nutrition can transform lives. Her approach focuses on simplifying nutrition, building sustainable habits, and guiding individuals toward achievable health goals with continuous support and motivation.

REPORT

A seminar on the *"Role of Nutrition in Student Health and Wellness"* was successfully conducted on 11th February 2026 at the Dr. J.K.K. Angappa Chettiar Memorial Auditorium. The session was delivered by the esteemed resource person, Dt. Jenisha, a qualified dietitian with expertise in student nutrition and lifestyle management working in Kauvery Hospital.

The program commenced with a formal welcome, followed by an introduction of the resource person. Dt. Jenisha began the session by emphasizing the importance of proper nutrition in the physical, mental, and emotional development of students. She highlighted that a balanced diet plays a crucial role in improving concentration, memory, and overall academic performance.

The speaker elaborated on essential nutrients required during student life, including carbohydrates, proteins, fats, vitamins, and minerals. She explained how each nutrient contributes to growth, energy, and immunity. Special emphasis was given to the importance of breakfast, hydration, and regular meal timings.

Dt. Jenisha also discussed common dietary issues among students such as skipping meals, excessive consumption of junk food, and lack of physical activity. She provided practical suggestions to overcome these habits, encouraging students to adopt healthier food choices such as fruits, vegetables, whole grains, and protein-rich foods.

Furthermore, the session addressed the connection between nutrition and mental health. The resource person explained how poor dietary habits can lead to fatigue, stress, and decreased focus, while a nutritious diet supports emotional stability and well-being.

An interactive session followed, where students actively participated by asking questions related to diet planning, weight management, and maintaining a healthy lifestyle amidst academic pressure. The resource person provided clear and practical answers, making the session highly engaging and informative.

The program concluded with a vote of thanks, expressing gratitude to Dt. Jenisha for her valuable insights and to the organizers for successfully arranging the seminar.

Overall, the seminar was highly beneficial in creating awareness among students about the significance of nutrition in maintaining good health and achieving academic success.

SALEM SOWDESWARI COLLEGE (FOR WOMEN)

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STUDENTS' WELFARE COMMITTEE 2025-2026



FEEDBACK FORM - Resource Person - Dt. Jenisha

Awareness Programme on "ROLE OF NUTRITION OF STUDENT HEALTH AND WELLNESS"

Organized by: Student Welfare Committee, Student Grievance Redressal Cell, in association with the Unnat Bharat Abhiyan

Date: 11.02.2026 & Venue: Dr. J.K.K. Angappa Chettiar Memorial Auditorium

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Participant Details:

Name: _____

Course/Class: _____

Department: _____

SALEM SOWDESWARI COLLEGE (FOR WOMEN)

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STUDENTS' WELFARE COMMITTEE 2025-2026

Please tick (✓) the appropriate option:

S.No	Criteria	Excellent	Good	Average	Poor
1	Relevance of the topic	☐	☐	☐	☐
2	Clarity of presentation	☐	☐	☐	☐
3	Knowledge of the resource person	☐	☐	☐	☐
4	Usefulness of the information provided	☐	☐	☐	☐
5	Interaction and engagement	☐	☐	☐	☐
6	Audio-visual aids used	☐	☐	☐	☐
7	Time management	☐	☐	☐	☐
8	Overall organization of the program	☐	☐	☐	☐

Signature of the student:

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