



Sadakathullah Appa College

*An Autonomous Institution, Re-Accredited by NAAC at an 'A++' Grade, *ISO 9001 : 2015 Certified*

AQAR

(2023 – 2024)

CRITERION III

RESEARCH, INNOVATIONS AND EXTENSION

**3.6.3 Number of extension and outreach programmes
conducted by the institution through RRC during the
Academic Year 2023-2024**

Submitted to

THE NATIONAL ASSESSMENT AND ACCREDITATION COUNCIL
(NAAC)

3.6.3 Number of extension and outreach programmes conducted by the institution through RRC during the Academic Year 2021-2022

Name of the Activity	Organising Unit/ Agency/ Collaborating Agency	Name of the Scheme	Month and Year of the activity	Number of students who participated in such activities
HEALTH AWARENESS PROGRAMME	Seed Trust, Tirunelveli	Health Awareness	01.09.2023	150
Mental Health Day Program	SadakathullahAppa College, Tirunelveli	Health Awareness	13.10.2023	93
National Youth Day Celebration and Yoga Workshop	Yoga Club, SadakathullahAppa College, Tirunelveli	Health Awareness	11.01.2024	79
Tech Talk: Strategies for Smart and Safe Technology Use	PG Department of Computer Science, SadakathullahAppa College, Tirunelveli	Teachnology Awareness	21.03.2024	70



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AQAR

(2023 – 2024)

CRITERION III

RESEARCH, INNOVATIONS AND EXTENSION

3.6.3 Number of extension and outreach programmes conducted by the institution through RRC during the Academic Year 2023-2024 (Supporting Document)

Submitted to

THE NATIONAL ASSESSMENT AND ACCREDITATION COUNCIL
(NAAC)



Sadakathullah Appa College

(Autonomous)

Rahmath Nagar, Tirunelveli - 627 011.

*The Management, Principal, Staff & Students
cordially invite you to*

HEALTH AWARENESS PROGRAMME

Organized by Red Ribbon Club

to be held on Friday, the September 1, 2023
at 11 a.m. in the College Auditorium.

- Presidential Address : Dr. S.M. ABDUL KADER
Principal
- Chief Guest : Dr. G. RAJA SHANKAR M.D.(S)
TRUSTEE –SEED TRUST
Tirunelveli
- Felicitation Address : Dr. S.M.A. SYED MOHAMED KHAJA,
Vice Principal (Unaided Courses).

ALL ARE WELCOME

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Phone : 0462-2540763, Fax : 0462-2540033

email : secretary@sadakath.ac.in. website : www.sadakath.ac.in



SadakathullahAppa College

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Tirunelveli-11.



Red Ribbon Club

1. HEALTH AWARENESS PROGRAMME

Date:01.09.2023



The Red Ribbon Club at our college organized a Health Awareness Program on September 1, 2023, at the college auditorium. The event aimed to enlighten the college community on the importance of adopting healthy food habits and lifestyle choices. Dr. M. Abdul Rahuman, the Convener of the Red Ribbon Club, extended a warm welcome to all participants and set the tone for the event. Dr. S.M. Abdul Kader, the college Principal, delivered the presidential address, emphasizing the significance of health awareness in our lives. Dr. S. M. A. Syed Mohamed Khaja, Vice-Principal of Unaided Courses, offered a felicitation address, acknowledging the importance of such initiatives within the college community. The highlight of the program was the Keynote Address by Dr. G. Raja Shankar, M.D.(S), a respected Siddha doctor and Trustee of the Seed Trust, Tirunelveli. Dr. Shankar enlightened the audience with valuable insights into food habits and lifestyle choices that contribute to a healthy life. His expertise shed light on traditional and holistic approaches to health. The event concluded with a vote of thanks delivered by Dr. J.A.M. OmerayFarook, the Program Officer of the Red Ribbon Club. The master of ceremony, Mr. K. Ganesh Kumar, Program Officer of the Red Ribbon Club, ensured the smooth flow of the event. 150 RRC Volunteers from various department were involved in that activity.



இன்றைய செய்திகளை இன்றே படியுங்கள்



பாளை கல்லூரியில் விழிப்புணர்வு நிகழ்ச்சி

சதக்கத்துல்லாஹ் அப்பா கல்லூரி ரெட் ரிப்பன் கிளப் சார்பாக இன்று 01.09.2023 உடல் ஆரோக்கியம் குறித்து விழிப்புணர்வு நிகழ்ச்சி நடைபெற்றது, முதல்வர் S.M. அப்துல் காதர் அவர்கள் தலைமையுரை ஆற்றினார் . துணை முதல்வர் S.M.A செய்யது முகம்மது காஜா ஏற்புரையாற்றினார். சிறப்பு விருந்தினர் திரு .G. ராஜா சங்கர் சித்த மருத்துவர் அவர்கள் கலந்து

கொண்டு உடல் நலம் ஆரோக்கியம் குறித்து சிறப்புரையாற்றினார். RRC ஒருங்கிணைப்பாளர் முனைவர் அப்துல் ரகுமான் வரவேற்புரையாற்றினார். பேராசிரியர் முனைவர் உமரே பாருக் நன்றியுரையாற்றினார். நிகழ்ச்சியை பேராசிரியர் கனேஷ் குமார் தொகுத்து வழங்கினார். RRC மாணவ மாணவிகள் கலந்து கொண்டு பயன் அடைந்தனர்.



Sadakathullah Appa College

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Rahmath Nagar, Tirunelveli - 627 011.

*The Management, Principal, Staff & Students
cordially invite you to*

WORLD MENTAL HEALTH DAY

Organized by Red Ribbon Club

to be held on Friday, the October 13, 2023
at 10 a.m. in the College Seminar Hall

Presidential Address : Dr. S.M. ABDUL KADER
Principal

Chief Guest : Dr. B.A. ABDUL KARIM
Administrative Advisor

Felicitation Address : Dr. S.M.A. SYED MOHAMED KHAJA,
Vice Principal (Unaided Courses).

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Rahmath Nagar, Tirunelveli – 627011, Tamil Nadu, India



RED RIBBON CLUB

cordially invites you to

MENTAL HEALTH DAY PROGRAMME

Date : 13.10.2023

Time: 10.00 am

Venue: Seminar Hall

PROGRAMME SCHEDULE

Qirath	:	
Welcome Address	:	Dr. M. Abdul Rahuman, Convener, Red Ribbon Club.
Presidential Address	:	Dr. S.M. Abdul Kader Principal.
Felicitation Address	:	Dr. S. M. A. Syed Mohamed Khaja, Vice-Principal, Unaided Courses.
Keynote Address	:	Dr. B.A. ABDUL KARIM Administrative Advisor, Sadakathullah Appa College, Tirunelveli
Vote of Thanks	:	Dr. J.A.M. Omeray Farook, Program Officer, Red Ribbon Club.
Master of ceremony	:	Mr. K. Ganesh Kumar, Program Officer, Red Ribbon Club.



SadakathullahAppa College

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Tirunelveli-11.



Red Ribbon Club

2. Mental Health Day Program

Date:13.10.2023



The Mental Health Day Program, organized by the Red Ribbon Club on October 13, 2023, at the Seminar Hall, aimed to raise awareness about mental health significance. Dr. M. Abdul Rahuman, the Convener of the Red Ribbon Club, warmly welcomed attendees, initiating the day's discussions and setting its tone. Dr. S.M. Abdul Kader, the esteemed Principal, delivered an insightful presidential address, highlighting mental health's crucial role in individuals' lives and the wider community. Dr. S. M. A. Syed Mohamed Khaja, Vice-Principal of Unaided Courses, acknowledged the importance of addressing mental health concerns within education in his felicitation address. The program's highlight was Dr. B.A. Abdul Karim, the Administrative Advisor at Sadakathullah Appa College, Tirunelveli. His address shared profound insights and wisdom on mental health, drawing from extensive experience to educate and inspire the audience on mental well-being. Dr. J.A.M. Omeray Farook, the Red Ribbon Club's Program Officer, expressed gratitude to participants, speakers, and organizers for their contributions to the success of the Mental Health Day Program. Mr. K. Ganesh Kumar, also a Program Officer of the Red Ribbon Club, skillfully managed the event, ensuring its seamless flow and smooth transitions between segments.

The event notably involved 93 RRC Volunteers from various departments, showcasing a collective effort to promote health awareness. This gathering served as an important platform advocating for mental health awareness, offering attendees valuable insights from distinguished speakers in the field.



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Rahmath Nagar, Tirunelveli - 627 011.

*The Management, Principal, Staff & Students
cordially invite you to*

National Youth Day Celebration

and

Yoga Workshop

by Red Ribbon Club in Association with Yoga Club

to be held on Thursday, the January 11, 2024
at 11 a.m. in the College Indoor Stadium

Presidential Address : Dr. S.M. ABDUL KADER
Principal

Chief Guest : Mr. V. MAHARAJAN
Founder & CEO,
Imayam Yoga Center, Tirunelveli

Felicitation Address : Dr. S.M.A. SYED MOHAMED KHAJA,
Vice Principal (Unaided Courses).

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Phone : 0462-2540763, Fax : 0462-2540033

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From

Dr. M. Abdul Rahuman,
RRC Convenor,
Sadakathullah Appa College,
Tirunelveli-11.

Jo
Bansan
Jh
08/01/24

To

The Principal,
SadakathulllahAppa College,
Rahmath Nagar,
Tirunelveli-11.

Respected sir,

Sub: Requisition for permission to celebrate "National Youth Day" -reg.

The Red Ribbon Club in association with Yoga Club of our college planned to celebrate "National Youth Day" on 11-01-2024, Thursday at 11:00 am. As a part of celebration we are organizing a Yoga Workshop for our student volunteers. Hence I request you to kindly grant permission to conduct the above programme and sanction Rs. 1500 as programme amount.

Thanking you.

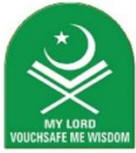
Place :Rahmath Nagar

Date: 08-01-2024

Yours faithfully,



(Dr. M. Abdul Rahuman)
Convenor
Red Ribbon Club
Sadakathullah Appa College
(Autonomous)
Rahmath Nagar, Tirunelveli - 627011.



SadakathullahAppa College

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Tirunelveli-11.



RED RIBBON CLUB in Association with Yoga Club

3. National Youth Day Celebration and Yoga Workshop

Date: 11.01.2024



The Red Ribbon Club, in association with the Yoga Club, organized the National Youth Day Celebration and Yoga Workshop scheduled for January 11, 2024, at the Indoor Stadium. The event commenced with a spiritual Qirath, followed by a welcoming address by the Director of Physical Education, Dr. M. Syed Ali. Dr. S.M. Abdul Kader, the Principal, presided over the Youth Day celebration, spoke on the memories of Swami Vivekananda, and delivered the Presidential Address, sharing his insights, while Dr. S.M.A. Syed Mohamed Khaja, Vice-Principal of Unaided Courses, extended his felicitations. The highlight of the event was the Keynote Address delivered by Mr. V. Maharajan, Founder & CEO of Imayam Yoga Center, Tirunelveli. As part of the program, yoga asanas, breathing exercises, and mudra exercises were given to Red Ribbon Club volunteers and Yoga Club Volunteers. Concluding the event, Mr. K. Ganesh Kumar, Program Officer of the Red Ribbon Club, delivered the Vote of Thanks and served as the Master of Ceremony, ensuring the smooth conduct of the program. This event aimed to celebrate the spirit of youth and promote holistic well-being through yoga, inviting participants to engage in enlightening and enriching discussions. Dr. J.A.M. Omeray Farook, Program Officer, and Dr. M. Murugan, Assistant Director of Physical Education, made necessary arrangements for the program. In total, 79 volunteers participated.



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Rahmath Nagar, Tirunelveli – 627011, Tamil Nadu, India.



RED RIBBON CLUB

in Association with

PG Department of Computer Science

cordially invites you to

Tech Talk: Strategies for Smart and Safe Technology Use

Date : 21.03.2024

Time: 02.00 pm

Venue: Auditorium

PROGRAMME SCHEDULE

Qirath	:	
Welcome Address	:	Dr. M. Abdul Rahuman, Convener, Red Ribbon Club.
Presidential Address	:	Dr. S.M. Abdul Kader Principal.
Felicitation Address	:	Dr. S. M. A. Syed Mohamed Khaja, Vice-Principal, Unaided Courses.
Keynote Address	:	Mr. K. Ganesh Kumar, Assistant Professor, PG Department of Computer Science.
Vote of Thanks	:	Dr. J.A.M. Omeray Farook, Program Officer, Red Ribbon Club.



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Red Ribbon Club in Association with PG Department of Computer Science Tech Talk: Strategies for Smart and Safe Technology Use

Date: 21.03.2024



The Red Ribbon Club, in association with the PG Department of Computer Science, organized a Tech Talk titled "Strategies for Smart and Safe Technology Use" on March 21, 2024. The event, held at the Auditorium, commenced at 2:00 pm with a soulful Qirath. Dr. M. Abdul Rahuman, the Convener of the Red Ribbon Club, delivered the Welcome Address, extending warm greetings to the attendees. Following the Welcome Address, Dr. S.M. Abdul Kader, the Principal, delivered the Presidential Address, emphasizing the importance of responsible technology use in today's digital age. Dr. S.M.A. Syed Mohamed Khaja, the Vice-Principal of Unaided Courses, delivered the Felicitation Address.

The keynote address was delivered by Mr. K. Ganesh Kumar, Assistant Professor at the PG Department of Computer Science. Mr. Ganesh Kumar shared valuable insights and strategies for leveraging technology intelligently while ensuring safety and security online. The audience gained valuable knowledge on navigating the digital landscape responsibly. The event concluded with the Vote of Thanks delivered by Dr. J.A.M. Omeray Farook, the Program Officer of the Red Ribbon Club, expressing gratitude to all participants, speakers, and organizers for their contributions to the successful conduct of the Tech Talk. Dr. Jesuraj, Head, Department of Commerce supported for organizing this program. 70 RRC Volunteers from various department were involved in that activity.


PRINCIPAL
SADAKATHULLAH APPA COLLEGE
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