



# GURU NANAK COLLEGE (AUTONOMOUS)

Affiliated to University of Madras and Re-Accredited at "A" Grade by NAAC  
Guru Nanak Salai, Velachery, Chennai – 600042.

## WOMEN STUDENTS' FORUM

### 'Guru Sakthi'

### Outreach Program

Event Title	E-MAHILA SAMAROH International Infotainment	
Category	UG/PG Students, Staff, General Public, Corporates	
Date	From : 3/07/2020	To :7/07/2020
No. of Resource Person	4	
No. of Participants	1200	

#### (1) Report Description

E-MAHILA SAMAROH International Infotainment : Guru Nanak College Women Students' Forum organised International Infotainment Programs, "E Mahila Samaroh", from 3rd to 7th July 2020 at 4.00 pm to 6.00 pm.

#### (2) Report

### Report On Five Day "E-Mahila Samaroh"

#### International Infotainment Program

**Women Students' Forum** – Guru Shakti organized the five day International Infotainment Program, E- Mahila Samaroh from 3<sup>rd</sup> to 7<sup>th</sup> July 2020.

We had 1200 participants registered from various universities and institutions across globe including USA, Singapore, even from University of Anbar, Iraq. Indian participants were from pretty much all states from Jammu and Kashmir to Kanyakumari. All the women actively joined and involved themselves in the sessions which included - building self-confidence, healthy lifestyle, entrepreneurship and showcasing participants innate talents.

**Resource persons were from USA, Singapore and India. The programs were live streamed on our Women Students' Forum YouTube Channel and Google Meet Live Stream.**

**Day 1: "Women in and around you"**- The session started with the inauguration by our respected Principal Dr. M.G.Ragunathan, followed by Special addresses by Dr. Gunita Arun Chandhok, Vice Principal Shift II and Dr. L.R.S. Kalanithi, Vice Principal (Students Affairs). **Dr. Sai**

**Subbulakshmi**, Writer and Speaker, was the resource person and spoke on the Topic “Women in and around you”. The vote of thanks was proposed by Dr.K.Umadevi, WSF Staff Co-ordinator.

**Day 2 : “Fit O Mania”** – The session was inauguration by Dean of Humanities, Dr.N.Malathi. Resource person for the day, **Ms. Gayathri** , HR Manager, **Virginia, USA** gave hands on training to participants on Aerobics and Yoga. The participants also performed along with the resource person. The vote of thanks was proposed by Dr.K.Chitra, Asst. Prof, Department of Chemistry.

**Day 3: “Your Hand Crafts”** - The session was inauguration by Dean of Research, Dr.J.Jayanthi. Day 3 had two sessions. Resource persons were introduced by Ms.Anitha Mali Setty, Head, BBA. First Session was by **Ms. Preethy Sankaran, Mompreneur, Singapore**. Second session was by **Ms. Sheeba Krishnan**, Senior Manager, IT Division, Leading Health Insurance Company, **Texas, USA**. They both showcased how hobbies like Origami and Make up can be made into profession. The vote of thanks was proposed by Ms.Maya Pillai, Head, B.Com (MM).

**Day 4 : “Quarantine cookery show”** – The session was inauguration by Dean of Science, Dr.S.E.Noorjahan. The session was led by Dr.Gayathri, Asst. Prof. , Department of Plant Biology and Ms.Gurulakshmi, Asst. Prof., Department of Physics. In this session, participants from around India prepared snacks live and exhibited their innate cooking talents . The photos of variety of dishes along with recipes were posted on GNC Instagram and based on likes, the top 10 participants were awarded with merit certificates .

**Day 5: “Voncerts by GNC Women Students”** - We had the Valedictory on this day. The valedictory welcome address was by the Principal, Dr.M.G.Ragunathan. The function was felicitated by Dr.Gunita Arun Chandok, VP, Shift-II. Dr.LRS Kalanithi, VP (Student Affairs) presented the essence of five day program in a nutshell.

The program started with poem by Ms.Varsha dedicated to Women power. Ms.Haripriya, GNC Alumni put up a great classical dance performance. Ms. Prerana Shukla from Punjab and Ms.Srilakshmi from Tamilnadu gave a solo musical performance, followed by ‘Jugalbandi’. They also played music based on audience’s choice.

The program was organised by the Women Students’ Forum staff co-ordinators Dr.K.Umadevi and Ms. R.Radhika, who were ably assisted by a team of vibrant staff and students.

Women Students Forum expresses their heartfelt gratitude to our respected General Secretary and Correspondent Sir, respected Principal Sir for their continuous support and guidance.

### (3) Invitation Copy

**GURU NANAK COLLEGE (AUTONOMOUS)**  
Re-Accredited at 'A' Grade by NAAC  
Guru Nanak Salai, Velachery, Chennai - 600042

**WOMEN STUDENTS' FORUM 'GURU SHAKTI'**  
*Under the Auspices of Students' Affairs*  
invites you to  
**E-MAHILA SAMAROH**  
INTERNATIONAL INFOTAINMENT PROGRAMME

DATE: 3<sup>rd</sup> - 7<sup>th</sup> JULY, 2020  
TIME: 4 p.m TO 6 p.m  
STAFF COORDINATORS - WSF  
Dr. K. Uma Devi & Ms. R. Radhika

REGISTRATION LINK: <https://forms.gle/GqPjoviENoUCbrRg8>

DR.M.G.RAGUNATHAN PRINCIPAL  
MR. MANJIT SINGH NAYAR GENERAL SECRETARY & CORRESPONDANT

**EVENTS**

3<sup>RD</sup> JULY - DAY 1 - 'WOMEN IN & AROUND YOU'  
Resource Person: Dr. Sai Subbulakshmi  
Writer and Speaker,  
Former Prof. Dept. of Hindi,  
Ethiraj College.

4<sup>TH</sup> JULY - DAY 2 - 'FIT-O-MANIA' AEROBICS  
Resource Person: Ms. Gayathri,  
HR Manager, Virginia, USA

5<sup>TH</sup> JULY - DAY 3 - 'YOUR HAND CRAFTS'  
Resource Persons: Ms. Preetly Sankaran,  
Momprenuer,  
Singapore &  
Ms. Sheeba Krishnan,  
Senior Manager - IT Division,  
Leading Health Care Insurance Company,  
Texas, USA

6<sup>TH</sup> JULY - DAY 4 - 'QUARANTINE COOKERY SHOW'

7<sup>TH</sup> JULY - DAY 5 - 'VONCERT BY GNC WOMEN STUDENTS'

### (4) Certificate Copy

**GURU NANAK COLLEGE (Autonomous)**  
(Re-Accredited at "A" Grade by NAAC)  
Guru Nanak Salai, Velachery, Chennai - 600042

**Women Students' Forum "Guru Shakti"**  
*Certificate of Appreciation*

This certificate is presented to **{{full name}}** for the enthusiastic and active participation in the five day **INTERNATIONAL INFOTAINMENT PROGRAM, 'E-MAHILA SAMAROH'** conducted from 3<sup>rd</sup> to 7<sup>th</sup> July 2020.

Dr. M. G. RAGUNATHAN PRINCIPAL  
Mr. MANJIT SINGH NAYAR GENERAL SECRETARY & CORRESPONDENT

### (5) Photos

# Day 1 PHOTOS:

**Womens Student Forum Shift-1**  
59 subscribers

HOME VIDEOS PLAYLISTS CHANNELS DISCUSSION ABOUT

Uploads ▾ PLAY ALL SORT BY

- E Mahila Samaroh - DAY 5**  
122 views • 2 days ago
- Dr MG Ragunathan , PRINCIPAL Guru Nanak...**  
27 views • 2 days ago
- E-MAHILA SAMAROH International Infotainment...**  
258 views • 3 days ago
- E-MAHILA SAMAROH International Infotainment...**  
318 views • 4 days ago
- E-MAHILA SAMAROH International Infotainment...**  
347 views • 5 days ago

MAHILA SAMAROH DAY 2 E-MAHILA SAMAROH GURU NANAK COLLEGE

E-MAHILA SAMAROH International Infotainment

REC LIVE

Powered by Zoom

People (173) 100% Muted

- SILVA RAJAN (You)
- A. Divya
- Abi The
- Alvaya Mohan
- Alvaya Disha
- alvaya's
- alvaya somaya Isaac
- Agaldeen Pugnandi
- Ardu Paban
- Alvaya S Asak
- ...

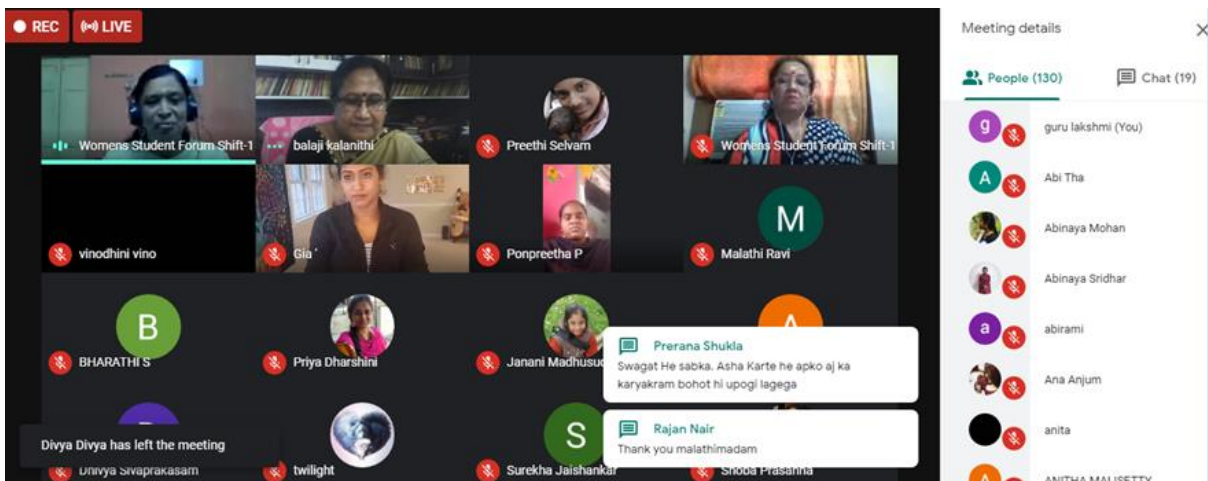
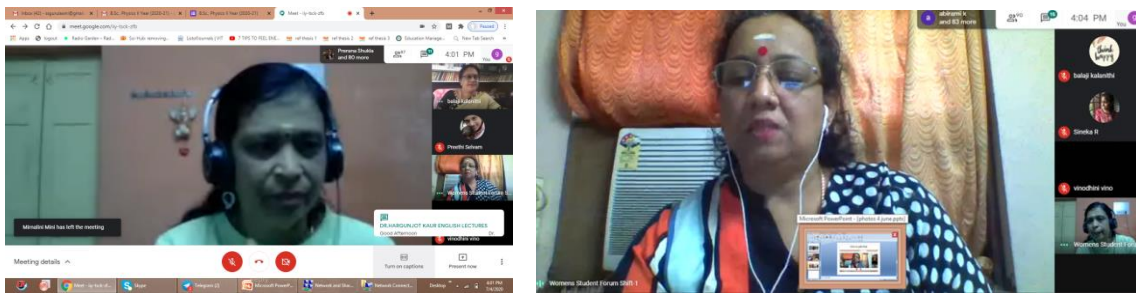
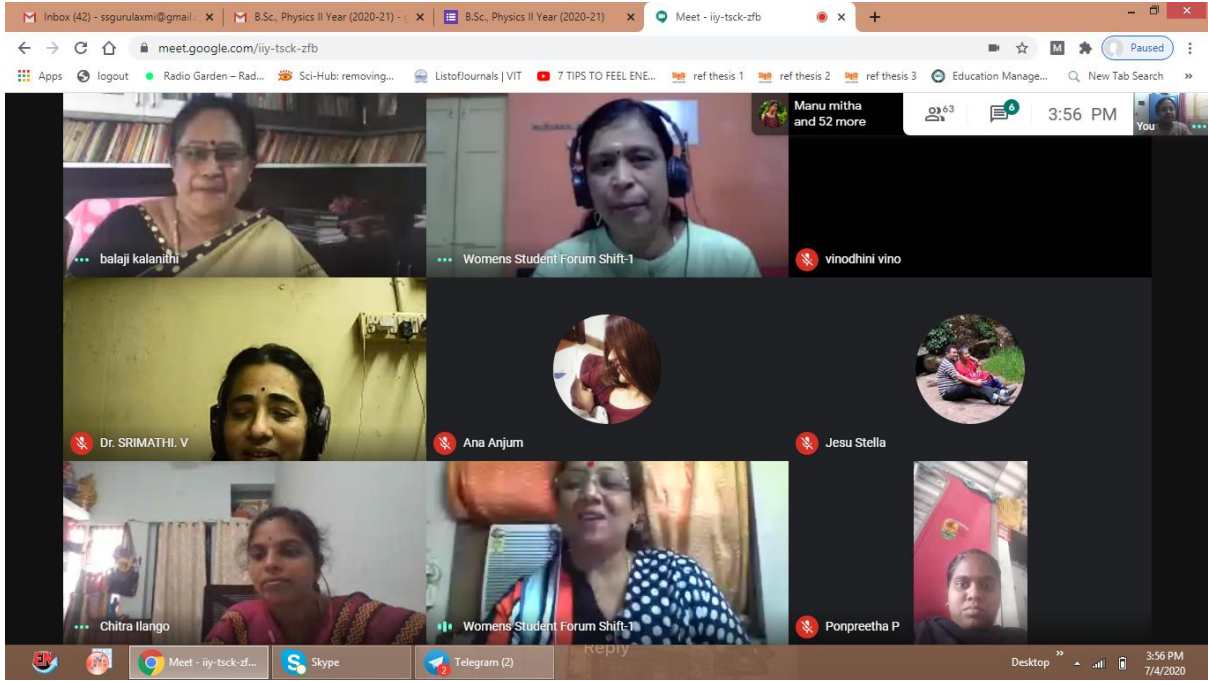
Dr. M. G. Ragunathan Principal

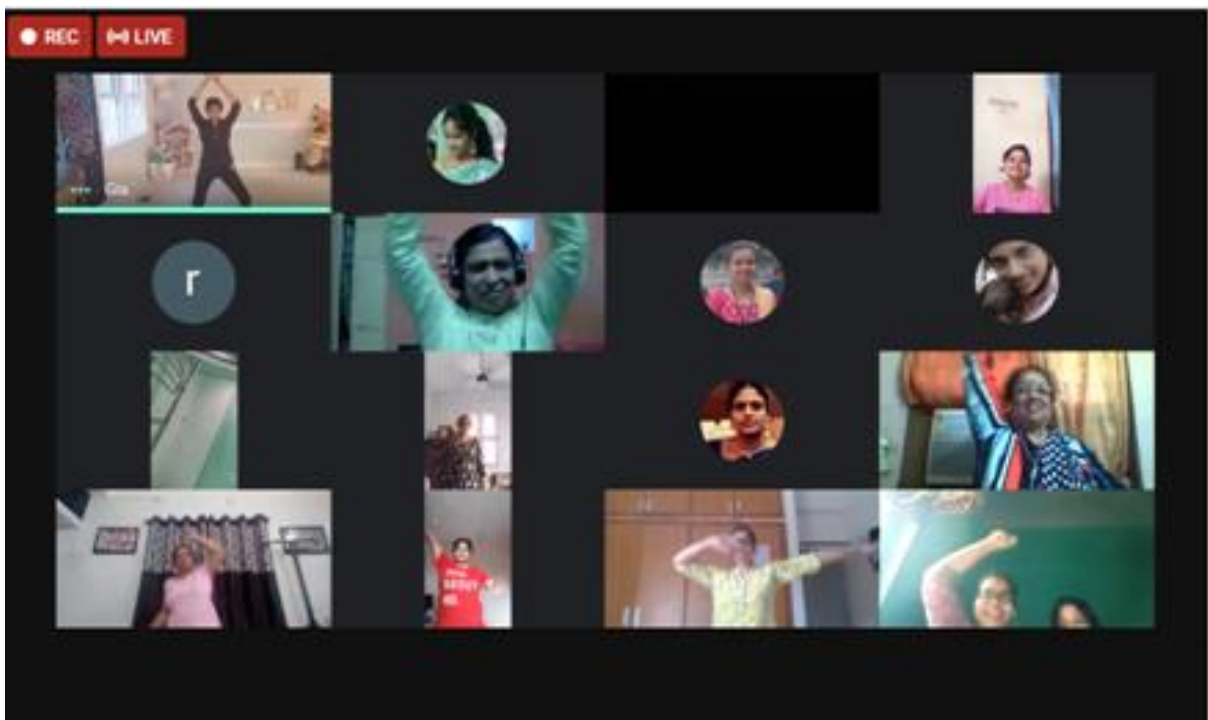
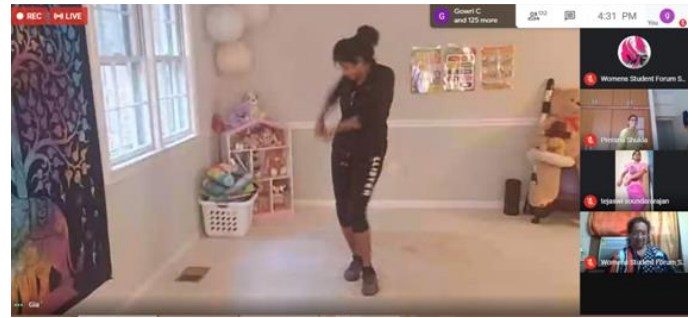
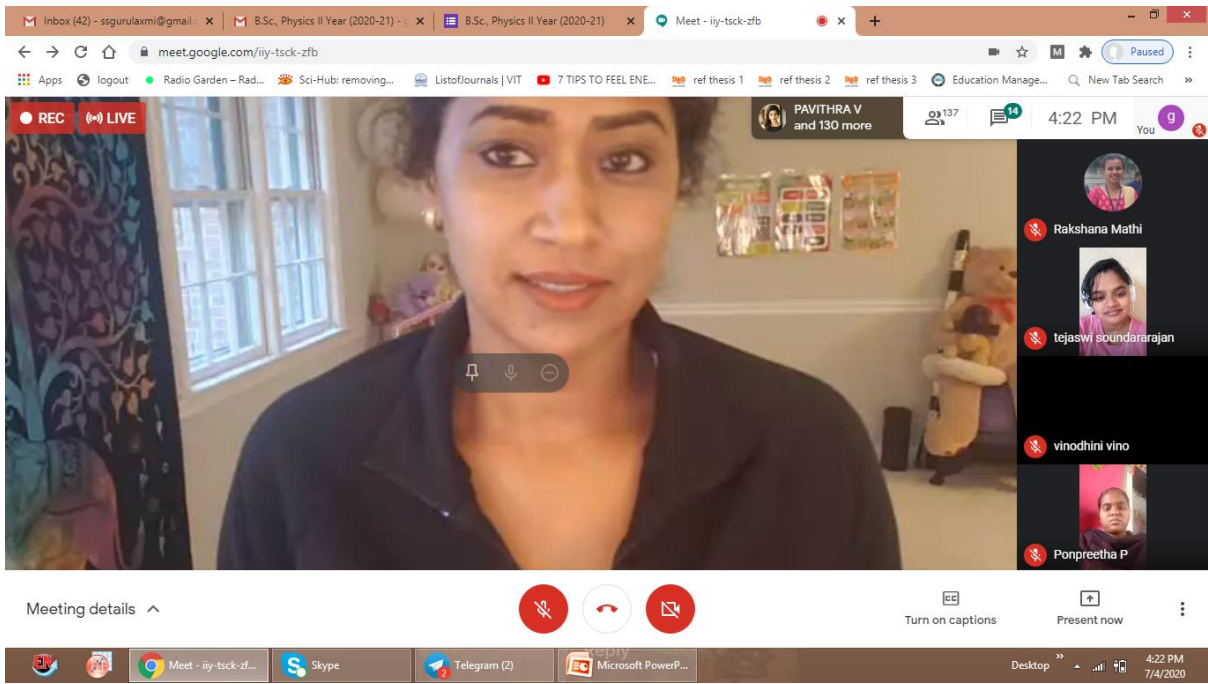
K

Sai Subbulakshmi

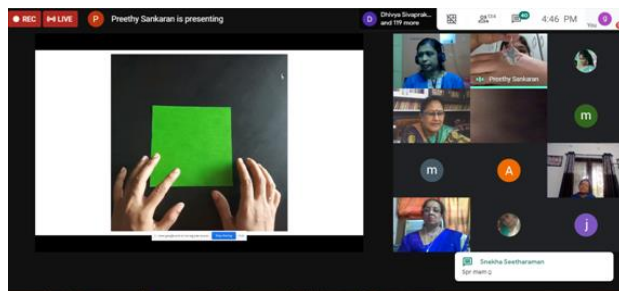
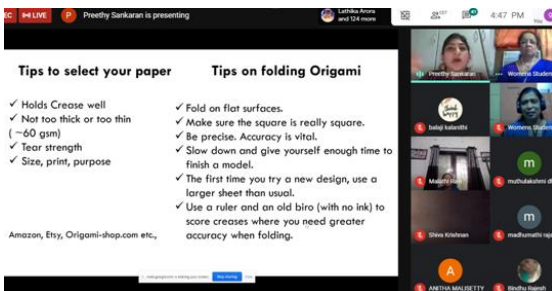
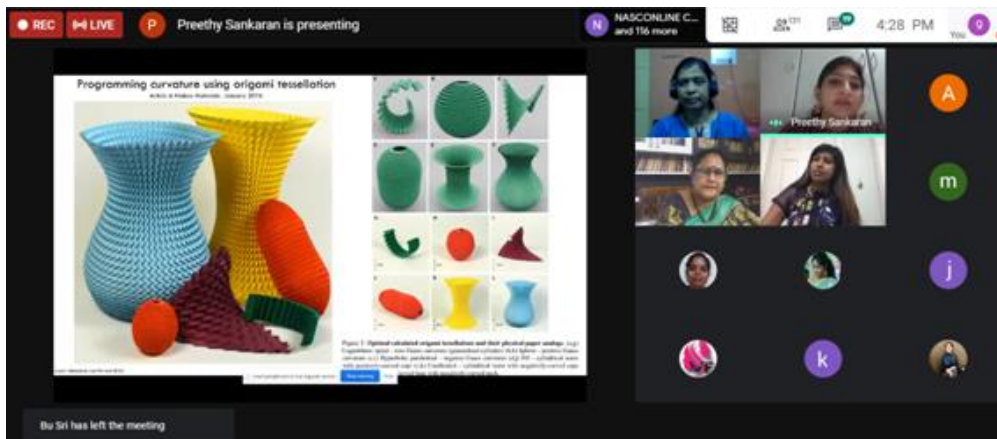
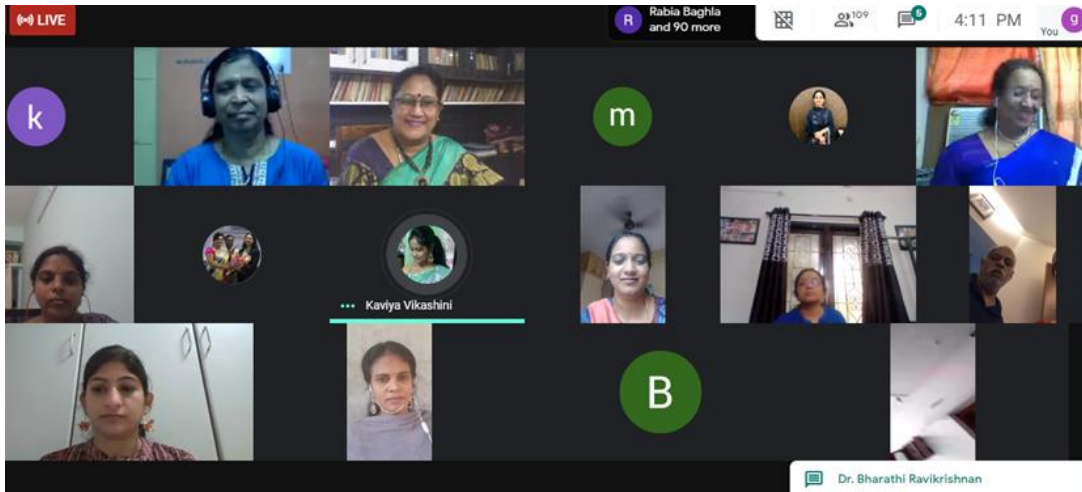
Womens Student Forum Shift-1

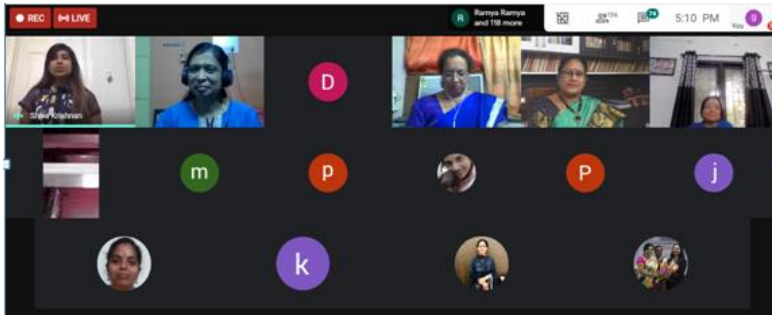
## Day 2 PHOTOS:





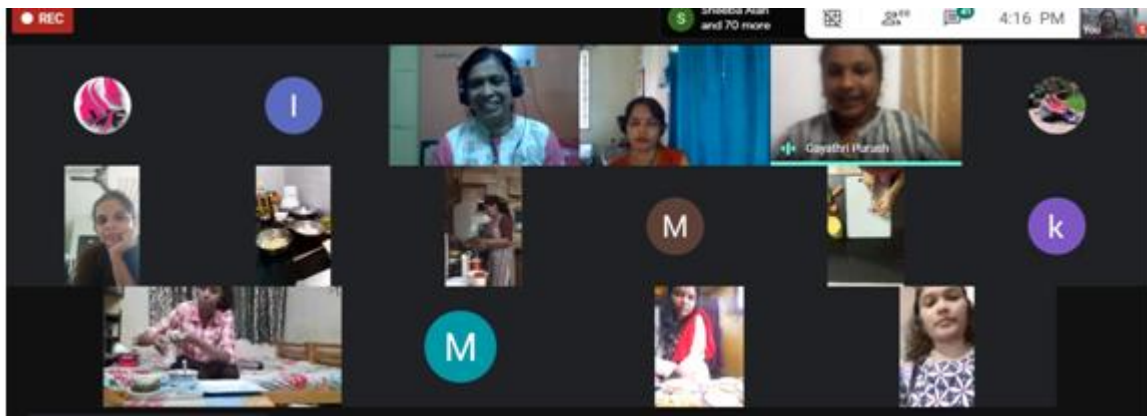
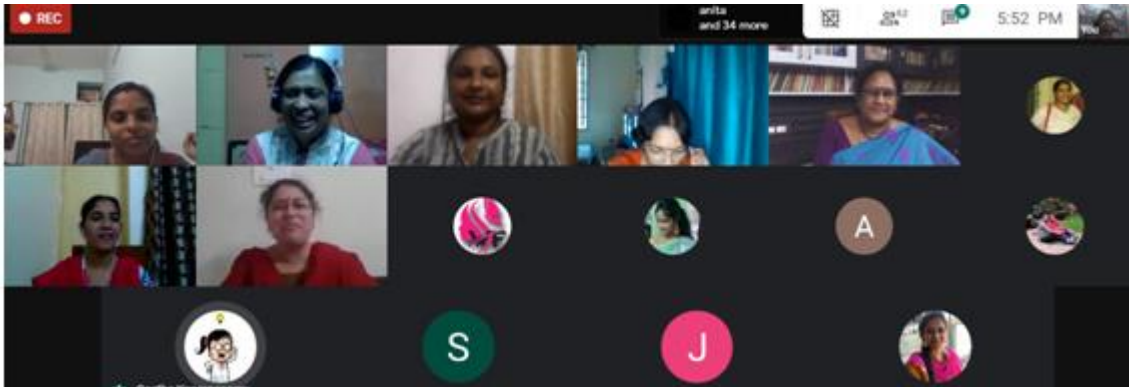
## Day 3: PHOTOS








## Day 4: PHOTOS

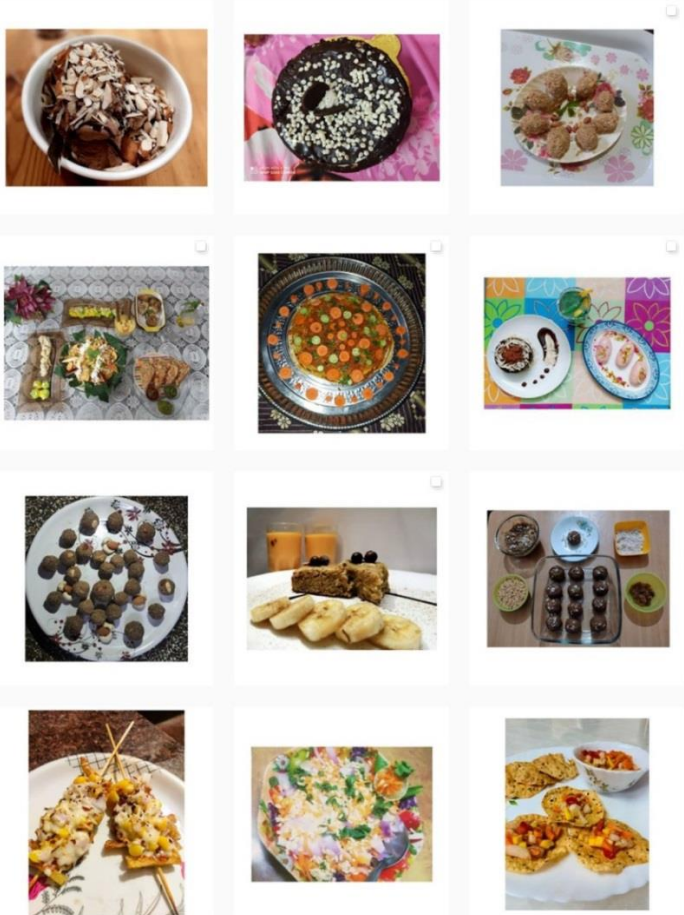




Instagram  [Log in](#) [Sign Up](#)

 **gncwsf** [Follow](#)  
14 posts 91 followers 3 following  
Gurunak college 🇮🇳  
Women students forum (Shakti) 🙌

POSTS TAGGED



## Day 5: PHOTOS

