



St. JOSEPH'S COLLEGE OF ARTS AND SCIENCE FOR WOMEN
(Affiliated to Periyar University, Salem)
Mookandapalli, Sipcot, Hosur – 635126
Altruistic Alumnae Association

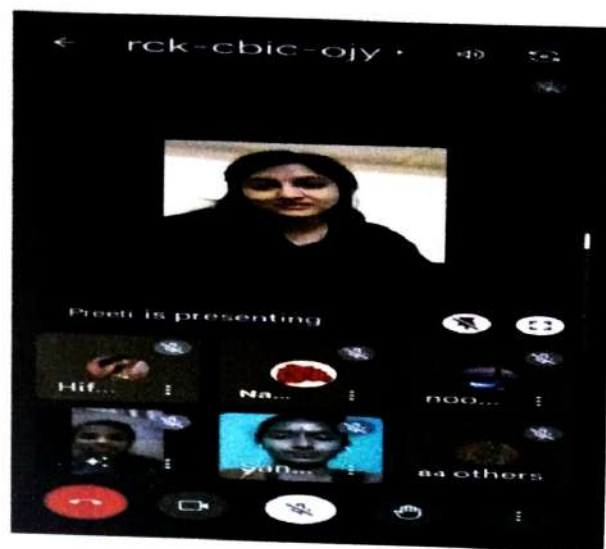


Online Lecture Series [13.03.2023 to 17.03.2023] -Report



The Altruistic Alumnae Association organized a five-day online lecture series, aimed at enlightening present students on various relevant topics. The sessions were handled by the alumnae of the college. The inaugural session, conducted by Ms. S. Preethi Srinivasan, an esteemed figure working as a Test Automation Engineer in a German company, focused on the vital subject of Women Empowerment.

Ms. S. Preethi Srinivasan's session was an enlightening discourse that delved into the multifaceted aspects of women empowerment. Drawing from her rich personal and professional experiences, she shed light on the challenges faced by women in various spheres of life and the importance of empowerment in overcoming these hurdles. Her insights into the cultural, social, and economic factors influencing women's empowerment resonated deeply with the audience.



Through compelling anecdotes and real-life examples, she highlighted the significance of self-belief, education, and access to opportunities in empowering women to realize their full potential. She emphasized the role of mentorship, networking, and community support in fostering a conducive environment for women's growth and development.

Furthermore, her session sparked meaningful discussions among the students, encouraging them to reflect on their own roles in promoting gender equality and empowering women in their respective communities and workplaces.

Overall, her lecture served as an inspiring and thought-provoking start to the Altruistic Alumnae Association's lecture series, setting a high standard for the sessions to follow and leaving a lasting impact on the



audience's perspective on women empowerment.

The second-day session was led by Ms. G. Sarala Devi, HR & Admin Executive at Blue Bell Elevators Pvt Ltd. The session focused on the critical theme of self-development.



Ms.G.Sarala Devi delivered an insightful talk, emphasizing the significance of continuous self-improvement in both personal and professional spheres. She highlighted the importance of setting achievable goals, cultivating a growth mindset, and actively seeking opportunities for learning and skill enhancement.

Drawing from her experience in human resources and administration, she shared practical strategies for self-assessment and development planning. She encouraged students to identify their strengths and areas for improvement, emphasizing the value of feedback and reflection in the self-development process.

Moreover, she discussed the importance of networking and seeking mentorship as essential components of personal growth. She stressed the need for students to take ownership of their development journey and

leverage available resources to achieve their full potential.

Overall, her session on self-development provided students with valuable insights and actionable steps to enhance their personal and professional lives. Students left the session inspired and motivated to embark on their journey of self-discovery and growth, equipped with practical tools to navigate challenges and achieve success.

The third day session was led by Ms. M. Rabuni., topic on Entrepreneurship who works at DHL Global Forwarding in Business Process Support. Ms. Rabuni's lecture delved into the nuances of entrepreneurship, drawing from her own experiences and industry insights.



She discussed the key attributes of successful entrepreneurs, including creativity, resilience, and a willingness to take risks. She also highlighted the importance of market research, strategic planning, and effective networking in launching and sustaining a business venture. Her practical advice and real-world examples resonated with the audience, inspiring them to consider entrepreneurship as a viable career path.



Moreover, she addressed common challenges faced by aspiring entrepreneurs, such as funding constraints and market competition, offering strategies to overcome these obstacles. She encouraged students to embrace innovation and adaptability, emphasizing the need to continuously evolve in the dynamic landscape of entrepreneurship.

Throughout the session, she fostered a supportive environment for students to ask questions and share their own entrepreneurial aspirations. Her passion for entrepreneurship and dedication to empowering the next generation of business leaders left a lasting impression on the audience, igniting their entrepreneurial spirit and motivating them to pursue their dreams with confidence.

Fourth day session was led by Ms. Pavithra DN, a Project Engineer at Wipro Limited. Her insightful talk focused on interview skills, offering valuable guidance and practical tips to help students excel in their job interviews.



Ms. Pavithra began by highlighting the importance of thorough preparation before an interview, stressing the need to research

the company and understand the job role. She emphasized the significance of showcasing one's skills and experiences effectively during the interview, emphasizing the use of specific examples to demonstrate capabilities.

Moreover, she shared strategies for effectively answering common interview questions, including behavioral and situational inquiries. She emphasized the importance of clear and concise communication, along with maintaining a positive attitude throughout the interview process.

She also discussed the significance of body language and professional appearance during interviews, advising students on how to make a strong first impression. Additionally, she provided insights into handling challenging interview situations, such as addressing gaps in employment history or discussing salary expectations.

Overall, her session on interview skills provided students with practical insights and actionable advice to enhance their interview performance and increase their chances of securing employment opportunities in the competitive job market. Attendees left the session feeling more confident and well-prepared for their upcoming interviews.

Fifth day session was led by Ms. R. Anupama, a Lecturer at Vishwa Chethana Degree College. Anupama's enlightening talk centered on the crucial topic of leadership, offering invaluable insights and guidance to aspiring leaders.





Throughout the session, she emphasized the multifaceted nature of leadership, highlighting its importance in various aspects of life, including academics, professional careers, and community involvement. She emphasized that leadership is not solely about holding positions of authority but also about inspiring and motivating others towards a common goal.

She delved into the key characteristics of effective leaders, such as integrity, empathy, and the ability to communicate and collaborate effectively. Drawing from her own experiences as a lecturer and mentor, she shared anecdotes and real-life examples

to illustrate the principles of leadership in action.

Moreover, she discussed the significance of self-awareness and continuous self-improvement in becoming an impactful leader. She encouraged students to identify their strengths and weaknesses, embrace challenges, and seek opportunities for growth and development.

Overall, her session on leadership provided students with valuable insights and inspiration to cultivate their leadership skills and become effective leaders in their respective fields and communities. Attendees left the session empowered and motivated to embark on their leadership journeys with confidence and purpose.

Signature of the President



Signature of the Principal

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Online Lecture Series [04.03.2024 to 08.03.2024] - Report

ST. JOSEPH'S COLLEGE OF ARTS AND SCIENCE FOR WOMEN, HOSUR
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Altruistic Alumnae Association

Cordially invites you to the Five - Day Lecture Series
Google Meet from 04/03/2024 to 08/03/2024

 Ms. S. NISHANTHINI Executive - Credit Operations Underwriting in Bandhan Bank, Hosur Topic: Time Management for Goal Achievement	 Ms. DIVYA. R. Sr. Analyst at Accenture Technology Topic: The Ethics Of Technology	 Ms. SWETHA. M. Beautician And Makeup Artist - Freelancer Topic: Failure and Resilience in Entrepreneurship	 Ms. S. NAANCY Assistant Professor in English - Discover college of Arts and Science, Hosur. Topic: Power of Learning	 Ms. JENIFER E. M S Dhoni Global School, Bathalapatti. Topic: Leadership
B. Ruhitha Parwesh President	Dr. J. Caroline Rose Principal	Rev. Sr. Dr. Dona Grace Jeyaseely Secretary		

The Altruistic Alumnae Association successfully conducted a comprehensive five-day online lecture series aimed at empowering present students. The sessions were handled by the alumnae of the college. The inaugural session featured Ms. S. Nishanthini, Executive of Credit Operations Underwriting at Bandhan Bank, Hosur, who delivered an insightful lecture on "Time Management for Goal Achievement."

Her session was both engaging and informative, providing students with practical strategies to optimize their time and achieve their goals effectively. She shared personal anecdotes and industry insights, illustrating the importance of prioritization, delegation, and maintaining a balanced approach to time management.



Throughout the lecture, participants actively engaged with her posing questions and seeking clarification on various aspects of time management. Her expertise and real-world experience resonated with the students, inspiring them to adopt proactive approaches towards achieving their academic and professional aspirations.

The second-day session was led by Ms. Divya. R, a Senior Analyst at Accenture Technology. Ms. Divya delivered a thought-provoking lecture series titled "The Ethics of Technology."





Throughout her session, she delved into the ethical considerations surrounding the rapid advancement of technology in today's society. She explored topics such as data privacy, algorithmic bias, and the social impact of emerging technologies, offering insights into how these issues can be addressed responsibly.

Participants actively engaged with her, expressing their concerns and perspectives on the ethical dilemmas posed by technology. Her expertise and nuanced approach encouraged meaningful dialogue and critical reflection among students.

As the session concluded, participants expressed gratitude to Ms. Divya for her informative presentation and to the Altruistic Alumnae Association for organizing such a timely and relevant event. Many students left with a heightened awareness of the ethical implications of technology and a renewed commitment to promoting responsible innovation in their future endeavors.

The Altruistic Alumnae Association successfully organized the third session of its five-day online lecture series, featuring Ms. Swetha. M, a talented Beautician and

Freelance Makeup Artist. Ms. Swetha delivered an insightful lecture series titled "Failure and Resilience in Entrepreneurship."



With her background in entrepreneurship and the beauty industry, she provided students with a unique perspective on overcoming challenges and setbacks in business ventures. She shared personal anecdotes and practical strategies for navigating failures and building resilience in pursuit of entrepreneurial success.

Participants actively engaged with Swetha, expressing appreciation for her candid approach and relatable experiences. Her session sparked meaningful discussions on the importance of perseverance and adaptability in the face of adversity, resonating deeply with aspiring entrepreneurs in the audience.

As the session concluded, students expressed gratitude to Ms. Swetha for her inspiring presentation. Many participants left with newfound motivation and a renewed sense of determination to pursue their entrepreneurial dreams despite the inevitable challenges along the way.



The Altruistic Alumnae Association culminated its fourth-day online lecture series with an inspiring session led by Ms. S. Naancy, Assistant Professor of English at Discover College of Arts and Science, Hosur. Ms. Naancy delivered a captivating lecture series titled "The Power of Learning."



Drawing from her extensive experience in academia, Ms. Naancy emphasized the transformative potential of lifelong learning. She explored the various dimensions of learning, from intellectual growth to personal development, and highlighted its role in fostering innovation, adaptability, and empowerment.

Attendees actively engaged with Ms. Naancy, reflecting on their own learning journeys and exchanging insights on the importance of continuous education in today's rapidly evolving world. Her passionate advocacy for the pursuit of knowledge resonated deeply with participants, inspiring them to embrace learning as a lifelong endeavor.

As the session drew to a close, participants expressed gratitude to Ms. Naancy for her enlightening presentation and to the

Altruistic Alumnae Association for organizing such an impactful event. Many attendees left with a renewed appreciation for the power of learning and a commitment to ongoing self-improvement.

The fifth-day session was led by Ms. Jenifer E from M S Dhoni Global School, Bathalapallai. Ms. Jenifer delivered a compelling lecture series titled "The Impact of Extracurricular Activities on Mental Health". Her expertise in education and mental health provided students with valuable insights into the positive effects of extracurricular activities on mental well-being. She highlighted the importance of engaging in hobbies, sports, and other extracurricular pursuits as a means of reducing stress, boosting self-esteem, and fostering social connections.



Participants actively engaged with Ms. Jenifer, sharing their own experiences and perspectives on the topic. Her interactive approach encouraged open dialogue and reflection, creating a supportive environment for learning and growth.



As the session concluded, participants expressed gratitude to Ms. Jenifer for her enlightening presentation. Many students voiced their intentions to incorporate more extracurricular activities into their lives to enhance their mental well-being.



Signature of the President



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