



## M.O.P. installs new Student Cabinet



*Mr. M. Sathya Kumar addresses the Student Cabinet*

Jananie Mohan from B.Com (Honours) was installed as the Prime Minister of the Student Cabinet for the year 2020-21 in the investiture ceremony held on July 20, which also saw the installation of deputy ministers Yashvi C. Bhansali from B.Com (A & F) Shift I and Jananisri S. from B.A Economics.

In her welcome address, the principal, Dr. Lalitha Balakrishnan, noted that sound leadership at all levels is the need of the hour and will help the world tide over these testing times.

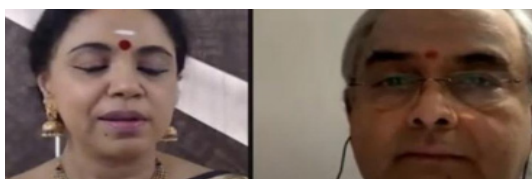
The chief guest Mr. M. Sathya Kumar – Chartered Accountant, Chief Mentor at Tycoon CA Academy and founder of Swami Vivekananda School of Public Policy – brought out eight impeccable leadership principles from the life and teachings of Swami Vivekananda and their relevance in the current scenario. He congratulated the college for being

a beacon of innovation and said the day's event was an instance of such innovation.

The college's Student Cabinet replicates the democratic form of leadership with a student prime minister at the helm, ably assisted by two deputy prime ministers and a cabinet of eight ministries, 18 ministers and deputy ministers holding various portfolios like home, health and hygiene, sports, entrepreneurship, youth affairs, environment, innovation and communication.

The principal administered the oath of office to the newly elected leaders. The event came to an end with a vote of thanks proposed by the newly inducted student Prime Minister. The Student Cabinet will plan and roll out several literary, cultural and social events for the student community. These will be presented in the form of a proposal at the first parliamentary session of the year.

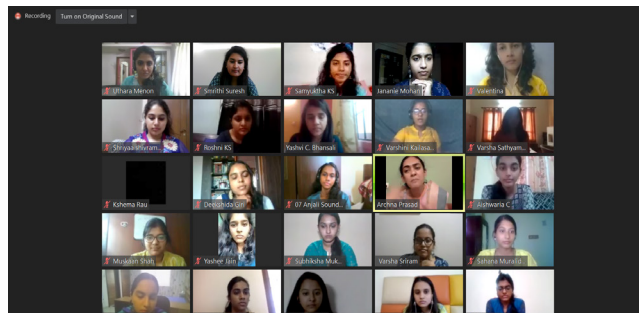
## Sudha Raghunathan speaks about power of music



*From L to R: Ms. Sudha Raghunathan, Mr. M. Murali*

Isaiyan Shakthi: Ms. Sudha Raghunathan speaks about the healing nature of music at an online seminar organised by the Tamil Club of the college, in association with Sri Krishna Sweets, on June 24. Mr. M. Murali of Sri Krishna Sweets also addressed the audience on the occasion.

## A Virtual Teachers' Day

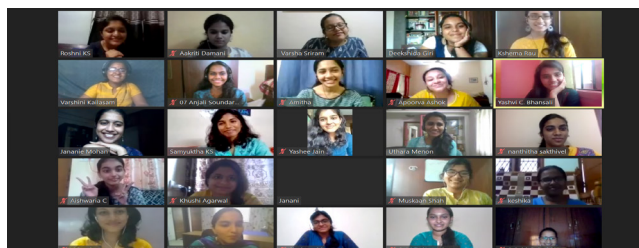


*Students and faculty members celebrate Teachers' Day*

Principal Dr. Lalitha Balakrishnan spoke about the importance of teachers and their effective work during the pandemic in her address during the virtual Teachers' Day celebrations held on Sept. 4. The theme for this year's celebration was 'Pastels and Florals'. The teachers from undergraduate departments, post graduate departments, language and sports departments and other college faculty attended the virtual event.

The teachers enjoyed the cognitive challenges posed by a few rounds of rebus puzzles and other online games, with answers corresponding to locations on the M.O.P. campus and other references familiar to the M.O.P. family. The Student Cabinet followed up the online meeting with a 'Certificate of Appreciation' expressing gratitude and respect dispatched to the faculty members on Sept. 5.

## Freshers break ice online



*First-year students on Freshers' Day*

On Sept. 5, Sruthi S. from B.Sc Computer Science bagged the first prize on Freshers' Day. The second and third prizes were won by Varsha R. from B. Com A&F Shift II, Srinithi Ashok from B. Sc Visual Communication and Shweta Kochar from B. Com Marketing Management respectively.

The theme for this year was 'Sparkle and Shine'. The Ministers and the Deputy Ministers of the 17 departments conducted the event separately for their first years. Along with the cabinet members, a faculty from every department accompanied the students.

The traditional carnival atmosphere of M.O.P. Freshers' Day was recaptured with the first-year students' talent competition. Pre-recorded videos exhibiting a special talent were shortlisted by a jury, and the winners were later announced by Principal Dr. Lalitha Balakrishnan.

Ice-breaking games facilitated open interaction among the students. A three-round quiz was followed by the party game 'Two truths and a lie,' which required participants to state three sentences, of which classmates had to identify the lie. By the end of the evening, the ice was well and truly broken.

### *From the Principal's desk*

This unprecedented collective experience that the world is living through has enforced a paradigm shift in leadership thinking. From a single-minded goal-oriented strategy, what has now emerged is a nuanced approach that combines balance with empathy.

Balance, more than anything else, has been uppermost in the minds of all leaders. On the one hand, of course, is the infection rate and measures to contain it. On the other hand, for Heads of State, has been the need to bolster the economy. For corporate houses, it has been the necessity to maintain business and the bottomline. For us, on the other pan of the scale has been our long-standing mission to deliver quality, holistic education to our thousands of keen, motivated students.

As soon as the country went into lockdown, while we watched for guidelines from the University Grants Commission and the Education Departments of the Centre and State, we also plunged into some furious preparation. When it became clear that online platforms would be the way of the near-future, we zeroed in on a suitable online platform for the conduct of classes.

After a smooth transition of all classes onto the virtual mode, we have managed to give the incoming batch of freshers a vintage M.O.P. welcome with a virtual freshers' party. Other notable days on the M.O.P. calendar – Student Cabinet investiture, Teachers' day, Ganesh Vandan and Nand Mahotsav – all made a seamless move to the online mode so that none of the M.O.P. flavour and fervour have been lost. We have also successfully conducted end-semester examinations in the online mode for the outgoing batch of students as mandated by the UGC, and even announced the results in record time.

On campus, operating with a skeletal staff for maintenance of infrastructure and administrative affairs, we have implemented safety measures in the form of mandatory temperature checks at the gate, and touch-free, automated sanitiser dispensers on every floor.

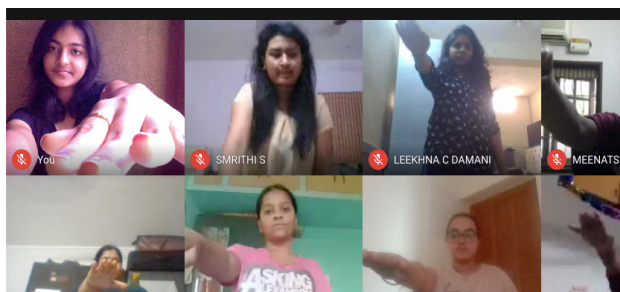
While we all yearn for human companionship, and ardently wish for the day to quickly arrive when it will be safe to admit students into classrooms, for the present, it is a blessing to be able to meet students in virtual classrooms and see them as engaged and keen to learn as ever.

M.O.P. is proud to say that we are on-target, online.

**Sarve jana sukhino bhavantu.**



### **NSS volunteers take COVID - 19 pledge**



*NSS students pledge personal responsibility*

On Oct. 7, the college's volunteers from National Service Scheme (NSS) took the COVID – 19 pledge. The core purpose of the exercise was to reiterate the crucial role individuals play in preventing infection. The pledge stressed on one's re-

sponsibility to remain vigilant against further spreading of the virus. It listed the key appropriate behaviours to practise when ensuring the same. This included wearing a mask, maintaining the prescribed distance of six feet, and washing hands.

### **Virtual friendships deepen ties among M.O.P. freshers**



*From L to R: Bhavana W.R., Yogavigneshwari M.*

The 2020 batch of first-year students define virtual college in interesting ways.

"It seems very futuristic, like a misplaced puzzle piece in the puzzle of college experience," says Sushma G. from B.Sc Food Science Management.

Bhavna from B.Com (Honours) equates virtual college to watching "a movie to which we have to pay a lot of attention as the movie will only be played once."

Virtual college has changed definitions of friendships, too. "Friendships formed through virtual classes would be more formal than the ones formed in a physical classroom," said Dwiti Mehta from BBA Shift 1.

For Bhavna, her friendships are similar to those formed over social media platforms. "We think we know each other to some extent but we can never be sure. Many are different when you actually meet them. They may not be who you thought they were," she said.

Besides this, virtual-only friendships, given the fact that they do not have a foundation in real-life interactions, are contoured differently from those formed in physical classrooms.

Their "lifelines" become unofficial WhatsApp groups, Zoom calls and online gaming sessions. Dwiti fixes the heart of her interactions with classmates at one of these groups. "We have an unofficial WhatsApp group where we discuss class assignments and try to know more

about each other's likes, dislikes, and personalities, and we share memes, too," she says.

Virtual friendships form at a slower pace, and cast a narrower net. "The circle [of friends] would have been wider if it had been physical. We would have gelled with people from other departments and our seniors, too," says Yogavigneshwari M. from B.A Sociology about a physical friendship.

The sharing of objects makes all the difference for Sushma. "In a physical class, we could share notes, thoughts, food, opinions and even advice. We wouldn't have worried about internet speed and the entire focus would have been on the conversation," she said.

The need for physicality is strong in virtual friendships.

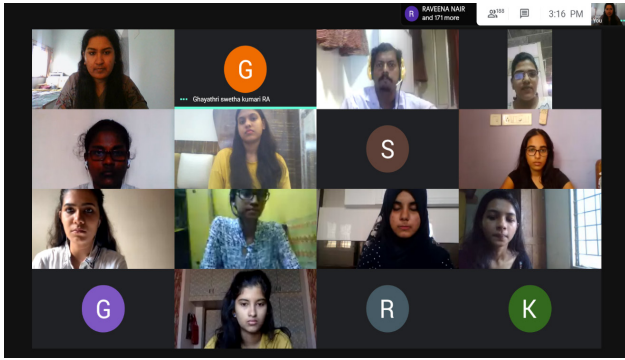
Dwiti phrases it as "the sense of being together and working on assignments and projects together rather than over a [Google] Meet call." Bhavna misses the solidity of physical surroundings, "the noise, distractions and most importantly the presence of other people."

This need for physicality trumps whatever discomfort they may feel on returning, and virtual friendships, in fact, strengthen their desire to know each other.

"Our first plan is to meet each other physically and talk freely. This is our foremost plan," said Bhavna. "When we do meet up, we are going to have a blast. It doesn't matter what we do," said Sushma G.



## NSS Day 2020 focuses on spirit of volunteerism



*NSS students attend the leadership webinar*

Mr. Moses Selvakumar – the chief guest for NSS Day celebrations held on Sept. 24 – talked about the role and scope of NSS, the leadership qualities and the responsibilities of a volunteer, and the training programs that NSS provides for volunteers. Mr. Selvakumar – assistant professor for the PG department of Development Management,

Madras School of Social Work, and a trained NSS program co-ordinator – talked on the topic ‘Invoking the Power and Spirit of Volunteerism in youth’.

The National Service Scheme (NSS) members celebrated the NSS Day along with the orientation session for the new batch of volunteers for 2020-2021. The session concluded with a small quiz on India and the NSS.

## Ganesh Vandan Nand Mahotsav celebrated with music and dance events



*Virtuality no obstacle to virtuosity*

Ganesh Vandhan - Nand Mahotsav – the annual celebration organised by M.O.P. to mark festivals in honour of Lord Ganesha and Lord Krishna was held this year on Sept. 4. Sudarsana from B.Com A&F Shift I, Sanjana Harikumar from B.Com A&F Shift II and Arushi Ramesh from B.Com (Corporate Secretaryship) won the first, second and third prizes

in the light music event.

Varsha R. from B.Com A&F Shift II, Pragnya (B.A Economics) and R. Bhavani from B.Com (Honours), and Vishnulakshmi from B.Sc Electronic Media won the first, second and third prizes in the folk dance event, with the second prize being won jointly by Pragnya and R. Bhavani.

The events were judged by Ms. Kamalaja and Ms. Vasudha Ravi.

## Music Doyenne's anniversary marked with talk by Visakha Hari

The Tamil Club hosted an online seminar along with the Academy of Life Skills Based Education (ALBE) on Sept. 16. Ms. Visakha Hari, an expert in Hari-katha, was the special guest. She spoke on the topic of ‘Self-discovery’ on the occasion of legendary classical musician on M.S. Subbulakshmi's 105th birthday.

## Madras Day quiz explores Chennai and Madras



*Ms. Lakshmi Menon and Mr. Unnikrishnan quiz students*

A quiz titled ‘Fundastic Madras’ was held on Aug. 15 and 16 to commemorate Madras Day. The event was organised by the college with The New Indian Express and X Quiz It. Six finalists were picked from 250 participants.

Mr. Jayakanthan from Tata Consultancy Services won the first

prize with Mr. Krishnan A.S. from Fokal AI and Mr. Moheet Kumar from D.A.V. Public School finishing second and third respectively.

The quiz included a round in which celebrities around the city posed questions through video messages. The questions explored aspects of Chennai and Madras.

## M.O.P. alumna to play in Women's T20 Challenge



*Hemalatha Dayalan selected to play T20 Challenger Trophy*

Hemalatha Dayalan, an alumna of the college, was selected for the Trailblazers team to take part in the Women's T20 Challenge. The tournament is set to be conducted from Nov. 4 to 9 in UAE alongside Indian Premier League play-offs. Hemalatha made her cricket debut in 2011 playing for Tamil Nadu and entered the senior South Zone team in 2013.

In 2016 and 2017, she played matches for the Challenger Trophy as part of the India A team. In September 2018, she became India's 125th ODI player. In November, she made her T20 debut playing against New Zealand.

Now, her entry into the T20 Challenge is her latest achievement. The final round for the T20 Challenge will be held on Nov. 9.

## Virtual birthday messages for M.O.P.

On July 13, marking the 28th anniversary of the college, Swathi Viswanath from B.B.A Shift I, Anjana C. from B.Sc. Viscom and Smriti Mishra from B.A Journalism were awarded prizes for their messages congratulating the college for her birthday in English, Tamil and Hindi respectively. The college hosted

a competition for the students on the theme ‘Virtual Birthday wishes to my M.O.P on her birthday’.

The students were asked to send in their wishes in the form of verses, rhymes, slogans or phrases. The best three entries from three languages – English, Tamil and Hindi – were chosen and were posted on the college's Facebook page.

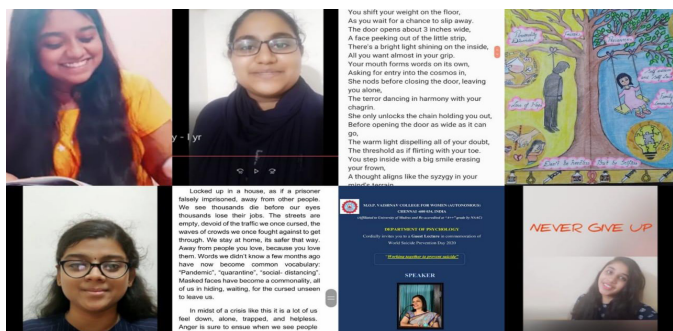
## DEPARTMENT & CLUB ACTIVITIES (UG & PG)

## DEPARTMENT OF COMPUTER SCIENCE

A webinar titled 'Impact of COVID-19 on IT Industry' was held on May 12. Inaugurated by Principal Dr. Lalitha Balakrishnan, the webinar included, as resource persons, Mr. Ganesan Sriraman – Director-Product, Temenos India Pvt Ltd and Mr. Guru Prasanna – Director, eSolve Technologies. The webinar highlighted the acceleration of digitalization during the pandemic. On May 23, a webinar titled 'Data Warehousing using Azure Platform' was conducted. The resource person, Mr. Karthick - Lead Architect from Tectura Infotech - spoke about the implementation of Data Warehousing Technology in Azure platform. An international webinar

titled ‘Big Data Engineering for Analytics’ was organized on May 26. Resource person Mr. Surya Priya Aasaithambi – Member & Principal Lecturer, Institute of System Sciences, National University of Singapore - discussed the role of big data in engineering analytical applications. The Department organized national online quizzes in May and June on technical computing topics. The quiz ‘Code Fights - Program Debugging Challenge’ was organized to test the debugging skills of 482 students during May. The quiz ‘Agile Software Engineering Practices’ was aimed to assess the software engineering skills of 285 students in June.

## DEPARTMENT OF PSYCHOLOGY



*Students of the Department of Psychology attend the webinar*

A webinar on 'Cyberspace and Humans – An Introduction to Online Behaviour and its effects' was conducted by the Department of Psychology on June 15, revolving around safety measures when using online forums and social media. It was facilitated by Dr. N. Kala Baskar – Former Director in-charge, Centre for Cyber Forensics and Information Security, University of Madras.

The Department also organised a webinar on ‘Psychology of Pandemics and Dealing with Uncertainty’ on June 17, about the cognitive flexibility to deal with adversity. Dr. Sowmya Puttaraju, psychotherapist and mind coach facilitated the session.

In commemoration of World Suicide Prevention Day on Sept. 10, the Department's Chin-

may Club organised various inter - and intra-departmental events in the spirit of spreading awareness. The event also involved a speech by Ms. Keerthi Pai – consultant clinical psychologist, Apollo Hospitals and co-founder and partner, Element Psychological Support Services.

On the occasion of World Mental Health Day on Oct.10, the Chinmay Club conducted online intercollegiate events with active participation from 23 colleges across Chennai. In addition to this, a week-long campaign was initiated by circulating posters. An awareness program was organised wherein, students from the department portrayed their thoughts through various mediums and their work was showcased online.

**DEPARTMENT OF BBA (SHIFT I)**

The Department of BBA, on June 10, organised a webinar titled 'Capacity Building for Effective Student Mentoring' by Ms. Mina Dilip – psychologist, trainer and writer. It revolved around issues of mentoring students during these difficult times.

## DEPARTMENT OF ENGLISH

The Department of English conducted a webinar for teachers on the topic 'Web Tools for English Language Teaching' on June 30. The resource person for the webinar was Dr. Sujatha Priyadarshini – Associate Professor, Anna University.

Through a series of interactive exercises and discussions, the webinar presented insights about a variety of web tools, the process of learning and language acquisition, and the need to utilize digital tools to make online classes engaging.

## DEPARTMENT OF B.COM (A&amp;F) SHIFT 1

M.O.P. Vaishnav College in collaboration with B.L. Amalani College of Commerce and Economics conducted a webinar on the topic 'Role of Consumer for Sustainable Development' on May 31. The speakers included Mr. Suresh Mishra – Chairperson & Coordinator, Centre

for Consumer Studies, Indian Institute of Public Administration (IIPA); Ms. Mamta Pathani – Co Project Director, National Consumer Helpline, Centre for Consumer studies, IIPA, and Mr. Vijayathilagam – Assistant Commissioner, Department of Civil Supplies & Consumer Protection, Government of Tamil Nadu.

## DEPARTMENT OF BCA

On May 14, the undergraduate Department of Computer Application organized a webinar on the topic 'Cloud Services – Sales force CRM & Applications Setup' by Mr. Ravi Kiran Varma – Project Manager-Sales force CARE IT Services Inc. U.S.A.

On May 20, a webinar on the topic 'Artificial Intelligence' was conducted by Mr. Ramsri Gautam – Lead Data Scientist from Right Hand Security, Singapore.

A faculty development programme was conducted on the topic 'Digital Transformation' on May 27. The resource persons were Mr. Aravind Gane-

san – Director, Business Solutions, Qapitol QA,UK and Mr. T.M. Sivakumar – Founder, Pivotrics Technologies LLI, Bangalore. They spoke about cases of digital transformation use and product engineering. An online quiz competition for students on the computer language Java was conducted on June 8. A guest lecture for BCA students was conducted on July 29 using the Cisco Webex platform by Cognizant on the topic ‘User Design Interface(User experience)’ by resource person Mr. Savio Kiran George, Manager. CDBI-Design. UX.

## DEPARTMENT OF MATHEMATICS

## MATHEMATICS EMBEDDED IN TAMIL CULTURE & LITERATURE

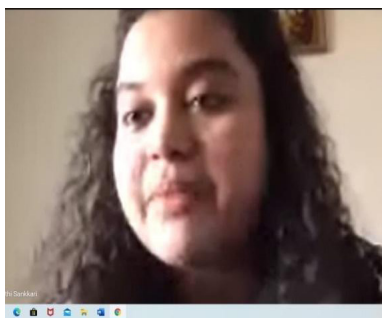
The  $\pi$ - $\beta$  Club, Department of Mathematics, organized a webinar titled 'Mathematics Embedded in Tamil Culture & Literature' on June 7 by Ms. A. Uma Maheswari, research officer, Tamil Nadu State

Council for Higher Education. The webinar focused on the relevance and synchronization of mathematical concepts in Tamil culture. An online quiz 'Math-quest' was conducted to enhance the arithmetic ability of students.



## DEPARTMENT & CLUB ACTIVITIES (UG & PG)

### DEPARTMENT OF MBA



*Ms. Preethi Sankkari and Mr. Glen Roger Carr address the MBA department*

The students of the Post Graduate Department of Business Administration participated in the business quiz 'Athena Great Mind Challenge' hosted by XQuizIt and Madras Management Association. The quiz highlighted various business cases and scenarios, and was conducted as a series through the entire month of May.

A workshop on 'Research Methodology Practices' was conducted in collaboration with the Madras Management Association on May 6 to guide the MBA students on choosing their research topics, the statistical techniques that could be applied to the available data and on the interpretation of the data. Mr. Vasudevan – Director, Institute of Analytics,

USA, a seasoned researcher, presided over the event.

On May 7, an exclusive workshop on capital markets by Mr. Glen Roger Carr of Finmark Trainers India Private Limited was conducted.

On May 29, a webinar on 'Enhancing Employability through Reskilling and Upscaling' was conducted by Mr. E Balaji – President, People services, TVS Supply Chain Solutions. The session was organized along with the HRM department. A sequel to this workshop was conducted on June 1 by Ms. Preethi Sankkari, a business development strategist at the School of Excellence. The workshops were intended to help the students adapt to the pace of learning in the new world.

### DEPARTMENT OF COMMERCE

On May 9, the Department of Commerce organized an online faculty development program titled 'Impact of COVID-19 and Management of Personal Finances' that explored measures to handle finances during the pandemic with Chartered Accountants Mr. Abhishek Murali and Ms. Divya Abhishek.

Mr. Murali emphasised on appropriate levels of cash inflows and cash outflows, reducing credit sales and increasing cash sales to improve profitability. To manage working capital deficits, he also spoke about the 'Just in Time' inventory model that focuses on ordering inventory only when it is required. Another point of emphasis was the creation of innovative pricing strategies to attract customers.

Finally, Mr. Murali discussed the pandemic's impact on the education sector and on students. Increased online classes, recorded videos, innovative online certificate courses, and devising placement strategies were some suggestions.

Talking about the personal dimension of finances in present circumstances, Ms. Divya Abhishek discussed revenue maximization and control over cash outflow. To maximize revenue, alternative sources of revenue should be explored and government incentives

tapped, she noted. Effective control measures over cash outflow were discussed – such as paying credit card dues on due date to avoid interest payment, and review of auto debits to cut unnecessary expenditure. Finally, the speaker discussed relief measures provided by the government and the Reserve Bank of India.

As the institution is gearing up for the 4th Cycle of NAAC Re-Accreditation, the IQAC conducted a NAAC Awareness e-Quiz for the faculty of the college on the NAAC Assessment and Accreditation process on June 12.

On May 23, the Department of Economics and the Department of Commerce organized a virtual panel discussion on the topic 'Post COVID -19 Economy - From Survival to Revival' that explored the best methods to reshape the post pandemic economy. The panellists included Ms. Gowri Ramachandran – Chief Financial Advisor School of Excellence, Chartered Wealth Manager and Economic Analyst; Mr. Sathya Kumar – Economic & Public Policy expert, Director, Swami Vivekananda School of Public Policy & Founder, Tycoon Academy; and Mr. Mohan Kumaramangalam – Director, Aion Investment Services. The panel discussion was moderated by Ms. Kiran Varma, the head of the Department of Economics.

### HINDI CLUB - MANJARI



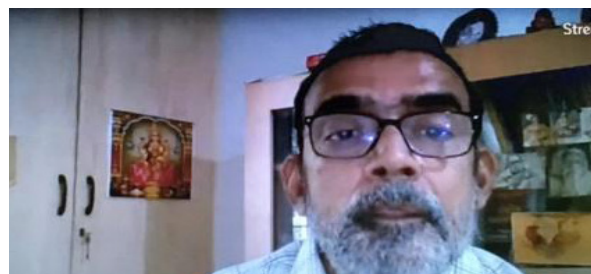
*Ms. Sunitha Shanoo judges the poetry competition online*

On Oct. 3, The Hindi club 'Manjari' organised its first event 'Rangayatan' – an inter-departmental and intercollegiate event. Three events were organized - gnyatan (quiz), kavyaytan (poetry writing) and vicharaytan (essay writing). Rangayatan started with the quiz, which was judged by

Dr. Sudha Trivedi, followed by poetry writing which was judged by Ms. Sunita Shanoo and the essay writing competition, which was judged by Ms. Monika Sharma.

Interdepartmental poetry writing was judged by Ms. Prathima Sharma and the essay writing was judged by Ms. Vasundhara.

### DEPARTMENT OF FOOD SCIENCE



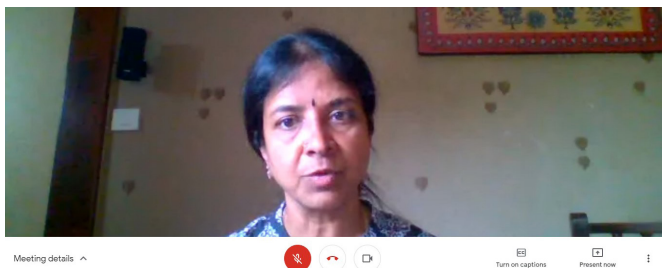
*Mr. N. Ramasubramanian speaks on pandemic effects on food sector*

The School of Food Science organized a webinar on 'Post COVID-19: Challenges and Opportunities for the Indian Food Industry' on May 25. The webinar provided insights on the pandemic's impact on the food industry and

manufacturing sector, consumer behavior post COVID-19, challenges faced by the food industry and potential opportunities for overcoming the challenges. The guest speaker was Mr. N. Ramasubramanian – Director, VR Food Tech Private Limited, Mumbai.

## DEPARTMENT & CLUB ACTIVITIES (UG & PG)

### STUDENT CABINET



Ms. Usha Ramky addresses the Student Cabinet

On Aug. 5 and 6, Ms. Usha Ramky conducted a workshop for the members of the Student Cabinet (2020 – 2021) with the agenda of equipping them with leadership qualities. Taking the pandemic's difficulties as an example, the sessions taught leadership by teaching optimism. The five qualities of a leader were stressed - gratitude, positivity, accountability, humility and resilience.

Over two days, Ms. Ramky discussed the importance of improving self-esteem, appreciating others for their contributions and developing a sense of dignity of labour that would

enable one to love their work.

The workshop included brainstorming sessions on current issues and the media, seeking inspiration from others' work, positivity, insightful hypothetical tasks that stressed on constructive communication instead of accusatory communication, and introspective group discussions.

Other significant pointers were the importance of fun and growth in life, balancing good mental and physical health, the importance of praising publicly and criticising privately, and the need to take criticism positively.

### DEPARTMENT OF JOURNALISM

The Department of Journalism hosted three events between the months of July and September. The events included a webinar on 'The Growing Importance of Data Journalism', the investiture ceremony for the Present Tense Club followed by an interactive session on 'Journalism during the COVID-19 Pandemic'. During the first event held on July 3, Mr. Vignesh Radhakrishnan, a data journalist from The Hindu, explained to students the growing importance of data journalism and how it has helped in expanding

the dynamics of the profession. On Sept. 30, the investiture ceremony for the Present Tense Club was held virtually. The head of the journalism department, Dr. Sandhya Rajasekhar, installed the new members of the department club.

It was followed by an interactive session with Ms. Shonali Muthalaly, the editor of the Hindu MetroPlus on the topic 'Journalism during the COVID-19 Pandemic'. Ms. Muthalaly provided insights on navigating this challenging career during this time of uncertainty.

### STUDENT ACHIEVEMENTS

\*Sruthii S. from I B.Sc Computer Science won the title 'Ms. Freshers' 2020-21' in the Freshers' Day celebrations held on Sept. 5. Rs. 1 lakh in 'Reality Singer' competition hosted by Shankara Super Singer from Sri Sankara TV in August.

\*Samanvitha Sasidaran, III B.Sc. EM won a cash award of

\*Sowparnika J. of B.Com (Marketing Management) (2017

### DEPARTMENT OF ELECTRONIC MEDIA



Janani Sridhar (II B.Sc Vis Department of Electronic Media in July on the theme 'Life during Lockdown'. The contest was judged by director Mr. Pandiaraj, a director.

### DEPARTMENT OF SANSKRIT

A webinar on 'Day-to-day Illnesses and Ayurveda' was conducted by the Department of Sanskrit with the Department Cub Sarasvata Samiti on July 10.

The resource person for the day was Mr. S. Bharath Narendra, Associate Professor and Head of Department of Roga Nidana, Sri Jayendra Saraswathi Ayurvedic College & Hospital (SJSACH), Nazarathpet. He is also the Chief Consulting Doctor in Bharath Clinic, Chennai.

In Mr. Narendra's words, "Ayurveda is a science that helps maintain a long and healthy life."

Ayurveda has the potential to cure mild and moderately severe cases of COVID-19, he said.

He noted simple yet powerful day-to-day practices like waking up before sunrise, washing your eyes with cold water to avoid any irritation, massaging the body with necessary oils and stretching and exercising to maintain a fit body. Mr. Narendra also provided guidelines to manage neck pain, back pain, diabetes, PCOD, skin problems, ligament/tenon injuries, infertility, anaemia, asthma, etc.

– 2020) batch completed a Semester Abroad Program from the Juniata College of Liberal Arts, Pennsylvania - USA

\*Supraja Ashok of B.Com (Marketing Management) (2017 – 2020) was featured on the cover story of The Week magazine (September 2020 issue).

The cover story featured new graduates who ventured into off-beat jobs during the pandemic. Supraja is currently placed as a digital marketer at Social Beat.

\*Sanjanaa Madhan of III B.Sc FSM won the first prize in a

national level paper painting competition (Bio Efest Competition 2k20) conducted on June 19 by Cauvery College for Women (Autonomous), Trichy. She also received the first prize in a National level art contest organized by 'Alliance for Cause' on July 18.

\*Poorani E. of II M.Sc FTM worked on a project titled 'Feedback Analysis on Breakfast Cereals on E-commerce Platforms' with Nestlé India Ltd under the Nesternship Programme between Aug. 4 to 31 and received Rs. 5000 as stipend for the same.