WOMEN STUDENTS’ FORUM
‘Guru Sakthi’
Outreach Program

<table>
<thead>
<tr>
<th>Event Title</th>
<th>E-MAHILA SAMAROH International Infotainment</th>
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<tbody>
<tr>
<td>Category</td>
<td>UG/PG Students, Staff, General Public, Corporates</td>
</tr>
<tr>
<td>Date</td>
<td>From : 3/07/2020 To : 7/07/2020</td>
</tr>
<tr>
<td>No. of Resource Person</td>
<td>4</td>
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<tr>
<td>No. of Participants</td>
<td>1200</td>
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(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 3rd to 7th 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.Radhiaka, 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, Velacheri, Chennai - 600042

WOMEN STUDENTS’ FORUM ‘GURU SHAKTI’
Under the Auspices of Students’ Affairs invites you to
E-MAHILA SAMAROH
INTERNATIONAL INFOTAINMENT PROGRAMME
DATE: 3rd - 7th 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/DkPrioFustC69stR7

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

EVENTS
3rd JULY – DAY 1 – “WOMEN IN & AROUND YOU”
Resource Person: Dr. Sai Sudhakar Reddy
Writer and Speaker,
Former Prof. Dept. of Hindi,
Ethiraj College.

4th JULY – DAY 2 – ’FIT-O-MANIA’ AEROBICS
Resource Person: Ms. Gayathri,
HR Manager, Virginia, USA

5th JULY – DAY 3 – “YOUR HAND CRAFTS”
Resource Persons: Ms. Preeti Sankaran,
Momprenuer, Singapore
& Ms. Sheena Krishnan,
Senior Manager - IT Division,
Leading Health Care Insurance Company,
Texas, USA

6th JULY – DAY 4 – ‘QUARANTINE COOKERY SHOW’
7th JULY – DAY 5 – ‘ONCERT BY GNC WOMEN STUDENTS’

(4) Certificate Copy

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Guru Nanak Salai, Velacheri, 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 3rd to 7th July 2020.

Dr. M.G. RAGUNATHAN
PRINCIPAL

Mr. MANJIT SINGH NAYAR
GENERAL SECRETARY & CORRESPONDENT

(5) Photos
Day 1 PHOTOS:
Day 2 PHOTOS:
Day 3: PHOTOS

Tips to select your paper
- Nepal Crepe 80g
- Silk crepe 60g
- Silk crepe 70g
- Silk crepe 80g

Tips on folding Origami
- Fold an Origami base
- Make sure the paper is square
- Be precise, Accuracy is vital
- Slow down and give yourself enough time to
fold a model.
- If you're new to Origami, use a larger sheet than usual.
- Use a ruler and an old b5 (A4 or B5) to
score where you need greater accuracy when folding.
Day 4: PHOTOS
Day 5: PHOTOS