



Sadakathullah Appa College

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

AQAR

(2021 – 2022)

CRITERION VII

INSTITUTIONAL VALUES AND BEST PRACTICES

7.1.8 INITIATIVES FOR INCLUSIVE ENVIRONMENT, TOLERANCE AND COMMUNAL HARMONY

Submitted to

THE NATIONAL ASSESSMENT AND ACCREDITATION COUNCIL (NAAC)



Sadakathullah Appa College

(Autonomous)

Rahmath Nagar, Tirunelveli-627011.

(Reaccredited by NAAC at an 'A' Grade. An ISO 9001:2015 Certified Institution)

2021-2022

AWARENESS ON MENTAL HEALTH DURING PANDEMIC PERIOD

SADAKATHULLAH APPA COLLEGE
(Autonomous)
(Reaccredited by NAAC at an 'A' Grade and an ISO 9001:2015 Certified Institution)
Rahmath Nagar, Tirunelveli-627011, Tamilnadu, India.

National Service Scheme
Organizes Webinar on

"MENTAL HEALTH DURING PANDEMIC PERIOD"


Resource Person
DR. S.S. SRINITHI
Psychologist, SAMMIA Centre for Psychological Interventions,
Tirunelveli.

Date: 12.06.2021 | Time: 4.30 pm

Organizing Team

Dr. M. Mohamed Sathik
Principal,
Sadakathullah Appa College.

Dr. S.M.A. Syed Mohamed Khaja
Vice Principal,
Sadakathullah Appa College.

Dr. A. Rajarathinam
NSS Co-ordinator
MS University, Tirunelveli.

Convener
Dr. P. Jeslin Kanaga Inba
(Unit: 152)

Organizing Secretary
Dr. J. Jemi Merlin Rani
(Unit: 14)

Dr. A. Mariammal
(Unit: 151)

Online tool:




SADAKATHULLAH APPA COLLEGE (AUTONOMOUS)

RAHMATH NAGAR, TIRUNELVELI -11

**NATIONAL SERVICE SCHEME ORGANIZES WEBINAR ON
“Mental Health during Pandemic Period”**

12.06.2021

Under the Guidance of

Manonmaniam Sundaranar University, Tirunelveli 627 012



NSS Programme Officers

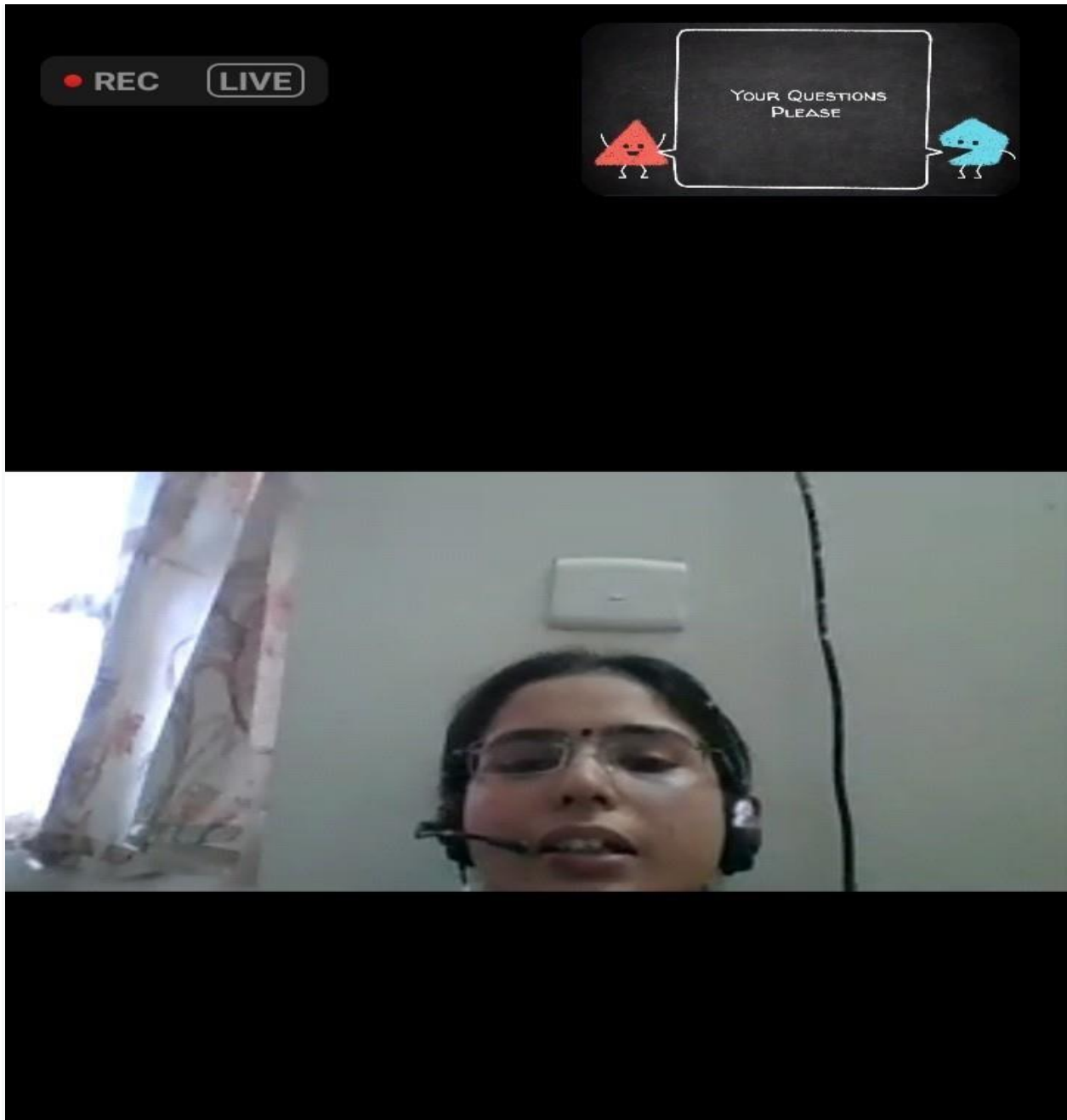
Dr. P. Jeslin Kanaga Inba (Unit 152)

Dr. J. Jemi Merlin Rani (Unit 14)

Dr. A. Mariammal (Unit 151)

The NSS Units of 14, 151, and 152 of Sadakathullah Appa College jointly organized webinar on “**MENTAL HEALTH DURING PANDEMIC PERIOD** “on 12th June 2021 at 4.30. P.M through Zoom Platform. The program begins with the recitation of Holy Quran by NSS Volunteer S. I. Mohamed Mufrij I. B.Com.

In the Inaugural Session **Dr. P. Jeslin Kanaga Inba** NSS Programme Officer (Unit 152) welcomed the chief guests and the participants. While addressing **Dr. M. Mohamed Sathik, Principal Sadakthullah Appa College**. He has thrown light on the theme of the webinar and congratulated the NSS Programme Officers choosing this exclusive and relevant topic for the event and also he encouraged NSS Volunteers. The felicitation address was given by the Vice Principal **Dr. S.M.A Syed Mohamed Khaja** shared his views on webinar and also he encouraged the participants. After the inaugural session Resource Person **Dr. S.S. Srinithi** Psychologist, SANMIRA Centre for Psychological Interventions, Tirunelveli, She spoken on the triple E’s (Eating healthy, Exercise, , and Early waking) to be optimistic to be gratitude to keep our mental health stable and how to prevent a person from committing suicide.



The talk was followed by the question session. NSS programme

Officers and NSS volunteers asked questions about stress and mental health during pandemic period. The resource person clarified all the questions for this session.



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 104 Participants

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MENTAL HEALTH
DURING
PANDEMIC
PERIOD



Close

Participants (146)

Search

- DM** Dr. M. Abdul Rahuman (me)   >
- SA** Sadakathullah App... (Host)    >
- DS** Dr. Srinithi Sankar (Co-host)    >
- KM** K m fayaz ahamed   >
- 1** 18ACS50-NOVA    >
- 1** 18APH47    >
- 1K** 18sco54 Karthick.P   >
- 1D** 19ach09 Devi kirtana   >
- 1M** 19ACH16 MYMOON HAJIT...   >
- 1A** 19ACH27 Akram    >

Invite

TREE PLANTATION

The tree plantation program was organized by NSS Units of Sadakathullah Appa College on 13.10.2021. The Joint deputy director of agriculture Mr. David Tennison planted the first sapling. 25 saplings were planted near the mosque. Dr. M. Mohamed Sathik, Principal, Dr.S.M.A.Syed Mohamed Khaja, Vice Principal, Mr. Antony, Agriculture Consultant, and NSS Programme Officers were present.





AWARENESS PROGRAMME ON CLIMATE CHANGE

SADAKATHULLAH APPA COLLEGE
(Autonomous)
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Rahmath Nagar, Tirunelveli-627011, Tamilnadu, India.

National Service Scheme
Organizes Webinar on

"Climate Change"

Resource Person
G. SUNDARRAJAN
Environmentalist, Social Activist, Poovulagin Nanbargal

Date: 14.06.2021 | Time: 5.00 pm

Organizing Team

Dr. M. Mohamed Sathik
Principal,
Sadakathullah Appa College.

Dr. S.M.A. Syed Mohamed Khaja
Vice Principal,
Sadakathullah Appa College.

Dr. A. Rajarathinam
NSS Co-ordinator
MS University, Tirunelveli.

Convener
Dr. M. Abdul Rahuman
(Unit: 13)

Organizing Secretary

S. Mohideen Pillai
(Unit: 11)

M. Shahul Hameed
(Unit: 12)

Online tool:
Zoom

The NSS Units of 11, 12, and 13 of Sadakathullah Appa College jointly organized webinar on “**CLIMATE CHANGE**“ on 14th June 2021 at 5. p.m through Zoom Platform. The program begins with the recitation of Holy Quran by NSS Volunteer S. I. Mohamed Mufrij I. B.Com.

In the Inaugural Session **Dr. M. Abdul Rahuman** NSS Programme Officer (Unit 13) welcomed the chief guests and the participants.

While addressing **Dr. M. Mohamed Sathik, Principal Sadakthullah Appa College**. He has thrown light on the theme of the webinar and congratulated the NSS Programme Officers choosing this unique and relevant theme for the event and also he encouraged NSS Volunteers. The felicitation address was given by the Vice Principal **Dr. S.M.A Syed Mohemed Khaja** shared his views on webinar and also he encouraged the participants.

After the inaugural session Resource Person

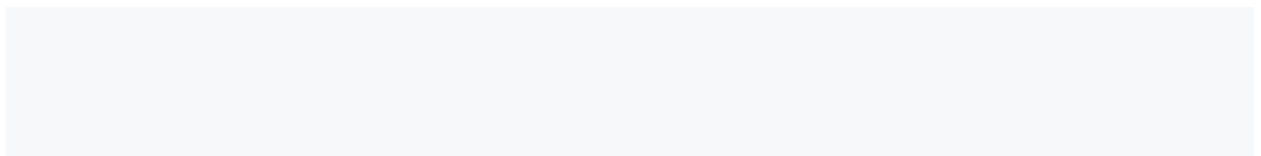
Mr. G. Sundarjan, Environmentalist, Social Activist, “**Poovulagin Nanbargal**” provided various information about “Climate Change “ He shared his views on Environmental conditions and the Importance of developmental awareness against globalization and the exploitation of dominant forces and making environmental justice available to all classes of people. The webinar was concluded with a vote of thanks by Mr. **S. Mohideen Pillai** NSS Programme Officer (Unit 11). Mr. **M .Sahul Hammed**, NSS Programme Officer (Unit 12) Co- ordinate this webinar. 148 participants were attended this webinar.



The talk was followed by the question session. NSS Programme Officers and NSS volunteers asked questions about environment and climate change conditions. The Chief Guest clarified all the questions for this session.



Principal addressing the virtual audience



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Dr. M. Abdul Ra...

SAHUL HAMEED

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20AHS49 R.NA...

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Participants 43

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SADAKATHULLAH APPA COLLEGE
National Service Scheme
Organizes Webinar on
"Climate Change"

Guest Speaker
G. SUNDARAJAN
Date: 14.06.2021 | Time: 5:00 pm

Organizing Team
Dr. M. Mohamed Sorik Dr. S.M.A. Syed Mohamed Chajja Dr. A. Rajarathnam
S. Mohideen Pillai M. Shahul Bameed

Chief guest addressing the audience virtually

ONE DAY CAMP ON SWACH BHARAT



A one day campus cleaning drive was organized by the NSS units of (11, 12, 13) Sadakathullah Appa College in collaboration with the Sadakath Outreach Programme (SOP) on 14/12/2021. A total of 40 volunteers participated in the programme and cleaned the campus in order to prepare for the arrival of the Tamil Nadu Higher Education Minister Dr. K. Ponmudy who visited the campus to inaugurate the M.N.M. Mohammed Sahib Library. On 15/12/2021 the Tamil Nadu Higher Education Minister Dr. K. Ponmudy visited the campus to inaugurate the M.N.M. Mohammed Sahib Library. NSS volunteers were involved in the reception and hospitality committee and took part actively in various activities such as welcoming the guests and snacks distribution.



Tirunelveli 627011, Tamil Nadu, India
Sadakathullah Appa College (Autonomous) Rahmathnagar
Lat 8.722221°
Long 77.76055°
14/12/21 10:04 AM



Tirunelveli, Tamil Nadu, India
PQC6+7MV, Rehmath Nagar East, Kamaraj Nagar, Tirunelveli,
Tamil Nadu 627002, India
Lat 8.721402°
Long 77.761758°
14/12/21 10:43 AM

Our Students cleaning the river bank



Our Students cleaning the Campus1

INDEPENDENCE DAY



Flag Hoisting



NSS Units organized tree plantation after the flag hoisting

ORIENTATION PROGRAMME



SADAKATHULLAH APPA COLLEGE
(Autonomous)
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Rahmath Nagar, Tirunelveli-627011, Tamilnadu, India.

National Service Scheme
Organizes on
"NSS ORIENTATION PROGRAMME"


Resource Person
DR. B. PONNUTHAI M.COM., M.PHIL., PH.D.
Assistant Professor & NSS Programme Officer
Department of Commerce
Kamaraj College, Thoothukudi-3
Date: 18.11.2021 | Time: 10.30 am
Venue : Auditorium

Organizing Team

Dr. M. Mohamed Sathik Principal, Sadakathullah Appa College.	Dr. A. Rajarathinam NSS Co-ordinator MS University, Tirunelveli.
Dr. S.M.A. Syed Mohamed Khaja Vice Principal, Sadakathullah Appa College.	Dr. A.M. Ayubkhan Co-ordinator Part V Sadakathullah Appa College.

Organizing Members

Dr. P. Ceetha (Unit: 14)	S. Mohideen Pillai (Unit: 11)
Dr. A. Mariammal (Unit: 151)	Dr. Yunush Ahamed Mohamed sherif (Unit: 12)
Dr. M. Syed Ali Fathima (Unit: 152)	Dr. M. Abdul Rahuman (Unit: 13)

The NSS Units of 11,12, 13,14, 151, and 152 of Sadakathullah Appa College jointly organized the “NSS ORIENTATION PROGRAMME “ on 18th November 2021 at 10.30. A.M. The program begins with the recitation of the Holy Quran by M. Mohamed Abdul Hameed I.M.Com. In the Inaugural Session, **Dr. M. Abdul Rahuman** NSS Programme Officer (Unit No :13) welcomed the chief guests and the participants.

While addressing, **Dr. M. Mohamed Sathik, Principal Sadakathullah Appa College.** He has thrown light on the theme of the Orientation Programme and congratulated the NSS Programme officers, He shared his views and the importance of NSS. He advised the volunteers to serve the nation. The felicitation address was given by the vice-principal **Dr. S.M.A Syed Mohamed Khaja** shared the role and objectives of NSS and also he encouraged the participants . After the inaugural session Resource Person **Dr. B. Ponnuthai**, NSS Programme officer, Kamaraj College, Thoothukudi provided various information about the “ National Service Scheme “ She shared the functions of regular activities and special camp activities. She also explained the importance of NSS. 275 participants have attended this orientation Programme.

AWARENESS ON VIGILANCE

As a part of the observance of Vigilance Awareness Week (Oct 26-Nov 1), the National Service Scheme Units of Sadakathullah Appa College took a pledge against anti-corruption ON 26.10.21.

On this occasion, a pledge was taken by NSS Volunteers to safeguard integrity frameworks and code of ethics to ensure that we are not part of any corrupt practice and can tackle instances of corruption with the utmost strictness. Besides, as an organization pledge was taken to lead from the front to eradicate corruption and also maintain the highest standards of integrity, transparency, and good governance in all aspects of our operations.

NSS Programme officers Dr. M. Abdul Rahuman, Dr. M. Syed Ali Fathima , Dr .P. Geetha organized this function. 100 NSS Volunteers have participated.



Our Faculty taking Oath



Students taking Oath

NATIONAL GIRL CHILD DAY

SADAKATHULLAH APPA COLLEGE
(AUTONOMOUS)TIRUNELVELI-11
YOU ARE CORDIALLY INVITED TO
A WEBINAR ON NATIONAL GIRL CHILD DAY
ON 24-01-2022 10.30 AM
CHIEF GUEST

MRS. P. AZEEM
INSPECTOR OF POLICE
TIRUCHY

TOPIC: CRIME AGAINST WOMEN AND CHILDREN
ORGANISED BY
NSS

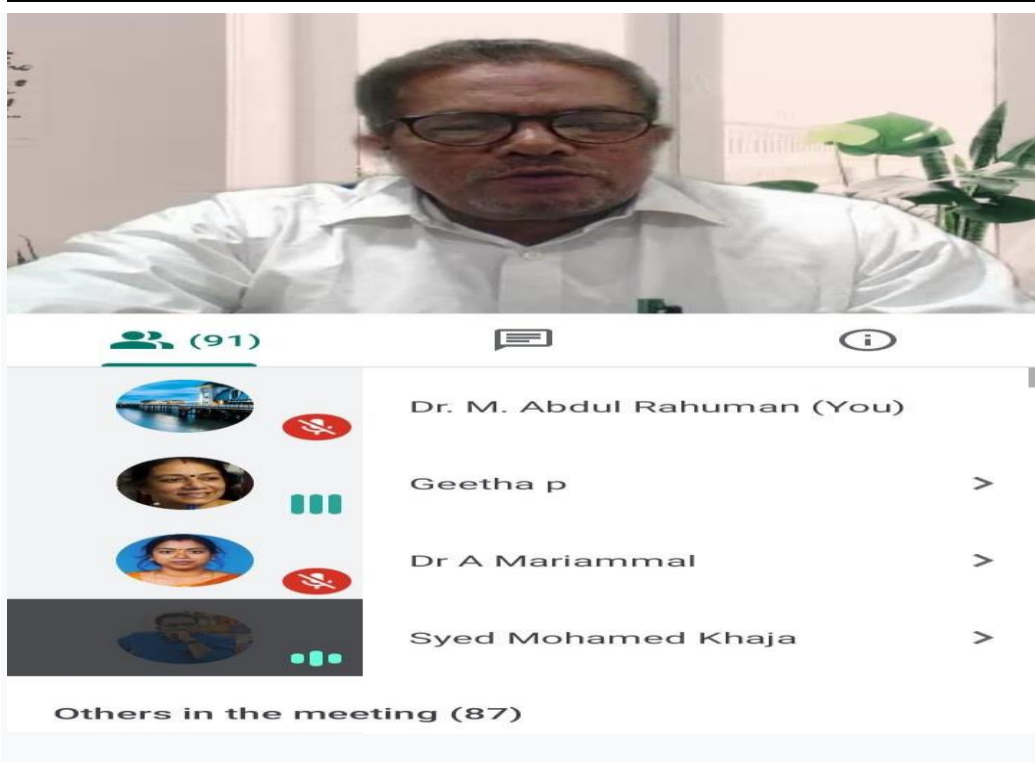
DR.M. MOHAMED SATHIK PRINCIPAL
DR.S.M.A.SYED MOHAMED KHAJA VICE PRINCIPAL

Nss Programme Officers

Dr.M.Abdul Rahman(Unit:13) Dr.M.Syed Ali Fathima(Unit:152)
Dr.S.Mohideen Pillai(Unit:11) Dr.P.Geetha(Unit:14)
Dr.Yunush Ahamed Mohamed Sherif(Unit:12) Dr.A.Mariammal(Unit:151)

link: <https://meet.google.com/dbv-ggdf-emk>

The NSS Units of 151 ,152, and 14 of Sadakathullah Appa College jointly organized webinar on “**National Girl Child Day**” on 24th January 2022 at 10.30 A.M through Google Meet Platform. The program begin with the recitation of Holy Quran by Mohamed Abdul Hameed I. M.Com. In the Inaugural Session **Dr. M. Syed Ali Fathima** NSS Programme Officer (Unit No: 152) welcomed the chief guests and the participants. The felicitation address was given by the vice principal **Dr. S.M.A Syed Mohamed Khaja** shared his views on webinar and also he encouraged the participants. After the inaugural session Resource Person **Mrs. P.Azeem** Inspector of Police, Trichy ,Shared the awareness about “ Crime against women and children “ The main aim of the observance of this day was to spread awareness and tackle the issues of inequalities that girl face in the country and enlighten everyone about the rights of a girl child. The talk was followed by the question session. NSS Programme officers and NSS volunteers asked questions about Crime against women and Children. The Chief Guest clarified all the questions for this session. The webinar was concluded with a vote of thanks by **Dr.P.Geetha** NSS Programme officer(Unit 14). 100 participants attended this webinar.



Felicitation of our Vice-Principal

REPUBLIC DAY



After flag hoisting NSS units organized Tree plantation in front of library building

DRUG AWARENESS PROGRAMME

The NSS Units of Sadakathullah Appa College jointly organized “ **DRUG AWARENESS PROGRAMME** ” “ on 28th February 2022 at 11.00. A.M. The program begin with the recitation of Holy Quran by Mohamed Abdul Hameed I. M.Com.

In the Inaugural Session **Dr. Yunush Ahamed Mohamed Sheriff** NSS Programme Officer (Unit 12) welcomed the chief guests and the participants. After the inaugural session Resource person Mrs. Muthu Lakshmi, Inspector of Police create awareness against drug abuse and to dissuade people from using ganja and other drugs. The sessions were fruitful with active student participation.



Chief guest addressing the audience



Glimpse of the Audience

DENTAL AWARENESS PROGRAMME

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Rahmath Nagar, Tirunelveli-627011, Tamilnadu, India.

National Service Scheme
Organizes Webinar on

**DENTAL AWARENESS
PROGRAMME FOR WOMEN**

Guest Speakers
DR.H.I.AL ZAINAB FATIMA M.D.S
Dental Specialist
Tirunelveli.
DR.A.J.JAREEN M.D.S
Dental Specialist
Tirunelveli.

Date: 23.02.2022 | Time: 11.00 am | Venue: Auditorium

Organizing Team
Dr. M.Mohamed Sathik
Principal,
Sadakathullah Appa College.
Dr. S.M.A. Syed Mohamed Khaja
Vice Principal,
Sadakathullah Appa College.
Dr. A. Arumugam
NSS Co-ordinator
MS University, Tirunelveli.

Organizing Members
Dr. P Geetha (Unit: 14) **S.Mohideen Pillai** (Unit: 11)
Dr. A. Mariammal (Unit: 151) **Dr. Yunush Ahamed Mohamed sherif** (Unit: 12)
Dr. M. Syed Ali Fathima (Unit: 152) **Dr. M. Abdul Rahuman** (Unit: 13)

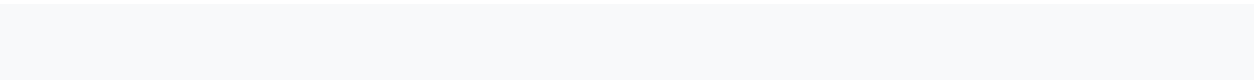
The NSS Units of Sadakathullah Appa College jointly organized “**DENTAL AWARENESS PROGRAMME FOR WOMEN**” on 23rd February 2022 at 11.00. A.M. The program begin with the recitation of Holy Quran by Mohamed Abdul Hameed I. M.Com. In the Inaugural Session **Dr. P. Geetha** NSS Programme Officer (Unit 14) welcomed the chief guests and the participants.While addressing **Dr. M. Mohamed Sathik, Principal**

Sadakthullah Appa College. He has thrown light on the theme of Dental health and its importance of this programme and congratulated the NSS Programme officers and also he encouraged NSS Volunteers. The felicitation address was given by the vice principal **Dr. S.M.A Syed Mohamed Khaja** shared his views on the importance of dental care.

After the inaugural session Resource person Dr. H.I. A.I Zainab Fathima M.D.S., Dr. A. Jareen to create awareness about the importance of maintaining good oral health. A demonstration of the correct method of tooth brushing was given using a health education model. The sessions were fruitful with active student participation.



Dignitaries on the dias



Chief guest addressing the audience

TREE PLANTATION PROGRAMME

The tree plantation program Was organized by NSS Units of Sadakathullah Appa College on 19.04.2022. Dr. M. Mohamed Sathik, Principal, Dr. S. M. A Syed Mohamed Khaja, Vice Principal, and NSS Programme Officers were present.



Our Faculty planting saplings



Students planting saplings