



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

Internal Quality Assurance Cell

Report for Student Induction Programme [21.06.2023 to 04.07.2023]

A student induction program aims to welcome and orient new students, providing them with the necessary information, resources, and support to ensure a smooth transition into their academic journey. IQAC of St. Joseph's College of Arts and Science for Women, Hosur organized a nine-day orientation programme for new students to learn about moral principles, the environment, a more nutritious life cycle and technology.

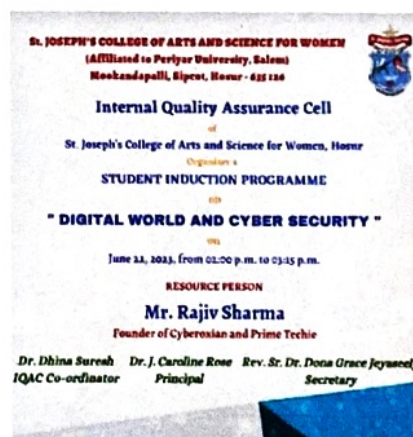
In celebration of International Yoga Day, the IQAC organized a programme on "One Earth, One Family, and One Future" on June 21, 2023. Ms.B.K. Ramya, a Raj Yoga Instructor of the Brahma Kumaris in Hosur, and Ms. R. Prateeba, a Yoga Instructor in Hosur, were the resource people.



International Yoga Day is celebrated on June 21st every year to raise awareness about the physical, mental, and spiritual benefits of yoga. It promotes unity and harmony among individuals and communities worldwide through the practice of yoga. The day highlights the universal appeal of yoga and its potential to create a healthier and happier world.



The "Digital World and Cyber Security" programme was organized for June 22, 2023. The resource person was Mr. Rajiv Sharma, Founder of Cyberoxian and Prime Techie.



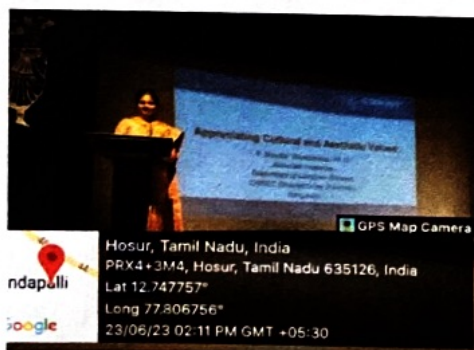
Cyber security is the practice of protecting computer systems, networks, and data from unauthorized access, cyber threats, and malicious activities. It involves implementing measures such as encryption, firewalls, and user awareness training to safeguard against cyber attacks and ensure the confidentiality, integrity, and availability of digital information.



On June 23, 2023, the programme "Appreciating Cultural and Aesthetic Values" was scheduled. Dr. P. Beaulah Soundarabai, an Associate Professor in the Department of Computer Science at Christ University in Bangalore was the resource person.



Appreciating cultural and aesthetic values involves recognizing and valuing diverse cultural expressions, traditions, art forms, and aesthetics. It fosters understanding, respect, and inclusivity, enriching our perspectives and promoting social harmony. By embracing and celebrating cultural diversity, we can cultivate a more inclusive and harmonious global community.



On June 26, 2023, the programme "Healthy Intake for a Wealthy Future" was

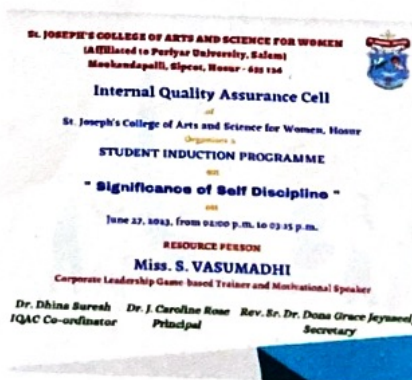
scheduled. Mrs. M. G. Umavathy, Graduate in Science and Fashion Designing was the resource person.



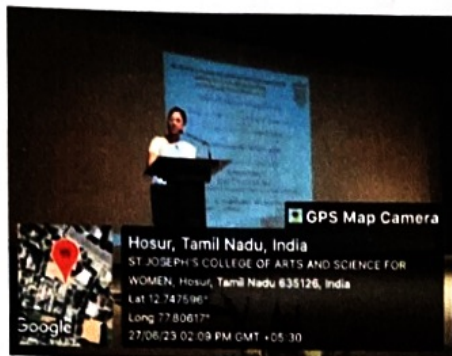
Healthy intake for a wealthy future involves making conscious choices about our diet and lifestyle. It includes consuming nutritious foods, staying physically active, getting enough rest, and prioritizing mental well-being. By adopting these habits, we can promote long-term health, prevent chronic diseases, and ensure a prosperous and fulfilling future.



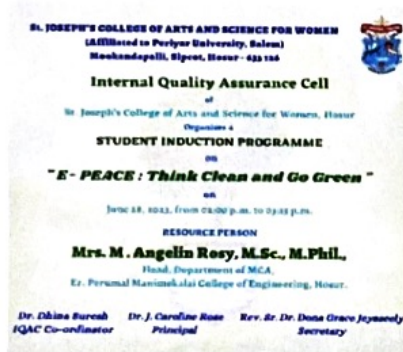
The "Significance of Self Discipline" programme was organized for June 27, 2023. The resource person was Ms. S. Vasumadhi, a Corporate Leadership Game-based Trainer and Motivational Speaker.



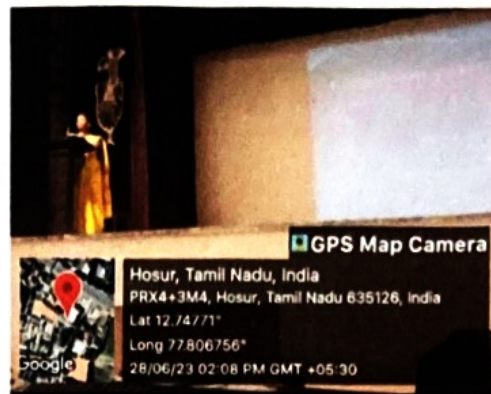
Self-discipline is crucial for personal growth and success. It involves controlling impulses, staying focused, and consistently taking action toward goals. Self-discipline builds resilience, improves time management, fosters healthy habits, and enhances productivity. It empowers individuals to overcome challenges, achieve their aspirations, and lead a balanced and fulfilling life.



On June 28, 2023, the programme "E-Peace: Think Clean and Go Green" was scheduled. Mrs. M. Angelin Rosy, Head, Department of MCA, Er. Perumal Manimekalai College of Engineering, Hosur was the resource person.



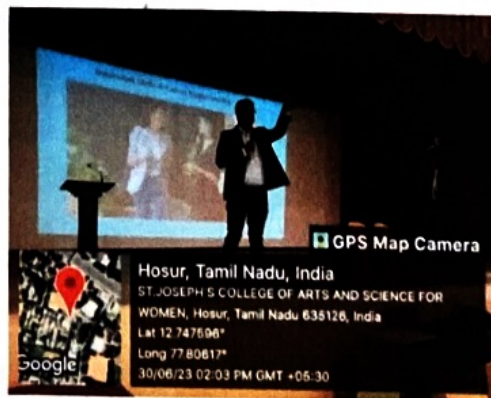
"E-Peace: Think Clean and Go Green" promotes the use of technology and sustainable practices for a peaceful and environmentally friendly world. By adopting electronic solutions, reducing waste, and embracing renewable energy, we can mitigate environmental impact, conserve resources, and create a harmonious coexistence with nature for present and future generations.



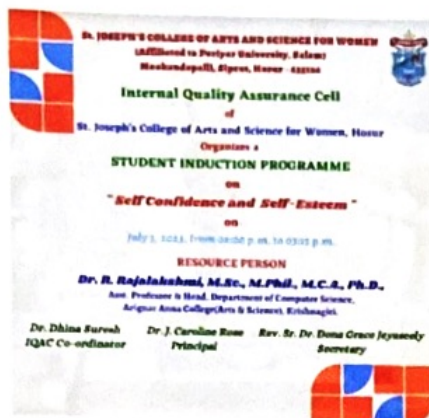
The "Innovation Skills and Career Opportunities" programme was organized for June 30, 2023. The resource person was Mr. P. Chithambaran, Founder & Director of Sales Machinst.



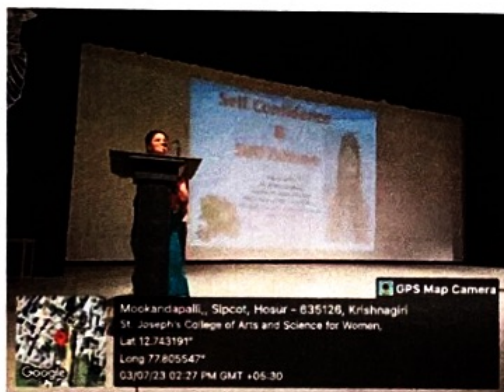
Innovation skills are essential for career success in today's dynamic world. They enable individuals to think creatively, adapt to change, and identify new opportunities. Developing innovation skills opens doors to diverse career opportunities in fields such as technology, entrepreneurship, research, product development, and leadership, driving personal and professional growth.



On July 03, 2023, the programme "Self Confidence and Self-Esteem" was scheduled. Dr. R. Rajalakshmi, Assistant Professor & Head, Department of Computer Science, Arignar Anna College (Arts & Science) Krishnagiri was the resource person.



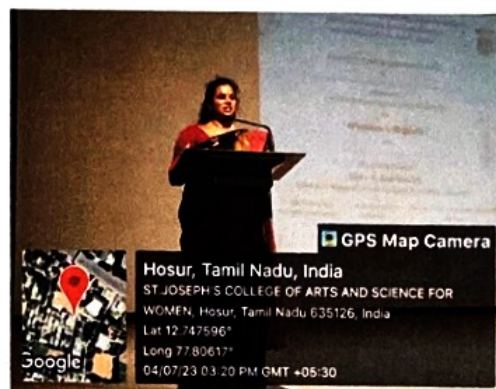
Self-confidence and self-esteem are crucial aspects of one's overall well-being. Self-confidence involves trusting in one's abilities and worth, while self-esteem is a deeper sense of self-value. Both contribute to personal growth, resilience, and success. Cultivating and maintaining these qualities empower individuals to overcome challenges and embrace their unique potential.



The "Women's Rights" programme was organized on July 04, 2023. The resource person was Mrs. S. Soundari, Additional Government Pleader Cum Additional Public Prosecutor.



Women's rights encompass the fundamental freedom and equality that women should enjoy in society. It involves eliminating discrimination, ensuring equal opportunities in education, employment, and politics, and addressing issues such as gender-based violence and reproductive rights. Upholding women's rights is essential for a just and equitable society that values and empowers all individuals.



The nine day student induction programme was beneficial to the freshers and they were raised awareness in various disciplines.

Signature of the IQAC Coordinator:

Head and Assistant Professor
Department of Computer Science
St. Joseph's College of Arts and Science for Women
SIPCOT, Hosur - 635 126.

Signature of the Principal:

5/7/23

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