

## **Health Centre:**

The University Dispensary started functioning from August 1989 with a view to give the medical cover to university students, staff and their dependants. It is rendering medical aid to Teaching, Non-Teaching staff and their dependants and Students.

The University Dispensary has been converted into Health Centre from December 2002 with in-patients facility and with an idea to provide with investigation and radiology facility to the university employee, their dependants and students. The University Health Centre is functioning from 9.30 A.M to 5.30 P.M on all days in a week with the following existing staff. The Health centre is situated near the Residential and Hospital areas. It is handling all routine out-patients. Medical examinations followed by injections, dressing and minor surgical procedure are carried out here. The necessary medicines are issued free of cost.

The Health centre is equipped with all kinds of emergency medicines and injections. Emergency cases are attended to and after providing first line of treatment they are referred to Government Hospital or JIPMER for further treatment and management.

For the in-patient, major surgical intervention, for expert opinion patients are referred to Government Hospital, Maternity Hospital, JIPMER, Pondicherry. The necessary laboratory investigations to be done are carried out by referring them to Government Hospital or private laboratories and follow up of the cases are done by the University Medical Officers.

The medical examination of the University employees at the time of appointment is carried out by the University Medical Officers and medical examination of the students is also carried out whenever it is necessary.

Medicines were procured from Government sector companies but medicines which were not available in Government sector were procured from private sector by calling quotations through purchase and store section till February 2019. Now the University authority is purchasing the generic medicines through purchase and store section for the University Health centre as per the Health committee meeting held on February 2020.

Since 4th September 2006, the university Authority has set up a centre of Pondicherry Institute of Medical sciences (PIMS) in the Health Centre, Pondicherry University. It is a private institute which provides medical facilities round the clock to the students, staff and their dependants. The Centre has laboratory facilities too. The patients who attend there also get free medicines from the Health Centre Pondicherry University, Pondicherry, from 9.30 A.M to 5.30 P.M as per direction of the University Authority.

One Siddha Medical service unit by Siddha Regional Research institute (SRRI) has started at Pondicherry University Health centre since 26/04/2017. It is functioning on every Thursday from 1.30pm-4.30pm

### **The following are the Health Centre staff:-**

**Doctor:** Dr. (Mrs.) Sheela Das : Chief Medical Officer

### **Paramedical staff:**

Nursing officer : 1

Pharmacist : 1

Assistant : 1

Horticulture Attendant : 1

**(The following are the statistics of the treatment (from April 2023-March 2024))**

The total number of out-patients : 1307+PIMS Health centre

The total number of injections : 111

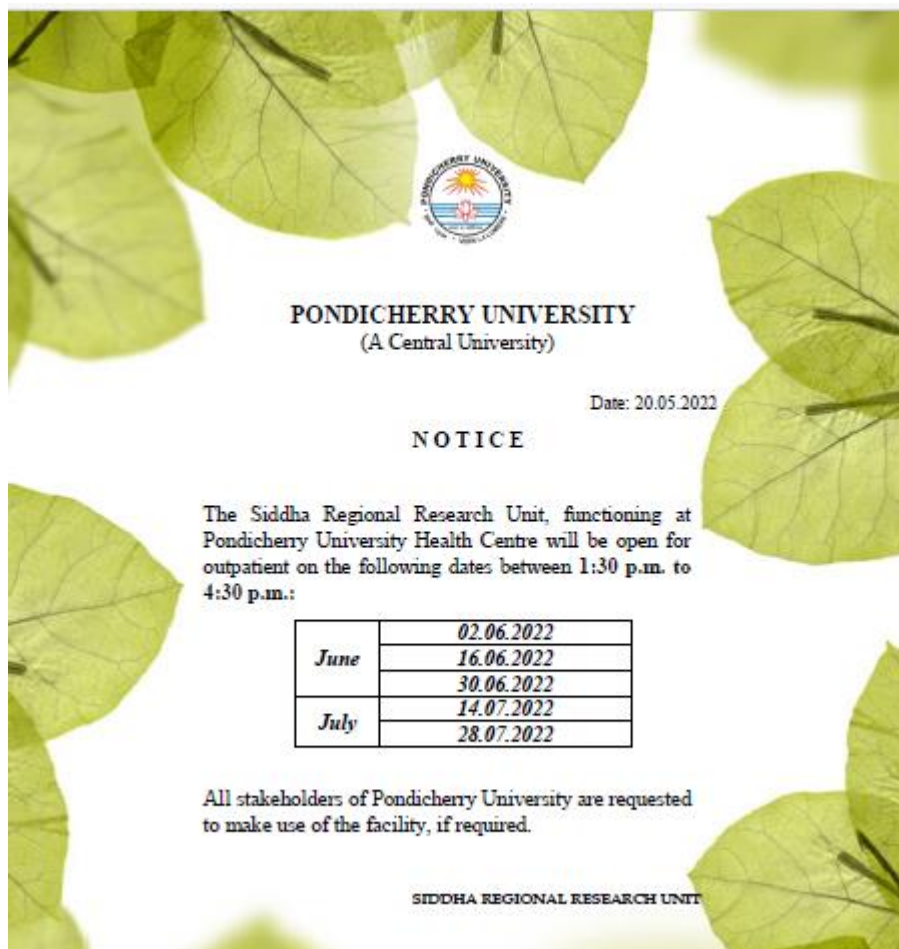
The total number of dressing : 235


The total number of emergencies attended : 55

The total number of patients referred for Investigations : 670

**Link:** <https://www.pondiuni.edu.in/health-centre/>

Siddha Regional Research Unit is also functioning at the Health Centre for the benefits of the stakeholders of University.

The notice is set against a background of green leaves. At the top center is the Pondicherry University logo, which features a sun and a book. Below the logo, the text "PONDICHERRY UNIVERSITY" is written in bold, followed by "(A Central University)" in a smaller font. To the right of this, the date "Date: 20.05.2022" is printed. In the center, the word "NOTICE" is written in bold. Below this, a paragraph states: "The Siddha Regional Research Unit, functioning at Pondicherry University Health Centre will be open for outpatient on the following dates between 1:30 p.m. to 4:30 p.m.:". This is followed by a table with two columns: the first column lists the months "June" and "July", and the second column lists the specific dates. The table has five rows in total, with the first row for June (02.06.2022), the next two for June (16.06.2022 and 30.06.2022), and the last three for July (14.07.2022 and 28.07.2022). Below the table, a paragraph states: "All stakeholders of Pondicherry University are requested to make use of the facility, if required." At the bottom right, the text "SIDDHA REGIONAL RESEARCH UNIT" is printed.

  
**PONDICHERRY UNIVERSITY**  
(A Central University)

Date: 20.05.2022

**NOTICE**

The Siddha Regional Research Unit, functioning at Pondicherry University Health Centre will be open for outpatient on the following dates between 1:30 p.m. to 4:30 p.m.:

<i>June</i>	02.06.2022
	16.06.2022
	30.06.2022
<i>July</i>	14.07.2022
	28.07.2022

All stakeholders of Pondicherry University are requested to make use of the facility, if required.

SIDDHA REGIONAL RESEARCH UNIT



पाण्डिचेरी विश्वविद्यालय  
(पाण्डिचेरी विश्वविद्यालयनियम 53 1985, केअंतर्गतस्थापितकेन्द्रीयविश्वविद्यालय)  
**PONDICHERRY UNIVERSITY**  
(A Central University established by an Act of Parliament No.53 of 1985)

म.प.टी.सगायराजा  
विशेष कार्य अधिकारी  
M.P.T.SAGAYARAJA  
OFFICER ON SPECIAL DUTY [ADMN.]

डॉ.अम्बेडकर प्रशासनिक भवन  
Dr.AMBEDKAR ADMN. BUILDING,  
आर.वि.नगर/ R.V.NAGAR,  
कालापेट/KALAPET,  
पुदुच्चेरी/PUDUCHERRY-605014.  
दूरभाष/PHONE-0413-2654935

सं.सं. Ref. No. PU/ESTT/NT12/UHC/Siddha/2022-23/ 165

दिनांक/Date: 27.12.2022

### CIRCULAR

The Siddha Regional Research Institute (SRRI), (under Central Council for Research in Siddha (CCRS), Ministry of AYUSH, Government of India), Siddha Regional Research Unit, Health Centre, Pondicherry University has resumed its Out-Patient service at our University Health Centre, Pondicherry University every Thursday between 1.30 p.m. and 4.30 p.m.

Dr.Lavanya will be acting as Coordinator, Siddha Medical Services Unit at the University Health Centre.

Mob.No.9042606902, Email-id: drlavi85@gmail.com

All stakeholders are requested to make use of the facility.

// BY ORDER//

*[Signature]*  
OFFICER ON SPECIAL DUTY (ADMN.)

To  
All Concerned, PU

Copy to:

1. Dr.B.Lavanya, Co-ordinator (Siddha Medical Services Unit.), Health Centre, PU
2. The Chief Medical Officer, University Health Centre, PU
3. The Assistant Registrar, for kind information of the Vice-Chancellor Vice Chancellor's Secretariat, Pondicherry University.
4. The Assistant Registrar, - for kind information of the Registrar Registrar's Secretariat, PU.
5. The Systems Manager, --- with a request to host in the University website Computer Centre, PU.

## **DIRECTORATE OF PHYSICAL EDUCATION & SPORTS**

All the sports activities are conducted under the supervision of the University Sports Board with Vice Chancellor as Chairperson. The Directorate of Physical Education and Sports has been organizing various sports and games activities every year for the students of Pondicherry University and Affiliated Colleges including Inter-collegiate and All India Inter-University Tournaments. Every day the Students and Staff members can use all the facilities available in the campus.

### **Sports facilities in the campus:**

All the play fields are facilitated with sitting galleries

- Rajiv Gandhi Cricket stadium -grass play field with turf wickets .
- Thiruvalluvar Sports stadium – 400m cinder track & field & multi purpose

- Multi-sports complex for Tennis, Basketball & Volleyball play courts
- Multi-gym for men and women separately(fitness centre)
- Power lifting, Weight lifting & Body building (training lab)
- Football play fields – 3
- Hockey play fields – 3
- Volleyball courts – 2
- Tennis courts – 2
- Kabaddi courts – 2
- Kho-kho courts – 2
- Handball court – 2
- Basketball courts – 2
- Cricket play fields -3
- Cricket nets- 2
- Ball-Badminton courts – 2
- Badminton courts – 4(outdoor)
- Indoor hall – Table tennis, Chess & Carom in multi-purpose hall

### **Sports Activities in the Campus:**

- To organize South Zone and All India Inter-University Tournaments in the recognized Games and Sports.
- University player's participation in the All India and South Zone Inter-Universities Tournament organized by various University in all over India, Affiliated to Association of Indian University, New Delhi.
- Organizing National Level Pondicherry University Silver Jubilee Rolling Trophy.
- Celebrating National Sports Day on 29th August.
- Celebrating Teachers day on 5th September.
- Meeting of Directors/Directresses of Physical Education of Affiliated colleges.
- Meeting of Pondicherry University Sports Board.
- Organizing around 40 events (Games & Sports) in Inter Collegiate Tournaments (Men & Women) for the students of 90 Affiliated Colleges and University campus.
- Organizing Unisportfest (Inter-Departmental Sports Meet) for the Pondicherry Campus students.
- Organizing Unisportfest (Inter-Departmental Sports Meet) for the Karaikal campus students
- Organizing sports meet for the Pondicherry Campus staff(Teaching & Non-Teaching)
- Workshop/Seminar/Coaching camps/ Fitness Programs, Aerobics, Karate etc.
- Organising International Yoga Day celebration on 21st June.

<https://www.pondiuni.edu.in/play-grounds/>

### **GYM:**

Two Fitness Gym for both men and women are available to develop health and fitness of students and staff of Pondicherry University.

<https://www.pondiuni.edu.in/gym/>

**Lecture series on Innovations in Food Technology for healthy food systems organized by Department of Food Science and Technology on 12<sup>th</sup> January 2024.**

This major move forward will allow us to fine-tune the exact nutrients in our food, make creative food designs, and use environmentally friendly ingredients like insect protein or algae.

3D printing food makes it easier and more creative for restaurants and space missions to do their jobs. This ability to produce meals with specific nutrients is a huge step forward in fighting world hunger.

[https://www.pondiuni.edu.in/university\\_news/lecture-series-on-innovations-in-food-technology-for-healthy-food-systems-department-of-food-science-and-technology/](https://www.pondiuni.edu.in/university_news/lecture-series-on-innovations-in-food-technology-for-healthy-food-systems-department-of-food-science-and-technology/)



The poster is for a lecture series at Pondicherry University. It features a dark blue background with yellow and white text. The university's name is at the top, followed by the department name. The lecture series title is in a yellow box. The date and time are listed below. A circular inset photo shows Dr. Kavya Dashora, the speaker. The bottom section identifies her as an Associate Professor at the Centre for Rural Development and Technology, Indian Institute of Technology, New Delhi. The Pondicherry University logo is in the top right corner.

**PONDICHERRY UNIVERSITY**  
Department of Food Science and Technology

**Lecture Series**

**Innovations in Food Technology for Healthy Food Systems**

**12 January 2024**  
03:00 - 04:00 pm  
S8 Hall, DFST

**Dr. Kavya Dashora**  
Associate Professor  
Centre for Rural Development and Technology  
Indian Institute of Technology  
New Delhi

## National Nutrition Month & World Food Day Celebration 2024 organized by Department of Food Science and Technology during September – October 2024

National Nutrition Month 2024 and World Food Day 2024 are celebrated around the world to promote healthy eating and raise awareness about food insecurity and hunger

[https://www.pondiuni.edu.in/university\\_news/national-nutrition-month-world-food-day-celebration-2024-competitions-department-of-food-science-and-technology/](https://www.pondiuni.edu.in/university_news/national-nutrition-month-world-food-day-celebration-2024-competitions-department-of-food-science-and-technology/)



The poster features a central graphic with the word "Poshan" in a stylized font, where the letters are composed of various fruits and vegetables like tomatoes, cucumbers, and leafy greens. Below it, the word "Mah" is also formed from food items. The tagline "- BEYOND THE TABLE -" is centered underneath. To the left, a green sidebar lists the program activities. The top of the poster includes logos for POSHAN Abhiyan, NetProFaN, AFST, and Pondicherry University, along with the department name. The bottom section states the event dates.

**Programme**

- Idea Presentation
- New Product Development Competition
- Awareness Program (Farmers)
- Nutrition Counselling
- Panel Discussion
- Reels Competition
- Meme Competition
- Mobile Photography Competition

**DEPT. OF FOOD SCIENCE & TECHNOLOGY  
PONDICHERRY UNIVERSITY**

**NATIONAL NUTRITION MONTH & WORLD FOOD DAY CELEBRATION 2024  
SEPTEMBER - OCTOBER 2024**

**Awareness Rally “National Nutrition Month (Poshan Maah) & World Food Day 2024”  
organized by Department of Food Science and Technology on 10<sup>th</sup> October 2024**

The Awareness Rally for National Nutrition Month (Poshan Maah) and World Food Day 2024 was held on Tuesday, October 8, 2024 at Pondicherry University. The Department of Food Science and Technology organized the rally.

[https://www.pondiuni.edu.in/university\\_news/awareness-rally-national-nutrition-month-poshan-maah-world-food-day-2024-dept-of-food-science-and-technology/](https://www.pondiuni.edu.in/university_news/awareness-rally-national-nutrition-month-poshan-maah-world-food-day-2024-dept-of-food-science-and-technology/)

**AFSTI**  
Empowering the Food Professional

**Puducherry Chapter**

**PONDICHERRY UNIVERSITY**  
1949 • 1949 • VERS LA LUMIERE

**POSHAN Abhiyaan**  
PM's Overarching Scheme for Holistic Nourishment  
सही पोषण - देश रोशन

**Department of Food Science and Technology**  
Celebrates  
**National Nutrition Month (Poshan Maah)  
&  
World Food Day 2024**

**Awareness Rally**  
Students From Pondicherry University  
on  
**Nutritious Diet For All**  
**10th October 2024**  
**9.30 Am Onwards**

**JOIN US!**

Refreshments will be provided

**Start**  
Primary Health Centre, Kalapet

**End**  
Administrative Building-  
Pondicherry University

**For Queries:**  
**8056897824**

## International Conference on Bioinformatics in Health and Food Security organized by Department of Bioinformatics from 14-16 March 2024

Food security is the ability of people to have access to enough safe and nutritious food to meet their dietary needs and lead an active, healthy life. Food insecurity is when people don't have regular access to enough food. Food insecurity can be a major public health concern and can negatively impact mental health.

[https://www.pondiuni.edu.in/university\\_news/revised-international-conference-on-bioinformatics-in-health-and-food-security-icb-hfs\\_2024/](https://www.pondiuni.edu.in/university_news/revised-international-conference-on-bioinformatics-in-health-and-food-security-icb-hfs_2024/)




## International Day against Drug Abuse and Illicit Trafficking “The Evidence is Clear – Invest in Prevention” organized by Department of Social Work on 26<sup>th</sup> June, 2024

The global drug problem is a multifaceted challenge affecting millions of lives. From individuals grappling with substance use disorders to communities contending with the consequences of drug trafficking and organized crime, the impact of drugs is both far-reaching and complex.

Programme Schedule – International Day against Drug Abuse and Illicit Trafficking on 26.06.2024 “The Evidence is Clear – Invest in Prevention” – Department of Social Work.

The global drug problem presents a multifaceted challenge that touches the lives of millions worldwide. From individuals struggling with substance use disorders to communities grappling with the consequences of drug trafficking and organized crime, the impact of drugs is far-reaching and complex. Central to addressing this challenge is the imperative to adopt a scientific evidence-based approach that prioritizes prevention and treatment.

[https://www.pondiuni.edu.in/university\\_news/programme-schedule-international-day-against-drug-abuse-and-illicit-trafficking-on-26-06-2024-the-evidence-is-clear-invest-in-prevention-department-of-social-wo/](https://www.pondiuni.edu.in/university_news/programme-schedule-international-day-against-drug-abuse-and-illicit-trafficking-on-26-06-2024-the-evidence-is-clear-invest-in-prevention-department-of-social-wo/)

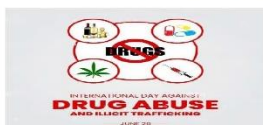


**DEPARTMENT OF SOCIAL WORK**  
**SCHOOL OF SOCIAL SCIENCES AND INTERNATIONAL STUDIES**  
**PONDICHERRY UNIVERSITY, KALAPET-605014**

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AWARENESS AND SENSITIZATION PROGRAMME ON “PREVENTION OF SUBSTANCE ABUSE”  
UNDER THE INITIATIVE OF “NASHA MUKT BHARAT ABHIYAN” AS PART OF OUTREACH  
PROGRAMME

INTERNATIONAL DAY AGAINST DRUG ABUSE AND ILICIT TRAFFICKING ON 26<sup>TH</sup> JUNE, 2024  
**THEME: THE EVIDENCE IS CLEAR- INVEST IN PREVENTION**



Students and Scholars of Pondicherry University are cordially invited to participate in the following Awareness and Sensitization Programs

POSTER MAKING	TWO MINUTE VIDEO PRESENTATION
ESSAY WRITING COMPETITION	SLOGAN WRITING

SUBMISSION MAIL ID: [drugdaydsw@gmail.com](mailto:drugdaydsw@gmail.com)  
GLINK FOR REGISTRATION: <https://forms.gle/ou75ogbrDQtizV396>  
LAST DATE FOR SUBMISSION: 25<sup>th</sup> June, 2024 Time: 6:00 pm  
Certificates and Prizes will be provided

Prof. A. Shahin Sultana Program Coordinator Department of Social Work	Prof. K. Anbu Head of the Department Department of Social Work
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ORGANISING COMMITTEE MEMBERS.

Prof. K. Anbu, Prof. A. Shahin Sultana, Prof R. Nalini, Prof. K. Devan, Dr. C. Satheesh Kumar, Dr. P. B. Shankar Narayan, Dr. Iftekhar Alam, Staffs, Scholars and Students of the Department of Social Work

**World Food Day – 2024 Celebration – Invited Talk on “Nutrition for Health” organized by Department of Biochemistry, PUCC on 21<sup>st</sup> October, 2024**

FAO Special Goodwill Ambassador for Nutrition, said that in an example of positive change, the African Union’s Pan African Parliament, “has collaborated with FAO to develop a model law on food security and nutrition. This model law serves as a guiding framework, inspiring African Union member states to formulate their own legislation that upholds the right to adequate food as well as food security for all citizens. To facilitate the transition from this model law to concrete legislative action, parliamentary alliances have been established across

[https://www.pondiuni.edu.in/university\\_news/world-food-day-2024-celebration-invited-talk-on-nutrition-for-health-pucc-lawspet/](https://www.pondiuni.edu.in/university_news/world-food-day-2024-celebration-invited-talk-on-nutrition-for-health-pucc-lawspet/)



**PONDICHERY UNIVERSITY  
COMMUNITY COLLEGE**  
**DEPARTMENT OF BIOCHEMISTRY**



**2** ZERO HUNGER



**3** GOOD HEALTH AND WELL-BEING

*Organizes*  
**NUTRIFEAST**  
*for*  
**WORLD FOOD DAY- 2024 CELEBRATION**  
**“ Right to foods for a better life and a better future”**  
&  
**An invited Talk on  
“NUTRITION FOR HEALTH”**



**Prof. NARAYANASAMY SANGEETHA**  
Department of Food Science & Technology  
School of Life Sciences  
Pondicherry University

**Venue : Seminar hall**  
**Date : 21st October 2024**  
**Time : 10.30 am**

**ALL ARE INVITED**

**Organizing committee**  
Dr. D. VARALAKSHMI  
ASSISTANT PROFESSOR & HOD (I/C)  
Dr. M. THARAHESHWARI  
ASSISTANT PROFESSOR  
Dr. R. GEETHA  
RESOURCE PERSON  
Mr. JOHN MATHEW & Mr. BHARATH KUMAR  
AVAD STAFF



16 October 2024  
World Food Day  
**RIGHT FOODS** to For a Better Life and a Better Future  
LEAVE NO ONE BEHIND

*“Eat right, feel right, stay fit ”*

**Two day International Workshop on “Scientific and Traditional Yoga for Personality Development of Youth” organized by Department of Physical Education and Yoga, Pucc on 18<sup>th</sup> & 19<sup>th</sup> January 2024**

Personality is a very common term which is used in our day-to-day life. It tells us what type of person one is. We know that each person generally behaves consistently in most of the situations. The examples of this consistency can be seen in a person who remains friendly or a person who is generally kind or helpful in most situations. Such a consistent pattern of behaviour is termed as personality. It can be called as the sum total of behaviour that includes attitudes, emotions, thoughts, habits and traits. This pattern of behaviour is characteristic to an individual.

[https://www.pondiuni.edu.in/university\\_news/international-workshop-on-scientific-and-traditional-yoga-for-personality-development-of-youth-pucc/](https://www.pondiuni.edu.in/university_news/international-workshop-on-scientific-and-traditional-yoga-for-personality-development-of-youth-pucc/)



The poster features a yellow background with an orange border. At the top, there are five small images: a crest, a person in a yoga pose, a silhouette of a person in a yoga pose, a person in a yoga pose, and the Pondicherry University logo. The main title is in large, bold, red and blue text. Below the title, there is a circular portrait of Dr. Nilamegame, a speaker, and a blue box containing the date and venue. To the right, there is a box for the president, Prof. Lalitha Ramakrishnan. At the bottom, there are two boxes for the organizers, Dr. R. Murugesan and Dr. S. Jagdeeswari. The bottom right corner has a small text: WINNER DIGITAL POY 94454 61987.

**Two Day International Workshop on  
Scientific and Traditional Yoga for Personality  
Development of Youth**

**Speaker**  
**YOGACHARYA Dr. NILAMEGAME**  
Founder of STYM-Yoga INTERNATIONAL, Reunion, FRANCE  
INTERNATIONAL GOVERNING COUNCIL EUYO  
(Europe Union Yoga Organisation)  
Director of international Yoga Federation (IYA), Brazil

**Date : 18 & 19 January 2024,**  
**Venue : Seminar Hall, Pucc Campus**

**Organizers**  
**Dr. R. Murugesan**  
Assistant Professor and Yoga Co-ordinator  
**Dr. S. Jagdeeswari**  
Assistant Professor and Head (IIC)  
Department of Physical Education and Yoga

**Presided by**  
**Prof. LALITHA RAMAKRISHNAN**  
Principal (I/c), Pucc

WINNER DIGITAL POY 94454 61987

Lecture on Lessons from the Pandemic for Science and Public Health organized by Department of Sociology in collaboration with Indian Association for Social Sciences and Health on 31<sup>st</sup> January 2024

[https://www.pondiuni.edu.in/university\\_news/lecture-on-lessons-from-the-pandemic-for-science-and-public-health-department-of-sociology/](https://www.pondiuni.edu.in/university_news/lecture-on-lessons-from-the-pandemic-for-science-and-public-health-department-of-sociology/)

**DEPARTMENT OF SOCIOLOGY  
PONDICHERRY UNIVERSITY**

...  
*In collaboration with*  
**INDIAN ASSOCIATION FOR SOCIAL SCIENCES AND  
HEALTH (IASSH)**

**SEVENTH PROFESSOR JOHN  
CALDWELL MEMORIAL  
LECTURE**

on  
**"Lessons from the Pandemic for  
Science and Public Health"**

 **SPEAKER**  
Dr. Soumya Swaminathan  
Chairperson of Dr. M. S. Swaminathan Research Foundation, Chennai, formerly WHO's Chief Scientist, Secretary to the Government of India for Health Research and Director General of the Indian Council of Medical Research from 2015 to 2017.

 **CHAIRPERSON**  
Prof. K. Srinivasan  
IUSSP Laureate- 2023  
Former Director, IIPS

**Prof. T. V. Sekher  
President, IASSH**

**Prof. C. Aruna  
Conference Convenor**

During 19th Annual Conference of IASSH  
**31st Jan, 2024 at 11:30 AM**  
Convention-cum-Cultural Centre,  
Pondicherry University  
**CONTACTUS: iassh2024conference@gmail.com**

## Three day National Workshop on First-Aid Management for Sports organized by Department of Physical Education and Yoga, PUCC from 20<sup>th</sup> to 22<sup>nd</sup> February, 2024

Many minor sports injuries can often be treated and healed quickly with immediate first aid care. So, understanding the basic first aid for sports injuries can greatly help prevent further damage to your body. That said, this article focuses on the types of sports injuries, their symptoms, what to do immediately after a sports injury, and what your sports first aid kit should have.

[https://www.pondiuni.edu.in/university\\_news/invitation-national-workshop-on-first-aid-management-for-sports-pucc-lawspet/](https://www.pondiuni.edu.in/university_news/invitation-national-workshop-on-first-aid-management-for-sports-pucc-lawspet/)

**DEVELOPED INDIA MISSION** **3** **PONDICHERRY UNIVERSITY** **PUC** **FIT INDIA** **75 Azadi Ka Amrit Mahotsav**

**PONDICHERRY UNIVERSITY COMMUNITY COLLEGE**  
(A CONSTITUENT COLLEGE OF PONDICHERRY UNIVERSITY)  
**DEPARTMENT OF PHYSICAL EDUCATION & YOGA**  
IN COLLABORATION WITH  
**RAJIV GANDHI NATIONAL INSTITUTE OF YOUTH DEVELOPMENT**  
INSTITUTION OF NATIONAL IMPORTANCE BY THE ACT OF PARLIAMENT NO. 35/2012  
THE MINISTRY OF YOUTH AFFAIRS & SPORTS, GOVERNMENT OF INDIA,  
SRIPERUMBUDUR  
ORGANISES  
**3<sup>rd</sup> THREE-DAY NATIONAL WORKSHOP ON FIRST-AID MANAGEMENT FOR SPORTS**  
**INAUGURAL CEREMONY**  
**on 20th February, 2024 at 10:00 am**  
**UNIVERSITY ANTHEM**

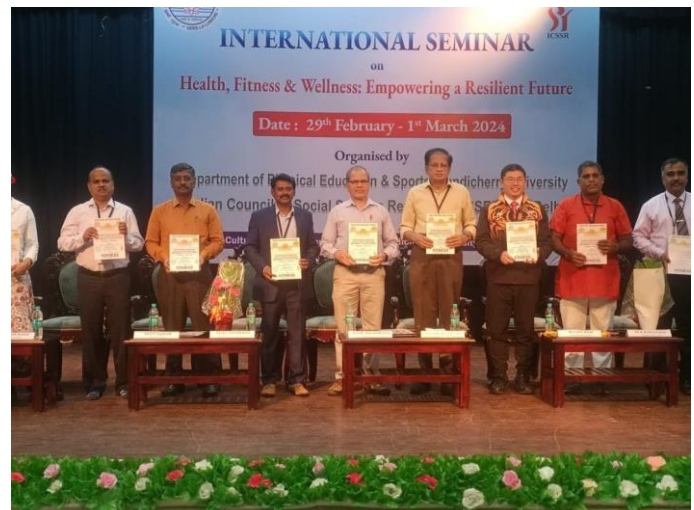
<b>WELCOME ADDRESS</b>	- PROF. LALITHA RAMAKRISHNAN PRINCIPAL I/C
<b>SCOPE OF THE WORKSHOP</b>	- DR. S. JAGADEESWARI, ASSISTANT PROFESSOR, HEAD & ACTIVITY COORDINATOR, DPEY, PUCC
<b>PRESIDENTIAL ADDRESS</b>	- PROF. K. THARANI KARASU HON'BLE VICE-CHANCELLOR'S (OFFICIATING) PONDICHERRY UNIVERSITY
<b>CHIEF GUEST</b>	- SHRI. N. RANGASAMY HON'BLE CHIEF MINISTER PONDICHERRY
<b>GUEST OF HONOUR</b>	- SHRI. P. M. L. KALYANASUNDARAM MEMBER OF PUDUCHERRY LEGISLATIVE ASSEMBLY
<b>SPECIAL GUEST</b>	- PROF. VASANTHI RAJENDIRAN HEAD, CENTRE FOR TRAINING, ORIENTATION & CAPACITY BUILDING OF YOUTH DEVELOPMENT, SRIPERUMBUDUR
<b>FELICITATION</b>	- PROF. G. VINOD KUMAR HOD, DEPT. OF PHY. EDN & SPORTS PONDICHERRY UNIVERSITY
<b>VOTE OF THANKS</b>	- DR. R. MURUGESAN, ASSISTANT PROFESSOR ACTIVITY CO- COORDINATOR DEPT. OF PHY. EDN. & SPORTS

**NATIONAL ANTHEM**

## **International Seminar on Health, Fitness & Wellness: Empowering A Resilient Future organized by Department of Physical Education and Sports in collaboration with ICSSR from 29<sup>th</sup> February to 1<sup>st</sup> March 2024**

Achieving long-term wellness is a commitment to balancing physical, mental, and emotional health over the course of your life. “Empower Your Health: Strategies for Long-Term Wellness,” rooted in principles supported by the American Sports and Fitness Association (ASFA), provides a comprehensive guide to help you build and maintain sustainable health practices. This approach to wellness transcends short-term fixes, instead focusing on creating habits and strategies that foster lifelong well-being.

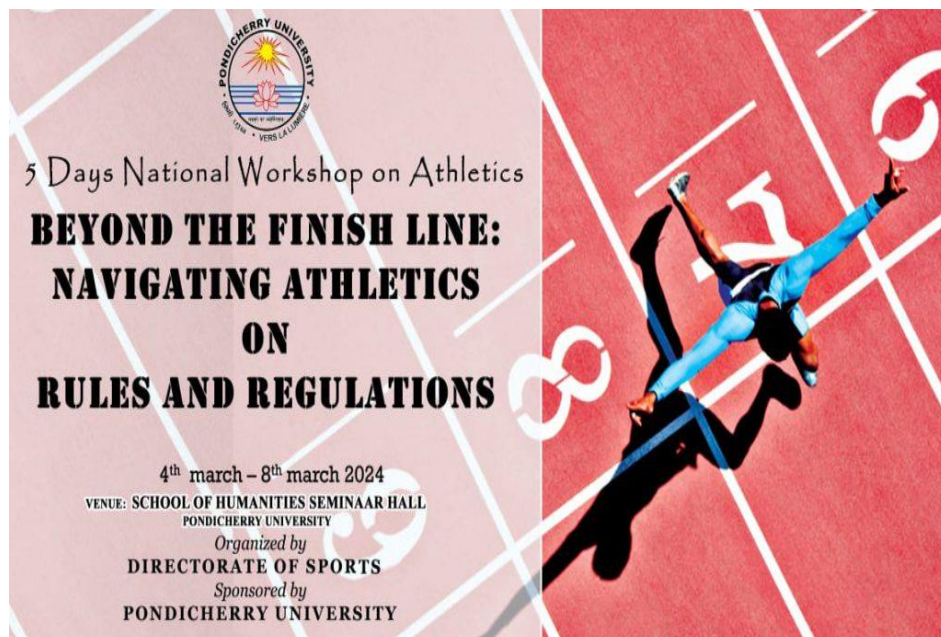
[https://www.pondiuni.edu.in/university\\_news/invitation-international-seminar-on-health-fitness-wellness-empowering-a-resilient-future-department-of-physical-education-and-sports/](https://www.pondiuni.edu.in/university_news/invitation-international-seminar-on-health-fitness-wellness-empowering-a-resilient-future-department-of-physical-education-and-sports/)



**5 days National Workshop on Athletics Beyond the Finish Line: Navigating Athletics on Rules and Regulations organized by Directorate of Sports from 4<sup>th</sup> to 8<sup>th</sup> March 2024**

As athletes transition out of competitive sports, identifying sustainable career paths and establishing robust support systems are paramount to their success. While the challenges are significant, there is a spectrum of opportunities that, if harnessed correctly, can lead to fulfilling second careers for these highly skilled individuals.

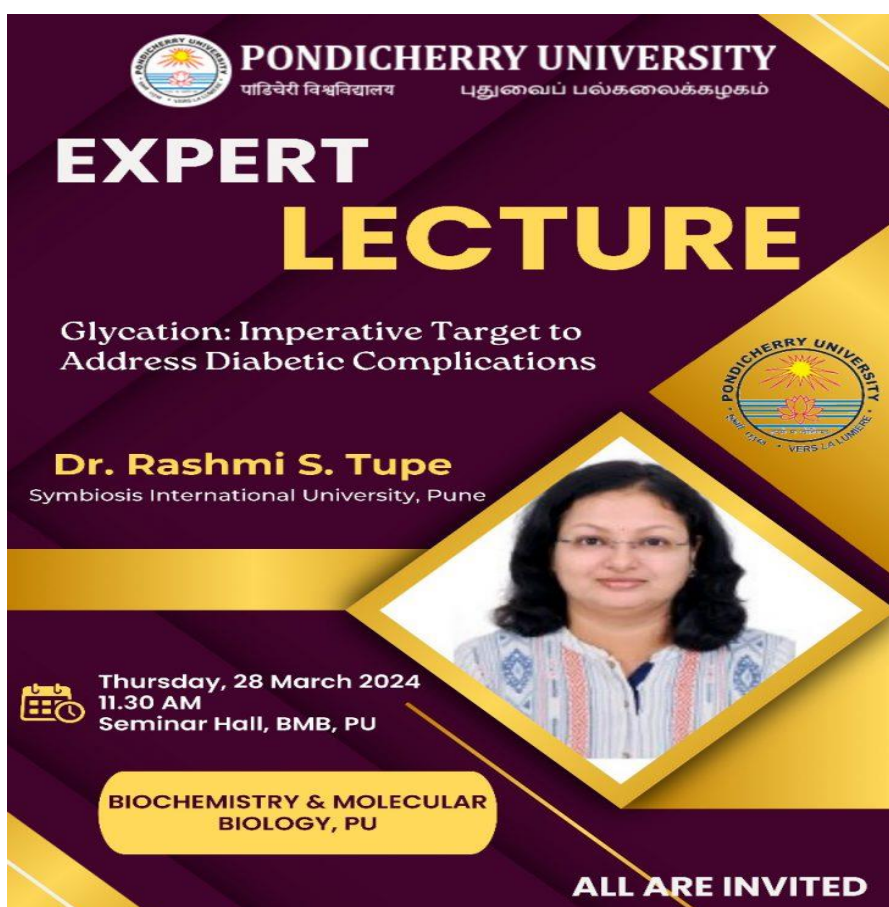
[https://www.pondiuni.edu.in/university\\_news/national-workshop-on-athletics-beyond-the-finish-line-navigating-athletics-on-rules-and-regulations-directorate-of-physical-education-sports/](https://www.pondiuni.edu.in/university_news/national-workshop-on-athletics-beyond-the-finish-line-navigating-athletics-on-rules-and-regulations-directorate-of-physical-education-sports/)



**Expert Lecture on Glycation: Imperative Target to Address Diabetic Complications organized by Department of Biochemistry & Molecular Biology on 28<sup>th</sup> March, 2024**

During long standing hyperglycaemic state in diabetes mellitus, glucose forms covalent adducts with the plasma proteins through a non-enzymatic process known as glycation. Protein glycation and formation of advanced glycation end products (AGEs) play an important role in the pathogenesis of diabetic complications like retinopathy, nephropathy, neuropathy, cardiomyopathy along with some other diseases such as rheumatoid arthritis, osteoporosis and aging. Glycation of proteins interferes with their normal functions by disrupting molecular conformation, altering enzymatic activity, and interfering with receptor functioning.

[https://www.pondiuni.edu.in/university\\_news/expert-lecture-on-glycation-imperative-target-to-address-diabetic-complications-department-of-biochemistry-molecular-biology/](https://www.pondiuni.edu.in/university_news/expert-lecture-on-glycation-imperative-target-to-address-diabetic-complications-department-of-biochemistry-molecular-biology/)



The poster is for an expert lecture at Pondicherry University. It features a purple and gold color scheme. At the top left is the university's logo and name in English and Tamil. The main title 'EXPERT LECTURE' is in large, bold, yellow letters. Below it, the topic 'Glycation: Imperative Target to Address Diabetic Complications' is written in white. The speaker's name, 'Dr. Rashmi S. Tupe', is in yellow, with her affiliation 'Symbiosis International University, Pune' in white. A portrait of Dr. Tupe is shown in a diamond-shaped frame. The date and time, 'Thursday, 28 March 2024, 11.30 AM', and the location, 'Seminar Hall, BMB, PU', are listed in white. A yellow button at the bottom left contains the text 'BIOCHEMISTRY & MOLECULAR BIOLOGY, PU'. At the bottom right, the phrase 'ALL ARE INVITED' is written in white. A smaller version of the university logo is on the right side.

**PONDICHERRY UNIVERSITY**  
பாடிகேரீ விஸ்வவித்யாலயம் புதுவைப் பல்கலைக்கழகம்

**EXPERT LECTURE**

**Glycation: Imperative Target to Address Diabetic Complications**

**Dr. Rashmi S. Tupe**  
Symbiosis International University, Pune

Thursday, 28 March 2024  
11.30 AM  
Seminar Hall, BMB, PU

**BIOCHEMISTRY & MOLECULAR BIOLOGY, PU**

**ALL ARE INVITED**

**Awareness Program on Kidney Health for all “Advancing Equitable Access to Care and Optimal Medication Practice” – PUCC, Lawspet organized by Department of Renal Dialysis Technology, PUCC on 12<sup>th</sup> April, 2024**

There is lack of awareness regarding kidney health among population as well as health care providers. There is poor utilization of eGFR (estimated glomerular filtration rate) and urinalysis (albuminuria or microscopic hematuria) testing by primary healthcare providers and physicians, even in high-risk individuals leading to missed diagnosis. There is lack of knowledge for kidney disease risk factors (comorbidities, environmental, low birth weight, pre-eclampsia, etc.). Furthermore, receiving incorrect advice from the quacks causes delayed primary contact with qualified healthcare provider

[https://www.pondiuni.edu.in/university\\_news/awareness-program-on-kidney-health-for-all-advancing-equitable-access-to-care-and-optimal-medication-practice-pucc-lawspet/](https://www.pondiuni.edu.in/university_news/awareness-program-on-kidney-health-for-all-advancing-equitable-access-to-care-and-optimal-medication-practice-pucc-lawspet/)



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Lawspet, Puducherry - 605008.

**DEPARTMENT OF RENAL DIALYSIS TECHNOLOGY**

Invites You For the Awareness Program On

**KIDNEY HEALTH FOR ALL**

*“Advancing Equitable Access To Care And Optimal Medication Practice”*

On 12<sup>th</sup> April, 2024 Venue: Conference Hall.

Guest of Honour  
**Dr.K.KUMAR**  
Head, Department of Nephrology,  
Indira Gandhi Government General Hospital & Post Graduate Institute, Puducherry.

Presided by  
**Prof.LALITHA RAMAKRISHNAN**  
Principal (I/c)

**“INTER COLLEGIATE COMPETITIONS”**

10:00a.m. To 11:30a.m.	Quiz Program
11:45a.m. To 12:45p.m.	Organ Donation and THOA Act and Rules-Talk by Thiru S.Gnanasekaran & Tmt.P.M.Dhanalakshmi SOTTO, Puducherry
1:30p.m. To 3:30p.m.	Poster/Diet Exhibition
3:45p.m. To 4:30p.m.	Valedictory Function

Vote Of Thanks:  
**Dr.M.THARAHESWARI**  
Assistant Professor & Course Co-ordinator.



**“ALL ARE CORDIALLY INVITED”**



## Awareness Program on Eye Care “Advancing Optometry’s Commitment to Global Eye Care” organized by Department of Optometry Technology, PUCC on 30<sup>th</sup> April, 2024

Good vision is an essential aspect of our lives. Approximately 2.2 billion people experience vision impairment or blindness, and 80% of these individuals experience preventable blindness.<sup>1</sup> The main cause of vision impairment is uncorrected refractive error, followed by cataracts. Other causes include glaucoma, diabetic retinopathy (DR), retinal detachment, and age-related macular degeneration. Many individuals ignore early signs of eye disease, or even worse, they do not notice the signs of such conditions and fail to seek treatment in a timely manner, leading to preventable vision loss.<sup>2</sup> Simply put, if people do not know what is broken, they will not know what to fix. This leads into the main point of this article—that education plays a significant role in raising awareness about the importance of eye health.

[https://www.pondiuni.edu.in/university\\_news/awareness-program-on-eye-care-advancing-optometrys-commitment-to-global-eye-care-pucc-lawspet/](https://www.pondiuni.edu.in/university_news/awareness-program-on-eye-care-advancing-optometrys-commitment-to-global-eye-care-pucc-lawspet/)



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**DEPARTMENT OF OPTOMETRY TECHNOLOGY**  
Invites you for the Awareness Program on  
**EYE CARE**  
*“Advancing Optometry’s Commitment to Global Eye Care”*  
On 30<sup>th</sup> April, 2024 @ 3.30p.m. Venue: Conference Hall.  
Guest Of Honour  
**Dr.V.VANAJA VAITHIANATHAN**  
Founder & Medical Director, Jothi Eye Care Puducherry.  
Presided By  
**Prof.LALITHA RAMAKIRISHNAN**  
Principal (I/c)  
“INTER COLLEGIATE COMPETITIONS”  
*Program Schedule*

10.00a.m to 01.00p.m.	Eye Camp @ Room No:12
10.00a.m to 11.00a.m.	Elocution Competition
11.00a.m to 11.30a.m.	A Talk by - Mrs.S.Vennila, Assistant Professor Incharge Department of Optometry School of Allied Health Sciences, Vinayaka Mission's Medical College, Puducherry on “Role of Optometry in the current Scenario”
11.40a.m to 12.30p.m.	Short Video Competition
01.30p.m to 03.00p.m.	Model & Poster Presentation
03.30p.m to 05.00p.m.	Valedictory Fuction

**“ALL ARE CORDIALLY INVITED”**  
Vote of Thanks:  
**Dr.D.VARALAKSHMI**  
Assistant Professor & Course co-ordinator

## Inauguration of Emergency Care Training organized by PU Community College on 29<sup>th</sup> May 2024

In the last fifteen years primary health care has focused on health of mothers, children and adolescents, communicable diseases, non-communicable diseases and other chronic communicable diseases like tuberculosis, leprosy and HIV infection. With the launch of Health and Wellness Centres under the Ayushman Bharat programme, a wide range of additional services are envisaged to be delivered under comprehensive primary health care. As a Community Health Officer, you are the pillar of the Sub Health Centre Health and Wellness Centres (SHC-HWC) and instrumental to the roll out of the expanded range of services at the SHC-HWC. Emergency and Trauma Care is one of the new services which is being introduced in the newer package of services to be made available at the AB-HWCs.

[https://www.pondiuni.edu.in/university\\_news/inauguration-of-emergency-care-training-pucc-lawspet/](https://www.pondiuni.edu.in/university_news/inauguration-of-emergency-care-training-pucc-lawspet/)

The poster is red with white and blue text. At the top, there are four logos: Pondicherry University, Pucc Lawspet, a green logo with a flower, and a green logo with a heart and pulse line. Below the logos, the text reads: "PONDICHERRY UNIVERSITY COMMUNITY COLLEGE" in white, followed by "in association with" in white, "ALERT . . . Saving Lives" in white, and "INAUGURATION OF" in white. The main title "EMERGENCY CARE TRAINING" is in large white letters. Below this, it says "Resource Person" in white, followed by "Mr. R. KARAL MARKS, DTED., MA., M.ED., .." in black on a yellow background, and "Trainer" in white. At the bottom, it says "Venue" in white, followed by "Pondicherry University Community College, Lawspet, Puducherry - 605009" in white. There are also two time slots: "29th May 2024 Time: 09:30 am For UG Students" and "29th May 2024 Time: 2:00 pm For B.Voc Students".

**PONDICHERRY UNIVERSITY  
COMMUNITY COLLEGE**

in association with  
**ALERT . . . Saving Lives**

INAUGURATION OF  
**EMERGENCY  
CARE TRAINING**

**Resource Person**  
**Mr. R. KARAL MARKS, DTED., MA., M.ED., ..**  
Trainer

29th May 2024  
Time: 09:30 am  
For UG Students

29th May 2024  
Time: 2:00 pm  
For B.Voc Students

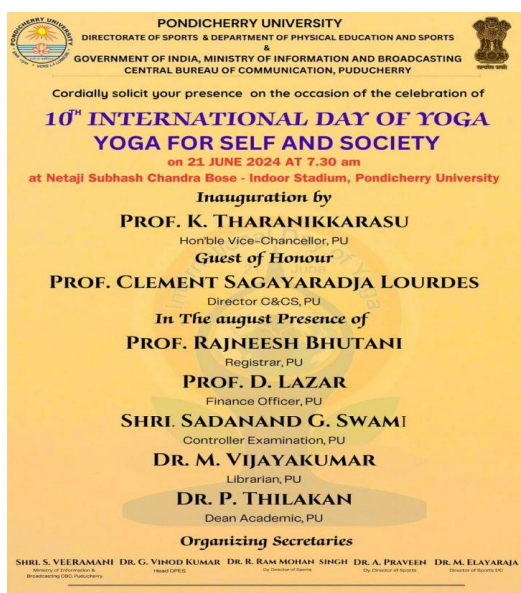
**Venue**  
Pondicherry University Community College,  
Lawspet, Puducherry - 605009

## 10th International Day of Yoga – Yoga for Self and Society organized by Directorate of Sports, Department of Physical Education and Sports & Ministry of Information and Broadcasting on 21<sup>st</sup> June, 2024

Yogic thought discusses two parts of an individual: the smaller, conditioned self and the higher, true self. The smaller self is limited and conditioned, caught up in the mind's fluctuations and sensory desires. The higher Self is pure and unconditioned consciousness, the source of true identity. This concept of self is represented through layers called koshas, each reflecting different aspects of human existence, from the physical body to the deepest layers of consciousness.

The human being is made up of five sheaths or “koshas,” which are layers of existence that move from the outer body to the inner self.

[https://www.pondiuni.edu.in/university\\_news/celebration-of-10th-international-day-of-yoga-yoga-for-self-and-society-on-21-06-2024/](https://www.pondiuni.edu.in/university_news/celebration-of-10th-international-day-of-yoga-yoga-for-self-and-society-on-21-06-2024/)



**10th International Day of Yoga –YOGA MAHOTSAV 2024 organized by Department of Physical Education and Yoga, PUCC & Directorate of Ayush, Govt. of Puducherry on 21<sup>st</sup> June, 2024**

Yoga Mahotsav 2024 was a celebration held on March 13, 2024 at Vigyan Bhawan in New Delhi. It was organized by the Morarji Desai National Institute of Yoga (MDNIY) and the Ministry of Ayush. The event marked the 100-day countdown to the 10th International Day of Yoga (IDY) on June 21, 2024.

[https://www.pondiuni.edu.in/university\\_news/10th-international-day-of-yoga-yoga-mahotsav-2024/](https://www.pondiuni.edu.in/university_news/10th-international-day-of-yoga-yoga-mahotsav-2024/)



The poster for the 10th International Day of Yoga (IDY) on June 21, 2024, features a vibrant background with a geometric pattern in shades of purple, blue, and green. At the top, there are several logos: a green square with '3 GOOD HEALTH AND WELL-BEING', a circular logo with a tree and 'Yoga for Harmony & Peace', the Ashoka Lion Capital, the National Health Mission logo, and the National Ayush Mission logo. Below these, the text reads 'PONDICHERY UNIVERSITY COMMUNITY COLLEGE (A Constituent College of Pondicherry University) Lawspet, Puducherry-605008. & DIRECTORATE OF AYUSH, GOVERNMENT OF PUDUCHERRY'. The central text, 'Jointly organise YOGA MAHOTSAV-2024', is in large, bold, blue and yellow letters. Below this, a red banner states '10<sup>th</sup> INTERNATIONAL DAY OF YOGA ON 21-06-2024'. The text 'COUNTDOWN YOGA PROGRAM COMMON YOGA PROTOCOL TRAINING CENTRE' is in red. The phrase 'All are invited' is written in a large, blue, cursive font, flanked by two golden lotus flowers. At the bottom, the co-ordinator 'Dr. R. Murugesan, Head (i/c) & Assistant Professor, Dept. of Physical Education & Yoga, PUCC' is listed on the left, the venue and time 'Near Mahatma Gandhi Statue, Rock Beach, White Town, Puducherry from 7.00 AM to 8.00 AM' are in the center, and the guest of honor 'Prof. Lalitha Ramakrishnan, Principal (i/c), PUCC' is on the right. Two stylized figures in yoga poses, one in yellow and one in grey, are positioned on either side of the central text.

**PONDICHERY UNIVERSITY COMMUNITY COLLEGE**  
(A Constituent College of Pondicherry University)  
Lawspet, Puducherry-605008.  
&  
**DIRECTORATE OF AYUSH, GOVERNMENT OF PUDUCHERRY**

*Jointly organise*  
**YOGA MAHOTSAV-2024**  
10<sup>th</sup> INTERNATIONAL DAY OF YOGA ON 21-06-2024

**COUNTDOWN YOGA PROGRAM**  
**COMMON YOGA PROTOCOL TRAINING CENTRE**

*All are invited*

Co-ordinated by  
**Dr. R. Murugesan,**  
Head (i/c) & Assistant Professor,  
Dept. of Physical Education & Yoga,  
PUCC

**Venue & Time:**  
Near Mahatma Gandhi Statue,  
Rock Beach, White Town, Puducherry  
from 7.00 AM to 8.00 AM

In the presence of  
**Prof. Lalitha Ramakrishnan,**  
Principal (i/c), PUCC

## **Workshop on Genetic Counseling organized by Department of Biochemistry, PUCC in collaboration with Satya Special School on 12<sup>th</sup> July, 2024**

Genetic counseling refers to guidance relating to genetic disorders that a specialized healthcare professional (genetic counselor) provides to an individual or family. A genetic counselor might provide information about how a genetic condition could affect an individual or family and/or interpret genetic tests designed to help estimate the risk of a disease. The genetic counselor conveys information to address the concerns of the individual or family, helps them make an informed decision about their medical situation and provides psychological counseling to help them adapt to their condition or risk.

[https://www.pondiuni.edu.in/university\\_news/revised-workshop-on-genetic-counseling-pucc-lawspet/](https://www.pondiuni.edu.in/university_news/revised-workshop-on-genetic-counseling-pucc-lawspet/)

The poster features a background image of a DNA double helix. At the top, the Pondicherry University logo is on the left, and the college crest is on the right. The text 'PONDICHERRY UNIVERSITY COMMUNITY COLLEGE' is centered in bold. Below it, the 'DEPARTMENT OF BIOCHEMISTRY' is listed, followed by 'In collaboration with' and the logos of 'SATYA SPECIAL SCHOOL' and 'Shans FOUNDATION'. The word 'Organizes' is written in a cursive font. The main title 'WORKSHOP ON GENETIC COUNSELING' is in large, bold, purple letters. The event details are listed: 'Date : 12th July 2024', 'Venue : Seminar Hall', and 'Time : 10.30 a.m- 12.30 p.m'. The 'Organizing committee' section lists 'DR. D. VARALAKSHMI' (Assistant Professor & HOD (I/C)), 'DR. M. THARAHESWARI' (Assistant Professor), 'DR. R. GEETHA' (Guest Faculty), and 'MR. JOHN MATHEW & MR. BHARATHKUMAR'. The poster concludes with 'ALL ARE INVITED'.

**PONDICHERRY UNIVERSITY  
COMMUNITY COLLEGE**

**DEPARTMENT OF BIOCHEMISTRY**  
*In collaboration with*

**SATYA SPECIAL SCHOOL** **Shans FOUNDATION**

*Organizes*

**WORKSHOP ON  
GENETIC COUNSELING**

**Date : 12th July 2024** **Venue : Seminar Hall**

**Time : 10.30 a.m- 12.30 p.m**

*Organizing committee*

**DR. D. VARALAKSHMI**  
ASSISTANT PROFESSOR & HOD (I/C)

**DR. M. THARAHESWARI**  
ASSISTANT PROFESSOR



**DR. R. GEETHA**  
GUEST FACULTY

**MR. JOHN MATHEW & MR. BHARATHKUMAR**

**ALL ARE INVITED**

**Manifesting wellness through Yoga – International workshop and seminar in collaboration with ISCM of Sri Balaji Vidyapeeth and ICYER Ananda Ashram organized by Department of Philosophy on 26<sup>th</sup> July, 2024**


[https://www.pondiuni.edu.in/university\\_news/celebration-of-international-day-of-yoga-2024-department-of-philosophy/](https://www.pondiuni.edu.in/university_news/celebration-of-international-day-of-yoga-2024-department-of-philosophy/)



**DEPARTMENT OF PHILOSOPHY**  
**SCHOOL OF HUMANITIES**  
**PONDICHERRY UNIVERSITY**

**AN INTERNATIONAL WORKSHOP AND SEMINAR IN COLLABORATION  
WITH ISCM OF SRI BALAJI VIDYAPEETH AND ICYER ANANDA ASHRAM  
PONDICHERRY**

**MANIFESTING WELLNESS THROUGH YOGA**



**INTERNATIONAL  
YOGA DAY**  
Sponsored by  
**INDIAN COUNCIL OF PHILOSOPHICAL RESEARCH**  
**26 JULY 2024, FRIDAY**

**TIME: 10.00 AM TO 1.15 PM**  
**VENUE: SEMINAR HALL 1, SCHOOL OF HUMANITIES**

**COORDINATOR**  
**R. VELMURUGAN K**  
**HEAD (I/C) DEPARTMENT OF PHILOSOPHY**

**FACULTY ADVISORS**  
**DR. B. R. SHANTHA KUMARI**  
**DR. S. INDIRA**

One day Workshop on “Emergency Care Training” organized by Department of Biochemistry, PUCC in collaboration with ALERT... Saving lives on 27<sup>th</sup> August, 2024

[https://www.pondiuni.edu.in/university\\_news/workshop-on-emergency-care-training-pucc-lawspet/](https://www.pondiuni.edu.in/university_news/workshop-on-emergency-care-training-pucc-lawspet/)



The poster features a background image of a medical professional in a white coat and mask attending to a patient lying on a gurney. The text is overlaid on this image. At the top left is the Pondicherry University logo, and at the top right is the PUCC logo. Below these are two small icons: a green one with a heart and pulse line, and a red one with an open book. The main title is in large, bold, blue and red letters. The date and venue are in red and black. The session times are in blue and black. The organizing committee members are listed in black. At the bottom, it says 'ALL ARE INVITED' in red.

**PONDICHERRY UNIVERSITY  
COMMUNITY COLLEGE**

**DEPARTMENT OF BIOCHEMISTRY**

*In collaboration with*

**ALERT... Saving lives**

*Organizes*

**One Day Workshop on  
“EMERGENCY CARE TRAINING”  
PRIMARY LEVEL**

**Date : 27th August 2024**      **Venue : Seminar Hall**

**Session I : 10 a.m - 1 p.m**  
**Session II : 2 a.m - 5 p.m**

*Organizing committee*

**DR. D. VARALAKSHMI**  
ASSISTANT PROFESSOR & HOD (I/C)

**DR. M. THARAHESWARI**  
ASSISTANT PROFESSOR

**DR. R. GEETHA**



**MR. JOHN MATHEW & MR. BHARATHKUMAR**

*ALL ARE INVITED*

**Awareness Programme on Alcohol and Drug Abuse Prevention for Industrial Labourers in Puducherry organized by Department of Social Work and Directorate of Social Welfare, Govt. of Puducherry on 19<sup>th</sup> September 2024**

Alcohol and drug abuse by young people is extremely dangerous to themselves, family and friends, and society as a whole. Drug and alcohol use among our youth is directly related to traffic fatalities, violence, suicide, academic failure, unsafe sex and other high risk behaviors. Early use may also lead to a lifetime of dependency.




[https://www.pondiuni.edu.in/university\\_news/awareness-programme-on-alcohol-and-drug-abuse-prevention-for-industrial-labourers-in-puducherry-department-of-social-work/](https://www.pondiuni.edu.in/university_news/awareness-programme-on-alcohol-and-drug-abuse-prevention-for-industrial-labourers-in-puducherry-department-of-social-work/)

	<b>Directorate of Social Welfare, Government of Puducherry</b> and <b>Department of Social Work, Pondicherry University</b> Jointly Organises	
<b>Awareness Programme on Alcohol and Drug Abuse Prevention for Industrial Labourers in Puducherry</b>		
Under the Scheme National Action Plan for Drug Demand Reduction (MSJE, Govt. of India)		
Venue: Strides Pharma Sciences Ltd. Puducherry		Date: 19.09.2024, 11.30 am
<b>PROGRAMME SCHEDULE</b>		
<b>Welcome Address:</b>	<b>Dr.K.ANBU</b> Project Coordinator Professor & Head Department of Social Work Pondicherry University Puducherry	
<b>Opening Remarks:</b>	<b>Mr.KUMAR KARUTHALAH</b> DGM(HR) Strides Pharma Sciences Ltd. Puducherry	
<b>Session One:</b>	<b>Topic: "Health, well-being and workplace productivity"</b> <b>Dr.D.BARANI GANTH</b> Associate Professor Department of Applied Psychology Pondicherry University Puducherry	
<b>Session Two:</b>	<b>Topic: "Alcohol and Drug Abuse Prevention"</b> <b>Dr.R.NALINI</b> Professor Department of Social Work Pondicherry University Puducherry	
<b>Vote of Thanks:</b>	<b>HR Team</b> Strides Pharma Sciences Ltd. Puducherry	

## Awareness Program on “Cardiac Care” organized by Department of Cardiac Lab Technology, PUCC on 27<sup>th</sup> September, 2024

The awareness on CR program in CHD patients in Nepal is not optimal, especially among 54 and above age group, illiterate people, those receiving treatment equal & more than 1 year duration and the CHD patients who didn't get chance to participate on awareness programs. Hence, it is strongly recommended that health professionals including nurses should organize and promote CR programs including counseling session to improve the awareness level and ultimately enhance quality of life of CHD patients.

[https://www.pondiuni.edu.in/university\\_news/awareness-program-on-cardiac-care-pucc-lawspet/](https://www.pondiuni.edu.in/university_news/awareness-program-on-cardiac-care-pucc-lawspet/)



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**DEPARTMENT OF CARDIAC LAB TECHNOLOGY**  
Invites You For the Awareness Program On

# **CARDIAC CARE**

*“Use Heart For Action”*

On 27<sup>th</sup> September , 2024 @ 03.30 pm. Venue: Conference Hall.

*Guest Of Honour.*  
**Dr.MARK CHRISTOPHER MD.DM**  
HOD,Department Of Cardiology,  
Pondicherry Institute Of Medical Sciences

*Presided By.*  
**Prof.LALITHA RAMAKIRISHNAN**  
Principal (I/C)  
Followed By

**INTER COLLEGIATE COMPETITIONS**  
*Program Schedule*

10.00 am to 1.00 pm	Screening Camp
2.00 pm to 03.00 pm	Debate Topic: Modern Foods Vs Traditional Foods <i>Judges</i> <b>Dr.G.SEGHAL KIRAN</b> ,Professor,Dept of Food Science & Technology, Pondicherry University <b>Dr.R.M.MURUGAIYAN</b> ,Faculty, Dept of Tamil & Course Co-ordinator (Optometry Technology)
3.00 pm to 3.30 pm	Model Exhibition
3.30 pm to 5.00 pm	Valedictory Function


**ALL ARE CORDIALLY INVITED**

*Vote Of Thanks:*  
**Dr.R.INDUMATHY**  
Asst.Prof. & Course Co-ordinator.  
*Contact Person:*  
**Mr.K.JOHN MATHEW**  
Cell: 97866 52013

**World Anaesthesia Day Celebration–2024 – “Workforce Well-Being” organized by Department of Operation Theatre Technology, PUCC on 23<sup>rd</sup> October, 2024**

The celebration included the presentation of Appreciation Certificates to our outstanding anaesthesia team members who have consistently gone above and beyond in their roles. The event was followed by a cake-cutting ceremony, with participation from consultants and hospital staff, and an informal gathering with snacks. It was a heart-warming occasion that highlighted the team's unwavering commitment to providing exceptional care to our patients.

[https://www.pondiuni.edu.in/university\\_news/world-anaesthesia-day-celebration-2024-workforce-well-being-pucc-lawspet/](https://www.pondiuni.edu.in/university_news/world-anaesthesia-day-celebration-2024-workforce-well-being-pucc-lawspet/)



**PONDICHERRY UNIVERSITY COMMUNITY COLLEGE**  
(A Constituent College of Pondicherry University)  
Lawspet, Puducherry-605008.  
Department of Operation Theatre Technology

Invites you to the  
**World Anaesthesia Day Celebration - 2024**  
**Theme: Workforce Well-Being**  
On 23<sup>rd</sup> October ,2024 Venue: Conference Hall

*Guest of Honour*  
**Dr.Pratheeba , Professor & Head**  
Department of Anaesthesiology  
Indira Gandhi Medical College & Research Institute, Puducherry

*Presided by*  
**Prof.Lalitha Ramakrishnan**  
Principal (I/C)

**INTER COLLEGIATE COMPETITIONS**  
*Programme Schedule*

Event	Time
Power Point Presentation	1 to 2 pm
Poster Presentation	2 to 3 pm
CPR Demonstration (Mr.B. Arul , Nursing officer ,IGGGH&PGI,Puducherry)	3 to 3.30 pm
Invited Talk (Dr.Madhan,Head, Department of Anaesthesiology ,IGGGH&PGI,Puducherry)	3.30 to 4 pm
Valedictory Function	4 to 5 pm




**Organising Committee**  
D.Gaya, Course Coordinator  
K.John Mathew, Avad Staff  
P.Soniya , Resource Person  
Operation Theatre Technology Students

**ALL ARE CORDIALLY INVITED**



Blood Donation Camp organized by Lions club of Pondicherry Central in association with Pondicherry University & HDFC Bank Ltd., Pondicherry in collaboration with IGM&RI – Blood Bank on 25<sup>th</sup> October, 2024



[https://www.pondiuni.edu.in/university\\_news/blood-donation-camp-department-of-physical-education-and-sports/](https://www.pondiuni.edu.in/university_news/blood-donation-camp-department-of-physical-education-and-sports/)



**LIONS CLUB OF  
PONDICHERRY CENTRAL**  
IN ASSOCIATION WITH  
**PONDICHERRY UNIVERSITY**  
&  
**HDFC BANK LTD, PONDICHERRY**  
AND COLLABORATION WITH  
**IGMC & RI - BLOOD BANK**  
IS ORGANIZING A  
**BLOOD DONATION CAMP**


**GIVE A HAND**  
TO THOSE IN SERIOUS  
NEED OF BLOOD

THE GIFT THAT COSTS  
**NOTHING**  
BUT MEANS EVERYTHING!  
IT ONLY TAKES 10 MINUTES



**DATE : 25<sup>TH</sup> OCTOBER, 2024**  
**TIME : 09:30 AM ONWARDS**  
**VENUE : PONDICHERRY UNIVERSITY**  
**DEPARTMENT OF PHYSICAL EDUCATION & SPORTS**  
**KALAPET, PUDUCHERRY - 605 014.**

Any healthy adult between 18 yrs and 60 yrs of age and weighing more than 45 kgs can donate blood!



**Give Blood. Give Life.**  
It's Safe. It's simple. And it saves lives.



**Multi-speciality medical camp organized by Internal Quality Assurance Cell (IQAC) in collaboration with Rotary Club of Pondicherry Pride on 02.03.2024**

[https://www.pondiuni.edu.in/university\\_news/multi-speciality-medical-camp-on-02-03-2024/](https://www.pondiuni.edu.in/university_news/multi-speciality-medical-camp-on-02-03-2024/)



The poster is for a Multi-Speciality Medical Camp organized by the Internal Quality Assurance Cell (IQAC) of Pondicherry University in collaboration with the Rotary Club of Pondicherry Pride, the Indian Medical Association, Puducherry, and the Indira Gandhi Medical College and Research Institute Team. The camp is part of Women's Day Celebrations and is for students, teaching and non-teaching staff, and their families on March 2, 2024 (Saturday), from 09:00 A.M. to 01:00 P.M. The venue is the Lecture Hall Complex, Science Block, Pondicherry University. The camp is inaugurated by Prof. K. Tharanikkarasu, Vice-Chancellor (i/c) and Director (SEI&RR) and Coordinator (IQAC). All are invited. The event coordinator is Dr. G. Subhalakshmi, SDG 11 Coordinator. The poster lists various medical services: General Medicine, Nephrology, Dermatology, Orthopedics, Pediatrics, Social & Preventive Medicine, Ophthalmology, Neurology, Dental, Gynecology, and Cardiology. Logos for Pondicherry University, Rotary, Indian Club of Pondicherry, and Sustainable Development Goals are at the top.

**PONDICHERRY UNIVERSITY**  
**Internal Quality Assurance Cell (IQAC)**  
*in collaboration with*  
**ROTARY CLUB OF PONDICHERRY PRIDE**  
**Indian Medical Association, Puducherry &**  
**Indira Gandhi Medical College and Research Institute**  
**Team**  
*jointly organize*  
**MULTI-SPECIALITY MEDICAL CAMP**  
*(as a part of Women's Day Celebrations)*  
*for the students, Teaching, Non-Teaching staff and their families on*  
**March 2, 2024 (Saturday) | Time: 09:00 A.M. to 01:00 P.M.**

**General Medicine**  
**Nephrology**  
**Dermatology**  
**Orthopedics**  
**Pediatrics**  
**Social & Preventive Medicine**

**Ophthalmology**  
**Neurology**  
**Dental**  
**Gynecology**  
**Cardiology**

**Venue: Lecture Hall Complex, Science Block, Pondicherry University**

**Inaugurated by**  
**Prof. K. Tharanikkarasu**  
**Vice-Chancellor (i/c)**  
**Director (SEI&RR) and Coordinator (IQAC)**

**All are invited**

**Dr. R. Vishnu Vardhan**  
**Deputy Coordinator**  
**(IQAC)**

**Event Coordinator**  
**Dr. G. Subhalakshmi**  
**SDG 11 Coordinator**

*Vice-Chancellor (Officiating) Prof K. Tharanikkarasu inaugurated the free Multi-Speciality Medical Camp to the University faculty members, Non-Teachings staff and their family members organized by the IQAC.*





**Celebration of 10th International Day of Yoga – Yoga for Self and Society organised by Directorate of Sports & Department of Physical Education and Sports & GoI, Ministry of Information and Broadcasting Central Bureau of Communication, Puducherry on 21.06.2024**

[https://www.pondiuni.edu.in/university\\_news/celebration-of-10th-international-day-of-yoga-yoga-for-self-and-society-on-21-06-2024/](https://www.pondiuni.edu.in/university_news/celebration-of-10th-international-day-of-yoga-yoga-for-self-and-society-on-21-06-2024/)

**PONDICHERRY UNIVERSITY**  
DIRECTORATE OF SPORTS & DEPARTMENT OF PHYSICAL EDUCATION AND SPORTS  
&  
GOVERNMENT OF INDIA, MINISTRY OF INFORMATION AND BROADCASTING  
CENTRAL BUREAU OF COMMUNICATION, PUDUCHERRY

Cordially solicit your presence on the occasion of the celebration of  
**10<sup>th</sup> INTERNATIONAL DAY OF YOGA**  
**YOGA FOR SELF AND SOCIETY**  
on 21 JUNE 2024 AT 7.30 am  
at Netaji Subhash Chandra Bose - Indoor Stadium, Pondicherry University

**Inauguration by**  
**PROF. K. THARANIKKARASU**  
Hon'ble Vice-Chancellor, PU  
**Guest of Honour**  
**PROF. CLEMENT SAGAYARADJA LOURDES**  
Director C&CS, PU  
**In The august Presence of**  
**PROF. RAJNEESH BHUTANI**  
Registrar, PU  
**PROF. D. LAZAR**  
Finance Officer, PU  
**SHRI. SADANAND G. SWAMI**  
Controller Examination, PU  
**DR. M. VIJAYAKUMAR**  
Librarian, PU  
**DR. P. THILAKAN**  
Dean Academic, PU

**Organizing Secretaries**  
SHRI S. VEERAMANI   DR. G. VINOD KUMAR   DR. R. RAM MOHAN SINGH   DR. A. PRAVEEN   DR. M. ELAYARAJA  
Ministry of Information & Broadcasting CBG, Puducherry   Head DPES   Dy Director of Sports   Dy Director of Sports   Director of Sports, DPC



Prof. K. Tharanikkarasu, VC i/c inaugurated the 10th Intl. Day of Yoga: Yoga for Self and Society at NSC Bose Indoor Stadium, PU on 21.06.24. Director(C&CR), Librarian, Dir. &


Dy. Dir., HoD(PE&S),Dean (Aca.), OSD (V&S), Faculty, Staff, & Students actively participated in the event



**Substance Abuse – Awareness Programme organized by Department of Biochemistry, PUCC in collaboration with National Oral Health Programme – State Tobacco control cell – India Women’s Network (IWN) & Care Max Foundation on 9<sup>th</sup> April, 2024**

As used in this discussion, substance abuse refers to excessive use of a drug in a way that is detrimental to self, society, or both. This definition includes both physical dependence and psychological dependence.

<https://www.pondiuni.edu.in/wp-content/uploads/2024/04/SUBSTANCE-ABUSE-AWARENESS-AND-SENSITIZATION-PROGRAM-08042024.pdf>



**PONDICHERRY UNIVERSITY COMMUNITY COLLEGE**  
(A Constituent College of Pondicherry University)  
**DEPARTMENT OF BIOCHEMISTRY**

*in collaboration with*

**NATIONAL ORAL HEALTH PROGRAMME - STATE TOBACCO CONTROL CELL -  
INDIA WOMEN'S NETWORK (IWN)  
&  
CARE MAX FOUNDATION**

*Present*

**"SUBSTANCE ABUSE - AWARENESS PROGRAMME"**

*under*

**PROJECT MANAM  
(MENTAL HEALTH AWARENESS AND NURTURING ADOLESCENT MINDS)**

*Venue: Badminton court, PUCC      Date: 09/04/2024      Time: 10:00 a.m. to 12:30 p.m.*


Welcome Address	Dr. Varalakshmi D, Assistant Professor.
Presidential Address	Prof. Lalitha Ramakrishnan, Principal (I/c).
Guest of Honor	Thiru. Ravichandran NR, Chief Financial Officer TANFAC Industries Limited, SIPCOT, Cuddalore.
Scope of the program	Dr. Sooriya Prasannan S, Founder President, Care Max Foundation.
Substance Abuse – An overview	Dr. Kavipriya Outtamane, State Nodal Officer, National Oral Health Program.
Legal proceedings and Penal punishments related to Substance Abuse	Dr. Suryakumar, State Consultant, National Tobacco Control Cell.
Emerging Trends and Challenges of Substance Abuse among Youth	Dr. Sooriya Prasannan S, Founder President, Care Max Foundation.
Break the Chain- Say No to Drugs	Prof. Nalini R, Dept. of Social Work, Pondicherry University.
Vote of Thanks	Dr. Tharakeswari M, Assistant Professor.

**ALL ARE INVITED**

## Inauguration of Emergency Care Training for School of Management on 19<sup>th</sup> September 2024

Emergency care training can include first aid, emergency medical technician training, and courses on trauma care, cardiac care, and other medical conditions.

<https://www.pondiuni.edu.in/wp-content/uploads/2024/09/Inauguration-of-Emergency-care-Training.pdf>



**அலர்ட் ...**  
உயிர் காக்கும் பணியில்  
**ALERT ... Saving Lives**

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**INAUGURATION OF EMERGENCY CARE TRAINING**  
for School of Management, Pondicherry University,  
Kalapet, Puducherry-605 014.

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Venue : **School of Management Auditorium**  
On : **19th September 2024**

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1st Session at **10:00am** – Inauguration by  
**Mr. M. NANDAKUMAR**, Managing Director,  
Lebracs Rubber Lining Pvt. Ltd., Puducherry  
(Past Chairman, CII - Puducherry)

2nd Session at **02:00pm** – Inauguration by  
**Prof. K. THARANIKKARASU**, Honorable Vice-Chancellor (i/c)  
Pondicherry University, Puducherry

<b>Mr. R. Mananathan</b> President ALERT Puducherry Chairman Manatec Group of Companies	<b>Mr. I. Syed Sajjadh Ali</b> Vice President ALERT Puducherry Managing Director Eaton Power Quality Pvt. Ltd.	<b>Mr. S. Thangamanimaran</b> General Secretary ALERT Puducherry Managing Director JENO Maran Builders (P) Ltd.
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**National Conference on Gender, Health and Sustainable Development: Global and National Perspectives organized by Department of Sociology & Indian Association for Social Sciences and Health on 31<sup>st</sup> January, 2024**

Gender refers to the social relationships between males and females in terms of their roles, behaviours, activities, attributes and opportunities, and which are based on different levels of power. Gender interacts with, but is distinct from, the binary categories of biological sex. In this paper we consider how gender interacts with the 2030 agenda for sustainable development, including sustainable development goal (SDG) 3 and its targets for health and well-being, and the impact on health equity. We propose a conceptual framework for understanding the interactions between gender (SDG 5) and health (SDG 3) and 13 other SDGs, which influence health outcomes.

[https://www.pondiuni.edu.in/university\\_news/invitation-national-conference-on-gender-health-](https://www.pondiuni.edu.in/university_news/invitation-national-conference-on-gender-health-)

**Invitation**

**DEPARTMENT OF SOCIOLOGY**  
(School of Social Sciences & International Studies)  
**PONDICHERRY UNIVERSITY**

**&**

**INDIAN ASSOCIATION FOR SOCIAL SCIENCES AND HEALTH (IASSH)**

cordially invite you to the inaugural function of the  
National Conference

**Gender, Health and Sustainable Development:  
Global and National Perspectives**

on  
Wednesday, 31<sup>st</sup> Jan 2024 at 10.00 am  
Convention-cum-Cultural Centre (CCC),  
Pondicherry University

**Chief Guest**  
**Dr. (Smt.) Tamilisai Soundararajan**  
Hon'ble Lieutenant Governor of Puducherry, Governor of Telangana &  
Chief Rector of Pondicherry University  
has kindly consented to deliver the inaugural address

**Guests of Honour**

**Shri. R. Selvam**  
Hon'ble Speaker, Govt. of Puducherry  
**Shri. P.M.L. Kalyanasundaram**  
Hon'ble Member of Legislative Assembly  
Kalapet Constituency

**Shri. A. Namassivayam**  
Hon'ble Minister for Home and Education  
Govt. of Puducherry  
**Prof. K. Srinivasan**  
Former Director, IIPS, Mumbai

**Prof. B.B. Mohanty**  
Dean, School of Social Sciences and International Studies, Pondicherry University  
will deliver the felicitation address

**Prof. K. Tharanikkarasu**  
Vice-Chancellor (Officiating)  
Pondicherry University  
will preside

**Prof. C. Aruna**  
Conference Convenor

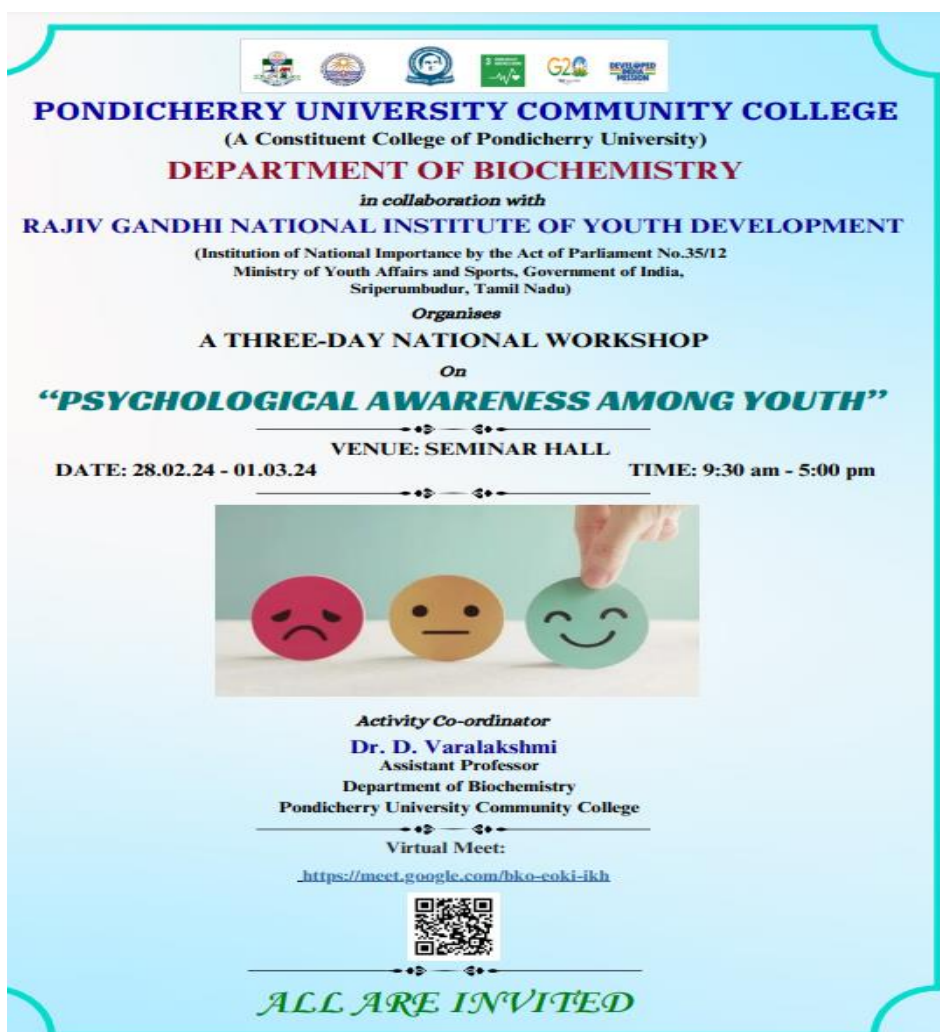
**Prof. T.V. Sekher**  
President, IASSH

**ICSSR**


**Three-day National Workshop on “Psychological Awareness among Youth” organized by Department of Biochemistry, PUCC in collaboration with Rajiv Gandhi National Institute of Youth Development from 28<sup>th</sup> February, 2024 to 1<sup>st</sup> March 2024**

Spreading awareness on the state of mental health in youth is necessary to surface deep and honest conversations on the many ways adolescents are subjected to high levels of stress and trauma. It allows communities across all demographic groups to recognize the warning signs and prevent the dismissal of severe struggles as just another assumed kid or teenage habit.

[https://www.pondiuni.edu.in/university\\_news/invitation-national-workshop-on-psychological-awareness-among-youth-pucc-lawspet/](https://www.pondiuni.edu.in/university_news/invitation-national-workshop-on-psychological-awareness-among-youth-pucc-lawspet/)



The poster is a light blue rectangular card with a teal border. At the top, there is a row of five logos: the Government of India, Pondicherry University, PUCC, G20 India 2023, and the Ministry of Youth Affairs and Sports. Below the logos, the text reads: **PONDICHERRY UNIVERSITY COMMUNITY COLLEGE** (A Constituent College of Pondicherry University), **DEPARTMENT OF BIOCHEMISTRY**, *in collaboration with* **RAJIV GANDHI NATIONAL INSTITUTE OF YOUTH DEVELOPMENT** (Institution of National Importance by the Act of Parliament No.35/12, Ministry of Youth Affairs and Sports, Government of India, Sriperumbudur, Tamil Nadu). It then states *Organises* **A THREE-DAY NATIONAL WORKSHOP** *On* **“PSYCHOLOGICAL AWARENESS AMONG YOUTH”**. The event details are: **DATE: 28.02.24 - 01.03.24**, **VENUE: SEMINAR HALL**, and **TIME: 9:30 am - 5:00 pm**. In the center is a photograph of three circular emotion icons (sad, neutral, happy) on a surface, with a hand touching the happy one. Below the photo, it lists the *Activity Co-ordinator* **Dr. D. Varalakshmi**, Assistant Professor, Department of Biochemistry, Pondicherry University Community College. A **Virtual Meet:** link is provided: <https://meet.google.com/bko-coki-ikh>. A QR code is located below the link. At the bottom, the text **ALL ARE INVITED** is written in a green, stylized font.

**PONDICHERRY UNIVERSITY COMMUNITY COLLEGE**  
(A Constituent College of Pondicherry University)  
**DEPARTMENT OF BIOCHEMISTRY**  
*in collaboration with*  
**RAJIV GANDHI NATIONAL INSTITUTE OF YOUTH DEVELOPMENT**  
(Institution of National Importance by the Act of Parliament No.35/12  
Ministry of Youth Affairs and Sports, Government of India,  
Sriperumbudur, Tamil Nadu)  
*Organises*  
**A THREE-DAY NATIONAL WORKSHOP**  
*On*  
**“PSYCHOLOGICAL AWARENESS AMONG YOUTH”**  
DATE: 28.02.24 - 01.03.24      VENUE: SEMINAR HALL      TIME: 9:30 am - 5:00 pm  
*Activity Co-ordinator*  
**Dr. D. Varalakshmi**  
Assistant Professor  
Department of Biochemistry  
Pondicherry University Community College  
Virtual Meet:  
<https://meet.google.com/bko-coki-ikh>  
  
**ALL ARE INVITED**

Most youth experience states of mindfulness sometimes through a physical activity or being in nature. With continued practice, mindfulness can become a trait or disposition and an approach to life. MBIs such as the well-known Mindfulness-Based Stress Reduction (MBSR) are recognized as evidenced-based practices for stress reduction and other challenges such as anxiety. Many programs for youth have been adapted from MBSR.




**DEVELOPED  
INDIA  
MISSION**  
2022-2027




30  
AZADI KA  
AMRIT MAHOTSAV




PONDICHERRY  
UNIVERSITY



PONDICHERRY  
UNIVERSITY



PONDICHERRY  
UNIVERSITY



75  
AZADI KA  
AMRIT MAHOTSAV

# PONDICHERRY UNIVERSITY COMMUNITY COLLEGE

(A Constituent College of Pondicherry University)  
Lawspet, Pondicherry - 605008

## DEPARTMENT OF MATHEMATICS

ORGANISES

### A THREE-DAY NATIONAL WORKSHOP ON

## MINDFULNESS PRACTICES FOR YOUTH

Date: 11/03/24 to 13/03/24  
AT  
SEMINAR HALL, PUCC



IN COLLABORATION WITH

### RAJIV GANDHI NATIONAL INSTITUTE OF YOUTH DEVELOPMENT

INSTITUTION OF NATIONAL IMPORTANCE BY THE ACT OF PARLIAMENT NO. 84/11  
MINISTRY OF YOUTH AFFAIRS AND SPORTS, GOVERNMENT OF INDIA  
SRIPATNAM CIRCLE

**Co-Organizers :-**

**Dr. S.JAGADEESWARI**  
Asst. Prof & Head(I/c)  
Dept. Of Physical Education & Yoga, PUCC

**Dr.R.MURUGESAN**  
Asst. Prof  
Dept. Of Physical Education & Yoga, PUCC

**PROGRAMME COORDINATOR**

**Dr. A. THANGAM**  
Asst. Prof & Head(I/c)  
Dept. of Mathematics, PUCC

- No Registration fee
- Interested UG/PG/Scholars can register using URL:  
<https://docs.google.com/forms/d/e/1FAIpQLSdCBYFnGTsUonjGBRZ3zEuohj1rv8GrggUwEghYFaTopoFehA/viewform>
- Participation Certificate will be provided. Only limited seats on first serve basis
- Lunch & refreshments will be provided. No TA/DA will be provided.
- No accommodation shall be provided by the organizers.
- For further details contact Phone No: 8220733570

SCAN



## Talk on Mental Health Matters organized by Department of Management Studies on 12<sup>th</sup> August, 2024

Mental health and wellness are essential to overall health. The World Health Organization defines health as “... a state of complete physical, mental, and social well-being...”<sup>1</sup> For all of us, our mental, physical, and social health are interdependent.

[https://www.pondiuni.edu.in/university\\_news/talk-on-mental-health-matters-department-of-management-studies/](https://www.pondiuni.edu.in/university_news/talk-on-mental-health-matters-department-of-management-studies/)

**PONDICHERRY UNIVERSITY**  
SCHOOL OF MANAGEMENT  
DEPARTMENT OF MANAGEMENT STUDIES

*Invites you to*

**TALK ON  
MENTAL HEALTH  
MATTERS**

2:30 p.m. - 4:00 p.m.

**SPEAKER :**  
**Dr. D. Barani Kanth**  
Associate professor,  
Department of Applied  
Psychology, PU

**Introduction**

**Welcome Address**

**Felicitation**

**Special Lecture**

**Vote of Thanks**

**Dr.S. Riasudeen**  
professor , DMS, PU

**Prof. R. Kasilingam**  
Head, DMS, PU

**Prof. Malabika Deo**  
Dean, School of Management, PU

**Dr. D. Barani Kanth**  
Resource Person

**Q and A Session**  
3:30 p.m. - 4:00 p.m.


**SOM  
AUDITORIUM**

**12  
AUG**

**International Suicide Prevention Day 2024 “Changing the Narrative on Suicide” organized by Department of Social Work in collaboration with Indira Gandhi Govt. General Hospital and Postgraduate Institute on 5<sup>th</sup> September 2024**

Understanding the factors contributing to suicide attempts is crucial for developing effective suicide prevention plans. In a study, survivors of suicide attempts were interviewed to understand the reasons for suicide and several common factors were identified. Let's look at some key factors responsible for youth suicide attempts.

[https://www.pondiuni.edu.in/university\\_news/international-suicide-prevention-day-2024-changing-the-narrative-on-suicide-department-of-social-work/](https://www.pondiuni.edu.in/university_news/international-suicide-prevention-day-2024-changing-the-narrative-on-suicide-department-of-social-work/)



**DEPT OF SOCIAL WORK, SCHOOL OF SOCIAL SCIENCES AND INTERNATIONAL STUDIES, PONDICHERRY UNIVERSITY IN COLLABORATION WITH  
INDIRA GANDHI GOVT. GENERAL HOSPITAL AND POSTGRADUATE INSTITUTE (IGGGH&PGI),  
PUDUCHERRY**

**OBSERVES INTERNATIONAL SUICIDE PREVENTION DAY, 2024**  
**“CHANGING THE NARRATIVE ON SUICIDE”**  
**ON 5<sup>th</sup> SEPTEMBER, 2024 (THURSDAY) 10:00 AM ONWARDS**  
**VENUE: SEMINAR HALL, SSSI**

**A FIELD WORK PARTNER COLLOBARATIVE PROGRAMME (2024-25)**

**PROGRAMME SCHEDULE**

10:00 am: Welcome Address:	Prof. K. Anbu Head, Dept. of Social Work Pondicherry University
10:05 am: Opening Remarks:	Prof. A. Shahin Sultana Programme Coordinator cum Field Work Coordinator (2024-25) Dept. of Social Work, Pondicherry University
10: 10 am: Inaugural Address:	Prof. G. Chandhrika Dean, School of Social Sciences and International Studies, Pondicherry University, Puducherry
10: 20 am: Special Address:	Dr. K. Balan Ponmani Stephen, HOD, Dept of Psychiatry, Specialist IGGGH &PGI, Govt of Puducherry; Nodal officer for National Mental Health Programme; Program coordinator for National Tele Manas Programme, Govt. of Puducherry
10:30 -10:45 am:	Tea Break
10: 45 am – 12: 25 pm:	Awareness Session from the Team of IGGGH & PGI
12: 30 pm:	Vote of Thanks

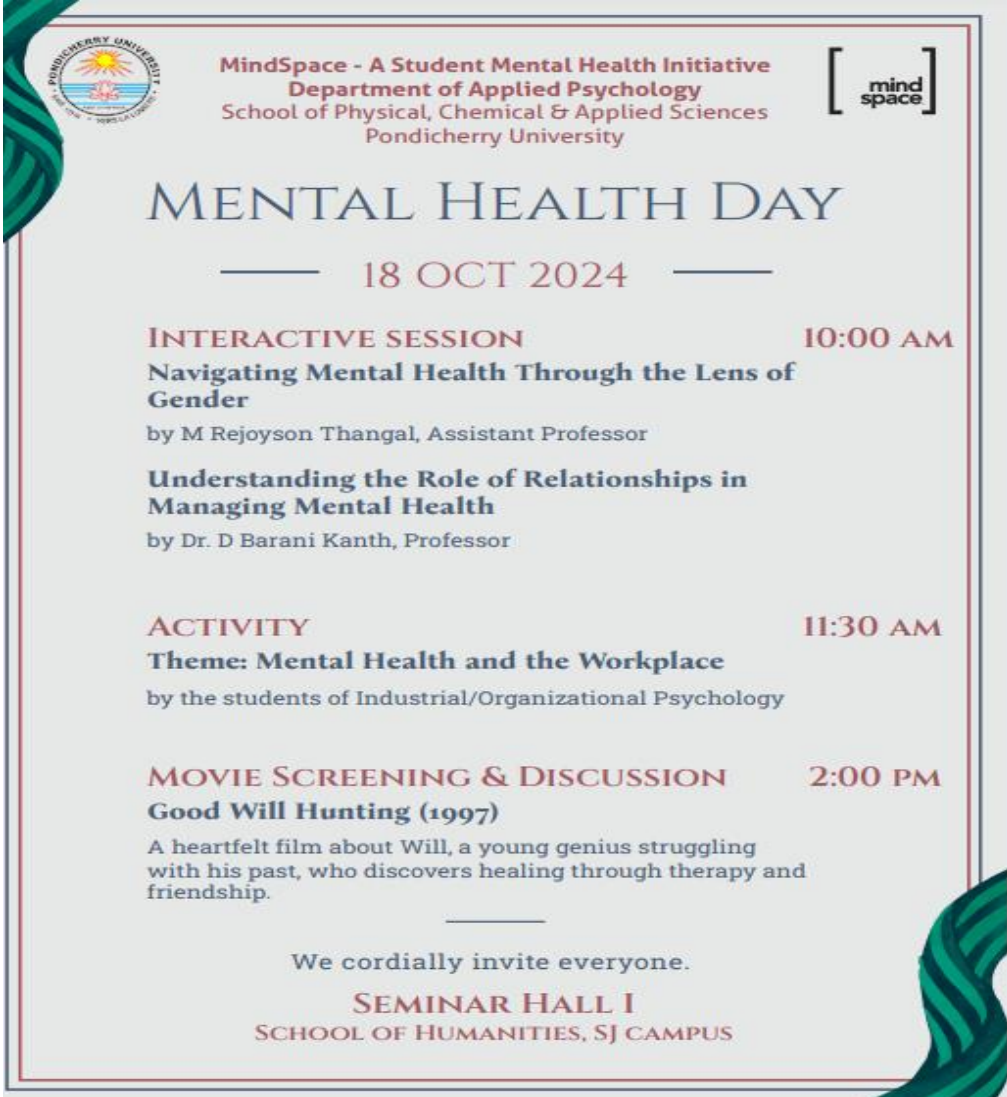
MSW Field Work Trainees Organizing Team: Ashwin MS, Chinmaya Sunil, Greeshma Thomas, BR Lakshmi, Mohana S, Nandhini M, Reshma K, Tamizh Thenaruli S

**Organizing Committee Members**  
Prof. K. Anbu, Prof. R. Nalini, Prof. A. Shahin Sultana, Prof. K. Devan, Dr. C. Satheesh Kumar,  
Dr. P. B. Shankar Narayan, Dr. Iftekhar Alam, Office Staff, Scholars and Students


**Mental Health Day – Interactive session organized by Department of Applied Psychology  
on 18<sup>th</sup> October 2024**


World Mental Health Day is celebrated every year on 10 October. The day is about coming together to talk about mental health and show everyone that mental health matters. Talking about our mental health can help us cope better with life's ups and downs.

[https://www.pondiuni.edu.in/university\\_news/invitation-mental-health-day-department-of-applied-psychology/](https://www.pondiuni.edu.in/university_news/invitation-mental-health-day-department-of-applied-psychology/)



The poster is for a Mental Health Day event on 18 Oct 2024. It features a light grey background with a green and white wavy border on the left and right sides. At the top left is the Pondicherry University logo. At the top center is the text 'MindSpace - A Student Mental Health Initiative' followed by 'Department of Applied Psychology' and 'School of Physical, Chemical & Applied Sciences Pondicherry University'. At the top right is a 'mind space' logo in a square frame. The main title 'MENTAL HEALTH DAY' is in large blue serif font, with '18 OCT 2024' below it in red. The event schedule includes an interactive session at 10:00 AM on 'Navigating Mental Health Through the Lens of Gender' by M Rejoyson Thangal, and an activity at 11:30 AM on 'Theme: Mental Health and the Workplace' by students. A movie screening and discussion of 'Good Will Hunting (1997)' is at 2:00 PM. The poster concludes with an invitation to everyone at Seminar Hall I, School of Humanities, SJ Campus.

 **MindSpace - A Student Mental Health Initiative**  
**Department of Applied Psychology**  
School of Physical, Chemical & Applied Sciences  
Pondicherry University



**MENTAL HEALTH DAY**  
— 18 OCT 2024 —

**INTERACTIVE SESSION** **10:00 AM**  
**Navigating Mental Health Through the Lens of Gender**  
by M Rejoyson Thangal, Assistant Professor

**Understanding the Role of Relationships in Managing Mental Health**  
by Dr. D Barani Kanth, Professor

**ACTIVITY** **11:30 AM**  
**Theme: Mental Health and the Workplace**  
by the students of Industrial/Organizational Psychology

**MOVIE SCREENING & DISCUSSION** **2:00 PM**  
**Good Will Hunting (1997)**  
A heartfelt film about Will, a young genius struggling with his past, who discovers healing through therapy and friendship.

—  
We cordially invite everyone.  
**SEMINAR HALL I**  
SCHOOL OF HUMANITIES, SJ CAMPUS

**World Mental Health Day – Guest Talk on “Addiction the Impending Tsunami” organized by Department of Management, PUCCL in collaboration with CII-Indian Women Network on 22<sup>nd</sup> October, 2024**

We'll cleanse an area on your arm and insert a new sterile needle for the blood draw. (This feels like a quick pinch and is over in seconds.)

A whole blood donation takes about 8-10 minutes, during which you'll be seated comfortably or lying down while approximately a pint of whole blood is collected.

For a Power Red donation, a device will use a single-use kit to collect two units of packed red blood cells and return your plasma along with saline through the same sterile needle in approximately 45 minutes.

[https://www.pondiuni.edu.in/university\\_news/world-mental-health-day-guest-talk-on-addiction-the-impending-tsunami-pucc-lawspet/](https://www.pondiuni.edu.in/university_news/world-mental-health-day-guest-talk-on-addiction-the-impending-tsunami-pucc-lawspet/)

The poster is for a World Mental Health Day guest talk. It features a blue background with a yellow wave graphic at the bottom. At the top, there are logos for FIT INDIA, 3 GOOD HEALTH AND WELL BEING, and DEVELOPED INDIA MISSION. Below these is the text 'PONDICHERRY UNIVERSITY COMMUNITY COLLEGE Department of Management'. The main title is 'ADDICTION THE IMPENDING TSUNAMI'. The speaker is Dr. K. Mathan, MD Psychiatry, Professor & HOD, Department of Psychiatry, Indira Gandhi Medical College & Research Institute, Puducherry. The event is on Tuesday, 22 October 2024, from 10:30 AM to 12:00 NOON. The organizers are Dr. A. Bharathy, Dr. C. Arjunan, Dr. R. Sathiyamoorthy, and Dr. R. Venkatajalapathy. The poster also mentions 'in association with CII - Indian Women Network' and 'An Initiative for BBA students'.

**PONDICHERRY UNIVERSITY COMMUNITY COLLEGE**  
Department of Management

*in association with*  
**CII - Indian Women Network**  
*presents*

**World Mental Health Day**  
Guest Talk on  
**ADDICTION THE IMPENDING TSUNAMI**

**Our Speaker:**  
**Dr. K. Mathan**  
MD Psychiatry  
Professor & HOD  
Department of Psychiatry  
Indira Gandhi Medical College & Research Institute, Puducherry

**In the presence of:**  
**Prof. Lalitha Ramakrishnan**  
Principal (i/c)

**Tuesday, 22 October 2024**  
10:30 AM - 12:00 NOON

**Organiser:**  
**Dr. A. Bharathy**  
Assistant Professor & Head(i/c)

**Co-organisers:**  
**Dr. C. Arjunan**  
Assistant Professor  
**Dr. R. Sathiyamoorthy**  
Assistant Professor  
**Dr. R. Venkatajalapathy**  
Resource Person




*An Initiative for BBA students*



**Screening and Awareness Campaign on Women's Health organized by Internal Quality Assurance Cell (IQAC), Department of Food Science and Technology in association with the Rotary Club of Pondicherry-Divine City & Pondicherry Institute of Medical Sciences on 8<sup>th</sup> March 2024**

While poverty is an important barrier to positive health outcomes for both men and women, poverty tends to yield a higher burden on women and girls' health due to, for example, feeding practices (malnutrition) and use of unsafe cooking fuels (COPD).

[https://www.pondiuni.edu.in/university\\_news/screening-and-awareness-campaign-on-womens-health-department-of-food-science-and-technology/](https://www.pondiuni.edu.in/university_news/screening-and-awareness-campaign-on-womens-health-department-of-food-science-and-technology/)



**Pondicherry University**  
**Internal Quality Assurance Cell (IQAC)**  
**School of Life Sciences**  
**Department of Food Science and Technology**

**In Association with the**  
**Rotary Club of Pondicherry- Divine City**  
**&**  
**Pondicherry Institute of Medical Sciences, Pondicherry**  
**Invite**

**FEMALE STAKEHOLDERS OF PONDICHERY UNIVERSITY**  
**to the**  
**Screening and Awareness Campaign on**  
**Women's Health**  
**(For Students, Teachers, and Administrative staff)**

**Inaugurated By**  
**Prof. K. Tharanikkarasu**  
Vice Chancellor (I/c)  
Director (SEI&RR) and Coordinator (IQAC)

**Date: 08.03.2024** **Time: 8.30 am to 3:00 pm**  
**Venue: Health Centre, Pondicherry University**

<b>Preliminary Screening</b>	<b>Tests done @ subsidized rates</b>
● General Health	● Mammogram
● PCOS	● Abdominal Ultrasound
● Uterine/ Cervical Cancer	● PAP Smear
● Breast Cancer	

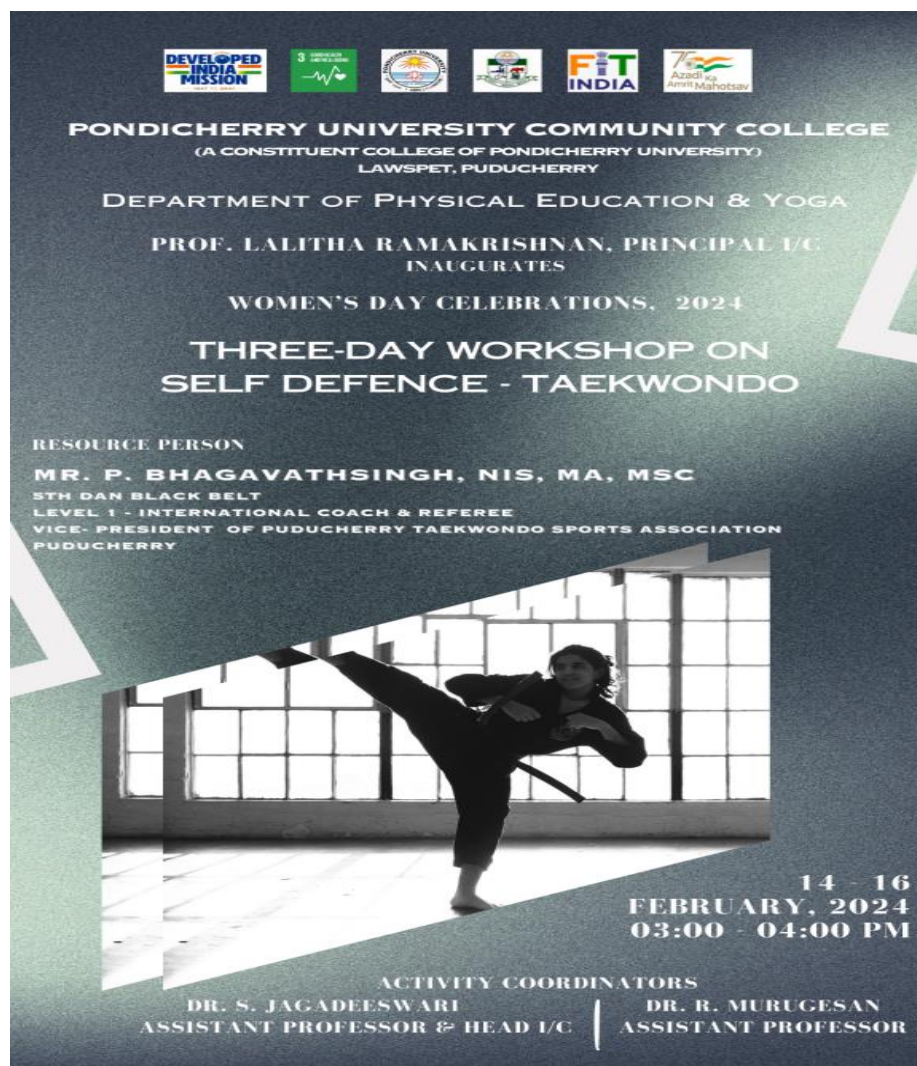
**Powered by**  
IQAC, Pondicherry University with  
Rotary Club of Pondicherry- Divine City

<b>Dr. Vishnu Vardhan</b> Deputy Coordinator (IQAC)	<b>Dr. Narayanasamy Sangeetha</b> Professor, DFST	<b>Dr. S. Haripriya</b> Head (I/c) & Coordinator SDG-2
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**Women's Day Celebrations 2024 – Three day Workshop on Self Defence - Taekwondo organized by Department of Physical Education & Yoga, PUCC from 14 - 16 February, 2024**

The need of the hour for the girls and women in the society is to safeguard themselves against violence committed against them. It is felt that student welfare can strengthen the girl students for their self-protection and women empowerment through a workshop of self defence in collaboration with the Delhi Police (Special Police Unit)

[https://www.pondiuni.edu.in/university\\_news/womens-day-celebrations-2024-workshop-on-self-defence-taekwondo-pucc-lawspet/](https://www.pondiuni.edu.in/university_news/womens-day-celebrations-2024-workshop-on-self-defence-taekwondo-pucc-lawspet/)



**DEVELOPED INDIA MISSION** **3** **INDIA** **INDIA** **INDIA** **INDIA** **INDIA**

**PONDICHERRY UNIVERSITY COMMUNITY COLLEGE**  
(A CONSTITUENT COLLEGE OF PONDICHERRY UNIVERSITY)  
LAWSPET, PUDUCHERRY

**DEPARTMENT OF PHYSICAL EDUCATION & YOGA**

**PROF. LALITHA RAMAKRISHNAN, PRINCIPAL I/C**  
INAUGURATES

**WOMEN'S DAY CELEBRATIONS, 2024**

**THREE-DAY WORKSHOP ON**  
**SELF DEFENCE - TAEKWONDO**

**RESOURCE PERSON**  
**MR. P. BHAGAVATHSINGH, NIS, MA, MSC**  
5TH DAN BLACK BELT  
LEVEL 1 - INTERNATIONAL COACH & REFEREE  
VICE- PRESIDENT OF PUDUCHERRY TAEKWONDO SPORTS ASSOCIATION  
PUDUCHERRY

**14 - 16**  
**FEBRUARY, 2024**  
**03:00 - 04:00 PM**

**ACTIVITY COORDINATORS**  
**DR. S. JAGADEESWARI**  
ASSISTANT PROFESSOR & HEAD I/C | **DR. R. MURUGESAN**  
ASSISTANT PROFESSOR

**Women's Day-2024 – Two day Self-Defence workshop on Kalaripayattu & Taekwondo organized by Directorate of Physical Education and Sports in collaboration with the Centre for Women Studies, The Directorate of Distance Education and the Department of Performing Arts on 5<sup>th</sup> & 6<sup>th</sup> March, 2024**

[https://www.pondiuni.edu.in/university\\_news/womens-day-2024-workshop-on-self-defence-directorate-of-physical-education-and-sports/](https://www.pondiuni.edu.in/university_news/womens-day-2024-workshop-on-self-defence-directorate-of-physical-education-and-sports/)

## **Pondicherry University**



### **Women's Day – 2024 Workshop on Self Defence**

**The Directorate of Physical Education and Sports in collaboration with the Centre for Women Studies, The Directorate of Distance Education, and The Department of Performing Arts Invite all the women stakeholders of the University to participate in the two day Self-Defence workshop on Kalaripayattu & Taekwondo.**

**Kindly register through given link**

**<https://forms.gle/beX6peVS6ZEGaVVVA>**

#### **Kalaripayattu**



**Date: 05/03/2024  
Time: 10:00 am to 1:00 pm &  
2:30 pm to 4:30 pm  
Venue: Netaji Subhas Chandra  
Bose Indoor Stadium**

#### **Taekwondo**



**Date: 06/03/2024  
Time: 10:00 am to 1:00 pm &  
2:30 pm to 4:30 pm  
Venue: Netaji Subhas Chandra  
Bose Indoor Stadium**

## Women Health Awareness Program organized by Department of Biotechnology on 17<sup>th</sup> May, 2024

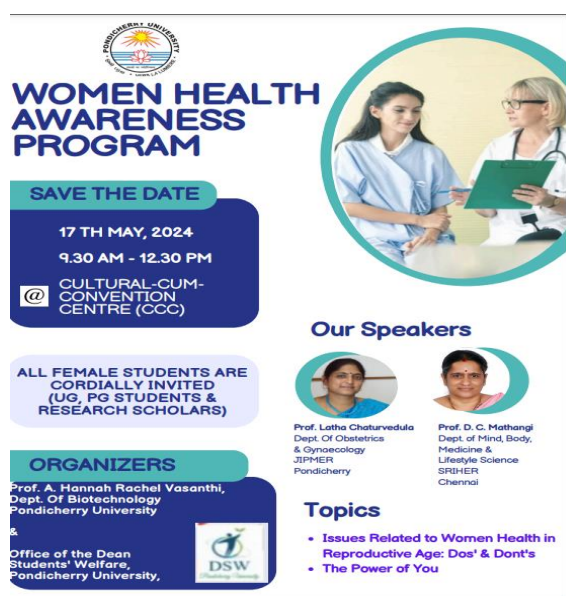
To provide evidence-based community health interventions to promote wellness, environmental health literacy, and environmental public health.

To examine and respond to environmental health disparities utilizing a racial and gender equity lens.

To advocate for environmental justice issues and support the building of localized community health resiliency.

To train students, researchers and post-doctoral fellows, and clinical and public health practitioners in community and environmental health research and practice.

[https://www.pondiuni.edu.in/university\\_news/women-health-awareness-program/](https://www.pondiuni.edu.in/university_news/women-health-awareness-program/)



**WOMEN HEALTH AWARENESS PROGRAM**

**SAVE THE DATE**

17 TH MAY, 2024  
9.30 AM - 12.30 PM

@ CULTURAL-CUM-CONVENTION CENTRE (CCC)

**ALL FEMALE STUDENTS ARE CORDIALLY INVITED (UG, PG STUDENTS & RESEARCH SCHOLARS)**

**ORGANIZERS**

Prof. A. Hannah Rachel Vasanthi,  
Dept. Of Biotechnology  
Pondicherry University  
&  
Office of the Dean  
Students' Welfare,  
Pondicherry University,

**Our Speakers**

Prof. Latha Chaturvedula  
Dept. Of Obstetrics  
& Gynecology  
JIPMER  
Pondicherry

Prof. D. C. Mathangi  
Dept. of Mind, Body,  
Medicine &  
Lifestyle Science  
SRMHER  
Chennai

**Topics**

- Issues Related to Women Health in Reproductive Age: Dos' & Dont's
- The Power of You



**3 days Training Programme on Youth Wellbeing in Higher Education organized by Department of Management, PUCC and Rajiv Gandhi National Institute of Youth Development from 19<sup>th</sup> to 21<sup>st</sup> March 2024**

[https://www.pondiuni.edu.in/university\\_news/training-programme-on-youth-wellbeing-in-higher-education-pucc-lawspet/](https://www.pondiuni.edu.in/university_news/training-programme-on-youth-wellbeing-in-higher-education-pucc-lawspet/)



The poster is for a 3-day training programme on youth wellbeing in higher education. It features a light blue background with a central graphic of three stylized human figures in green, yellow, and blue, holding hands. The text is arranged in a structured layout with various logos at the top, a title section, a sponsor section, and details about the programme, including dates, location, and contact information. There are also decorative 3D cube graphics in blue and yellow.

**PONDICHERRY UNIVERSITY COMMUNITY COLLEGE**  
(A Constituent College of Pondicherry University), Lawspet, Puducherry.

**DEPARTMENT OF MANAGEMENT**  
*Organizes*

**3 Days Training Programme on Youth Wellbeing in Higher Education**

**FUND SPONSORED BY**  
**RAJIV GANDHI NATIONAL INSTITUTE OF YOUTH DEVELOPMENT**  
Sriperumbudur, Tamil Nadu.

Empower your students to succeed with Cognitive Skills (Soft Skills), Emotional Wellbeing, Digital Health, Physical Fitness, Environmental Wellbeing and more...

**Highlights**

- Interactive Hands-on Sessions
- 10+ Expert Speakers
- Build Confidence & Motile
- Timed: 08 AM - 02:30 PM

**Our Patron**  
Prof. S. Sathya Ramakrishnan  
Principal

**More Information**  
Dr. A. Aharathy  
Program Coordinator  
Contact No: 9600088755

**March 19- 21, 2024**

**Limited**  
**50** Seats Only (On a first-come, first-served basis)





**Free Registration**  
Certificate for participants attending all 3 days only



**Click / Scan to Register**  
<https://www.pondiuni.edu.in/>

**1000000 STUDENTS ARE INVITED**  
Last Date to Register: March 8, 2024

Guest Lecture on Yoga Principles organized by Department of Physical Education & Yoga, PUCC on 18<sup>th</sup> October 2024

[https://www.pondiuni.edu.in/university\\_news/guest-lecture-on-yoga-principles-pucc-lawspet/](https://www.pondiuni.edu.in/university_news/guest-lecture-on-yoga-principles-pucc-lawspet/)





**PONDICHERRY UNIVERSITY  
COMMUNITY COLLEGE**  
(A Constituent College of Pondicherry University)  
LAWSPET, PUDUCHERRY-605008.

**Department of Physical Education & Yoga**  
Cordially invites you to attend a Guest Lecture on  
**YOGA PRINCIPLES**  
on October 18, 2024 from 10 am onwards

Presided by  
**Prof. Dr. LALITHA RAMAKRISHNAN**  
Principal (i/c), PUCC  
Special Guest cum Invited Speaker  
**Dr. SANDOSH KUMAR**  
Former Director & Head, Department of Urology, JIPMER.



Organised for  
**Students of**  
**Bachelor of Physical Education and Sports (BPES) &  
Post - Graduate Diploma in Yoga (PGDY)**

**Convener**  
**Dr. R. MURUGESAN**  
Assistant Professor and Head (i/c) &  
Yoga Course Coordinator,  
Department of Physical Education & Yoga

**Dr. S. JAGADEESWARI**  
Assistant Professor,  
Department of Physical Education & Yoga



**Coordinators**  
**Dr. N. Thennavan**  
**Mr. E. Vairamuthu**  
Guest Faculty

Mrs. K. Radhika  
Mrs. A. Kanimozhi  
Mrs. N. Kalpana  
Resource Persons for Yoga Course

 **All are invited** 

# International Symposium on Sustainable One Health organized by Centre for Sustainability and Climate Studies, Department of Ecology and Environmental Sciences in collaboration with Sri Balaji Vidyapeeth on 4<sup>th</sup> September 2024

[https://www.pondiuni.edu.in/university\\_news/invitation-international-symposium-on-sustainable-one-health-centre-for-sustainability-and-climate-studies/](https://www.pondiuni.edu.in/university_news/invitation-international-symposium-on-sustainable-one-health-centre-for-sustainability-and-climate-studies/)

<p><b>About Puducherry</b></p>  <p>Located on the eastern coast of southern India, Puducherry is a union territory of India. Its 492 square kilometers provide a home for about 10 lakh people in four separate districts: Puducherry, Karaikal, Mahe, and Yanam. The towns of Puducherry and Karaikal in Tamil Nadu, Mahe in Kerala, and Yanam in Andhra Pradesh make up the respective districts. Sri Aurobindo, a famous freedom fighter, was born in the French colony of Puducherry. Famous poets Bharathidasan and Bharathiyar, as well as The Mother (Mirra Alfassa), are all from the Puducherry district. In 1954, Puducherry gained its independence and became a part of the Indian Union. The Aayal Mandapam, Ananda Ranga Pillai Mansion, Duplex Statue, War Memorial, and 19<sup>th</sup> century lighthouse are among the famous monuments in the area. These structures have withstood centuries of change and continue to stand alongside colonial architecture. Auroville, sometimes called the City of Dawn, is a major site about 10 kilometers distant from Puducherry in the Indian state of Tamil Nadu.</p> <p><b>Contacts</b></p> <p><b>Dr. Mathimaran Natarajan</b> Centre Head &amp; Coordinator Centre for Sustainability and Climate Studies, Pondicherry University Mob: +91 94885 91825, Email: <a href="mailto:mathi@pondiuni.ac.in">mathi@pondiuni.ac.in</a></p> <p><b>Dr. E. Menikandan</b> Centre for Nano Sciences &amp; Technology, Pondicherry University Mob: +91 87787 84747, Email: <a href="mailto:menikano@pondiuni.ac.in">menikano@pondiuni.ac.in</a></p> <p><b>Dr. R. Senthil</b> Department of Economics, Pondicherry University Mob: +91 89290 69645, Email: <a href="mailto:senthil.eco@pondiuni.ac.in">senthil.eco@pondiuni.ac.in</a></p> <p><b>Dr. Riche Agnihotri</b> Research Associate-II Centre for Sustainability and Climate Studies, Pondicherry University Mob: +91 78686 55715, 91315 58127</p> <p><b>Dr. S. Kalyani Mohan</b> Senior Research Fellow Centre for Sustainability and Climate Studies, Pondicherry University Mob: +91 98438 67398</p>	<p><b>About Pondicherry University</b></p> <p>Pondicherry University, established in 1985, holds an "A" accreditation from NAAC and is renowned for its focus on teaching and research, addressing the country's need for skilled professionals. The main campus spans 780 acres along the East Coast Road (ECR), offering a vibrant social environment that reflects India's cultural diversity. The university's advanced library, accessible through a dedicated portal, provides remote access to a wealth of digital resources. With a strong faculty of over 417 members, the university serves around 12,000 students, including 1,587 full-time and over 100 part-time PhD scholars. Teaching and research are conducted across 14 schools housing 53 departments, fostering interdisciplinary research. Pondicherry University is a pioneer in educational innovation, being the first in India to implement the Choice Based Credit System (CBCS), which allows students to choose elective courses beyond their majors. The university is actively implementing the Government of India's new educational policy, reflecting its commitment to excellence in education. The university is fully supported by the University Grants Commission and Ministry of Education.</p> <p><b>About the Sustainable One Health Program</b></p> <p>Sustainable One Health is an integrated approach that recognizes the interconnectedness of human, animal, and environmental health. It promotes sustainable practices to address global health challenges, including disease outbreaks, climate change, and biodiversity loss. By fostering collaboration across sectors, Sustainable One Health aims to ensure long-term health and well-being for all species while preserving ecosystems for future generations. This event brings together a diverse group of institutions, each contributing unique expertise across various fields, including healthcare, veterinary sciences, agriculture, and public health. Pondicherry University, alongside esteemed partners like Jawahar Institute of Postgraduate Medical Education and Research (JIPMER), Sri Balaji Vidyapeeth (Mahatma Gandhi Medical College &amp; Research Institute), Rajiv Gandhi Institute of Veterinary Education and Research (RIVER), PJN College of Agriculture &amp; Research Institute, Nallam Clinic, ICMR-Vector Control Research Centre (VCRC), and Sri Aurobindo Society, aims to foster a multidisciplinary approach to addressing critical issues at the intersection of human, animal, and environmental health. This collaboration will drive forward initiatives in medical education, disease prevention, sustainable agriculture, integrated vector management, and community health, creating a robust framework for advancing the One Health concept and promoting holistic well-being across the region.</p>	<p><b>International Symposium</b></p> <p>on</p> <p><b>Sustainable One Health</b></p> <p>Wednesday, 4<sup>th</sup> September, 2024</p>  <p><b>Organized by</b> Centre for Sustainability and Climate Studies Department of Ecology and Environmental Sciences Pondicherry University</p> <p><b>in collaboration with</b> Sri Balaji Vidyapeeth (Mahatma Gandhi Medical College &amp; Research Institute) Rajiv Gandhi Institute of Veterinary Education and Research ICMR-Vector Control Research Centre Jawahar Institute of Postgraduate Medical Education and Research Sri Aurobindo Society PJN College of Agriculture &amp; Research Institute Nallam Clinic</p>
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**Fulbright Lecture on “Blood, Waste and Water: Linking Environment Justice to Menstrual Health” organized by Centre for European Studies, Department of English & Internal Quality Assurance Cell (IQAC) on 29<sup>th</sup> November 2024**

[https://www.pondiuni.edu.in/university\\_news/revise-fulbright-lecture-on-blood-waste-and-water-linking-environment-justice-to-menstrual-health/](https://www.pondiuni.edu.in/university_news/revise-fulbright-lecture-on-blood-waste-and-water-linking-environment-justice-to-menstrual-health/)

**PONDICHERRY UNIVERSITY**  
SCHOOL OF SOCIAL SCIENCES AND INTERNATIONAL STUDIES  
CENTRE FOR EUROPEAN STUDIES,  
DEPARTMENT OF ENGLISH & INTERNAL QUALITY ASSURANCE CELL (IQAC)

Cordially invite you for **Fulbright lecture** by

**Lalitha "Lily" Shanmugasundaram**  
The Elliott School of International Affairs  
George Washington University  
Washington D.C

**29 November 2024**



**Speaker's Profile**

Lalitha Shan is a Fulbright Nehru Scholar studying the impacts of climate change on female sanitation and menstruation through an environmental justice lens in tribal communities in Coimbatore District. She additionally has done research on eco-modernist interventions on menstrual waste in urban Coimbatore through a feminist political ecology perspective. She has worked as a research consultant on a National Science Foundation grant studying Arctic energy transitions through an environmental and energy justice lens, and has held previous research positions at the GW Alliance for Sustainable Futures and the Wilson Center. She is a recent graduate of George Washington University with a bachelor's of science in International Affairs, and will continue her post graduate education in the U.S. following the completion of her Fulbright fellowship.

**Seminar cum Workshop on Artificial Intelligence (AI) and Machine Learning (ML): Next Generation Tools for Health and Healthcare organized by Department of Bioinformatics on 20<sup>th</sup> December 2024**

[https://www.pondiuni.edu.in/wp-content/plugins/pdf-poster/pdfjs/web/viewer.html?file=https://www.pondiuni.edu.in/wp-content/uploads/2024/11/brochure\\_AI\\_ML](https://www.pondiuni.edu.in/wp-content/plugins/pdf-poster/pdfjs/web/viewer.html?file=https://www.pondiuni.edu.in/wp-content/uploads/2024/11/brochure_AI_ML)



**Seminar cum Workshop on  
Artificial Intelligence (AI) and Machine Learning (ML):  
Next generation tools for Health and Healthcare**

**Organized by  
Department of Bioinformatics, Pondicherry University  
20<sup>th</sup> December, 2024**

**ABOUT THE WORKSHOP**

Seminar will focus on understanding the use of AI and ML to be applied in biological research to effectively address complex issues in healthcare. It will also cover the hands-on sessions to impart the skills and will meet out the access to quality education and process of learning opportunities based on the SDG-4.

**ORGANIZING SECRETARY**

**Dr. P.T.V. Lakshmi**  
Professor & Head,  
Department of Bioinformatics,  
Pondicherry University,  
Email ID: [lakanna@bicpu.edu.in](mailto:lakanna@bicpu.edu.in)

**SCHEDULE**

**December 20, 2024**

**Seminar I: Dr. Prashanth S:** NGS and Healthcare in the era of Data driven ML.

**Seminar II: Dr. Renuka S -** AI and Drug discovery.

**Post lunch**

**Hands-on sessions -** Dr. Prashanth S. and Dr. Renuka S.

**ORGANIZING COMMITTEE**

- ❖ Prof. Basant K. Tiwary
- ❖ Prof. Dinakar R. Ampasala
- ❖ Prof. R. Krishna
- ❖ Prof. M. Suresh Kumar
- ❖ Prof. ArchanaPan
- ❖ Prof. R. Amutha
- ❖ Dr. B. Syed Ibrahim
- ❖ Dr. K.M. Kumar
- ❖ Dr. A. Murali
- ❖ Dr. S. Mohane Coumar
- ❖ Dr. V. Amouda

**RESOURCE PERSONS**

**Dr. Prashanth S**  
Associate Professor  
&  
**Dr. Renuka S**  
Assistant Professor  
School of Biotechnology  
Amrita Vishwa Vidyapeetham,  
Amritapuri, Kerala

**REGISTRATION**

There is no registration fee for this event, the seminar is open to all PG and Research Scholars of School of Life Sciences, PU.

**\*The hands-on session is only for the Department of Bioinformatics, Pondicherry University.**

(Link for Dept. of Bioinformatics only)  
<https://forms.gle/aAQ8Y5gLSDBJLYP5Z>

**CONTACT DETAILS**

Department of Bioinformatics,  
School of Life Sciences Pondicherry University,  
Puducherry-605014, India

Email ID: [contact@bicpu.edu.in](mailto:contact@bicpu.edu.in), [dr.ptv.lakshmi.lab@gmail.com](mailto:dr.ptv.lakshmi.lab@gmail.com) Phone: +91 4132654252.

**World Diabetes Day – Awareness Session followed by Diabetic Screening Test organized by Siddha Regional Research Institute (SRRI) in collaboration with Siddha Medical Services Unit, University Health Centre on 14<sup>th</sup> November 2024**

<https://www.pondiuni.edu.in/wp-content/plugins/pdf-poster/pdfs/web/viewer.html?file=https://www.pondiuni.edu.in/wp-content/uploads/2024/11/An-Awareness-Session-followed-by-Diabetic-Screening-Test-on-14.11.2024>



PONDICHERRY UNIVERSITY  
(A Central University)

*Dr B.R. Ambedkar Administrative Building,  
R. Venkataraman Nagar, Kalapet, Puducherry - 605 014*

Ref. No.PU/EST/NT12/Siddha/2024/370

Date 13.11.2024

**CIRCULAR**

The Siddha Regional Research Institute (SRRI), (under the Central Council for Research in Siddha (CCRS), Ministry of AYUSH, Government of India) in collaboration with Siddha Medical Services Unit, University Health Centre, Pondicherry University is conducting an Awareness Session followed by Diabetic Screening Test from 10.30 A.M. onwards on 14<sup>th</sup> November 2024 (Thursday) in the Executive Council Hall, Administrative Building on the occasion of World Diabetes Day for all the Staff.

All the willing Staff are requested to avail this facility.

// BY ORDER//

DEPUTY REGISTRAR (ADMN)

To

The All Staff, PU

Copy to:

1. Dr.Lavanya, Research Officer (Siddha Medical Services Unit.), Health Centre, PU
2. The O/o, University Health Centre, PU
3. The Deputy Registrar, VC's Secretariat, Pondicherry University. for kind information of VC
4. The Head (i/c), Engineering Wing, PU } with a request to provide all infrastructure facilities.
5. The Assistant Engineer, Electrical Wing, PU }
6. The Officer on Special Duty, Vigilance & Security Section, PU - - - for providing necessary security arrangements
7. The Public Relations Officer, PU - - - for suitable arrangements.
- ✓ 8. The Systems Manager & Head (i/c), Computer Centre, PU. - - - with a request to host in the University website.

**World Tourism Day 2024 – Blood Donation Camp organized by Department of Tourism Studies on 23<sup>rd</sup> September 2024**

[https://www.pondiuni.edu.in/university\\_news/world-tourism-day-2024-blood-donation-camp-department-of-tourism-studies/](https://www.pondiuni.edu.in/university_news/world-tourism-day-2024-blood-donation-camp-department-of-tourism-studies/)



**PONDICHERRY UNIVERSITY**  
(A Central University)  
**DEPARTMENT OF TOURISM STUDIES**  
SCHOOL OF MANAGEMENT

**Dr. ANU CHANDRAN.R.C**

Professor & Head

Chief Editor Bharatha Pathrika Trilingual Journal

E-mail: [anoos\\_ind@pondiuni.ac.in](mailto:anoos_ind@pondiuni.ac.in); [anu.chandran48@gmail.com](mailto:anu.chandran48@gmail.com)

R.V.NAGAR, KALAPET  
PUDUCHERRY-605 014  
Phone No: 9843244547

18.09.2024

**CIRCULAR**

The Department of Tourism Studies, School of Management, Pondicherry University is organising the Blood Donation Camp in Association with JIPMER and Rotary club Pondicherry Agaram - as part of the spate of events to mark the World Tourism Day 2024. The Campaign will be held in the Auditorium, Dept. of Management Studies on 23 Sept, from 10.00 a.m. to 5.00 p.m.  
All the interested Students, Scholars, Faculty Members and Non-Teaching Staff of the University are invited to take part in this initiative.


ANU CHANDRAN

**One-Week International online Training on Feminist Research Methodology organized by Centre for Women's Studies in academic collaboration with Asha Paras Foundation for Peace and Harmony, India from 12<sup>th</sup> – 18<sup>th</sup> February 2024**

[https://www.pondiuni.edu.in/university\\_news/inaugural-session-one-week-international-online-training-on-feminist-research-methodology-centre-for-womens-studies/](https://www.pondiuni.edu.in/university_news/inaugural-session-one-week-international-online-training-on-feminist-research-methodology-centre-for-womens-studies/)



**Centre for Women's Studies, Pondicherry University,  
Puducherry**  
*In academic collaboration with*  
**Asha Paras Foundation for Peace and Harmony, India**

*Cordially invites you to the*  
**Inaugural Session**  
**ONE-WEEK INTERNATIONAL ONLINE TRAINING ON  
FEMINIST RESEARCH METHODOLOGY**



**PROF. B B MOHANTY**  
Dean, School of Social Sciences and International Studies  
Pondicherry University, Puducherry

**Will deliver the Inaugural Address**

**12 FEB 2024**   **6.00 PM-8.30 PM**  
(MONDAY) (INDIAN TIME)

**ADDRESS – GOOGLE MEET**  
Google Meet joining info  
<https://meet.google.com/unf-ormu-ziq>

**INVITED**

## **World Oral Health Day :**

**Department of Management at Pondicherry University Community College (PUCC)** in collaboration with other national programs NTCP, RSSK, colleges and organizations partnered with National Oral Health Programme – the NOHP Cell Puducherry to celebrate the **“World Oral Health Day”** with a **“Walkathon” – Be proud of your mouth”**. The “Walkathon” was flagged off by **Dr. O. Kavipriya**, State Nodal Officer for the National Oral Health Programme, Puducherry from Gandhi Statue & the walkathon went via Bussy Street, M.G. Street, J.N.Street, Mission Street, St. Ange Street & ended at Gandhi Statue on the Beach Road.

Twenty five students from the Department of Management (PUCC) accompanied by faculty members Dr.A.Bharathy & Dr.R.Venkatajalapathy participated in the “Walkathon”. The aim was to spread the message for the year 2023 **“Focus on the importance of caring for your mouth at every stage of life”**. The students participated with full energy and enthusiasm carrying placards with the messages to spread awareness on the event of the **“World Oral Health Day”**.



## **Blood Donation Camp**

A blood donation camp was organised by the Directorate of Distance Education of Pondicherry University, in collaboration with Indira Gandhi Government General Hospital and Postgraduate Institute. This event saw almost 300 people come forward to donate blood on campus. This included students, faculty and even the most security personnel of the university. This event had begun in the morning and went on almost till afternoon.

The OSD of Culture and Cultural Relations, Prof. Rajeev Jain, inaugurated the camp and said "Blood donation is the best gift one can give to the mankind. It should help the younger

generation to develop their social values." Dr Diana Sharmila, Chief Medical Officer, Department of Transfusion Medicine of Indira Gandhi Government General Hospital who was instrumental in this collaboration said that "there was a good response by the officials, teaching staff and students of the university to donate blood and a large number of blood bags were collected in the camp. The interested donors were physically examined before donation. It is a great initiatives taken by Pondicherry University".

"It is a hectic task to organise the event however it gives me great satisfaction that I can do something for the society. Every person who is fit and well to do should donate blood. I feel great that I am able to contribute for this noble cause," said Dr Arvind Gupta, the Director of the DDE of Pondicherry university.

The students after the donation of blood were treated with juice, biscuits and Donors Certificates were advised to consume fluids in order to make up for the loss of fluids from their body.

We were overwhelmed to see the response of the students and the other members of the university for this camp," said the doctors from the blood bank. Understanding the moral and social responsibility of the institution in view of the huge demand for life saving blood in the city, the vice chancellor of Pondicherry University, Prof Gurmeet Singh took the initiative of conducting this blood donation camp, said Dr Gupta. He further said "We are hoping that by conducting these camps students will be aware of the benefits of blood donation and how a unit of blood can save four lives."



**A Three day National Workshop on Leading Healthy Lifestyle and Improving Self: Physical & Mental in its campus at Lawspet between 8<sup>th</sup> March and 10 March, 2023**

The Department of Physical Education and Yoga, Pondicherry University Community College had conducted A Three day National Workshop on Leading Healthy Lifestyle and Improving Self: Physical & Mental in its campus at Lawspet between 8<sup>th</sup> March and 10 March, 2023. This workshop was collaborated and funded by the Rajiv Gandhi National Institute of Youth Development (RGNYD), Sriperumbudur. This workshop is creating awareness on essential to promote and correct lifestyle in order to maintain and promote health. The activity is promoting health and providing public health of the most important bases for the development of youth communities. The inaugural was presided over by the Principal of Pondicherry University Community College, **Prof. Lalitha Ramakrishnan**. The workshop inaugurated by **Prof. Shibnath Deb**, Director, Rajiv Gandhi National Institute of Youth Development Guest of honour **Smt. Padma Jaiswal**, IAS, Secretary to E-Governance and ICT, Government of Puducherry and Special Guest **Dr. B. N. Padmaja Priyadharshini**, Entrepreneur and Managing Director of HomePlanGuru Pvt. Ltd. Welcome Address Delivered by **Dr. R. Murugesan**, Assistant Professor & Head (I/c) Dept. of Physical Education & Yoga and the Scope of the workshop was delivered by the Programme Co-ordinator **Dr. S. Jagadeeswari**, Assistant Professor, Dept. of Physical Education & Yoga, PUCC. The programme had started with 130 participants from different colleges Puducherry and Tamilnadu.

**Prof. Shibnath Deb**, Director, Rajiv Gandhi National Institute of Youth Development, Sriperumbudur delivered a Chief Guest Address and he overwhelmed the importance of youth's physical & metal health for the future India.

**Smt. Padma Jaiswal**, IAS, Secretary to E-Governance and ICT, Government of Puducherry, delivered a Guest of honour's Address and she talked about the importance of leading healthy lifestyle through mental health. She interacted with the participants about need and urge of healthy life being and wellness. And she discussed the importance of physical activity and yoga.

**Dr. S. Jagadeeswari**, Assistant Professor, Dept. of Physical Education & Yoga, PUCC has delivered a vote of thanks.



**A two day sensitization workshop on “Girls Lead Girls- A holistic self-defence program” organized by the Department of Biochemistry, Pondicherry University Community college**

The Department of Biochemistry, PUCC in collaboration with Trust for youth and child leadership (TYCL) organized a two day woman sensitization workshop on “Girls Lead Girls- A holistic self-defence program” in commemoration of International women’s day 2023 to girl’s students of science. The awareness programme was started with University Anthem followed by Welcome Address by Dr. D. Varalakshmi, Assistant Professor, Department of Biochemistry, PUCC. The Presidential address was delivered by Prof. Lalitha Ramakrishnan, Principal (i/c) of this college. Ms. Yuvayazhini, Associate Director, TYCL and her team members enlightened the women’s fundamental rights, safety and self-defences viz. Physical, Emotional, Sexual, Online, Intellectual, Economical, Socio-Legal and Socio-Cultural self-defences. The students were asked to fill the questionnaire given by TYCL after the end of the session thereby pre and post interactive session addressed the queries of students and clarified their doubts pertaining to self-defence. The notion of this sensitization program is to empower the girls as it is the need of the hour and they are the backbone of developing society. The programme was fully sponsored by TYCL. Certificates were distributed to the participants by TYCL. Dr. M.Tharaheswari, Head (i/c), Department of Biochemistry proposed vote of thanks. The workshop ended with National anthem.



**Drug Free Puducherry Campaign Community Based Initiatives of Student Peer Educators on Substance Abuse Prevention**



**Department of Social Work  
Pondicherry University  
&  
Ministry of Social Justice and Empowerment  
Drug Free Puducherry  
Campaign**

**COMMUNITY BASED INITIATIVES OF STUDENT  
PEER EDUCATORS on SUBSTANCE ABUSE  
PREVENTION**

Community	Date	Programmes
Kizhloor	30.12.2022	Rangoli Competition
Sivaranthangam	31.12.2022	Rangoli Competition Awareness programmes
Solainagar	04.01.2023	School awareness programme Thematic competitions
Solainagar	05.01.2023	School awareness programme Thematic competitions
Solainagar	06.01.2023	School awareness programme Thematic competitions
Melthirukanchi	08.02.2023	Rangoli Competition Awareness programmes
Keezhparikalpattu	07.01.2023	Rangoli Competition
Keezhparikalpattu	09.01.2023	School Awareness programme Thematic competitions

*KAP surveys, identification of positive deviant leaders: ongoing since 19/11/2022 on holidays*

**Prof. R. Nalini**  
Principal Investigator

**Dr. Iftekhar Alam**  
Co-Principal Investigator



Special Service and Features



## Leading our generation to a healthy, peaceful, and happy Drug Free - Puducherry

Posted On: 06 JUN 2023 1:48PM by PIB Chennai

The community-based student peer educators' sentiments for a healthy Puducherry echo the objectives of the project "Towards a Drug Free Puducherry District" – a community-based project jointly undertaken by the Department of Social Work, Pondicherry University and Ministry of Social Justice and Empowerment (MoSJE), Government of India under Nasha Mukta Bharat Abhiyaan, Launched on 6<sup>th</sup> April 2022, over a period of 12 months, the project sensitized faculty and students from higher educational institutions in Puducherry against substance abuse and alcoholism in Puducherry District. As part of the project, students from 10 higher educational institutions in Puducherry were trained as peer educators to mobilize women, youth, and at-risk groups in local communities to address the substance use-related issues faced by community members and to aid them in accessing psychosocial support services.

The villages of Periyakalapet, Solainagar, Keezhparikalpattu, Kottaimedu, Melthirukanchi, Sivaranthangam, and Kezhoor were selected for peer-led interventions in this phase of the project. Between December 2022 and April 2023, the students organized a series of activities in these communities such as awareness programmes, focus-group discussions with women, youth and self-help group (SHG) members, health awareness sessions, sports and rangoli competitions, and household KAP (knowledge, attitude, and practice) surveys.

The student peer-educators were felicitated by Prof. Gurmeet Singh, Hon. Vice-Chancellor of Pondicherry University and Prof. B.B. Mohanty, Dean, School of Social Sciences and International Studies, Pondicherry University. Prof. R. Nalini, Principal Investigator provided a brief summary of the project's major achievements. Professor Gurmeet Singh, Hon. Vice-Chancellor, Pondicherry University delivered the presidential address and tabled the project report for the period April 2022-March 2023. Felicitations were offered by Professor B. B. Mohanty and Dr. K. Anbu, Head (i/c) Department of Social Work, Pondicherry University.



The dignitaries distributed the certificates and medals to the student peer educators in recognition of their work and achievements in their communities. Dr. Iftekhar Alam, Assistant Professor and Co-Principal Investigator offered the vote of thanks. The felicitation programme was organized to recognize and commend the potential of youth in Puducherry under the Nasha Mukta Bharat Abhiyaan campaign towards reducing the demand for drugs, especially among children and youth for the creation of a healthy and youthful Puducherry.

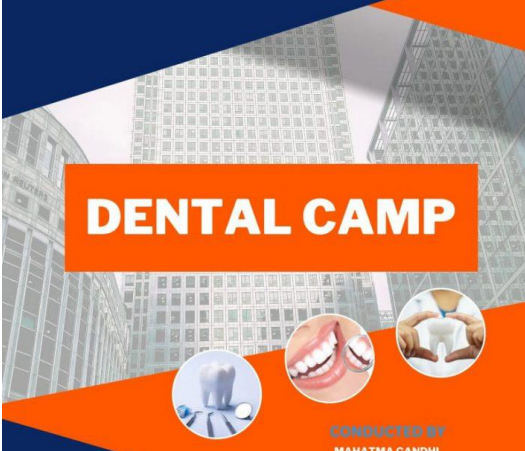


<https://www.thehindu.com/news/cities/puducherry/student-peer-educators-in-project-against-drug-abuse-felicitated/article66938276.ece>




**Dental Camp organized by “Pondicherry University Community College, Lawspet.**

[https://www.pondiuni.edu.in/university\\_news/dental-camp-pucc-lawspet-2/](https://www.pondiuni.edu.in/university_news/dental-camp-pucc-lawspet-2/)


**PONDICHERRY UNIVERSITY**  
**COMMUNITY COLLEGE**  
( A constituent College of Pondicherry University )  
Lawspet, Puducherry - 605008



# DENTAL CAMP



CONDUCTED BY  
MAHATMA GANDHI  
POSTGRADUATE INSTITUTE OF DENTAL SCIENCES  
PUDUCHERRY

 **DATE :** 25-01-2023  
**TIME :** 8:45 AM  
**VENUE:** PONDICHERRY UNIVERSITY COMMUNITY COLLEGE

**ORGANISED BY: NATIONAL SERVICE SCHEME(NSS)**

**Voluntary Blood Donation Camp “Department of Physical Education & Sports**  
**[https://www.pondiuni.edu.in/university\\_news/voluntary-blood-donation-camp-department-of-physical-education-sports/](https://www.pondiuni.edu.in/university_news/voluntary-blood-donation-camp-department-of-physical-education-sports/)**

## **INVITATION**

**!! Donate Blood for a noble cause and save life!!**

The Department of Physical Education & Sports, Pondicherry University  
is organizing the

**6th** Voluntary Blood Donation Camp

With support from JIPMER and Lions Club of Pondicherry Central

**on Tuesday the 31st of January, 2023**

in the **Department premises.**

**The camp will start at 10 AM and is expected to close around 1.30 PM.**

We are happy to  
invite all the students, staff of Pondicherry University and their friends to  
participate in the voluntary blood donation program and  
donate blood for a Noble Cause.

**Dr. G. Vasanthi**

Professor & Head, Dept of Physical Education & Sports

For details contact Dr. R. Ram Mohan Singh on 7338999899, 9080549229 (Coordinator)

### Organizing Committee Members

Dr. D. Sultana, Dr. G. Vinod Kumar, Dr. M. Elayaraja (Professors)

Mr. K. Thiroumourougan, Dr. A. Praveen, Dr. Y. Vino (Associate Professors)

Dr. Chandana Easwar, Dr. Vishal Singh, Dr. S. Sivachandiran, Dr. Dilshit A Kabeer

(Assistant Professors)

Mr. G. Gunasekar, Mr. P. Danasekaran (Office Staff)

To: The system Manager with request to upload in the University Website.

## VALEDICTORY FUNCTION

*Invocation*

*Welcome Address* : **Dr. P. B. Shankar Narayan**  
Assistant Professor, Dept. of Social Work  
Pondicherry University

*Camp Report* : **Ms. Deeptika. S**  
I M.S.W, Student

*Valedictory Address* : **Mr. Gavhal Nithin Ramesh, PPS (SG)**  
Superintendent of Police (North)- Karaikal

*Special Address* : **Shri. P.R. Siva**  
Honourable Member of Legislative Assembly,  
Thirunallar  
Government of Puducherry

*Felicitation* : **Mr. Dr. K. Sivakumar**  
Assistant Professor and Head, Dept. of Social Work,  
Aringar Anna Government Arts and Science College,  
Karaikal

: **Rev. Fr. Xavier Satheesh, SDB**  
Principal, Don Bosco College of Arts and Science  
Thamanangudy, Karaikal

: **Rev. Fr. Siby Mathew, SDB**  
Secretary, Don Bosco College of Arts and Science  
Thamanangudy, Karaikal

*Vote of Thanks* : **Mr. V. Ajeethkumar**  
I MSW, Rural Camp Student's Co-ordinator

*Cultural Programme* : **I MSW Students**

**National Workshop on Leading Healthy Lifestyle and Improving Self: Physical & Mental “ PUCCL, Lawspet**

[https://www.pondiuni.edu.in/university\\_news/national-workshop-on-leading-healthy-lifestyle-and-improving-self-physical-mental-pucc-lawspet/](https://www.pondiuni.edu.in/university_news/national-workshop-on-leading-healthy-lifestyle-and-improving-self-physical-mental-pucc-lawspet/)



**PONDICHERRY UNIVERSITY COMMUNITY COLLEGE**

( A CONSTITUENT COLLEGE OF PONDICHERRY CENTRAL UNIVERSITY )

LAWSPET, PUDUCHERRY- 605008

**DEPARTMENT OF PHYSICAL EDUCATION AND YOGA**

ORGANISES

**A THREE - DAY NATIONAL WORKSHOP ON  
LEADING HEALTHY LIFESTYLE AND IMPROVING SELF:  
PHYSICAL & MENTAL**



**8<sup>TH</sup> - 10<sup>TH</sup> March, 2023**

**10 AM - 05 PM**

**AT**

**SEMINAR HALL**

**PU - COMMUNITY COLLEGE, LAWSPET**

**SPONSORED BY**

**RAJIV GANDHI NATIONAL YOUTH DEVELOPMENT**

INSTITUTION OF NATIONAL IMPORTANCE BY THE ACT OF PARLIAMENT NO.35/12




MINISTRY OF YOUTH AFFAIRS AND SPORTS, GOVERNMENT OF INDIA

SRIPERUMBUDUR

**PROGRAMME COORDINATOR**

**DR. S. JAGADEESWARI**

ASSISTANT PROFESSOR  
DEPARTMENT OF PHYSICAL EDUCATION & YOGA  
PUCCL

**PONDICHERRY UNIVERSITY COMMUNITY COLLEGE**  
(A CONSTITUENT COLLEGE OF PONDICHERRY CENTRAL UNIVERSITY)  
LAWPET, PUDUCHERRY - 605006



**DEPARTMENT OF PHYSICAL EDUCATION AND YOGA**  
IN COLLABORATION WITH

**RAJIV GANDHI NATIONAL INSTITUTE OF YOUTH DEVELOPMENT**  
INSTITUTION OF NATIONAL IMPORTANCE BY THE ACT OF PARLIAMENT NO.35/12  
MINISTRY OF YOUTH AFFAIRS AND SPORTS, GOVERNMENT OF INDIA  
SRIPERUMBUDUR

ORGANISES

**A THREE - DAY NATIONAL WORKSHOP ON**  
**LEADING HEALTHY LIFESTYLE AND IMPROVING SELF: PHYSICAL & MENTAL**  
**AT**  
**SEMINAR HALL**

Google Meet Link : <https://meet.google.com/bnz-ediy-szb>

**INAUGURATION**  
8<sup>TH</sup> MARCH, 2023  
10:00 am

University Anthem

Welcome Address	<b>Dr. R. MURUGESAN</b> <small>Asst. Prof. &amp; HEAD I/C/L, DEPARTMENT OF PHYSICAL EDUCATION &amp; YOGA, PUCC</small>
Scope of the Workshop	<b>Dr. S. JAGADEESWARI</b> <small>Asst. Prof. &amp; PROGRAMME COORDINATOR DEPARTMENT OF PHYSICAL EDUCATION &amp; YOGA, PUCC</small>
Presidential Address	<b>Prof. LALITHA RAMAKRISHNAN</b> <small>PRINCIPAL I/C/L, PONDICHERRY UNIVERSITY COMMUNITY COLLEGE LAWPET, PUDUCHERRY</small>
Chief Guest's Address	<b>Prof. SIBNATH DEB</b> <small>DIRECTOR RAJIV GANDHI NATIONAL INSTITUTE OF YOUTH DEVELOPMENT SRIPERUMBUDUR</small>
Guest of Honour's Address	<b>Smt. PADMA JAISWAL, I.A.S.</b> <small>SECRETARY'S SUPERVISOR &amp; IGT GOVERNMENT OF PONDICHERRY</small>
Special Guest's Address	<b>Dr. B. N. PADMAJA PRIYADARSHINI</b> <small>MANAGING DIRECTOR PU'S EMPLOYMENT CELL ORGANIZATIONS PVT. LTD. CHENNAI</small>
Vote of thanks	

**VALEDICTORY**  
10<sup>TH</sup> MARCH, 2023  
04:30 pm

University Anthem

Welcome Address	<b>Dr. R. MURUGESAN</b> <small>Asst. Prof. &amp; HEAD I/C/L, DEPARTMENT OF PHYSICAL EDUCATION &amp; YOGA, PUCC</small>
Report of the Workshop	<b>Dr. S. JAGADEESWARI</b> <small>Asst. Prof. &amp; PROGRAMME CO-ORDINATOR DEPARTMENT OF PHYSICAL EDUCATION &amp; YOGA, PUCC</small>
Mime	<b>YOUTH'S SOCIAL PROBLEM</b> <small>BY P'YOGA &amp; P.L.S. PUCC</small>
Valedictory Address	<b>Prof. VASANTHI RAJENDRAN</b> <small>HEAD, CENTRE OF YOUTH DEVELOPMENT AND EMPOWERMENT, RAJIV GANDHI NATIONAL INSTITUTE OF YOUTH DEVELOPMENT SRIPERUMBUDUR</small>
Guest of Honour's Address	<b>Prof. G. VASANTHI</b> <small>DIRECTOR I/C/L, DIRECTORATE OF SPORTS &amp; HEAD, DEPARTMENT OF PHYSICAL EDUCATION &amp; SPORTS, PONDICHERRY UNIVERSITY</small>
Vote of thanks	<b>Dr. S. JAGADEESWARI</b> <small>Asst. Prof. &amp; PROGRAMME CO-ORDINATOR DEPARTMENT OF PHYSICAL EDUCATION &amp; YOGA, PUCC</small>
National Anthem	

**...All are Welcome..**

**DAY-1**  
08-03-2023  
10:30 AM - 11:30 AM

**Dr. B. N. PADMAJA PRIYADARSHINI**  
MANAGING DIRECTOR, PU'S EMPLOYMENT CELL ORGANIZATIONS PVT. LTD. CHENNAI

**PERSONALITY & COMMUNICATION DEVELOPMENT**

**11:30 AM - 11:45 AM TEA BREAK**  
11:45 AM - 01:00 PM

**Dr. N. NIRMALA SARAVANAN**  
SENIOR INCHARGE OFFICER & NATIONAL TRAINER  
INDIA GARDEN GOVT. HOSPITAL, PONDICHERRY

**GENERAL HEALTH AND WELLNESS**

**01:00 PM - 02:00 PM LUNCH BREAK**  
02:00 PM - 03:30 PM

**Mr. S. R. NATARAJAN**  
FORMER PROGRAMMING HEAD, IAS PR & ENTREPRENEUR

**SOCIAL MEDIA ON YOUTH'S LIFE**

**03:30 PM - 03:45 PM TEA BREAK**  
03:45 PM - 05:00 PM

**Dr. R. MURUGESAN**  
Asst. Prof. & HEAD I/C/L,  
DEPARTMENT OF PHYSICAL EDUCATION & YOGA, PUCC

**YOGA PRACTICES FOR MENTAL WELL BEING**







**PONDICHERRY UNIVERSITY COMMUNITY COLLEGE**  
(A CONSTITUENT COLLEGE OF PONDICHERRY CENTRAL UNIVERSITY)

**DEPARTMENT OF PHYSICAL EDUCATION AND YOGA**  
ORGANISES

**CORDIALLY INVITES YOU ALL FOR**

**A THREE - DAY NATIONAL WORKSHOP ON**  
**LEADING HEALTHY LIFESTYLE AND IMPROVING SELF:**  
**PHYSICAL & MENTAL**  
**8<sup>TH</sup> - 10<sup>TH</sup> March, 2023**  
**10:00 AM - 05:00 PM**

AT  
**SEMINAR HALL,**  
**PU - COMMUNITY COLLEGE, LAWPET**  
**IN COLLABORATION WITH**

**RAJIV GANDHI NATIONAL INSTITUTE OF YOUTH DEVELOPMENT**  
INSTITUTION OF NATIONAL IMPORTANCE BY THE ACT OF PARLIAMENT NO.35/12  
MINISTRY OF YOUTH AFFAIRS AND SPORTS, GOVERNMENT OF INDIA  
SRIPERUMBUDUR



**... ALL ARE INVITED ...**

**DAY-3**  
10-03-2023  
10:30 AM - 11:30 AM

**Dr. NARAYANASAMY SANGEETHA**  
ASSOCIATE PROFESSOR, DEPT. OF FOOD SCIENCE & TECHNOLOGY, PONDICHERRY UNIVERSITY

**GOOD NUTRITION FOR HEALTHY LIFESTYLE CHANGES**

**11:30 AM - 11:45 AM TEA BREAK**  
11:45 AM - 01:00 PM

**Prof. D. SULTANA**  
DIRECTOR  
DEPARTMENT OF PHYSICAL EDUCATION & SPORTS, PONDICHERRY UNIVERSITY

**ROLE OF PHYSICAL ACTIVITY FOR HEALTH & MENTAL WELL BEING**

**01:00 PM - 02:00 PM LUNCH BREAK**  
02:00 PM - 03:30 PM

**Dr. SELVARANI**  
DIRECTOR  
NILA NUTRITION RESEARCH AND DEVELOPMENT ORGANIZATION  
PONDICHERRY

**GENDER EQUALITY**

**03:30 PM - 03:45 PM TEA BREAK**  
03:45 PM - 05:00 PM

**Prof. G. VASANTHI**  
DIRECTOR I/C/L, DIRECTORATE OF SPORTS &  
HEAD, DEPARTMENT OF PHYSICAL EDUCATION & SPORTS,  
PONDICHERRY UNIVERSITY

**STRESS AND ITS IMPACT ON MENTAL HEALTH**

**DAY-2**  
09-03-2023  
10:00 AM - 11:30 AM

**Dr. R. M. MURUGAIYAN**  
ASSISTANT PROFESSOR, DEPARTMENT OF TANAL, PONDICHERRY UNIVERSITY COMMUNITY COLLEGE

**Jyotsna Hasingmarganli Vaziriyaji Morel**

**11:30 AM - 11:45 AM TEA BREAK**  
11:45 AM - 01:00 PM

**Prof. M. ELAYARAJA**  
DEPARTMENT OF PHYSICAL EDUCATION & SPORTS, PONDICHERRY UNIVERSITY

**KNOWLEDGE OF PHYSICAL LITERACY AND IMPORTANCE OF PHYSICAL EXERCISE**

**01:00 PM - 02:00 PM LUNCH BREAK**  
02:00 PM - 03:30 PM

**Dr. B. ARAVINDHAN** MD (PSYCHIATRY)  
CONSULTANT NERVOUS PSYCHIATRIST AND DRUG ADDICTION SPECIALIST,  
GOVT. CHIEF MEDICAL OFFICER, RAJIV GANDHI GOVT. GENERAL HOSPITAL, PONDICHERRY

**POSITIVE MENTAL HEALTH IN YOUTH EMPOWERMENT**

**03:30 PM - 03:45 PM TEA BREAK**  
03:45 PM - 05:00 PM

**Dr. S. BASCARANE**  
SUPERINTENDENT OF POLICE I/C/L, WIRELESS UNIT,  
DEPARTMENT OF VIGILANCE AND ANTI-CORRUPTION, GOVT. OF PONDICHERRY

**UNDERSTANDING OF DIGITAL LIFESTYLE IN YOUTH**

**CHIEF PATRON**  
**Prof. GURMEET SINGH**  
HON'BLE VICE CHANCELLOR OF PONDICHERRY UNIVERSITY

**PATRON**  
**Prof. K. THARANIKKARASU**  
DIRECTORATE OF STUDIES, EDUCATIONAL INNOVATIONS & RURAL RECONSTRUCTION  
PU

**Prof. RAJEEV JAIN**  
DIRECTOR CULTURE & CULTURE RELATION, PU

**Prof. RAJNEESH BHUTANI**  
REGISTRAR I/C/L, PU

**PRINCIPAL (I/C)**  
**Prof. Dr. LALITHA RAMAKRISHNAN**

**HEAD (I/C)**  
**Dr. R. MURUGESAN**  
Asst. Prof., DEPARTMENT OF PHYSICAL EDUCATION & YOGA

**PROGRAMME CO-ORDINATOR**  
**Dr. S. JAGADEESWARI**  
Asst. Prof., DEPARTMENT OF PHYSICAL EDUCATION & YOGA

**DAY-3**  
10-03-2023  
10:30 AM - 11:30 AM

**Dr. NARAYANASAMY SANGEETHA**  
ASSOCIATE PROFESSOR, DEPT. OF FOOD SCIENCE & TECHNOLOGY, PONDICHERRY UNIVERSITY

**GOOD NUTRITION FOR HEALTHY LIFESTYLE CHANGES**

**11:30 AM - 11:45 AM TEA BREAK**  
11:45 AM - 01:00 PM

**Prof. D. SULTANA**  
DIRECTOR  
DEPARTMENT OF PHYSICAL EDUCATION & SPORTS, PONDICHERRY UNIVERSITY

**ROLE OF PHYSICAL ACTIVITY FOR HEALTH & MENTAL WELL BEING**

**01:00 PM - 02:00 PM LUNCH BREAK**  
02:00 PM - 03:30 PM

**Dr. SELVARANI**  
DIRECTOR  
NILA NUTRITION RESEARCH AND DEVELOPMENT ORGANIZATION  
PONDICHERRY

**GENDER EQUALITY**

**03:30 PM - 03:45 PM TEA BREAK**  
03:45 PM - 05:00 PM

**Prof. G. VASANTHI**  
DIRECTOR I/C/L, DIRECTORATE OF SPORTS &  
HEAD, DEPARTMENT OF PHYSICAL EDUCATION & SPORTS,  
PONDICHERRY UNIVERSITY

**STRESS AND ITS IMPACT ON MENTAL HEALTH**



## PONDICHERRY UNIVERSITY COMMUNITY COLLEGE

(A Constituent College of Pondicherry University)  
Lawspet, Puducherry 605008.



### DEPARTMENT OF RENAL DIALYSIS TECHNOLOGY

*Invites you for the celebration of.....*

## WORLD KIDNEY DAY - 2023

On 20th March, 2023 @ 3 P.M Venue: CONFERENCE HALL.

*Chief Guest*

**Dr. K. KUMAR**

Head, Department Of Nephrology,  
Indira Gandhi Government General Hospital & Post Graduate Institute, Puducherry.

*Presided by,*

**Prof. LALITHA RAMAKRISHNAN**

Principal (i/c).



### "INTER COLLEGIATE COMPETITION"

- > Quiz
- > Poster presentation
- > Diet exhibition
- > Cultural
- > Prize distribution

#### Vote Of Thanks:

Dr. M. Tharakeswari  
Asst. Prof. & Course Co-ordinator.

#### Organising Committee:

Dr. R. Gayathri  
Mrs. P. Soniya  
Mr. K. John Mathew

#### For Registration:

9786652013



Preparing for the unexpected,

supporting the vulnerable!






## Training - Emotional Intelligence Way to Handle a Situation


[https://www.pondiuni.edu.in/university\\_news/training-emotional-intelligence-way-to-handle-a-situation/](https://www.pondiuni.edu.in/university_news/training-emotional-intelligence-way-to-handle-a-situation/)



**PONDICHERRY UNIVERSITY COMMUNITY COLLEGE**

**Department of Management &  
Department of Computer Science**



 *jointly organise*


**Emotional Intelligence Way  
to Handle a Situation**

A practical hands-on training on confidence building to solve problems & know to empower oneself for girl students

**RESOURCE PERSON**

Mr. Shihan S. Srinivasan  
Chairman - TAG Professional's  
Motivational Speaker, Personality  
Leadership Counsellor, Certified NLP  
Trainer & Master of Tai Chi

**VENUE: PUCC CAMPUS**




**MARCH 27. 11:30 AM TO 1:00 PM**

**PROGRAM COORDINATORS**  
DR. A. BHARATHY  
DR. LATHA PARTHIBAN

# Special Talk on Mindfulness for University Students: Well-Being, Personal Growth & Professional Development “ Department of Computer Science


[https://www.pondiuni.edu.in/university\\_news/special-talk-on-mindfulness-for-university-students-well-being-personal-growth-professional-development-department-of-computer-science/](https://www.pondiuni.edu.in/university_news/special-talk-on-mindfulness-for-university-students-well-being-personal-growth-professional-development-department-of-computer-science/)





**DEPARTMENT OF COMPUTER SCIENCE**  
SCHOOL OF ENGINEERING & TECHNOLOGY  
PONDICHERRY UNIVERSITY  
*Organizes*


**A SPECIAL TALK ON**  
*MINDFULNESS FOR UNIVERSITY STUDENTS : WELL-BEING ,  
PERSONAL GROWTH & PROFESSIONAL DEVELOPMENT  
( An Initial Exploration )*

*Journey Towards - Excellence - Well-being - Happiness - Authenticity - Freedom*




**Date : 03.05.2023**      **Time : 10:30 A.M**      **Venue : Seminar Hall 2**





**FACILITATOR**  
**Mr.GANESH KRISHNAMURTHY**  
Founder , A Mindfulness Project  
Auroville Bio-region  
Tamil Nadu






**PATRON**  
**Prof.T.Chithralekha**  
Dean, School of Engg & Tech

**CONVENOR**  
**Prof.S.Siva Sathya**  
HOD, Dept of Computer Science

**FACULTY COORDINATORS**  
**Dr.G.Krishnapriya**  
**Dr.S.L.Jayalakshmi**

## **Towards a Drug-Free Puducherry under Nasha Mukta Bharat Abhiyaan “ Felicitation of Community-Based Student Peer Educators**

[https://www.pondiuni.edu.in/university\\_news/towards-a-drug-free-puducherry-under-nasha-mukt-bharat-abhiyaan-felicitation-of-community-based-student-peer-educators/](https://www.pondiuni.edu.in/university_news/towards-a-drug-free-puducherry-under-nasha-mukt-bharat-abhiyaan-felicitation-of-community-based-student-peer-educators/)



**PONDICHERRY UNIVERSITY**  
**SCHOOL OF SOCIAL SCIENCES AND INTERNATIONAL STUDIES**  
**DEPARTMENT OF SOCIAL WORK**

**IN ASSOCIATION WITH**  
**MINISTRY OF SOCIAL JUSTICE AND EMPOWERMENT**  
**GOVERNMENT OF INDIA**

**Towards a Drug-Free Puducherry**  
under  
**Nasha Mukta Bharat Abhiyaan**

**FELICITATION OF COMMUNITY-BASED  
STUDENT PEER EDUCATORS**

**Date: Friday, 2nd June 2023**  
**Time: 3:00 P.M. to 4:00 P.M.**  
**Venue: EC Hall, Administrative Block,**  
**Pondicherry University**

**Ambassadors  
for a Healthy &  
Youthful  
Puducherry!**

**For further details, kindly write to us  
@ [drugfreepuducherry@gmail.com](mailto:drugfreepuducherry@gmail.com)**

## Workshop on 9th International Yoga Day on 20th June 2023

[https://www.pondiuni.edu.in/university\\_news/workshop-on-9th-international-yoga-day-on-20th-june-2023/](https://www.pondiuni.edu.in/university_news/workshop-on-9th-international-yoga-day-on-20th-june-2023/)



**Workshop on**  
**9th International Yoga Day**  
**on 20th June 2023**

Organised by: Dept. of Physical Education & Sports  
and Directorate of Sports

**Topic: "Yoga Related practices  
for general wellbeing"**

By, Mr. K. Tirumourugane,  
(Associate Professor, Dept. of Physical Education & Sports)

**Time : 3.30 - 4.15 pm**

**Topic: "Breath Regulation Through  
Pranayama"**

By Dr. D. Sultana  
(Professor, Dept. of Physical Education & Sports)




**Time: 4.15 - 5 pm**


**Venue: Rajiv Gandhi Stadium**

Made with PosterMyWall.com

## 9th International Day of Yoga on 21.06.2023 - Department of Physical Education and Sports

[https://www.pondiuni.edu.in/university\\_news/9th-international-day-of-yoga-on-21-06-2023-department-of-physical-education-and-sports/](https://www.pondiuni.edu.in/university_news/9th-international-day-of-yoga-on-21-06-2023-department-of-physical-education-and-sports/)



**PONDICHERRY UNIVERSITY**  
Kalapet, Puducherry - 605 014.  
DIRECTORATE OF SPORTS & DEPARTMENT OF  
PHYSICAL EDUCATION  
Celebrates  
**9<sup>th</sup> International Day of Yoga**  
21<sup>st</sup> June, 2023 at 7.30 am  
at  
Netaji Subhas Chandra Bose Indoor Stadium (Badminton Court), Pondicherry University  
Chief Guest  
**Prof. GURMEET SINGH**  
Hon'ble Vice Chancellor, Pondicherry University  
Guests of Honour  
**Prof. K. THARANIKKARASU**  
Director (SEIRR)(i/c), Pondicherry University  
**Prof. RAJEEV JAIN**  
Officer on Special Duty (CCR), Pondicherry University  
**Prof. RAJNEESH BHUTANI**  
Registrar (I/c), Pondicherry University  
Welcome Address  
**Prof. Clement S.Lourdes**  
Dean, School of Humanities,  
Pondicherry University  
Vote of Thanks  
**Prof. G. Vasanthi**  
Head DPES & Director of Sports i/c  
Pondicherry University  
  
*We Welcome You All...*

## Lecture on Understanding Yoga as a Holistic Way of Life “ Department of Philosophy

[https://www.pondiuni.edu.in/university\\_news/lecture-on-understanding-yoga-as-a-holistic-way-of-life-department-of-philosophy/](https://www.pondiuni.edu.in/university_news/lecture-on-understanding-yoga-as-a-holistic-way-of-life-department-of-philosophy/)



**DEPARTMENT OF PHILOSOPHY  
SCHOOL OF HUMANITIES  
PONDICHERRY UNIVERSITY**

**YOU ARE CORDIALLY INVITED FOR LECTURE ON**

**UNDERSTANDING YOGA AS A HOLISTIC WAY OF LIFE**

**Dr. ANANDA BALAYOGI BHAVANANI**  
Director - Institute of Salutogenesis and Complementary Medicine (ISCM) &  
Professor of Yoga Therapy, Sri Balaji Vidyapeeth University, Puducherry

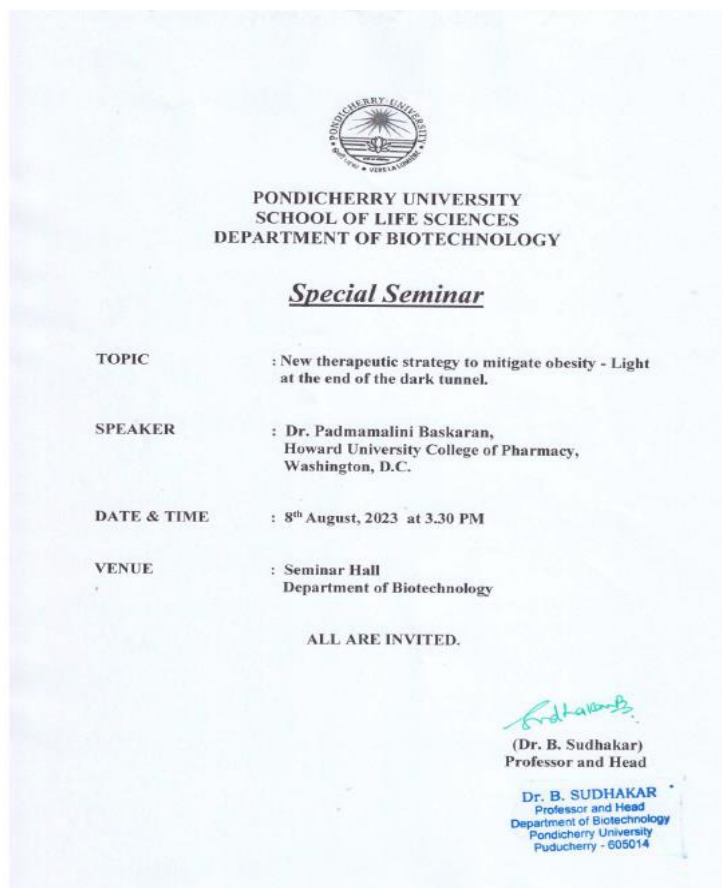
**Date: 04.07.2023**

**Time: 11.00 - 13.00 Hrs.**

**VENUE : SEMINAR HALL - 1  
SCHOOL OF HUMANITIES  
PONDICHERRY UNIVERSITY**

## Special Seminar on New Therapeutic Strategy to Mitigate Obesity - Light at the end of the Dark Tunnel “ Department of Biotechnology

[https://www.pondiuni.edu.in/university\\_news/special-seminar-on-new-therapeutic-strategy-to-mitigate-obesity-light-at-the-end-of-the-dark-tunnel-department-of-biotechnology/](https://www.pondiuni.edu.in/university_news/special-seminar-on-new-therapeutic-strategy-to-mitigate-obesity-light-at-the-end-of-the-dark-tunnel-department-of-biotechnology/)



## Inauguration of Blood Donation Camp - Directorate of Distance Education

[https://www.pondiuni.edu.in/university\\_news/inauguration-of-blood-donation-camp-directorate-of-distance-education/](https://www.pondiuni.edu.in/university_news/inauguration-of-blood-donation-camp-directorate-of-distance-education/)



**PONDICHERRY UNIVERSITY**  
**Directorate of Distance Education**  
**&**  
**IG Government General Hospital & PG Institute,**  
**Puducherry**

Cordially invite you for the inauguration of

**BLOOD DONATION CAMP**

On 20<sup>th</sup> September 2023 at Cultural-cum-Convention Centre, Pondicherry  
University Campus

**PROGRAM SCHEDULE**


10 AM - 10:15 AM:	Inauguration by <b>Prof. Gurmeet Singh</b> , Hon'ble Vice-Chancellor, Pondicherry University
10:15 - 10:25 AM:	Felicitation
10:25 - 10:30 AM:	Scope of the Programme
10:30 - 01:00 PM:	Blood Donation
01:00 - 01:10 PM:	Vote of Thanks



**Director**

## Workshop on Health and Stress Management

[https://www.pondiuni.edu.in/university\\_news/workshop-on-health-and-stress-management/](https://www.pondiuni.edu.in/university_news/workshop-on-health-and-stress-management/)



**PONDICHERRY UNIVERSITY**  
A central University under Ministry of Education, Govt. of India  
Cultural Coordination Wing, Pondicherry University is organising a  
Workshop  
on  
**HEALTH AND STRESS MANAGEMENT**  
(Under Sustainable Development Goal 3, Ensure Healthy Lives and Promote Wellbeing)  
Resource person: Clapping for health Management  
**Mr. Arun Rishi, Founder of Ayushyamaanbhav Trust & Research Centre, Ujjain, M.P.**

**ALL ARE INVITED!**  
**VENUE**  
JN AUDITORIUM  
Administrative Building  
Date: November 28, 2023 (Tuesday), Time: 4:30 pm  
Cultural Coordination wing.

**PONDICHERRY UNIVERSITY**  
Cultural Coordination wing, Pondicherry University  
Workshop  
On  
**HEALTH AND STRESS MANAGEMENT**  
Date: 28/11/2023 Time: 4:30 pm

### Programme schedule

4:30 pm : UNIVERSITY ANTHEM  
4:35 pm : WELCOME ADDRESS  
(Prof. Sreekala. E , Cultural Coordinator)  
4:40 pm : PRESIDENTIAL ADDRESS  
(Prof. Clement Sagayaradja Lourdes, Director, C&CR)  
4:50 pm : Refreshments  
5:00 pm : **WORKSHOP ON CLAPPING FOR HEALTH  
MANAGEMENT**  
(Mr. Arun Rishi, Founder of Ayushyamaanbhav Trust  
& Research Centre , Ujjain , M.P)  
6:30 pm : Vote of Thanks (Dr. G. Subhalakshmi , Deputy Cultural  
Coordinator)  
6:35 pm : National Anthem

### **Venue**

JN AUDITORIUM  
Administrative Building

**Invited Talk on Recent Progress on HIV/AIDS Cure** **Department of Microbiology**  
[https://www.pondiuni.edu.in/university\\_news/invited-talk-on-recent-progress-on-hiv-aids-cure-department-of-microbiology/](https://www.pondiuni.edu.in/university_news/invited-talk-on-recent-progress-on-hiv-aids-cure-department-of-microbiology/)



## **INVITED LECTURE**

**Department of Microbiology  
Pondicherry University**

**Invites you to the talk on :**

# **“Recent progress on HIV/AIDS cure”**

**Being presented by:**

**Dr. SIDDAPPA BYRAREDDY, PhD**

Professor & Vice Chair of Research, Department of Pharmacology  
and Experimental Neuroscience, Durham Research Centre,  
USA

**Date** : December 04, 2023

**Time** : 3.00 pm

**Venue** : Seminar Hall, Department of  
Microbiology, Room No: 212

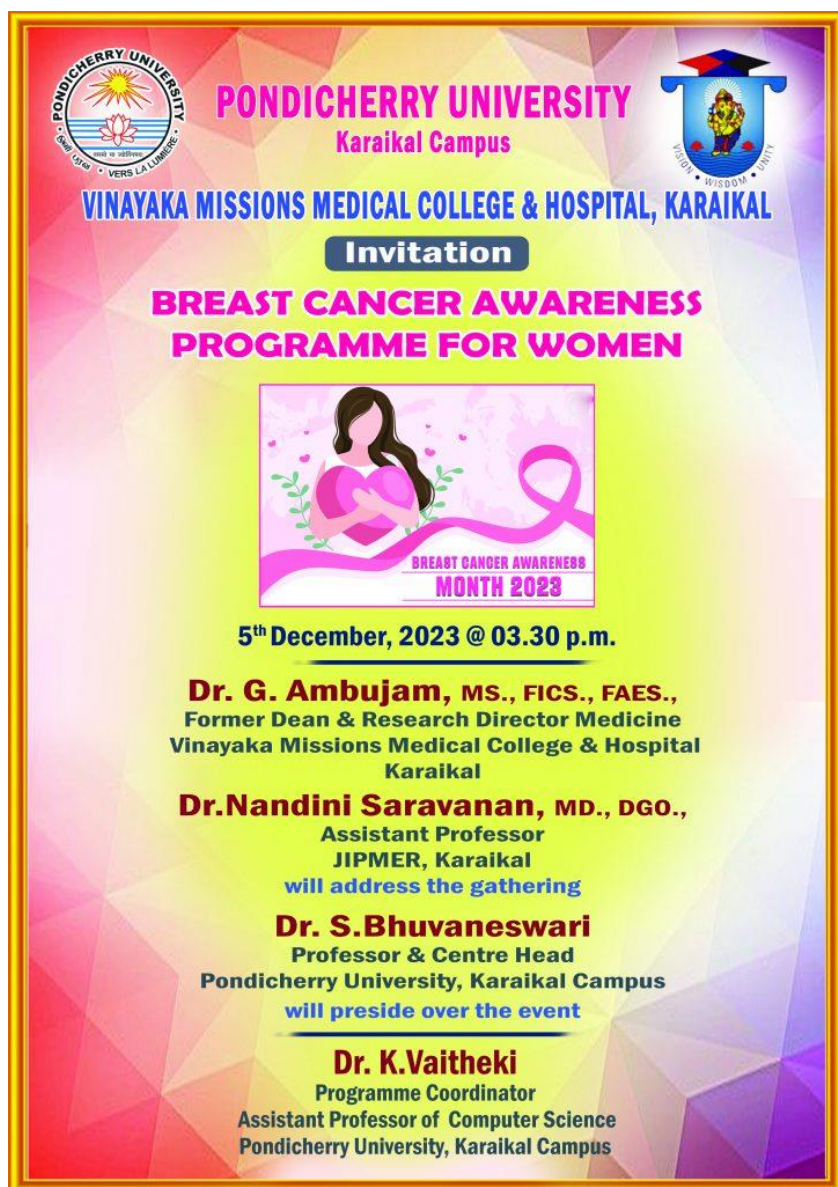
***“All are cordially invited”***

**Dr. Maheswaran Mani**  
Head  
Department of Microbiology

**Dr. V. Thillai Sekar**  
Associate Professor  
(Seminar Co-ordinator)

**“Breast Cancer Awareness Programme for Women “ Pondicherry University, Karaikal Campus**

[https://www.pondiuni.edu.in/university\\_news/invitation-breast-cancer-awareness-programme-for-women-pondicherry-university-karaikal-campus/](https://www.pondiuni.edu.in/university_news/invitation-breast-cancer-awareness-programme-for-women-pondicherry-university-karaikal-campus/)



The poster is for a Breast Cancer Awareness Programme for Women, organized by Pondicherry University, Karaikal Campus, in collaboration with Vinayaka Missions Medical College & Hospital, Karaikal. The event is scheduled for 5th December, 2023, at 03.30 p.m. The poster features the logos of both institutions at the top. The central text reads "BREAST CANCER AWARENESS PROGRAMME FOR WOMEN" in bold pink letters. Below this is an illustration of a woman holding a pink heart, with a pink ribbon symbolizing breast cancer awareness. The text "BREAST CANCER AWARENESS MONTH 2023" is written below the illustration. The date and time of the event are listed as "5th December, 2023 @ 03.30 p.m.". The names and titles of the speakers and the programme coordinator are listed at the bottom.

**PONDICHERRY UNIVERSITY**  
Karaikal Campus

**VINAYAKA MISSIONS MEDICAL COLLEGE & HOSPITAL, KARAİKAL**

**Invitation**

**BREAST CANCER AWARENESS  
PROGRAMME FOR WOMEN**

**BREAST CANCER AWARENESS  
MONTH 2023**

**5<sup>th</sup> December, 2023 @ 03.30 p.m.**

**Dr. G. Ambujam, MS., FICS., FAES.,**  
Former Dean & Research Director Medicine  
Vinayaka Missions Medical College & Hospital  
Karaikal

**Dr. Nandini Saravanan, MD., DGO.,**  
Assistant Professor  
JIPMER, Karaikal  
will address the gathering

**Dr. S. Bhuvaneswari**  
Professor & Centre Head  
Pondicherry University, Karaikal Campus  
will preside over the event

**Dr. K. Vaitheki**  
Programme Coordinator  
Assistant Professor of Computer Science  
Pondicherry University, Karaikal Campus

**Ninth International Day of Yoga on 21st June 2023 for the Year 23-24 “ Common Yoga Protocol (CYP) Practice for the Student, Scholars, Faculty Members, Office Staff & Family Members of University Employees**

[https://www.pondiuni.edu.in/university\\_news/ninth-international-day-of-yoga-on-21st-june-2023-for-the-year-23-24-common-yoga-protocol-cyp-practice-for-the-student-scholars-faculty-members-office-staff-family-members-of-universi/](https://www.pondiuni.edu.in/university_news/ninth-international-day-of-yoga-on-21st-june-2023-for-the-year-23-24-common-yoga-protocol-cyp-practice-for-the-student-scholars-faculty-members-office-staff-family-members-of-universi/)

PONDICHERRY UNIVERSITY  
DIRECTORATE OF PHYSICAL EDUCATION AND SPORTS  
RAJIV GANDHI CRICKET STADIUM

PU/DIR/SPORTS/G.S/A.D/23-24/356

Date: 15.06.2023

CIRCULAR

Sub: Ninth International Day of Yoga on 21<sup>st</sup> June 2023 for the year 23-24 –  
Common Yoga Protocol (CYP) Practice for the Student, Scholars, Faculty  
Members, Office staff & Family Members of University employees – Reg.

\*\*\*\*\*

The Directorate & Department of Physical Education & Sports has planned to celebrate the Ninth International Day of Yoga on 21<sup>st</sup> June 2023 for the year 23-24.

It is planned to organize “Yoga Fest” from 16<sup>th</sup> June to 20<sup>th</sup> June 2023 where Student, Scholars, Faculty Members, Office staff & Family Members of University employees could be sensitized about the strengths and health benefits of yoga in promoting Physical, Mental and Spiritual health. They may also be trained the Common Yoga Protocol (CYP) designed by the AYUSH, New Delhi from 16<sup>th</sup> to 20<sup>th</sup> June 2023 and to be performed on Ninth International Day of Yoga on 21<sup>st</sup> June 2023 at 6.30am at Rajiv Gandhi Cricket Stadium, Pondicherry University.

In this connection, a training program is scheduled from 16<sup>th</sup> to 20<sup>th</sup> June 2023 from 6.30am to 8.00am (Morning session) and from 4.00pm to 5.30pm (Evening Session) at Rajiv Gandhi Cricket Stadium, Pondicherry University.

  
(D.SULTANA)

Prof.( Phy. Edu.) & Co-ordinator

  
(G.VASANTHI)

Prof. & Director of Sports (i/c)

DR. G. VASANTHI  
DIRECTOR OF SPORTS I/C  
DIRECTORATE OF SPORTS  
PONDICHERRY UNIVERSITY  
PUDUCHERRY - 605 014.

**International Conference on Diversity, Equity and Inclusion: Creating Value-based Sustainable Organizations**

[https://www.pondiuni.edu.in/university\\_news/revised-international-conference-on-diversity-equity-and-inclusion-creating-value-based-sustainable-organizations/](https://www.pondiuni.edu.in/university_news/revised-international-conference-on-diversity-equity-and-inclusion-creating-value-based-sustainable-organizations/)



## An Awareness Talk on Organ Donation “ Pucc, Lawspet

[https://www.pondiuni.edu.in/university\\_news/an-awareness-talk-on-organ-donation-pucc-lawspet/](https://www.pondiuni.edu.in/university_news/an-awareness-talk-on-organ-donation-pucc-lawspet/)

**PONDICHERRY UNIVERSITY  
COMMUNITY COLLEGE**  
A Constituent College of Pondicherry Central University  
Lawspet, Puducherry - 605008

In Association With  
**STATE ORGAN AND TISSUE TRANSPLANT ORGANISATION**  
**Government of Puducherry**  
Indira Gandhi Government General Hospital and Post Graduate Institute  
Directorate of Health and Family Welfare

Cordially Invites You all for

**AN AWARENESS TALK ON  
ORGAN DONATION**

**13 October, 2023 10.00 a.m.**  
**VENUE : SEMINAR HALL**

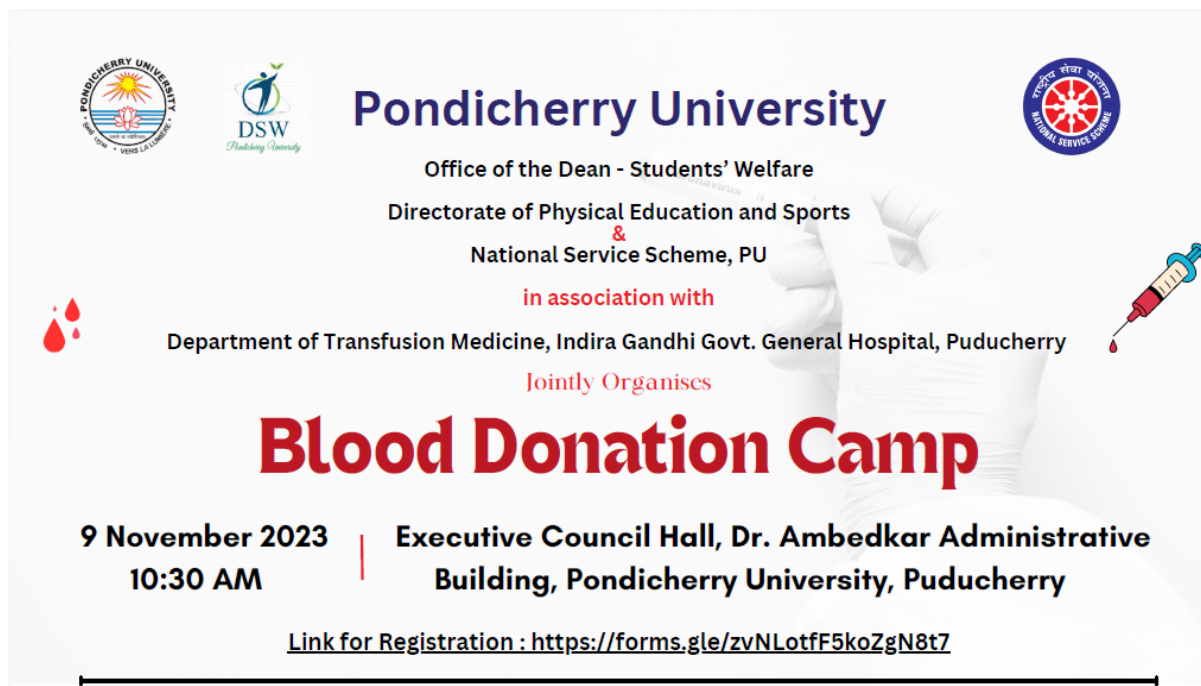
**SPEAKERS**  
**MR.S.GNANASEKARAN**  
Consultant(ICE GDM)  
**MRS.P.M.DHANALAKSHMI**  
Transplant Coordinator SOTTO, Puducherry




**PRESIDED BY**  
**PROF. LALITHA RAMAKRISHNAN**  
Principal (i/c)  
Pondicherry University Community College

**ORGANISED BY**  
**DR. C. SURESH KUMAR**  
Programme Officer, NSS

**SDG 3**

**Blood Donation Camp on 09.11.2023 conducted by the Directorate of Physical E&S**  
[https://www.pondiuni.edu.in/university\\_news/blood-donation-camp-on-09-11-2023/](https://www.pondiuni.edu.in/university_news/blood-donation-camp-on-09-11-2023/)



**Pondicherry University**  
Office of the Dean - Students' Welfare  
Directorate of Physical Education and Sports  
&  
National Service Scheme, PU  
in association with  
Department of Transfusion Medicine, Indira Gandhi Govt. General Hospital, Puducherry  
Jointly Organises

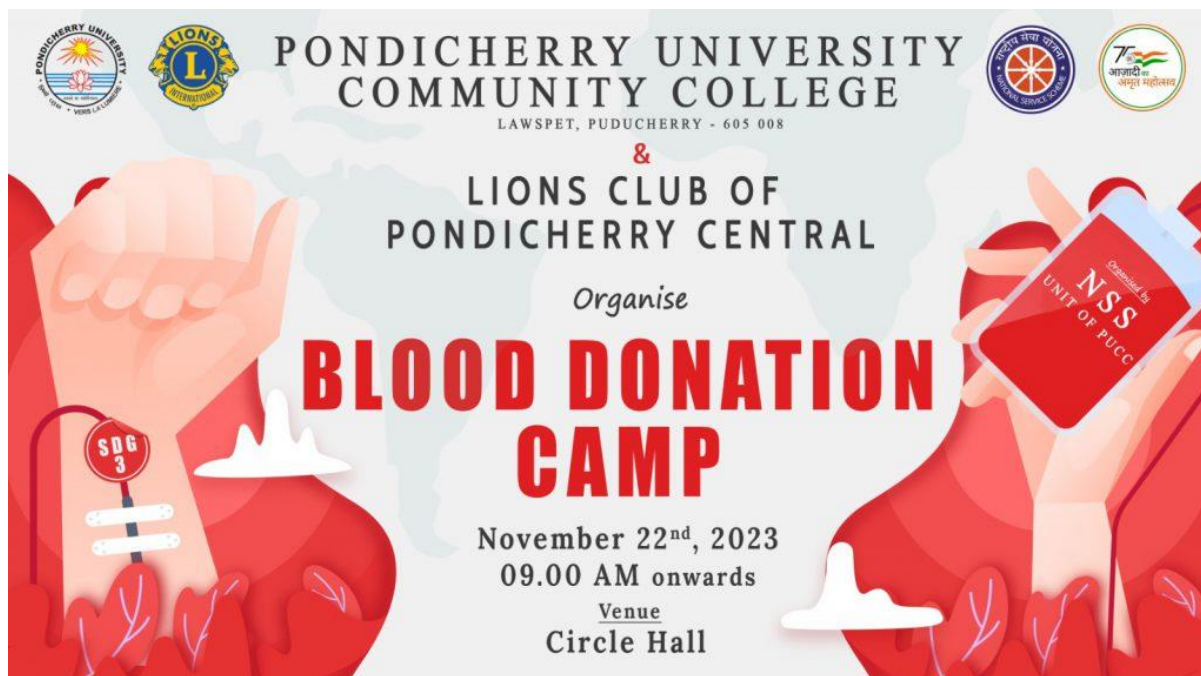
**Blood Donation Camp**





**9 November 2023** | **Executive Council Hall, Dr. Ambedkar Administrative Building, Pondicherry University, Puducherry**  
**10:30 AM**

Link for Registration : <https://forms.gle/zvNLotfF5koZgN8t7>

**Blood Donation Camp “ Pucc, Lawspet**

[https://www.pondiuni.edu.in/university\\_news/blood-donation-camp-pucc-lawspet/](https://www.pondiuni.edu.in/university_news/blood-donation-camp-pucc-lawspet/)



**PONDICHERRY UNIVERSITY  
COMMUNITY COLLEGE**  
LAWSPET, PUDUCHERRY - 605 008  
&  
**LIONS CLUB OF  
PONDICHERRY CENTRAL**  
Organise

**BLOOD DONATION  
CAMP**

**November 22<sup>nd</sup>, 2023**  
**09.00 AM onwards**  
Venue  
**Circle Hall**