



# Indra Ganesan

## COLLEGE OF ENGINEERING

Approved by AICTE, New Delhi & Affiliated to Anna University, Chennai  
Accredited by NAAC with 'B+' Grade, 2(f) & 12B Status Institution by UGC

IG Valley, Madurai Main Road, Manikandam, Tiruchirappalli - 620012

# NAAC DOCUMENTS

## QUALITY INDICATOR FRAME WORK

### CRITERION – 7

## INSTITUTIONAL VALUES AND BEST PRACTICES

SUBMITTED BY

**IQAC**

INTERNAL QUALITY ASSURANCE CELL

**INDRA GANESAN COLLEGE OF ENGINEERING**





**Indra Ganesan**  
**COLLEGE OF ENGINEERING**  
Madurai Main Road (NH-45B), Manikandam, Tiruchirappalli - 620 012  
Approved by AICTE, New Delhi & Affiliated to Anna University, Chennai  
NAAC Accredited, 2(F) Status Institution by UGC



<b>riterion 7</b>	<b>Institutional Values and Social Responsibilities</b>	<b>50</b>
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**7.1.1. Institution has initiated the Gender Audit and measures for the promotion of gender equity during the last five years. Describe the gender equity & sensitization in curricular and co-curricular activities, facilities for women on campus etc.,(10)**

## **GENDER EQUITY & INSTITUTIONAL INITIATIVES**

## **7.1 Institutional Values and Social Responsibilities**

7.1.1 Institution has initiated the Gender Audit and measures for the promotion of gender equity during the last five years. Describe the gender equity & sensitization in curricular and co-curricular activities, facilities for women on campus etc.,

### **GENDER EQUITY**

**&**

### **INSTITUTIONAL INITIATIVES**


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**GENDER EQUITY**

**&**

**INSTITUTIONAL INITIATIVES**



**2020-2021**



# Indra Ganesan

**COLLEGE OF ENGINEERING**  
Madurai Main Road (NH-45B), Manikandam, Tiruchirappalli- 620 012  
Approved by AICTE, New Delhi & Affiliated to Anna University, Chennai

Date: 19.06.2020

## CIRCULAR

All staff and students are hereby informed that “**Uniting Women on International Yoga Day**” will be celebrated on our campus at the seminar hall on 21.06.2020. All final year students are instructed to attend the program at 9.45a.m.

**Dr. G. Balakrishnan, M.E., Ph.D.,**  
Principal  
Indra Ganesan College of Engineering  
IG Valley, Madurai Main Road  
Manikandam, Trichy-620 012.

**Principal**

**Dr S BHARATHIRAJA,**  
B.E., M.Tech., Ph.D.  
**PRINCIPAL**  
Indra Ganesan College of Engineering  
Tiruchirappalli- 620 012

### Cc::

1. All Hod's / All Faculty Members
2. All 4<sup>th</sup> Year B.E Classes
3. Program coordinator / WEC File
4. Office file



# Indra Ganesan

**COLLEGE OF ENGINEERING**  
Madurai Main Road (NH-45B), Manikandam, Tiruchirapalli- 620 012  
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*Women Empowerment Cell*  
*Cordially invites you for the Yoga Program*

**“International Yoga Day”**



**Yoga Master**

**Dr. R.Nisha Gayathri,**  
Assistant Professor,  
BNYS, IGI

**GUEST OF HONOUR**

**Er.G.Rajasekaran**  
Secretary  
IGI

**Dr.G.Balakrishnan**  
Director  
IGI

**Dr. M. Anusuya**  
Registrar  
IGI

**IN THE PRESENCE OF**

**Dr. S.Bharathi Raja**  
Principal

Date: 21.06.2020

Time: 09.15a.m

Venue: Auditorium

All are cordially invited...

**Dr. G. Balakrishnan, M.E., Ph.D.,**  
Principal  
Indra Ganesan College of Engineering  
IG Valley, Madurai Main Road  
Manikandam, Trichy-620 012.





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## Report

Title	Uniting Women on International Yoga Day		
Resource Person	Dr.Nisha Gayathiri, Assistant Professor of BNYS, IGI		
Academic Year	2020-2021		
Date	21.06.2020		
Organising Department	Women Empowerment Cell		
Venue	IGCE C Open Auditorium	Total No. of Participants	74 (List Enclosed)

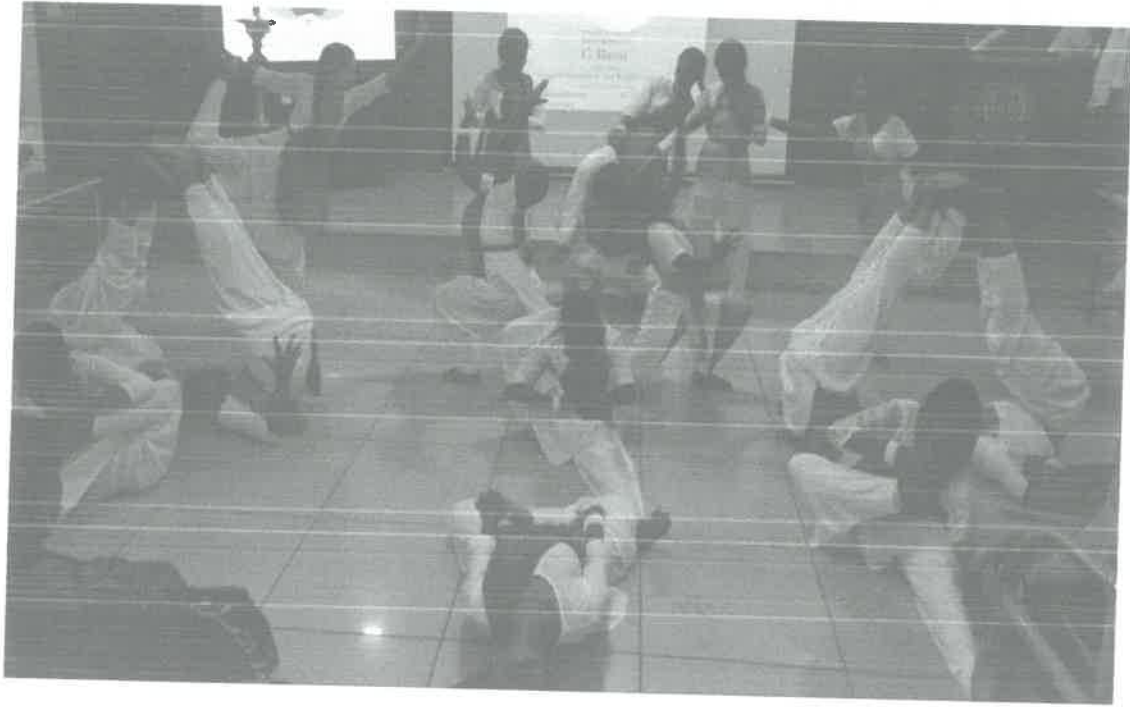
## **Outcomes of the Event**

- Yoga helps improve flexibility, strength and overall physical fitness.
- The practice of yoga contributes to stress reduction, anxiety management and better mental clarity.
- The seeking spiritual development, yoga provides a path to inner peace and self-discovery.
- International yoga day fosters a sense of unity among people of different cultures, promoting a shared goal of holistic well-being.



**Dr. G. Balakrishnan, M.E., Ph.D.,**  
Principal  
Indra Ganesan College of Engineering  
IG Valley, Madurai Main Road  
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**Uniting Women on International Yoga Day in 21.06.2020**

**Dr. G. Balakrishnan, M.E., Ph.D.,**  
Principal  
Indra Ganesan College of Engineering  
IG Valley, Madurai Main Road  
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## YOGA PROGRAM

## PARTICIPANT LIST

Date: 21.06.2020

Total No. of Participants: 67

S.NO	REGISTER NUMBER	NAME OF THE STUDENT	YEAR	DEPARTMENT
1	811218104020	Nivedha S	IV	CSE
2	811218104021	Priyanga.G	IV	CSE
3	811218104022	Ramya R	IV	CSE
4	811218104026	Shalini P	IV	CSE
5	811218104028	Sheela.S	IV	CSE
6	811218104030	Sugasini.G	IV	CSE
7	811218104031	Vaishnavi G	IV	CSE
8	811218104032	Vigna Sri S	IV	CSE
9	811218104033	Vijaya Dharani K	IV	CSE
10	811218104034	Vinothini S	IV	CSE
11	811218104501	Sivasangari C	IV	CSE
12	811219104003	Bharathi S	III	CSE
13	811219104005	Indhumathi S	III	CSE
14	811219104018	Ravinya K	III	CSE
15	811219104020	Saranya P	III	CSE
16	811219104021	Suvalakshmi P	III	CSE
17	811219104022	Sweatha B	III	CSE
18	811219104024	Vijayalakshmi B	III	CSE
19	811219104025	Vincy Sharmila K	III	CSE
20	811220104002	Akshaya T	II	CSE
21	811220104007	Ayisha Siddeeqa A	II	CSE
22	811220104008	Benasir S	II	CSE
23	811220104012	Cibina S	II	CSE
24	811220104046	Sumithira R	II	CSE
25	811220104048	Swarnambigai V	II	CSE
26	811220104053	Yuva Sri S	II	CSE
27	811220405001	Deepa Lakshmi N	II	ME CSE
28	811220405002	Iswarya R	II	ME CSE
29	811220405003	Karthiga M	II	ME CSE
30	811220405004	Karthika M	II	ME CSE
31	811220405005	Ramalakshmi M	II	ME CSE
32	811221405001	Madhumathi K	I	ME CSE
33	811221405002	Vinitha Devi P	I	ME CSE
34	811218106006	Devi K	IV	ECE
35	811218106007	Dhanalakshmi S	IV	ECE
36	811218106009	Janani V	IV	ECE

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Principal  
Indra Ganesan College of Engineering  
IG Valley, Madurai Main Road  
Manikandam, Trichy-620 012.

37	811218106010	Jenifer C	IV	ECE
38	811218106011	Jenifer S	IV	ECE
39	811218106013	Kiruthika S	IV	ECE
40	811218106016	Ragavi A	IV	ECE
41	811218106019	Sarmila M	IV	ECE
42	811218106020	Sumathi	IV	ECE
43	811218106021	Thivya Priya R	IV	ECE
44	811221106034	Thrisha.S	II	ECE
45	811221106035	Veerakumar.R	II	ECE
46	811220106006	Banu priya G	II	ECE
47	811220106018	J.Jancy	II	ECE
48	811220106023	S.Karthika	II	ECE
49	811220106028	Mancy.E	II	ECE
50	811220106033	Preethika.M	II	ECE
51	811220106034	Premalatha.M	II	ECE
52	811220106038	M.Snega	II	ECE
53	811220106039	N.Sobi amirtha	II	ECE
54	811220106042	Susila N	II	ECE
55	811220106049	Yoga priya.R	II	ECE
56	811220106302	Kiruthika R	II	ECE
57	811219106001	Dayana P	III	ECE
58	811219106002	Devika K	III	ECE
59	811219106011	Swetha K	III	ECE
60	811219106301	Yuvashree S	III	ECE
61	811219106701	Vijayalakshmi V	III	ECE
62	811218205001	Deepa T	IV	IT
63	811218205002	Dharshini K	IV	IT
64	811218205006	Janani S	IV	IT
65	811218205010	Kayalvizhi.B	IV	IT
66	811218205012	Meena R	IV	IT
67	811218205015	Pavithra.N	IV	IT

Dr. G. Balakrishnan, M.E., Ph.D.,  
Principal  
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Date: 18.11.2020

## CIRCULAR

All staff and students are hereby informed that the **Women Empowerment Cell** is planning to organize a Webinar titled "**Managing stress and Anxiety during a Pandemic**" by Dr. Nisha Gayathiri, Assistant Professor of BNYS, will be conducted online at 01.00p.m. on 20.11.2020. The speech is intended for all female students and women staff members. All students are requested to attend the program

**Joining Link:** <https://meet.google.com/ppx-vmdt-tcu>

**Dr. G. Balakrishnan, M.E., Ph.D.,**  
Principal  
Indra Ganesan College of Engineering  
IG Valley, Madurai Main Road  
Manikandam, Trichy-620 012.

**Principal**

**Dr. S. BHARATHI RAJU,**  
M.E., M.Tech., Ph.D.  
**PRINCIPAL**  
Indra Ganesan College of Engineering  
Tiruchirapalli-620 012

Copy to:

1. All HoD's / All Faculty Members
2. All Women Students
3. Notice Board
4. Office File



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*Women Empowerment Cell  
Cordially invites you for the Yoga Program*

**“MANAGING STRESS AND ANXIETY DURING A  
PANDEMIC”**

**Resurce Person**

**Ms. T. Arul Jenifer,**  
Assistant Professor,  
BNYS, IGI

**GUEST OF HONOUR**

**Er.G.Rajasekaran**  
Secretary  
IGI

**Dr.G.Balakrishnan**  
Director  
IGI

**Dr. M. Anusuya**  
Registrar  
IGI

**IN THE PRESENCE OF**

**Dr. S.Bharathi Raja**  
Principal

Date: 20.08.2020

Time: 09.15a.m

Venue: Auditorium

All are cordially invited...

**Dr. G. Balakrishnan, M.E., Ph.D.,**  
Principal

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## Report

Title	"Managing Stress and Anxiety during a Pandemic"		
Resource Person	Ms. T. Arul Jenifer Assistant professor/Psychology		
Academic Year	2020-2021		
Date	20.11.2020		
Organizing Department	Women Empowerment Cell		
Participant	All Women Students		
Venue	IGCE Ground	Total No. of Participants	91 (List Enclosed)

## Outcomes of the Event

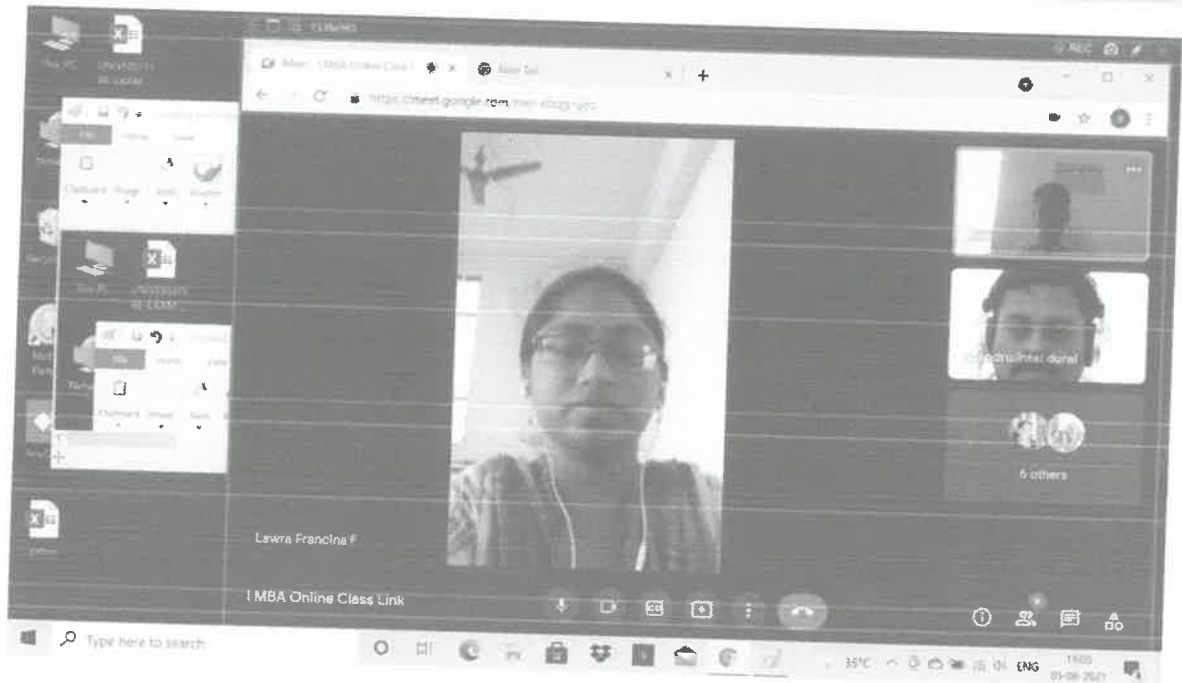
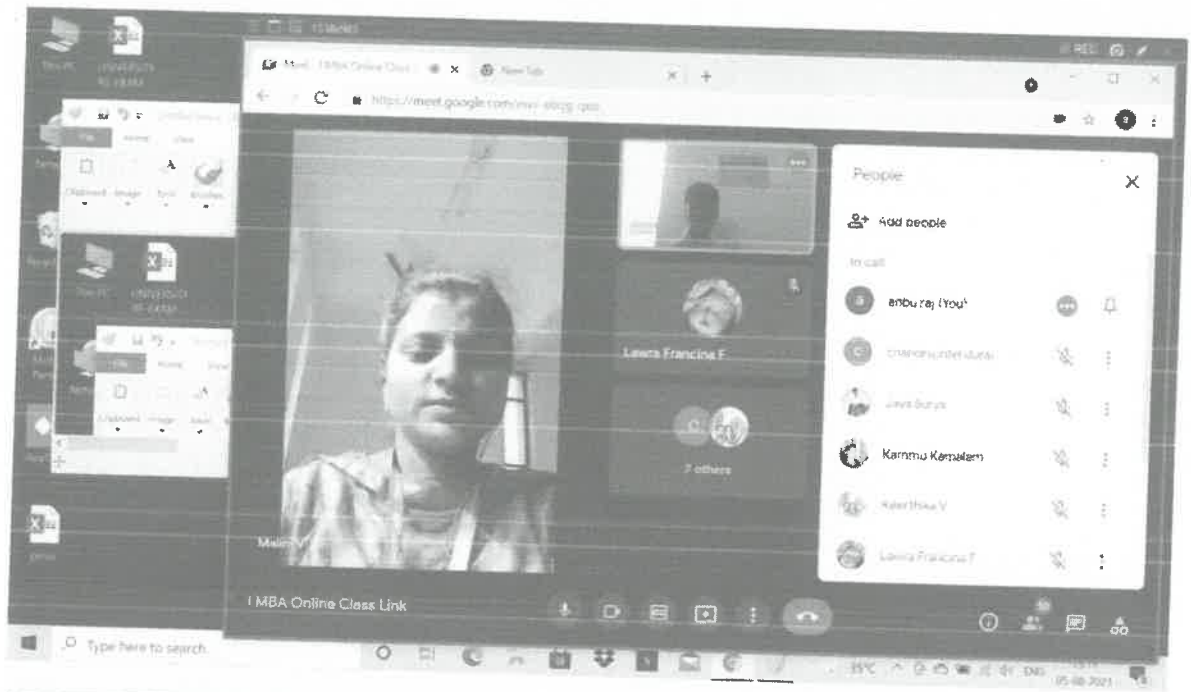
- Resource person spoke about various strategies like Mindfulness and meditation techniques, physical exercise and relaxation, maintain a routine, limiting exposure to negative news and establishing healthy sleep patterns for managing stress the pandemic situation



Type here to search

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Principal  
Indra Ganesan College of Engineering  
IG Valley, Madurai Main Road  
Manikandam, Trichy-620 012.





**“Managing Stress and Anxiety during a Pandemic” on 20.11.2020**

**Dr. G. Balakrishnan, M.E., Ph.D.,**  
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## MANAGING STRESS AND ANXIETY DURING A PANDEMIC

### PARTICIPANT LIST

Date: 20.11.2020

Total No. of Participants: 84

S.No	Register Number	Name of the Student	Year	Department
1	811217104001	Aarthi J	IV	CSE
2	811217104002	Deepika N	IV	CSE
3	811217104003	Dhanalakshmi R	IV	CSE
4	811217104004	Goadhar Fathima S	IV	CSE
5	811217104007	Jeya Pratha A	IV	CSE
6	811217104009	Kamatchi V	IV	CSE
7	811217104010	Kokila V	IV	CSE
8	811217104011	Lakshmi Priya M	IV	CSE
9	811217104014	Princy Deepa X	IV	CSE
10	811217104016	Salma Banu M	IV	CSE
11	811217104017	Seebika M	IV	CSE
12	811217104019	Siva Sankari S	IV	CSE
13	811217104020	Swathi M	IV	CSE
14	811217104022	Vasuki M	IV	CSE
15	811218104001	Aishwarya M	III	CSE
16	811218104005	Dharshini A	III	CSE
17	811218104009	Hema Latha B	III	CSE
18	811218104010	Jegathiswari.D	III	CSE
19	811218104011	Joshi Dayana K	III	CSE
20	811218104013	Kiruthiga V	III	CSE
21	811218104018	Neethimozhi A	III	CSE
22	811218104019	Nithya P	III	CSE
23	811218104020	Nivedha S	III	CSE
24	811218104021	Priyanga.G	III	CSE
25	811218104022	Ramya R	III	CSE
26	811218104026	Shalini P	III	CSE
27	811218104028	Sheela.S	III	CSE
28	811218104030	Sugasini.G	III	CSE
29	811218104031	Vaishnavi G	III	CSE
30	811218104032	Vigna Sri S	III	CSE
31	811218104033	Vijaya Dharani K	III	CSE
32	811218104034	Vinothini S	III	CSE
33	811218104501	Sivasangari C	III	CSE
34	811219104003	Bharathi S	II	CSE
35	811219104005	Indhumathi S	II	CSE
36	811219104006	Ishwarya P	II	CSE
37	811219104008	Keerthika K	II	CSE

  
Dr. G. Balakrishnan, M.E., Ph.D.,  
Principal

Indra Ganesan College of Engineering  
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Manikandam, Trichy-620 012.

38	811219104009	Keerthika V	II	CSE
39	811219104011	Logadipa Sp	II	CSE
40	811219104014	Nancy C	II	CSE
41	811219104017	Ranjana S	II	CSE
42	811219104018	Ravinya K	II	CSE
43	811219104020	Saranya P	II	CSE
44	811219104021	Suvalakshmi P	II	CSE
45	811219104022	Sweatha B	II	CSE
46	811219104024	Vijayalakshmi B	II	CSE
47	811219104025	Vincy Sharmila K	II	CSE
48	811220405001	Deepa Lakshmi N	I	ME CSE
49	811220405002	Iswarya R	I	ME CSE
50	811220405003	Karthiga M	I	ME CSE
51	811220405004	Karthika M	I	ME CSE
52	811220405005	Ramalakshmi M	I	ME CSE
53	811217106001	Aishwariya S	IV	ECE
54	811217106002	Aneesha A	IV	ECE
55	811217106003	Deepika B	IV	ECE
56	811217106004	Durga D	IV	ECE
57	811217106005	Gangadevi M	IV	ECE
58	811217106006	Janani C	IV	ECE
59	811217106011	Lakshmi M	IV	ECE
60	811217106013	Mekala Devi S	IV	ECE
61	811217106014	Pandimeena R	IV	ECE
62	811217106016	Preethi V	IV	ECE
63	811217106021	Sarumathi A	IV	ECE
64	811217106022	Shalini M	IV	ECE
65	811217106023	Siva Sankari M	IV	ECE
66	811218106001	Abinaya R	III	ECE
67	811218106002	Akila K	III	ECE
68	811218106004	Arthi M	III	ECE
69	811218106005	Azhagu Meena M	III	ECE
70	811218106006	Devi K	III	ECE
71	811218106007	Dhanalakshmi S	III	ECE
72	811218106009	Janani V	III	ECE
73	811218106010	Jenifer C	III	ECE
74	811218106011	Jenifer S	III	ECE
75	811218106013	Kiruthika S	III	ECE
76	811218106016	Ragavi A	III	ECE
77	811218106019	Sarmila M	III	ECE
78	811218106020	Sumathi	III	ECE
79	811218106021	Thivya Priya R	III	ECE
80	811217205001	Anitha G	IV	IT
81	811217205006	Lisha Y	IV	IT
82	811217205008	Merciya Mary A	IV	IT
83	811217205011	Pakkiyalakshmi A	IV	IT
84	811217205015	Santhiya K	IV	IT



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