

THIAGARAJAR COLLEGE: MADURAI – 09

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Internal Quality Assurance Cell (IQAC)

MEETING / PROGRAMME / SEMINAR / WORKSHOP / CONFERENCE / WEBINAR REPORT

Date of submission: 03/04/2025

1. Name of the Department: Chemistry
2. Meeting / Programme / Seminar / Workshop / Conference / Webinar: Programme
3. Department / College / State / National / International: Department
4. Venue & Date: CH1; 08/02/2025
5. Title: Digital Detox: Managing Stress, Reducing Social Media Usage, Enhancing Mental Wellness
6. Name & Designation of the Chief Guest / Resource Person: Mrs. R. Rensiha Jerine, Assistant Professor, Department of Psychology, Thiagarajar College

7. **Details :**

S. No.	Category	No. of Participants	
		Our College	Other College
1.	Students	121	-
2.	Staff	10	-

7A. Participant Details:

S. No.	Name of the Class / Department	No. of Participants	
		Our college	Other College
1.	II MSc Chemistry	19	-
2.	I B.Sc. Chemistry	33	
3.	II B.Sc. Chemistry	37	
4.	III B.Sc. Chemistry	32	-

Staff Participation

S.No	Name of the Staff	Designation & Department
1.	Dr. A. Elangovan	Associate Professor & Head of Chemistry
2.	Dr. S. Pitchaimuthu	Assistant Professor of Chemistry
3.	Mrs. P. Rajam	Assistant Professor of Chemistry
4.	Dr. A. Jeevika	Assistant Professor of Chemistry
5.	Dr. J Thiruppathy	Assistant Professor of Chemistry
6.	Dr. N. Sudhan	Assistant Professor of Chemistry
7.	Dr. A. Baishnisha	Assistant Professor of Chemistry
8.	Dr. K. Ganesan	Assistant Professor of Chemistry
9.	Dr. M. Selvamurugan	Assistant Professor of Chemistry
10.	Dr. C. Bhuvaneshwari	Assistant Professor of Chemistry

7D. Fund Details:

Total Amount / Advance received (Rs.)	Total Amount Spent (Rs.)	Amount received from (A/c head)
-	-	-

7E. Fees Received Details

Registration fees per head (Rs.)	Total fees received (Rs.)	Total amount spent or settled	If settled mention the details
-	-	-	

Present a write-up within a maximum of 100 words:

Department of Chemistry successfully organized an awareness programme on " Digital Detox: Managing Stress, Reducing Social Media Usage, Enhancing Mental Wellness " at CH1 Hall on February 08th, 2025. The event aimed to Managing Stress, Reducing Social Media Usage, Enhancing Mental Wellness. The programme was coordinated by Dr. A. Jeevika, Assistant Professor, Department of Chemistry. The session featured insightful discussions by Mrs.R. Renisha Jerine who addressed the meaning of stress, anxiety, depression and how one should identify it along with some digital detox techniques such as 20-20-20 rule, meditation, gray scale mode in social media, nature walk etc. She also has mentioned apps such as forest, freedom to reduce the usage of screen timing and ended the talk with helpline number and other websites like cybercrime.gov.in. A total of 140 students of undergraduate and post-graduate from the Chemistry Department actively participated in the session. The programme was well-received, fostering awareness and motivation among the attendees. All staff members of the department of chemistry coordinated the programme.

Attachments:



THIAGARAJAR COLLEGE, MADURAI			
DEPARTMENT OF CHEMISTRY			
ATTENDANCE SHEET			
S.No	ROLL NUMBER	NAME	CLASS
1.	23SPCH02	A. HAARIS AHAMED	II MSc Chemistry
2.	23SPCH03	B. HARIHARASIVAKUMAR	II MSc Chemistry
3.	23SPCH06	S. LINGESHWARAN	II MSc Chemistry
4.	23SPCH07	N. MAHALINGAM	II MSc Chemistry
5.	23SPCH08	M. MOHAMED MANSOOR RASEETH	II MSc Chemistry
6.	23SPCH11	A. SAMSANTHOSH	II MSc Chemistry
7.	23SPCH12	V. SANDEEP KUMAR	II MSc Chemistry
8.	23SPCH13	S. SIVAKUMAR	II MSc Chemistry
9.	23SPCH14	M. VINOTH KUMAR	II MSc Chemistry
10.	23SPCH15	S. AADHI DHANA LAKSHMI	II MSc Chemistry
11.	23SPCH16	BASIMA MOHAMED JAWAHAR ALI	II MSc Chemistry
12.	23SPCH18	M. DEVIKA	II MSc Chemistry
13.	23SPCH19	M. DEVILAKSHMI	II MSc Chemistry
14.	23SPCH20	T. DHARANI	II MSc Chemistry
15.	23SPCH22	R. HARINI SHREE	II MSc Chemistry
16.	23SPCH23	V. R. JANANI	II MSc Chemistry
17.	23SPCH25	S. PRIYANKA	II MSc Chemistry
18.	23SPCH27	T. SIVARANJANI	II MSc Chemistry
19.	23SPCH28	R. SRIMITHA	II MSc Chemistry
20.	24SUCH02	ARUN PANDI P	I BSc Chemistry
21.	24SUCH03	BALASUBRAMANIAN S	I BSc Chemistry
22.	24SUCH04	MURUGAN M	I BSc Chemistry
23.	24SUCH05	MUTHU ABISHEGK P	I BSc Chemistry

24.	24SUCH06	NALLAMANI K	I BSc Chemistry
25.	24SUCH07	RAJESHKUMAR C V	I BSc Chemistry
26.	24SUCH08	SIDDHESHWAR RAHUL S	I BSc Chemistry
27.	24SUCH09	THANGA MUNIYANDI R	I BSc Chemistry
28.	24SUCH10	DHARSHINI S	I BSc Chemistry
29.	24SUCH11	DHARSHITHA J	I BSc Chemistry
30.	24SUCH12	HARSHINI S	I BSc Chemistry
31.	24SUCH13	ISHWARYA A R	I BSc Chemistry
32.	24SUCH14	KANISHKA SHARMA A	I BSc Chemistry
33.	24SUCH15	NANDHINI M	I BSc Chemistry
34.	24SUCH16	PRIYADHARSHINI K	I BSc Chemistry
35.	24SUCH17	SOWMIYA S	I BSc Chemistry
36.	24SUCH18	VARSHA G	I BSc Chemistry
37.	24SUCH19	VARSHA GB	I BSc Chemistry
38.	24SUCH20	JOHITHVARSHAN J C	I BSc Chemistry
39.	24SUCH21	RAGULGANDHI B	I BSc Chemistry
40.	24SUCH22	SHANMUGARAJA K	I BSc Chemistry
41.	24SUCH23	SHREETHAR NAMBI I	I BSc Chemistry
42.	24SUCH24	THARANIVEL B	I BSc Chemistry
43.	24SUCH25	ABINAYA S	I BSc Chemistry
44.	22SUCH27	HEMAVATHI O L	I BSc Chemistry
45.	24SUCH28	JAINAB BEGUM J	I BSc Chemistry
46.	24SUCH29	JAINUMBU ASSIBA K	I BSc Chemistry
47.	24SUCH30	JAYASHREE R	I BSc Chemistry
48.	24SUCH33	PRATHIKSHIKA K	I BSc Chemistry
49.	24SUCH34	PURUNITHA SARAVANAN	I BSc Chemistry
50.	24SUCH35	SHAKTHI KARTHIKA G	I BSc Chemistry
51.	24SUCH36	SHIVANI R	I BSc Chemistry
52.	24SUCH37	YOGAMBIGAI T	I BSc Chemistry
53.	23SUCH01	ARJUNAN S	II BSc Chemistry
54.	23SUCH02	DEENATHAYALAN T	II BSc Chemistry
55.	23SUCH03	DEEPAN CHAKKARAVARTHY M	II BSc Chemistry
56.	23SUCH04	KARTHICK M	II BSc Chemistry
57.	23SUCH05	MUTHUPANDI P	II BSc Chemistry
58.	23SUCH06	PRAVEEN P	II BSc Chemistry
59.	23SUCH08	THANGA PANDIAN P	II BSc Chemistry
60.	23SUCH09	AARTHI G M	II BSc Chemistry
61.	23SUCH10	AKALYA M	II BSc Chemistry
62.	23SUCH11	AKSHAYA N	II BSc Chemistry
63.	23SUCH12	DIVYAROSHINI R	II BSc Chemistry
64.	23SUCH13	GOWRI M	II BSc Chemistry
65.	23SUCH14	JEYA SRI P	II BSc Chemistry
66.	23SUCH15	MANJULA KADAMBARI S	II BSc Chemistry
67.	23SUCH16	NAGAVIJAYA LAKSHMI N	II BSc Chemistry
68.	23SUCH17	PONMATHI S	II BSc Chemistry
69.	23SUCH18	PRIYADHARSHINI S	II BSc Chemistry
70.	23SUCH19	SARMATHI T	II BSc Chemistry
71.	23SUCH20	SOPIKA K	II BSc Chemistry
72.	23SUCH21	THUNSYA S	II BSc Chemistry
73.	23SUCH22	YUVASRI S M	II BSc Chemistry
74.	23SUCH23	ANANTHA KANNAN S	II BSc Chemistry
75.	23SUCH24	BALAN B	II BSc Chemistry
76.	23SUCH25	DHARSHITH T	II BSc Chemistry
77.	23SUCH29	THIRUMOORTHY S	II BSc Chemistry

78.	23SUCH30	YOGANA BHAGAVATH M	II BSc Chemistry
79.	23SUCH31	ABI T	II BSc Chemistry
80.	23SUCH32	DHARSHINI T	II BSc Chemistry
81.	23SUCH33	HARINI V	II BSc Chemistry
82.	23SUCH34	KANIHA SHREE K	II BSc Chemistry
83.	23SUCH35	NAVAJEETHAM N S	II BSc Chemistry
84.	23SUCH37	SANGEETHA K	II BSc Chemistry
85.	23SUCH38	SATHANA R	II BSc Chemistry
86.	23SUCH39	SRIJAMUNA P	II BSc Chemistry
87.	23SUCH40	VAISHNAVI B	II BSc Chemistry
88.	23SUCH41	VINOTHINI S	II BSc Chemistry
89.	23SUCH42	VISHMITHA B A	II BSc Chemistry
90.	22SUCH02	PRAGATHESH M	III BSc Chemistry
91.	22SUCH03	RAJASURYA M	III BSc Chemistry
92.	22SUCH04	SUSIL PREM S	III BSc Chemistry
93.	22SUCH05	THIRUMURUGAN D	III BSc Chemistry
94.	22SUCH07	DHARANI P	III BSc Chemistry
95.	22SUCH08	JAYASHREE S.V	III BSc Chemistry
96.	22SUCH09	KARTHEESWARI B	III BSc Chemistry
97.	22SUCH12	SARANYA S	III BSc Chemistry
98.	22SUCH13	SRINITHI P	III BSc Chemistry
99.	22SUCH14	AMITHRAGADHAN KM	III BSc Chemistry
100.	22SUCH15	DHINESH KANNAN S	III BSc Chemistry
101.	22SUCH16	DHINESH KUMAR K	III BSc Chemistry
102.	22SUCH17	KARTHIK R	III BSc Chemistry
103.	22SUCH18	KATHIR VELAN AR	III BSc Chemistry
104.	22SUCH19	KAVIN SUBASH M	III BSc Chemistry
105.	22SUCH20	KISHORE M	III BSc Chemistry
106.	22SUCH21	MOHAMED THOUFEEK S	III BSc Chemistry
107.	22SUCH23	SAKTHI P	III BSc Chemistry
108.	22SUCH24	SAKTHIESWARAN K	III BSc Chemistry
109.	22SUCH25	SUNDAR B	III BSc Chemistry
110.	22SUCH26	VENKAT RAMAN S	III BSc Chemistry
111.	22SUCH27	DIVYA PRABHA MS	III BSc Chemistry
112.	22SUCH28	DIVYADHARSHINI B	III BSc Chemistry
113.	22SUCH29	DIVYADHARSHINI R	III BSc Chemistry
114.	22SUCH31	GOPIKA SAKTHI S	III BSc Chemistry
115.	22SUCH33	KAVYA M	III BSc Chemistry
116.	22SUCH36	PREETHI G	III BSc Chemistry
117.	22SUCH37	PRIYADHARSHINI J	III BSc Chemistry
118.	22SUCH38	SANMUGAPRIYA K	III BSc Chemistry
119.	22SUCH39	SUSMITHA S	III BSc Chemistry
120.	22SUCH40	SWARNA KRITHIKA EV	III BSc Chemistry
121.	22SUCH41	VAISHNAVI R	III BSc Chemistry

Programme Coordinator(s)

Head of the Department