

CRITERION 7 – INSTITUTIONAL VALUES AND BEST PRACTICES

KEY INDICATOR - 7.1 INSTITUTIONAL VALUES AND SOCIAL RESPONSIBILITIES

METRIC NO	DESCRIPTION	LINK TO RELEVANT DOCUMENTS
7.1.1 QIM	Gender Equity and celebration of days of National /International commemoration Measures initiated by the institution for the promotion of gender equity and Institutional initiatives to celebrate/ organize national and international commemorative days, events and festivals during the last five years	VIEW DOCUMENTS



Dr.R.PANNEERDHASS.M.E..Ph D...
PRINCIPAL

A.R.ENGINEERING COLLEGE

VADAKUCHIPALAYAM,

KAPPIYAMPULIYUR POST,

VILLUPURAM-605 601.

(Approved by AICTE, New Delhi & Affiliated to Anna university, Chennai) Vadakuchipalayam, Kappiyampuliyur post, Villupuram-605601, Tamil Nadu.

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Dr.R.PANNEERDHASS,M.E.,Ph.D.,
PRINCIPAL
A.R.ENGINEERING COLLEGE
VADAKUCHIPALAYAM,
KAPPIYAMPULIYUR POST,
VILLUPURAM-605 601.



(Approved by AICTE, New Delhi & Affiliated to Anna university, Chennai) Vadakuchipalayam, Kappiyampuliyur post, Villupuram-605601, Tamil Nadu.

GENDER SENSITIZATION ACTION PLAN

Considering the delicate demands of a specific gender, whether it be female, male, or transgender, begins with gender sensitization. It supports us in challenging the reality we taken for granted and in examining our own attitudes and ideas. When it comes to fostering ideas and adjusting views, educational establishments can play an essential role. They contribute to the growth of a more democratic society that is able to influence opinions and recognize gender equality as an essential social principle.

The way the College helped women become free from the colonial era to the present. There are both men and women working at A.R Engineering College. Thus, gender sensitization attempts to educate staff and students about citizenship rights, appropriate workplace behavior, and how to avoid sexual harassment.

One important element in the institution's development of gender equality is the dedication of teachers. The way that teachers teach, how they teach, and how they set an example for their concerns, attitudes, beliefs, and practices in the classroom and beyond put them in a unique position to act as change agents in the fight for gender equality.

The objectives are -

- To inculcate moral principles that will help young people overcome their prejudices and move toward a society that is impartial and fair.
- To educate students about their constitutional rights and protections and to raise awareness of
 issues such as gender discrimination, violence against women, deprivation of women, rights
 of transgender people, and other related topics through lectures, seminars, talks, workshops,
 debates, and the screening of films and documentaries.
- Encouraging a gender-sensitive workplace where staff members, both teaching and non-teaching, can reach their full potential.
- To launch policy initiatives to give employees and students equal chances.
- To foster an atmosphere where faculty and staff work together to engage in college events and activities with an open mind.
- To raise knowledge of gender equality issues in order to modify behavior and to establish a transparent atmosphere of discussion, dialogue, tolerance, and solution.
- To address situations of physical, psychological, emotional, or sexual harassment as impartially and as soon as an academic institution can get to.



Dr.R.PANNEERDHASS,M.E.,Ph O.,
PRINCIPAL
A.R.ENGINEERING COLLEGE
VADAKUCHIPALAYAM,
KAPPIYAMPULIYUR POST,
VILLUPURAM-605 601.



(Approved by AICTE, New Delhi & Affiliated to Anna university, Chennai) Vadakuchipalayam, Kappiyampuliyur post, Villupuram-605601, Tamil Nadu.

The curriculum of the institution teaches girls about women's problems and how to properly address them. It is mental training that benefits them all through life. The extent of gender discrimination is great, but we are able to find a remedy by teaching them through these mentorship programs and awareness campaigns that although we may not be biologically similar to males, we nevertheless have the same "needs" as them. We instruct them on how to deal with and navigate the complexities of life's differences. Girls can reach their full potential in a gender-sensitive setting because it fosters self-worth, confidence, and respect. In order to meet these demands, the institute organizes observances and extended programs, forms committees, and promotes staff-student cooperation. Through a number of policy initiatives aimed at giving staff and students equal opportunities, the institution promotes gender equality. In order to achieve these goals, AREC has created and put into action the carefully thought-out inclusive strategy listed below:

- Setting up competitions, presentations, seminars, and workshops that address gender issues
- Promoting student presentations that aid in improving readiness.
- Encouraging students to take part in the environmental, social, and community work.
- Encouraging students to take part in annual social outreach initiatives.
- Motivating students to take part in extracurricular events, such as contests hosted by the college and other organizations.
- To take part in significant occasions like Republic Day, International Women's Day, and College Foundation Day. Independence Day, and National Youth Day.
- Encouraging students to display their talents and take part in all cultural events hosted by the college.
- Motivating students to organize and carry out concepts for the college exhibition.
- Providing a number of courses with additional value to increase their employability
- Motivating pupils to engage in exercises for physical health
- Encouraging career counseling and hiring via workshops, entrance exams, and Placement Cell
 assistance for competitive exams both on campus and off campus.
- Faculty mentorship and outside psycho-social support to assist students in developing soft skills, personality, and self-worth.
- In compliance with government regulations, an Anti-Ragging Cell has been established to handle complaints when problems can be resolved through in-person meetings and counseling.

VILLUPURAM OF 605 601

Dr.R.PANNEERDHASS,M.E.,Ph D.,
PRINCIPAL
A.R.ENGINEERING COLLEGE
VADAKUCHIPALAYAM,
KAPPIYAMPULIYUR POST,
VILLUPURAM-605 601.



(Approved by AICTE, New Delhi & Affiliated to Anna university, Chennai) Vadakuchipalayam, Kappiyampuliyur post, Villupuram-605601, Tamil Nadu.

A key factor in ensuring equal opportunity for all and the careful and confidential handling of grievance resolution is the Committee of Internal Complaints, an all-encompassing committee that investigates issues, grievances, and complaints from students, teaching staff, and non-teaching staff.

Planned, thoughtful, and objective teaching methodologies are used, and mentoring enhances the interaction between students and teachers and helps close any gaps in knowledge to ensure that efforts toward "gender mainstreaming" are successful. In addition to advocating for equality for all, the college implements stringent rules to ensure the safety and security of female staff members and students. Only after presenting their identity cards students can enter into the College. There is a rigorous no-trespassing policy in place, and entry gate security keeps an eye on it. The staff also closely monitors the comings and goings of people including guardians, vendors, service staff, and visiting students from other universities. By installing CCTV cameras at strategic locations, the College can improve staff and student safety and security by keeping a round-the-clock eye on all activities and movements on the property.

- Female support staff members assist the female students in every manner they can and maintain vigil on all floors of the two college buildings.
- To preserve health and safety, the office keeps first-aid kits, masks, and sanitizers on hand.
- Each and every girl student will get sanitary napkin every month from Admin office.
- Wheelchairs are maintained in operational order to make it easier for staff and students who are ill or physically disabled to get around.
- Facilities for disabled students have been built.

Gender discrimination against girls is pervasive, and many women choose to remain silent and suppressed out of fear of abuse and exploitation. Some even "die with a scream in their throats" as adults. The college takes steps to instill in the youth the confidence to speak up for themselves in the face of adversity. Girls who have participated in gender sensitization programs have gained self-assurance and independence, which has helped to shape their characters and make them resilient, well-rounded individuals who have withstood the test of time. Consequently, they have made a positive impact on society in whichever aspect of their chosen vocation police, business, administration, sports, education, etc.

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Dr.R.PANNEERDHASS,M.E.,Ph.D., PRINCIPAL A.R.ENGINEERING COLLEGE VADAKUCHIPALAYAM, KAPPIYAMPULIYUR POST, VILLUPURAM-605 601.



(Approved by AICTE, New Delhi & Affiliated to Anna university, Chennai) Vadakuchipalayam, Kappiyampuliyur post, Villupuram-605601, Tamil Nadu.

ANNUAL GENDER SENSITIZATION ACTION PLAN FOR FIVE YEARS

S.NO	NAME OF EVENT	DATE
	2022 - 2023	
1	Women Equality Day	25.08.2022
2	Cervical Cancer Awareness program	27.08.2022
3	Self defense workshop through Kung Fu Art	09-10.11.2022
	2021 - 2022	
1	Talk on women's right as a Human Right	29-30.01.2021
2	Seminar on shaping Global standards on Gender equality	04-05.02.2021
3	Talk on 'Gender Disparities in Economic and Political Scenario	12 -13.09.2021
4	Seminar on Economic Empowerment of Indian women	05-06.11.2021
	2020 - 2021	
1	Enhanced Spirit of Voluntarism and women safety	25.10.2020
2	Seminar on 'Girls are Medals'	17.04.2021
3	Seminar on Gender Sensitization	09.05.2021
	2019 - 2020	
1	Self defence workshop for girls	15.09.2019
2	Seminar on International women's day	08.03.2020
3	Talk on 'Work life balance'	15.03.2020
	2018 - 2019	
1	A Seminar on Female Stereotype	12.12.2018
2	Talk on 'Active participation in Administration'	15.03.2019
3	Seminar on Stress Management	17.05.2019

VILLUPURAM OF 605 601

Dr.R.PANNEERDHASS, M.E., Ph.O.
PRINCIPAL
A.R.ENGINEERING COLLEGE
VADAKUCHIPALAYAM,
KAPPIYAMPULIYUR POST,
VILLUPURAM-605 601.



(Approved by AICTE, New Delhi & Affiliated to Anna university, Chennai) Vadakuchipalayam, Kappiyampuliyur post, Villupuram-605601, Tamil Nadu.

ACTION PLAN (Academic Year 2022-23)

The Women Harassment Committee has given instructions to its departments under a broad theme 'Gender Issues' for conducting some events. Each department is instructed to adopt a suitable perspective for the theme and some of their academic day activities should be based on it.

Members should look into the possibilities of fruitful interaction with established Women's Institutions in the city and they are advised to decide for organizing academic programs during the year.

Departments and societies should be encouraged to gear activities around socially relevant issues and at avenues by which the student's knowledge of current affairs can be enhanced.

Following activities have been conducted during this academic year under the Annual gender sensitization action plan:

S No.	Title of the Programme	Date
1.	Women Equality Day	25 th August 2022
2.	Cervical Cancer Awareness Program	27 th August, 2022
3.	Self-defence Workshop Through KARATE	9 th -10 th November, 2022



Dr.R.PANNEERDHASS, M.E., Ph. D.,
PRINCIPAL
A.R.ENGINEERING COLLEGE
VADAKUCHIPALAYAM,
KAPPIYAMPULIYUR POST,
VILLUPURAM-605 601.



(Approved by AICTE, New Delhi & Affiliated to Anna university, Chennai) Vadakuchipalayam, Kappiyampuliyur post, Villupuram-605601, Tamil Nadu.

GENDER EQUITY

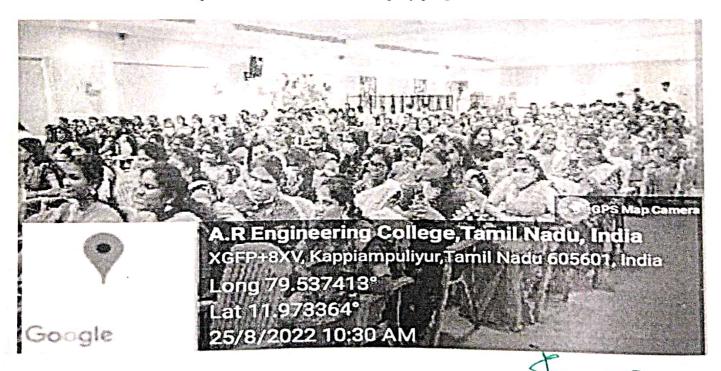
Gender sensitizing is about changing behavior and instilling empathy into the views that we hold about our own and the other genders. It helps people in examining their personal attitudes and beliefs and questioning the 'realities' they thought they know. The institutes take proper initiatives to promote gender equity programs for creating an egalitarian status among the campus community.

❖ Women Equality Day

A talk on gender equity was organised by the Department of Civil Engineering on 25th August 2022. In this session, following three intentions were discussed to sensitize gender equality that all should observe to honor Women's Equality Day this year.

- > Exercise Your Right to Vote
- > Equal Pay for Equal Work
- > Communicate Fairly

Participants attended the Gender equity program on 25.08.2022





Dr.R.PANNEERDHASS,M.E.,Ph.O.,
PRINCIPAL
A.R.ENGINEERING COLLEGE
VADAKUCHIPALAYAM,
KAPPIYAMPULIYUR POST,
VILLUPURAM-605 601.



(Approved by AICTE, New Delhi & Affiliated to Anna university, Chennai) Vadakuchipalayam, Kappiyampuliyur post, Villupuram-605601, Tamil Nadu.

Cervical Cancer Awareness Program

On August 27, 2022 Department of Mechanical Engineering organized a seminar at A.R Engineering College Auditorium on 'Cervical Cancer Awareness'. This session was conducted by Dr. Neeraja and Ms. Priyanka (from NGO Villupuram). It was an opportunity to educate women when the expert elaborated on cervical cancer and gave an overview of this disease. She made the audience aware about its risk factors, causative agents, early sign and symptoms, early diagnosis and stages with the treatment options. She focused on the prevention of cervical cancer by vaccination and taking preventive measures related to reproductive health of female. She also presented some statistical data to depict the overall picture of cervical cancer burden on the society. The main focus of the program was to make the participants aware of cervical cancer and to promote vaccination against cervical cancer.

Participants attended the program on 27.08.2022





Dr.R.PANNEERDHASS, M.E., Ph.D.,
PRINCIPAL
A.R.ENGINEERING COLLEGE
VADAKUCHIPALAYAM,
KAPPIYAMPULIYUR POST,
VILLUPURAM-605 601.



(Approved by AICTE, New Delhi & Affiliated to Anna university, Chennai) Vadakuchipalayam, Kappiyampuliyur post, Villupuram-605601, Tamil Nadu.

* Self-Defence Workshop Through KARATE

Day 1- The Grievance and Redressal Cell and Department of Civil Engineering organized a workshop on 'Self-Defense through Karate' on 9th-10th November, 2022 in the campus auditorium. The participants especially the girls learned the basic techniques of self-defense and some physical exercises. The training was conducted to boost the self-confidence of the girls and to make them able to act in unfavorable situations. The girls were taught simple ways of self-defense and they were also trained for tackling situations in which they found themselves under any kind of harassment. Students Practicing KARATE on 09.11.2022 & 10.11.2022



Day 2- It was a lively session in which the expert, Master E.S Kumar, Founder and technical director SHITO-RYU INDIAN KARATE-DO Association explained various self-defense techniques to the learners. He stated that the need of the hour for the girls and women in the society is to protect them for the violence committed against them. He spoke largely on the kind of violence that is committed against women. He narrated some instances related to Domestic violence, Dowry, Cruelty by husband & in-laws, Sexual harassment in public, private, or at the workplace, Stalking, Obscene Calls that comes to the Special Police Unit for assistance. He shared his success stories of winning medals at international level. With his practical experiences during his visits abroad, he inspired the students present in the auditorium to learn Karate for self defence.



Dr.R.PANNEERDHASS.M.E..Ph.D.,
PRINCIPAL
A.R.ENGINEERING COLLEGE
VADAKUCHIPALAYAM,
KAPPIYAMPULIYUR POST,
VILLUPURAM-605 601.



(Approved by AICTE, New Delhi & Affiliated to Anna university, Chennai) Vadakuchipalayam, Kappiyampuliyur post, Villupuram-605601, Tamil Nadu.

ACTION PLAN (Academic Year 2021-22)

The Women Harassment Committee has given instructions to decide the activities about Gender Sensitization under the theme 'Gender Equity'. The departments are advised for academic interactions with women institutions in Tamil Nadu and across India.

As per the requirement they can select a relevant theme about Gender Sensitization for all academic events in the institution.

Members should look into the possibilities of fruitful interaction with established Women's Institutions in the city and they are advised to decide for organizing academic programs during the year. The activities should add to student's knowledge for current affairs as well as for upliftment of social welfare.

Following events have been conducted in the Campus during the academic year 2021-22.

S. No.	Title of the Programme	Date
1.	Talk on 'Women's Rights as a Human Right'	29 th - 30 th January, 2021
2.	Seminar on 'Shaping Global Standards on GenderEquality'	4 th – 5 th February, 2021
3.	Talk on 'Gender Disparities in Economic and Political Scenario'	12 th - 13 th September, 2021
4.	Seminar on 'Economic Empowerment of Indian Women'	5 th -6 th November, 2021



Dr.R.PANNEERDHASS, M.E., Ph.D.,
PRINCIPAL
A.R.ENGINEERING COLLEGE
VADAKUCHIPALAYAM,
KAPPIYAMPULIYUR POST,
VILLUPURAM-605 601.



(Approved by AlCTE, New Delhi & Affiliated to Anna university, Chennai) Vadakuchipalayam, Kappiyampuliyur post, Villupuram-605601, Tamil Nadu.

Women's Right as a Human Right

DAY 1- A talk on gender equity was organised by Department of Mechanical Engineering on 29-30 January 2021. On the first day the expert started with the phrase 'Women's rights are human rights' and explained how a women makes her contribution in everyaspect of life: in the home, on the job, in their communities, as mothers, wives, sisters, daughters, learners, workers, citizens and leaders. In this session, the focus was on issues that matter most in the lives of women and their families: access to education, health care, jobs, and credit, the chance to enjoy basic legal and human rights.

Speaker Dr. Priya speech about Women's rights are human rights on 29.01.2021





Dr.R.PANNEERDHASS, M.E., Ph.D.,
PRINCIPAL
A.R.ENGINEERING COLLEGE
VADAKUCHIPALAYAM,
KAPPIYAMPULIYUR POST,
VILLUPURAM-605 601.



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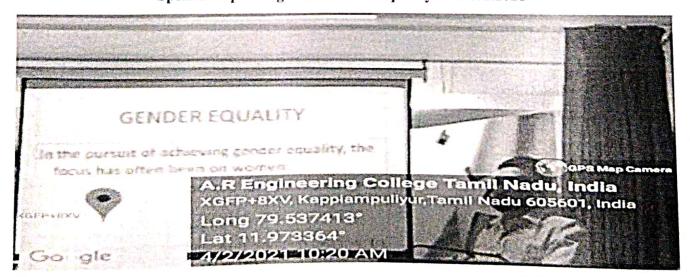
DAY 2- In the speech given by the expert on second day (30 January, 2021), the examples of Indian women were given to inspire the students for career building as well as to be a home- maker. The expert with her well-versed talk described the role of women in fields and in factories, in village markets and Supermarkets and in living rooms and board rooms. Whether it is while playing with our children in the park or washing clothes in a river, or taking a break at the office water cooler, we come together and talk about our aspirations and concerns. And time and again, our talk turns to our children and our families. The purpose of the gender equity was well served when students agreed with the opinion of expert that however different we may be, there is far more that unites us than divides us. Women share a common future. Also, women are here to find common ground so that society may help bring new dignity and respect to women and girls all over the world. In doing so, this will bring new strength and stability to families as well.

Shaping Global Standards on Gender Equality

DAY 1- The Department of Civil Engineering organized an event on 'Shaping Global Standards on Gender Equality' from 04-05 February 2021 in which Women rights were discussed. This event was a dedication to gender equality and the empowerment of women. The expert stressed that recognition of gender equality is a matter of human rights and is crucial to progress across all the nation goals and targets.

Gender equality can be a catalytic policy intervention that triggers positive multiplier effects across the spectrum of nation development. So, the aim of this session was to bring awareness among the participants about setting new global standards for achieving gender equality.

Speaker explaining about Gender equality on 04.02.2021





Dr.R.PANNEERDHASS, M.E., Ph.O.,
PRINCIPAL
A.R.ENGINEERING COLLEGE
VADAKUCHIPALAYAM,
KAPPIYAMPULIYUR POST,
VILLUPURAM-605 601.



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Day 2- On 05.02.2021 session, the expert talked that in all country women are confronted by discrimination and inequality. They face violence, abuse and unequal treatment at home, at work and in their wider communities – and are denied opportunities to learn, to earn and to lead. Additionally, the speaker stated that every nation must understand gender justice as the full equality and equity between women and men in all spheres of life, resulting in womenjointly, and on an equal basis with men, defining and shaping the policies, structures and decisions that affect their lives and society as a whole.

So, this event was helpful to bring awareness among the participants about setting new global standards for achieving gender equality.

* A Talk on Gender Disparities In Economic And Political Scenario

DAY 1- Gender inequality in India is a multifaceted issue that primarily concerns women, but some argue that various gender equality indices place men at a disadvantage, or that it affects each gender equally. To make audience aware about gender disparities, a two day session on 'Gender Disparities in Economic and Political Scenario' from 12-13thSeptember 2021. In this talk, the expert addressed the issue of civil society laws and policies that reflected gender differences in three key domains: capabilities, livelihoods, and agency. The aim of this seminar was to remove the gender disparities for enhancing the quality of life for everyone. Further, the expert pointed out that any approach to analyse global trends in gender equality must be cognizant of the fact that not all gender disparities favour men in economic and political scenario.

Speaker explaining about Gender Disparities in Economic and Political Scenario on 12.09.2021





Dr.R.PANNEERDHASS, M.E., Ph.O.,
PRINCIPAL
A.R.ENGINEERING COLLEGE
VADAKUCHIPALAYAM.
KAPPIYAMPULIYUR POST.
VILLUPURAM-605 601.



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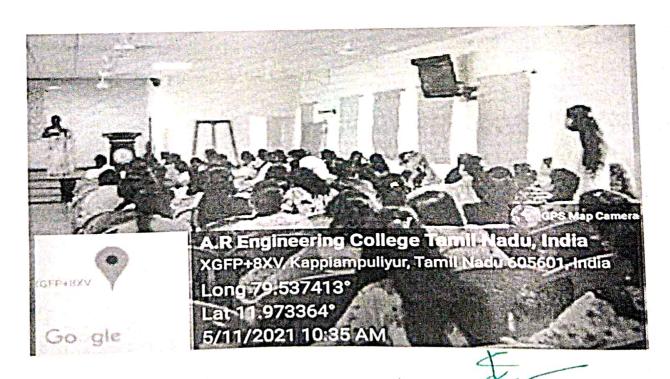
DAY 2- In the beginning of session, the expert started the discussion with prevailing trends in gender equalities of capabilities. The expert specified that gender equality is not about transferring opportunities from men to women, but about realizing the rights of everyone, and creating conditions where both have all the rights and abilities to realise their full human potential.

This seminar helped the participants to analyse rationally that global trends in gender equality must be cognizant of the fact that not all gender disparities favour men. The aim of this seminar was to remove the gender disparities for enhancing the quality of life for everyone.

Seminar on Economic Empowerment of Indian Women

A seminar on 'Economic Empowerment of Indian Women' was organized for two days from 05.11.2021 to 06.11.2021 in order to put some light on the sensitive topic of women empowerment. The expert said that empowerment refers to the process of change that gives individuals greater freedom of choice and action. The development of economic empowerment for women is contingent upon available resources.

Image of student asking question from speaker regarding women empowerment on 05.11.2021





Dr.R.PANNEERDHASS,M.E.,Ph.O., PRINCIPAL A.R.ENGINEERING COLLEGE VADAKUCHIPALAYAM, KAPPIYAMPULIYUR POST, VILLUPURAM-605 601.



(Approved by AICTE, New Delhi & Affiliated to Anna university, Chennai) Vadakuchipalayam, Kappiyampuliyur post, Villupuram-605601, Tamil Nadu.

ACTION PLAN (Academic Year 2020-21)

The Grievance and Redressal Cell has given instructions to decide the activities about Gender Sensitization under the theme 'Gender Equity'. The Departments are advised for academic interactions with women institutions in Tamil Nadu and across India.

As per the requirement they can select a relevant theme about Gender Sensitization for all academic events in the institution.

Members should look into the possibilities of fruitful interaction with established Women's Institutions in the city and should decide to organize academic programs for the year. The activities must add to student's knowledge for current affairs as well as for upliftment of social welfare.

Following events have been conducted in the Campus during the academic year 2020-21.

S. No.	Title of the Programme 'Enhanced Spirit of Volunteerism and Women Safety	Date 25 th October, 2020
2.	Seminar on 'Girls are Medals'	17 th April, 2021
3.	Seminar on 'Gender Sensitization'	9 th May, 2021



Dr.R.PANNEERDHASS,M.E.,Ph.D.,
PRINCIPAL
A.R.ENGINEERING COLLEGE
VADAKUCHIPALAYAM,
KAPPIYAMPULIYUR POST,
VILLUPURAM-605 601.



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Enhanced Spirit of Volunteerism and Women Safety

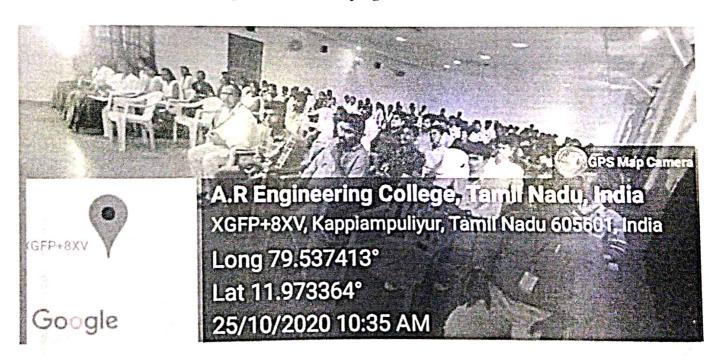
A team of around 20 people from A.R Engineering College campus touched various aspects of women safety and gender equality in the programme. The audience included around 200 people from various genders and age.

Topics like safety, gender equality and sexual harassment were discussed. We received positive feedback from the audience with many women even acknowledging that they felt emotional and overwhelmed while watching the programme.

Volunteerism is a basic expression of human relationships. It is about people's need to participate in their societies and to feel that they matter to others. We strongly believe that the social relationships intrinsic to volunteer work are critical to individual and community well-being.

The ethos of volunteerism is infused with values such as solidarity, reciprocity, mutual trust, belonging and empowerment, all of which contribute significantly to quality of life.

Participants of women's programme on 25.10.2020





Dr.R.PANNEERDHASS,M.E.,Ph.O... PRINCIPAL A.R.ENGINEERING COLLEGE VADAKUCHIPALAYAM, KAPPIYAMPULIYUR POST, VILLUPURAM-605 601.

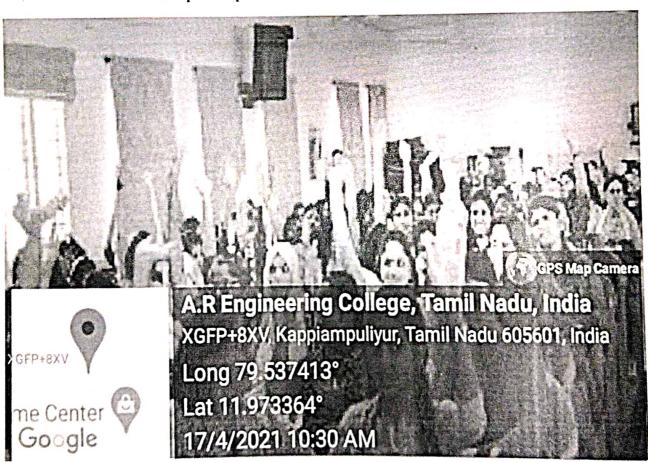


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❖ Seminar on 'Girls are Medals'

Seminar on 'Girls are Medals' was organized on 17th April 2021. In the session, the expert conveyed the need to make girls equally powerful by giving examples of female participation in each and every sector. The speaker further stressfully conveyed the message that girls have the strength to achieve anything; may it be a sports field, industrial sector or hard work of defense field. Further the talk continued by the speaker reflecting the urge for everyone to motivate their daughters to choose a career that can bring an achievement where ever they want to explore and that success will be a real reward and medal for girls.

Glimpse of Speaker- Audience Interaction on 17.04.2021





Dr.R.PANNEERDHASS, M.E., PA.D.,
PRINCIPAL
A.R.ENGINEERING COLLEGE
VADAKUCHIPALAYAM,
KAPPIYAMPULIYUR POST,
VILLUPURAM-605 601.



(Approved by AICTE, New Delhi & Affiliated to Anna university, Chennai) Vadakuchipalayam, Kappiyampuliyur post, Villupuram-605601, Tamil Nadu.

Seminar On Gender Sensitization

Seminar on 'Gender Sensitization' was organized on 9th May 2021. The objectives of the seminar were to equip the participants on the following aspects:

- > Understanding stereotypes in Gender and how they are formed.
- > Gender and differences in approach and communication.
- > Understanding the Unwelcome comments, gestures and behaviour in indecent context.
- > Understanding guidelines to determine and recognize these behaviours, procedures todeal with them.
- > Preventive and remedial procedures at workplace to ensure workplace safe for women.

Glimpse of events

Speaker's seminar on Gender sensitization on 09.05.2021





Dr.R.PANNEERDHASS, M.E., Ph.O.,
PRINCIPAL
A.R.ENGINEERING COLLEGE
VADAKUCHIPALAYAM,
KAPPIYAMPULIYUR POST,
VILLUPURAM-605 601.



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ACTION PLAN (Academic Year 2019-20)

The Women Harassment Committee has given instructions to its department under a broad theme 'Gender Issues' for conducting some events. Each department is instructed to adopt a suitable perspective for the theme and some of their academic day activities must be based on it.

Members should look into the possibilities of fruitful interaction with established Women's Institutions in the city and should decide to organize academic programs for the year.

Departments and societies should be encouraged to gear activities around socially relevant issues and look at avenues by which the student's knowledge of current affairs should be enhanced.

Under the Annual gender sensitization action plan, following activities have been conducted during the last academic year:

S. No.	Title of the Programme	Date
1.	Self-Defence Workshop for Girls	15 th September, 2019
2.	Seminar on International Women's Day	08 th March, 2020
3.	Talk on 'Work Life Balance'	15 th March, 2020

VILLUPURAM 605 601

Dr.R.PANNEERDHASS,M.E.,Ph D.,
PRINCIPAL
A.R.ENGINEERING COLLEGE
VADAKUCHIPALAYAM,
KAPPIYAMPULIYUR POST,
VILLUPURAM-605 601.

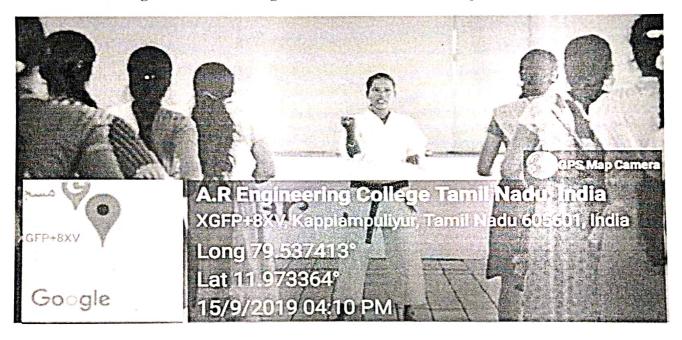


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Self-Defense Workshop for Girls

The Women Grievance Cell organized a workshop on 'Self-Defense' on 15th September, 2019 in the campus auditorium. The participants especially the girls learned the basic techniques of self-defense and some physical exercises. It was a lively session in which the expert explained various self-defense techniques to the learners.

Images of Girls Learning Various Self-Defense Techniques on 15.09.2019





Dr.R.PANNEERDHASS, M.E., Ph.D., PRINCIPAL -A.R.ENGINEERING COLLEGE VADAKUCHIPALAYAM, *KAPPIYAMPULIYUR POST, VILLUPURAM-605 601.



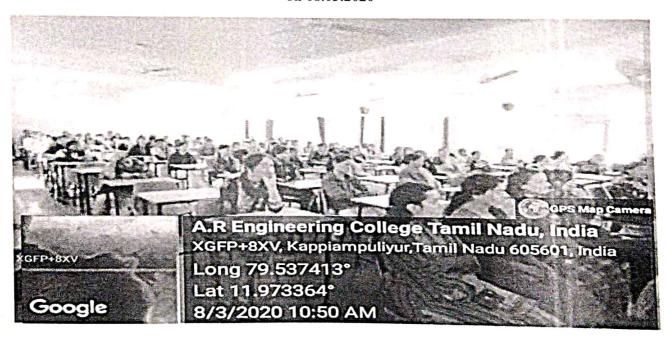
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Seminar on Women empowerment

Department of ECE organized a seminar on Women empowerment on 8th March, 2020. Keeping the theme 'Time is Now: Rural and Urban Activists Transforming Women's Lives', the programme was marked by intensive discussion on women's activism over the decades that has paved the way for women's rights and a more equal future.

The expert addressed the participants on various challenges encountered by women in personal and professional life and discussed some of the effective strategies to handle difficult situations through case studies and personal experiences. While offering some constructive solutions to overcome the challenges faced by women, she pointed out how we miss to appreciate ourselves as a constructive resource in a given situation. She motivated the young participants to be joyous in their lives and find meaning in their living.

Participants of women empowerment programme on 08.03.2020





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PRINCIPAL
A.R.ENGINEERING COLLEGE
VADAKUCHIPALAYAM,
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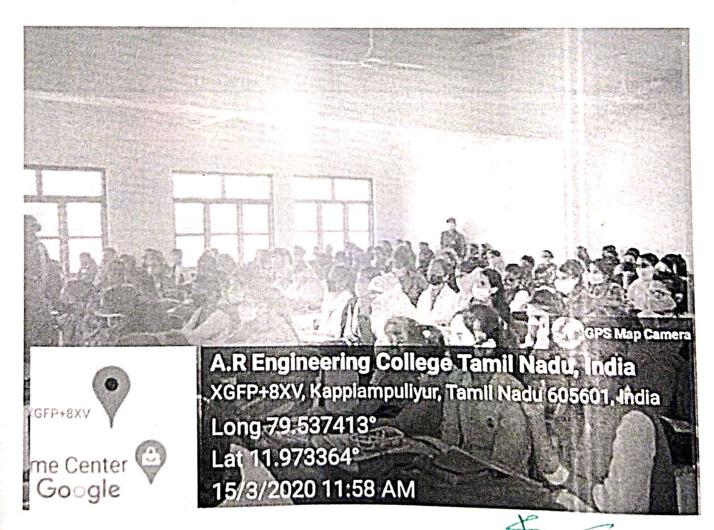
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* Talk On 'Work Life Balance'

A seminar on the topic 'Work Life Balance' was organized by the department of ECE on 15th March, 2020 in which the expert addressed the participants. The objective of this seminar was about creating and maintaining supportive and healthy work environments, which will enable employees to have balance between work and personal responsibilities and thus strengthen employee loyalty and productivity. After the presentation, participants learnt how to:

- > Apply basic principles to establish a healthy work-life-balance mindset.
- > Recognize opportunities for mental health and wellness in the home and workplace.
- > Develop a personal plan for wellness and self-care.
- > Create a health and fitness plan to improve quality of life.

Participants of work life balance Seminar on 15.03.2020





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ACTION PLAN (Academic Year 2018-19)

The Women Harassment Committee has given instructions to its departments under a broad theme "Gender Issues" for conducting some events. Each department is instructed to adopt a suitable perspective for the theme and some of their academic day activities should be based on it.

Members should look into the possibilities of fruitful interaction with established Women's Institutions in the city and further they should decide to organize academic programs during the year.

Departments and societies need to be encouraged to gear activities around socially relevant issues and look at avenues by which the student's knowledge of current affairs should be enhanced.

Under the Annual gender sensitization action plan, following activities have been conducted during the last academic year:

S. No.	Title of the Programme	Date
1.	Seminar on 'Female Stereotypes'	12 th December, 2018
2.	Talk on 'Active Participation in Administration'	15 th March, 2019
3.	Seminar on 'Stress Management'	17 th May, 2019



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Seminar on Female Stereotypes

The Grievance and Redressal Cell organised a seminar on 12th December, 2018 to bring awareness amongst the young generation about gender stereotypes and gender-based discrimination. These elements are omnipresent in our society and women in our country are often deprived of basic rights they should otherwise be entitled to. The expert started the session by asking questions from the women and girls. They shared their thoughts on their right to inherit property. Alarmingly, most of them said that they find no reason for why it's important to have a property under their name. The hot discussion and responses of the audience developed the interest of the participants about the severity of the issue and motivated to think differently asthe traditional gender roles of women cannot change the image of women. Many people in society think that women should be caregivers, good wives, and mothers, who work tirelessly to take care of their families inside and outside of the home. The audience felt stimulated to determine and design a solution to this pervasive problem.

The speaker during the session gave an example of a female named Revathy who is an exemplary youth activist. The expert inspired the audience during the session by giving examples of Indian CEOs working in corporate sectors and gave a message at the end by saying. "It's not easy to challenge stereotypes, but society doesn't change if you don't start changing yourself first."

Speaker taking seminar on Female Stereotypes 12.12.2018





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* Talk on 'Active Participation in Administration'

A seminar on 'Active Participation of Women in Administration' was organized on 15th March 2019. The message attendees got from this seminar was "By increasing the proportion of women in public institutions, we make them more representative, innovative, better decision makers that will benefit the whole societies". These are the wordings of Antonio Guterres.

Afterwards, the expert stressed that women's political participation is a fundamental pre-requisite for gender equality and genuine democracy. It facilitates women's direct engagement in public decision-making and is a means of ensuring better accountability to women.

Participants and speaker of seminar on Active participation of women in Administration on 15.03.2019





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PRINCIPAL
A.R.ENGINEERING COLLEGE
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Seminar on 'Stress Management'

A Seminar on 'Stress Management' was conducted on 17th May 2019. In the beginning of the session, a brief overview about stress and its different facets in general context were explained by the host. The host provided an understanding on the impact of stress and nicely discussed with the participants that how to have an arsenal of tools for managing such a situation. In this seminar, participants learnt how to notice their stress indicators, and gain greater understanding about stress-reduction tools and strategies.

Participants and speaker of seminar on Stress Management 17.05.2019





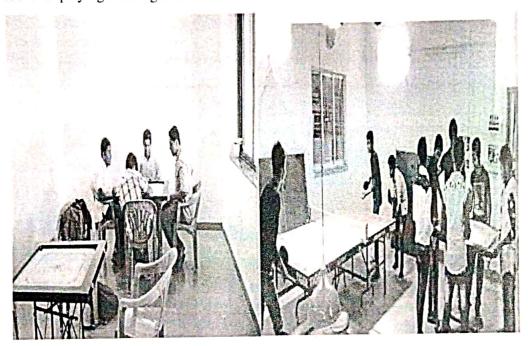
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COMMON ROOM

Separate Common room for Girls and Boys are available. Students will use the common room for playing indoor games.



COMMON ROOM FOR BOYS



COMMON ROOM FOR GIRLS



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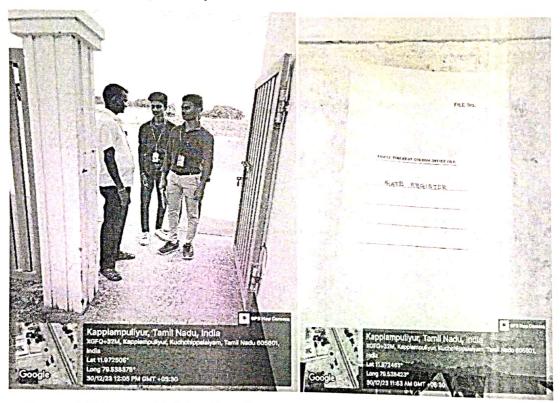
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Safety Measures

A.R Engineering Colleges has the excellent security provisions. Security personnel for both day and night shifts are available for monitoring the activities happening in the field.

Gate Registers are maintained from time to time. Periodic checking are also followed at the Gate entrance of the College. Students are allowed to enter into the College after checking their Identity cards provided by the College. In Case of any emergency students are allowed to go out by getting Gate pass with approval sign of their respective department Head and Principal.

Over 32 Surveillance Camera are available in both buildings of A.R Engineering College. This ensures the campus safety in all aspects.



SECURITY CHECKING AT THE GATE ENTRANCE AND GATE REGISTER



Surveillance Camera Fixed in the College Building

VILLUPURAM 605 601 COLLEGE

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PRINCIPAL
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Surveillance camera bill

CASH-BILL.

PH: 04146-228055

NEXT G SERVICE

#796-A, (1st floor) Nehruji Road, Opp Market Committee,
Villupuram-605 602.
Date 09 11 2022

M/s A.R. ENCINEBRING COLLEGE,

KAPPIYAMPULIYUR, VILLUPURIM

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	10.	16	PUL BOX	100/-	1,600	1
				Total	198,050	-

Thank you

For NEXT O SERVICE



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CASH-BILL.

PH: 04146-228055

NEXT G SERVICE

#796-A, (1st floor) Nehruji Road, Opp Market Committee, Villupuram-605 602. Date 21 | 11 | 2022

No. 235

M/s A.R. ENGINERRING COLLEGE,

KAPPIYAMPULIYUR, VILLUPURAM

S.No.	QNTY	PARTICULARS	RATE	AMOUNT Rs. P.
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6.	16	Puc Box	100/-	1,600 -
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			Total	1,61,950 -

Thank you

FOR NEXT O SERVICE



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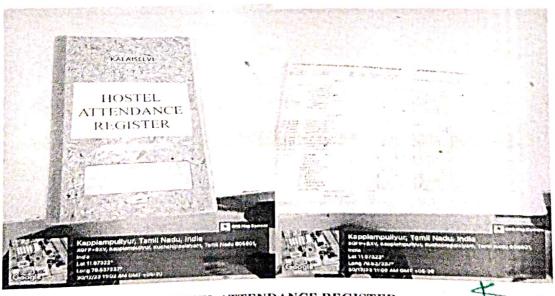
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Safety measures at Boys Hostel

Separate Security Personnel for Boys Hostel for both day and night shifts. Attendance at Boys hostel are taken in daily basis. Teaching faculties (Men) are also stayed in Hostel and acts as a deputy warden or Head Warden. In case of medical emergency Students are provided with nearby medical assistance.



SECURITY PERSONNEL IN BOYS HOSTEL



HOSTELATTENDANCE REGISTER



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NEARBY MEDICAL FACILITY

Government Villupuram Medical College and Hospital Mundiyambakkam is about 7km from A.R Engineering College Boys Hostel. Within 10 minutes of travel we can reach the Hospital by two wheeler or four wheeler. This will be verry easy for hostel students to avail any treatment in case of any discomfort in their health.

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9 min (7.0 km)

Fastest route now due to traffic conditions



DIRECTION MAP FROM A.R ENGINEERING COLLEGE AND HOSPITAL



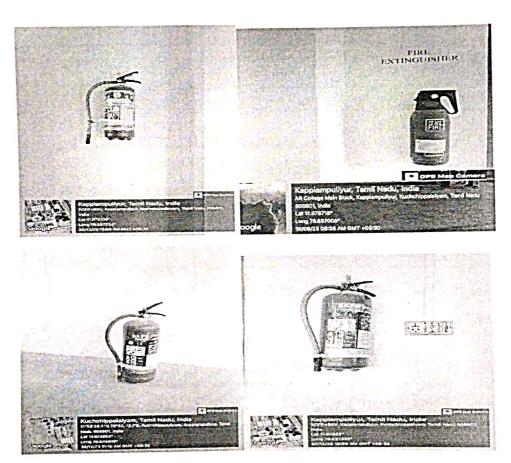
DI.R.PANNEERDHASS,M.E.,Ph D.,
PRINCIPAL
A.R.ENGINEERING COLLEGE
VADAKUCHIPALAYAM,
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FIRE EXTINGUISHER

Fire Extinguisher are available at each floor, laboratories of A.R Engineering College and Boys Hostel.



 $\frac{\textbf{FIRE EXTINGUISHER PROVIDED IN THE A.R ENGINEERING COLLEGE}}{\textbf{BUILDING}}$



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FIRE EXTINGUISHER GAS FILLING BILL

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STAR SAFETY SERVICES

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NOTE: Payment Can be Made by Cash Cheque/DD in favour of STAR SAFETY SERVICES payable at Villupuram.

R STAR SAFETY SERVICES

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VILLUPURAM 605 601

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PRINCIPAL
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KAPPIYAMPULIYUR POST,
VILLUPURAM-605 601.



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REPORT ON Republic Day Celebrations 2020-2021

Dt:

26.01.2021

A.R Engineering college, celebrated the 72nd Republic Day with grandeur and excitement. The event began at 10 am with the unfurling the national flag by Shri.G. Mahadevan, Chairman. The Vice Chairman Shri Kuberan delivered a powerful speech on the significance of Republic Day. The students put up a spectacular show with patriotic songs and dances. The Principal Dr. Paneerdhass and other faculty members shared their experiences and motivated the students. Delegates distributed the awards to deserving students. The event concluded with the National Anthem and a vote of thanks by the principal.

REPORT ON Republic Day Celebrations 2019-2020

Dt: 26.01.2020

A.R Engineering college, celebrated the 71st Republic Day with grandeur and excitement. The event began at 10 am with the unfurling the national flag by Shri.G. Mahadevan, Chairman. The Vice Chairman Shri Kuberan delivered a powerful speech on the significance of Republic Day. The students put up a spectacular show with patriotic songs and dances. The Principal Dr. Paneerdhass and other faculty members shared their experiences and motivated the students. Delegates distributed the awards to deserving students



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REPORT ON Republic Day Celebrations 2018-2019

Dt: 26.01.2019

A.R Engineering college, celebrated the 70th Republic Day with grandeur and excitement. The event began at 10 am with the unfurling the national flag by Shri.G. Mahadevan, Chairman. The Vice Chairman Shri Kuberan delivered a powerful speech on the significance of Republic Day. The students put up a spectacular show with patriotic songs and dances. The Principal Dr. Paneerdhass and other faculty members shared their experiences and motivated the students. Delegates distributed the awards to deserving students. The event concluded with the National Anthem and a vote of thanks by the principal.

REPORT ON Independence Day Celebrations 2018-2019

Dt: 15.08.2018

The 72nd Independence Day was celebrated at A.R Engineering College, Villupuram with great fervour. The event included speeches from Chairman Shri.G. Mahadevan and Vice Chairman Shri.

M.Kuberan. The program also featured cultural performances and a march past by the NSS students.

The event began with hoisting the national flag by Chairmen. A march past followed, with students saluting the national flag. The highlight of the day was a dramatic performance by the senior students depicting the struggles and sacrifices of various freedom fighters. The College choir sang the iconic song "Vande mataram," evoking strong patriotic sentiments among the audience. The event ended with the distribution of awards to outstanding students and a motivational speech by the police commissioner. The event concluded with the singing of the National Anthem.

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Dr.R.PANNEERDHASS,M.E..25 D...
PRINCIPAL
A.R.ENGINEERING COLLEGE
VADAKUCHIPALAYAM,
KAPPIYAMPULIYUR POST,
VILLUPURAM-605 601.



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REPORT ON Independance Day Celebrations 2019-2020

Dt: 15.08.2019

The 73rd Independence Day was celebrated at A.R Engineering College, Villupuram with great fervour.

The event included speeches from Chairman Shri.G. Mahadevan and Vice Chairman Shri. M.Kuberan.

The program also featured cultural performances and a march past by the NSS students. The event began with hoisting the national flag by Chairmen. A march past followed, with students saluting the national flag. The highlight of the day was a dramatic performance by the senior students depicting the struggles and sacrifices of various freedom fighters. The College choir sang the iconic song "Vande mataram," evoking strong patriotic sentiments among the audience. The event ended with the distribution of awards to outstanding students and a motivational speech by the police commissioner. The event concluded with the singing of the National Anthem.

REPORT ON Independence Day Celebrations 2020-2021

Dt: 15.08.2020

The 74 th Independence Day was celebrated at A.R Engineering College, Villupuram with great fervour. The event included speeches from Chairman Shri.G. Mahadevan and Vice Chairman Shri. M.Kuberan.

The program also featured cultural performances and a march past by the NSS students. The event began with hoisting the national flag by Chairmen. A march past followed, with students saluting the national flag. The highlight of the day was a dramatic performance by the senior students depicting the struggles and sacrifices of various freedom fighters. The College choir sang the iconic song "Vande mataram," evoking strong patriotic sentiments among the audience. The event ended with the distribution of awards to outstanding students and a motivational speech by the police commissioner. The event concluded with the singing of the National Anthem.



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REPORT ON **Independance Day Celebrations 2021-2022**

The 75 th Independence Day was celebrated at A.R Engineering College, Villupuram with great fervour. The event included speeches from Chairman Shri.G. Mahadevan and Vice Chairman Shri. M.Kuberan. The program also featured cultural performances and a march past by the NSS students. The event began with hoisting the national flag by Chairmen. A march past followed, with students saluting the national flag. The highlight of the day was a dramatic performance by the senior students depicting the struggles and sacrifices of various freedom fighters. The College choir sang the iconic song "Vande mataram," evoking strong patriotic sentiments among the audience. The event ended with the distribution of awards to outstanding students and a motivational speech by the police commissioner. The event concluded with the singing of the National Anthem.

REPORT ON **Independance Day Celebrations** 2022-2023

The 76 th Independence Day was celebrated at A.R Engineering College, Villupuram with great fervour. The event included speeches from distinguished guests such as the local police commissioner and other dignitaries. The program also featured cultural performances and a march past by the N.C.C. students. The event began with hoisting the national flag by Chairmen. A march past followed, with students saluting the national flag. The highlight of the day was a dramatic performance by the senior students depicting the struggles and sacrifices of various freedom fighters. The College choir sang the iconic song "Vande mataram," evoking strong patriotic sentiments among the audience. The event ended with the distribution of awards to outstanding students and a motivational speech by the police commissioner. The event concluded with the singing of the National Anthem.



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REPORT ON Teacher's Day Celebrations 2022-2023

Dt: 05.09.2022

Teachers' Day, recognized globally as a day to celebrate the invaluable contributions of educators, was greeted with lively celebrations at A.R Engineering College on the 5th of September, 2022. The occasion was marked with varied activities that highlighted the unique bond between teachers and students.

Preparations for the day began a week prior, with coordination by the Student Council under the guidance of staff advisors. The school premises were gleefully decorated with buntings, banners, and thoughtful messages that paid tribute to the mentors' relentless efforts. Artwork crafted by the student's added vibrancy to the environment.

The celebration commenced with a special assembly in the morning where the College representative greeted the teachers with flowers. Following this, a series of cultural programs were organized by the students, which included skits, dance performances, and musical renditions that reflected the teachers' impact.

Cake cutting by teachers on 05.09.2022



A speech competition was held on the theme of "Role of Teachers in Shaping the Future," with students participating enthusiastically. It gave more profound insights into how teachers affect their lives.

The highlight of the day was when educators took part in a talent show arranged by the Student Council. From singing to reciting poetry, teachers showcased their versatile skills, much to the students' delight, reminding everyone that teachers, too, have hidden talents beyond their academic expertise.

Special 'Appreciation Cards,' designed by the art club members, were distributed among the teachers. These



Dr.R.PANNEERDHASS,M.E.,Ph.D.,
PRINCIPAL
A.R.ENGINEERING COLLEGE
VADAKUCHIPALAYAM,
KAPPIYAMPULIYUR POST,
VILLUPURAM-605 601.



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handwritten messages revealed the gratitude and affection students harbor toward their mentors.

The celebration concluded on a high note with the Principal Dr.R.Paneerdhass speech, acknowledging the unwavering dedication of the teachers and the efforts made by students to successfully organize the event. The joyful ambiance of Teachers' Day at AREC echoed with laughter, shared stories, and mutual appreciation between teachers and students.

Teachers' Day at AREC was a tribute to the selfless devotion and commitment of the teaching staff. The day's successful execution was down to the hard work of all students, staff, and our respected teachers. The school intends to uphold this tradition, celebrating and appreciating the mentors who tirelessly illuminate our paths towards greater knowledge and wisdom.

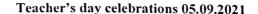
REPORT ON Teacher's Day Celebrations 2021-2022

Dt: 05.09.2021

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Dr.R.PANNEERDHASS,M.E.,Ph.D.,
PRINCIPAL
A.R.ENGINEERING COLLEGE
VADAKUCHIPALAYAM.
KAPPIYAMPULIYUR POST,
VILLUPURAM-605 E01.



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The highlight of the day was when educators took part in a talent show arranged by the Student Council. From singing to reciting poetry, teachers showcased their versatile skills, much to the students' delight, reminding everyone that teachers, too, have hidden talents beyond their academic expertise.

Special 'Appreciation Cards,' designed by the art club members, were distributed among the teachers. These handwritten messages revealed the gratitude and affection students harbor toward their mentors.

The celebration concluded on a high note with the Principal's speech, acknowledging the unwavering dedication of the teachers and the efforts made by students to successfully organize the event. The joyful ambiance of Teachers' Day at AREC echoed with laughter, shared stories, and mutual appreciation between teachers and students.

Teachers' Day at AREC was a tribute to the selfless devotion and commitment of the teaching staff. The day's successful execution was down to the hard work of all students, staff, and our respected teachers. The school intends to uphold this tradition, celebrating and appreciating the mentors who tirelessly illuminate our paths towards greater knowledge and wisdom.

REPORT ON Teacher's Day Celebrations 2020-2021

Dt: 05.09.2020

Teachers' Day, recognized globally as a day to celebrate the invaluable contributions of educators, was greeted with lively celebrations at A.R Engineering College on the 5th of September, 2020. The occasion was marked with varied activities that highlighted the unique bond between teachers and students.

Preparations for the day began a week prior, with coordination by the Student Council under the guidance of staff advisors. The school premises were gleefully decorated with buntings, banners, and thoughtful messages that paid tribute to the mentors' relentless efforts. Artwork crafted by the student's added vibrancy to the environment.

Teacher's day celebration 05.09.2020



The celebration commenced with a special assembly in the morning where the College representative greeted the teachers with Towers Following this, a series of cultural programs were organized by the students, which included skirts, where performances, and musical renditions that reflected the teachers impacts included skirts, where performances, and musical renditions that reflected the teachers impacts.

Dr.R. PANNEFROHASS, M.E.,

Dr.R.PANNEERDHASS,M.E.,Ph.O.,
PRINCIPAL
A.R.ENGINEERING COLLEGE
VADAKUCHIPALAYAM,
KAPPIYAMPULIYUR POST,
VILLUPURAM-605 601.

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(Approved by AICTE, New Delhi & Affiliated to Anna university, Chennai) Vadakuchipalayam, Kappiyampuliyur post, Villupuram-605601, Tamil Nadu.

A speech competition was held on the theme of "Role of Teachers in Shaping the Future," with students participating enthusiastically. It gave more profound insights into how teachers affect their lives.

The highlight of the day was when educators took part in a talent show arranged by the Student Council. From singing to reciting poetry, teachers showcased their versatile skills, much to the students' delight, reminding everyone that teachers, too, have hidden talents beyond their academic expertise.

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Teacher's day Celebration 05.09.2019





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Teacher's day celebration 05.09.2018



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Dr.R.PANNEERDHASS,ME.Ph PRINCIPAL A.R.ENGINEERING COLLEGE VADAKUCHIPALAYAM. KAPPIYAMPULIYUR POST, VILLUPURAM-605 601.



(Approved by AICTE, New Delhi & Affiliated to Anna university, Chennai) Vadakuchipalayam, Kappiyampuliyur post, Villupuram-605601, Tamil Nadu.

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REPORT ON Engineer's Day Celebrations 2022-2023

Dt: 15.09.2022

AR Engineering College celebrated Engineer's Day by giving rich tributes to great Sri Mokshagundam Visveswaraya. A. Muthu Kumaran, Structural Engineer was the chief guest for this program. M Kuberan Vice chairmen, Dr. R. Paneerdhass PhD, principal and the chief guest started the program by lighting lamp.

On this occasion Dr. R Paneerdhass PhD, Principal recollecting Sri Mokshagundam Visveswaraya as his contribution to nation and spoke on discipline and work is worship concept also, he was a most idealistic person and art of visionary, honest and skilled person in an Indian history.

Chief guest, A. Muthu Kumaran remembered the great work done by Sri Mokshagundam Visveswaraya and we can learn, understand more about his life history by conducting this kind of programs. We need services from our students to society for its further development. Also, he suggested the students to furnish their Engineering skills in overall development as a responsible and good Engineer.

In this event, faculty were given appreciation certificates for their award of doctoral degrees, journal papers, patent, book chapter publications, sanction of research projects, etc. in the last academic year, 2021-2022.

VILLUPURAM 605 601

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PRINCIPAL
A.R.ENGINEERING COLLEGE
VADAKUCHIPALAYAM.
KAPPIYAMPULIYUR POST,
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(Approved by AICTE, New Delhi & Affiliated to Anna university, Chennai) Vadakuchipalayam, Kappiyampuliyur post, Villupuram-605601, Tamil Nadu.

For this event All HoD's of respective Departments, Faculty members and students were participated.

Engineer's day Celebration 15.09.2022



REPORT ON Engineer's Day Celebrations 2021-2022

Dt: 15.09.2021

AR Engineering College celebrated Engineer's Day by giving rich tributes to great Sri Mokshagundam Visveswaraya. Dr.K. Sivakumar, Structural Engineer was the chief guest for this program. M Kuberan Vice chairmen, Dr. R. Paneerdhass PhD, principal and the chief guest started the program by lighting lamp.

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Chief guest, Dr. K. Sivakumar remembered the great work done by Sri Mokshagundam Visveswaraya and we can learn, understand more about his life history by conducting this kind of programs. We need services from our students to society for its further development. Also, he suggested the students to furnish their Engineering skills in overall development as a responsible and good Engineer.

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Engineer's day Celebration 15.09.2021



VILLUPURAM 605 601

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(Approved by AICTE, New Delhi & Affiliated to Anna university, Chennai) Vadakuchipalayam, Kappiyampuliyur post, Villupuram-605601, Tamil Nadu.

REPORT ON **Engineer's Day Celebrations** 2020-2021

Dt: 15.09.2020

AR Engineering College celebrated Engineer's Day by giving rich tributes to great Sri Mokshagundam Visveswaraya. Dr. A. Malathi, Structural Engineer was the chief guest for this program. M Kuberan Vice chairmen, Dr. R. Paneerdhass PhD, principal and the chief guest started the program by lighting lamp.

On this occasion Dr. R Paneerdhass PhD, Principal recollecting Sri Mokshagundam Visveswaraya as his contribution to nation and spoke on discipline and work is worship concept also, he was a most idealistic person and art of visionary, honest and skilled person in an Indian history.

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REPORT ON Engineer's Day Celebrations 2019-2020

Dt: 15.09.2019

AR Engineering College celebrated Engineer's Day by giving rich tributes to great Sri Mokshagundam Visveswaraya. Dr.A.S. Shekhar, Environmental Engineer was the chief guest for this program. M Kuberan Vice chairmen, Dr. R. Paneerdhass PhD, principal and the chief guest started the program by lighting lamp.

On this occasion Dr. R Paneerdhass PhD, Principal recollecting Sri Mokshagundam Visveswaraya as his contribution to nation and spoke on discipline and work is worship concept also, he was a most idealistic person and art of visionary, honest and skilled person in an Indian history.

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Engineer's day Celebration 15.09.2019





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A.R.ENGINEERING COLLEGE
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KAPPIYAMPULIYUR POST,
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REPORT ON Engineer's Day Celebrations 2018-2019

Dt: 15.09.2018

AR Engineering College celebrated Engineer's Day by giving rich tributes to great Sri Mokshagundam Visveswaraya. S. Manikandan, Structural Engineer was the chief guest for this program. M Kuberan Vice chairmen, Dr. R. Paneerdhass PhD, principal and the chief guest started the program by lighting lamp.

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Engineer's day Celebration 15.09.2018





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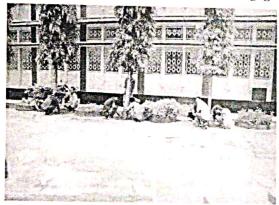
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REPORTS OF CLEANLINESS ORGANISED BY A.R ENGINEERING COLLEGE

General Cleanliness Campaign by Students (2018 - 2023)

As part of the celebrations of World Environment Day 2018, the students of the college undertook a cleanliness campaign of the college campus on 5th June 2018. The classrooms were cleaned by the fifth Semester Mechanical students. They cleaned the doors, windows, desks, benches and grills in the verandah. The department teachers took charge to see that the cleaning was done. The Third Semester Mechanical and Civil students cleaned the rear of the college campus with the guidance of Department of Mechanical and Civil Engineering and NSS Coordinators. The front side of the College including gardens, drive, staircase was cleaned up by the Third semester ECE and EEE students. The Principal, Dr.R. Paneerdhass PhD expressed gratitude to those involved in carrying out the responsibility of guiding the students in making the cleanliness drive successful. And also, he said that it was a pleasure to see the enthusiasm of the students engaged in cleaning the campus.

Students engaged in cleaning the campus





Blood Donation Camp Held at A.R Engineering College

Awareness on voluntary blood donation and blood donation camp was held in A.R Engineering College, on 24th April 2019 and many students and teachers attended the programme. Principal of the college welcomed the gathering and spoke on the needs to donate blood and saves lives. The awareness programme was given by Dr Sathik Basha, R.K Hospital and staff of the hospital were also present during the awareness and blood donation programme. Number of voluntary donors had turned up for the donation. A number of NSS volunteers of the college took part in the awareness programme and the blood donation.



Dr.R.PANNEERDHASS, M.E., Ph. D.,
PRINCIPAL
A.R.ENGINEERING COLLEGE
VADAKUCHIPALAYAM,
KAPPIYAMPULIYUR POST,
VILLUPURAM-605 601.



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Blood donation camp at A.R Engineering College



NSS celebrates Earth Day

The NSS Students of A.R Engineering College, celebrated Earth Day on 23rd April 2019. Prof. Paneerdhass said that our Earth is the only planet in the Universe where life is possible till date. It is of utmost necessity to maintain the natural assets of the earth in order to continue the life on earth. In the rush of the crowd, the most intelligent creatures called human is slowly losing humanity and forgot to take care of the planet that gave it life and started using its resources ruthlessly. The 22nd of April has been marked as an Earth Day to make the human race aware of the planet. It mainly focused on saving species which are on the verge of extinction due to climate change, deforestation, pollution and illegal poaching. Dr. Paneerdhass, Principal gave the introduction and Mr. Ramamoorthy, Vice Principal proposed the vote of thanks.

Earth day Celebration at A.R Engineering college





Dr.R.PANNEERDHASS,M.E.,Ph D.,
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A.R.ENGINEERING COLLEGE
VADAKUCHIPALAYAM,
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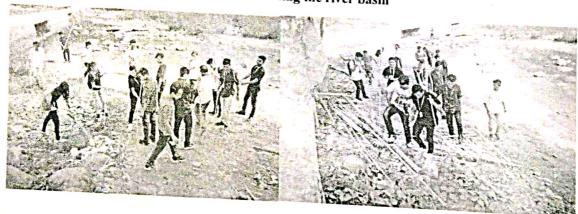
(Approved by AICTE, New Delhi & Affiliated to Anna university, Chennai) Vadakuchipalayam, Kappiyampuliyur post, Villupuram-605601, Tamil Nadu.

World Water Day observed by NSS Students

A group of NSS Students of A.R Engineering College decided to put into action the dictum of 'Saving Water' by launching out on a cleaning drive at Pennayar river on 22nd March 2021 on the occasion of World Water Day. The students were escorted by S. Manoj Kumar, coordinator

Dr. Paneerdhass, Principal and Ramamoorthy, Vice Principal were present to send off the students for the cleaning drive. While appreciating their efforts, the Principal exhorted the cadets to unitedly engage in keeping the place clean and green. On reaching the venue, the students began the cleaning by picking up thrown away plastic bottles, gathering them in one place and sweeping the dead leaves around the river. This would help in bringing about the much-needed societal changes towards a greener environment. The programme ended with light refreshments for all.

NSS Students cleaning the river basin



NSS volunteers clean GH Mundiyambakkam Hospital Campus

Unabated by the scorching heat or the dread of getting infected, a group of 25 NSS volunteers kept up the momentum of the Swatchta Pakhwada by cleaning the surrounding of the Mundiyambakkam Hospital at Villupuram on Friday, 10th August, 2022. Fully equipped with cleaning gear, face-mask and gloves, the entire exercise took nearly two hours, from 11 a.m. to 2 p.m. The Principal of A.R Engineering College, Villupuram said, "What is worth doing, is worth doing well. God loves a cheerful giver. This is truly the spirit of NSS, which ought to be your second nature in the days to come"



Dr.R.PANNEERDHASS,M.E.,Ph.D.,
PRINCIPAL
A.R.ENGINEERING COLLEGE
VADAKUCHIPALAYAM.
KAPPIYAMPULIYUR POST,
VILLUPURAM-605 601.



(Approved by AICTE, New Delhi & Affiliated to Anna university, Chennai) Vadakuchipalayam, Kappiyampuliyur post, Villupuram-605601, Tamil Nadu.

NSS volunteers clean GH Mundiyambakkam Hospital Campus





NSS Rally on Swachh Bharat

The cleanliness awareness campaign (January 05,2023) led by 50 NSS volunteers peaked with a rally around Villupuram. Holding banners and placards on the theme "Clean India, Green India", the volunteers began the rally from A.R Engineering College, Villupuram via Koliyanur kootroad. The rally took nearly two hours.

NSS Rally on Swachh Bharat





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PRINCIPAL
A.R.ENGINEERING COLLEGE
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(Approved by AKTE, New Deibi & Affiliated to Anna university, Chennai) Vadakuckopalayan, Kappiyampuliyur post, Villupuram-603601, Tamii Nodu.

Report on Student Counseling

Date-11.04.2022

Venue-Psychological Counselling Cell.

Time- 12:30 p.m. 4 p.m.

No. of students participated in the session-8. Name of the students who were counselled:

- 1. C. Balaji
- 2. K. Jayanthi
- 3. M. Mohamarajan
- 4. D. Praveen Krishns
- 5. K. Sasikmmar
- 6. R. Sivaranjani
- 7. R. Sriraniani
- 8. N. Vasanthakamar

About the Counselling Semina:

The Counselling Session was conducted upon getting the names of the cardidates willing or requiring counselling. The students were shortlisted based on their need and risk assessment. The students with the greatest needs were prioritized for this session.

Objectives:

The objectives of the counselling sessions were

- · To understand the problems that is affecting the student,
- · To help the students attain a positive mental health.
- To help the students work out a plan to solve their difficulties.
- To inspire successful endersour towards attainment of life goals and happiness.

Outcome in Brief -

The participant students mostly suffer from anxiety in their daily life mostly involving education and its future. Low confidence level is another problem among most of the students Overthinking, indecisiveness produces stress among a large group of students.

One of the female students suffers from familiar problems which creates insecurity in her life related to education and future planning. One of them is a known case of OCD. Two of the students in this session requires follow-up at regular interval, according to the counsellor.

Dr.R.PANNEERDHASS,ME. OH O. PRINCIPAL

A.R.ENGINEERING COLLEGE VADAKUCHIPALAYAM, KAPPIYAMPULIYUS BOST.

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(Approved by AICTE, New Delhi & Affiliated to Anna university, Chennai) Vadakuchipalayam, Kappiyampuliyur post, Villupuram-605601, Tamil Nadu.

Our psychologist and Counsellor, Mrs. Anita Mukherjee suggested our students ways to boost their confidence, overcome stress and how they can solve their problems related to education and family related issues that actually boosts our students to overcome their problems and their mental health can be promoted.

The counselor also suggested certain therapeutic exercises, yoga therapy to the students depending on the need that must be beneficial to maintain their physical and mental strength and overcome their problems.

Glimpses of the session -





Dr.R.PANNEERDHASS,M.E.,Ph.D.,
PRINCIPAL
A.R.ENGINEERING COLLEGE
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(Approved by AICTE, New Delhi & Affiliated to Anna university, Chennai) Vadakuchipalayam, Kappiyampuliyur post, Villupuram-605601, Tamil Nadu.

Date-18.04.2022

Venue-Psychological Counselling Cell.

Time-01:00 p.m. -4 p.m.

No. of students participated in the session-8 Name of the students who participated in the seminar:

- 1. A. Abitha.
- 2. V.Amirthalakshmi.
- 3. S. Anandhi
- 4. G. Bhuvaneshwari
- 5. J. Santhi
- 6. A. Sujatha
- 7. S. Pavithra
- 8. R. Lavanya

About the Counselling Session:

The Counselling Session was conducted upon getting the names of the candidates willing or requiring counselling. The students were shortlisted based on their need and risk assessment. The students with the greatest needs were prioritized for this session.

Objectives:

The objectives of the counselling sessions were:

- To understand the problems that is affecting the student,
- To help the students attain a positive mental health,
- To help the students work out a plan to solve their difficulties,
- To inspire successful endeavour towards attainment of life goals and happiness.

Outcome in Brief -

Participant students in this session mainly suffered from lack of concentration, low self-esteem, performance, anxiety, personal and social relationship problems. Some of the students are physiologically weak like suffering from anemia, breathing problem (asthma), sleep disturbance(insomnia), stammering, etc.

Few students have economic problems along with high aspiration, failure of reaching their desired goals are leading to anger outbreak, emotional outburst. Depression and performance anxiety are very common among the participants.

VILLUPURAM COLLEGE 605 601

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Counsellor, Mrs. Anita Mukherjee motivated them, helped them to try and solve their own problems by putting forth some example and suggested alternative ways to enhance their mental strength that will perhaps be helpful to increase their ability to solve their own problems. Some students need follow up to keep track of their mental health condition.

Glimpses of the session-





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KAPPIYAMPULIYUR P.O.ST,
VILLUPURAM-605 EUI.



(Approved by AICTE, New Delhi & Affiliated to Anna university, Chennai) Vadakuchipalayam, Kappiyampuliyur post, Villupuram-605601, Tamil Nadu.

Date-25.04.2022

Venue-Psychological Counselling Cell.

Time-01:00 p.m. -4 p.m.

No. of students participated in the session-7 Name of the students who participated in the seminar:

- 1. Jamuna.S
- 2. Kasthuri.S
- 3. Kowsalya.R
- 4. Sunitha. K
- 5. Sandhya.S
- 6. Pavithra K
- 7. Kalaiyarasi.G

About the Counselling Session:

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Objectives:

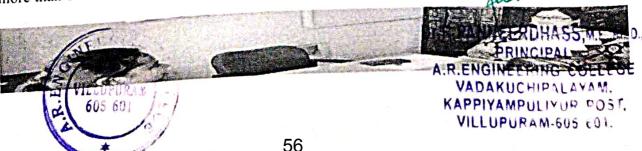
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- To understand the problems that is affecting the student,
- To help the students attain a positive mental health,
- To help the students work out a plan to solve their difficulties,
- To inspire successful endeavour towards attainment of life goals and happiness.

Outcome in Brief -

Participant students in this session face various family related problems, involving feeling, verbal and emotional abuse by family members. Few of them has lack of confidence and lack of self-esteem that creates depression, anxiety and frustration, Family related issues also lead to depression and lack of self-confidence. Mrs. Anita Mukherjee, Psychologist and counsellor was trying to solve these problems by suggesting them ways that can help boost their confidence and alleviate depression, and suggested various exercises and techniques to develop their mental strength. Some studentsneed follow up sessions to monitor their problems.

Students participated freely with the counsellor regarding their problem, few of them need more than one follow up session and students felt happy upon discussing their problems with





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the counsellor.

Date - 10.5.2022

Venue – Psychological Counselling Cell.

Time - 12:30 p.m. - 4 p.m.

No. of students participated in the session -7

Name of the students who participated in counselling:

- 1. M. Ajith
- 2.V. Elumalai
- 3. P. Yuvraj
- 4. M. Sridhar
- 5. S. Nathiya
- 6. D. Prakash
- 7. M. Lakshmi

The students in the session had problems varying from anxiety, stress, lack of confidence and anger management issues. One of the students had unsolved traumatic issues and also had trust issues with family members. Another student had episodes of emotional outbursts because of the unsolved past family history and she was given certain exercises to practice at home, dialogue between the student and the parents was required and so a follow up wassuggested. Another student was suffering from mobile addiction which was hampering their day-to-day activities like inability to decide and feeling restless all the time.

Counsellors Notes: Follow up required for one of the candidates.

WILLUPURAY 605 60

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PRINCIPAL
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Date - 24.5.2022

Venue - Psychological Counselling Cell.

Time - 12:30 p.m. - 4 p.m.

No. of students participated in the session – 6

Name of the students who participated in counseling:

- 1. S. Balaji
- 2. S. Vanisri
- 3. V. Vinothini
- 4. K. Siyaraman
- 5. D. Jayasri

The students in the session had problems varying from anxiety, stress, lack of confidence, lack of motivation and family issues.

One of the students had unsolved traumatic issues and had troubled mother, and lives in a disharmonic situation with mother.

Another student had developed family issues, after her parents lost jobs duringthe lockdown and they had to take up all the responsibility of the household Another student was having difficulty with personal relations leading to lack ofconcentration, poor mental health thereby leading to psychological disturbances. Counsellors Notes: Follow up required for two of the candidate.

VILLUPURAN 605 601 COLLEGE

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INDEPENDENCE DAY CELEBRATION





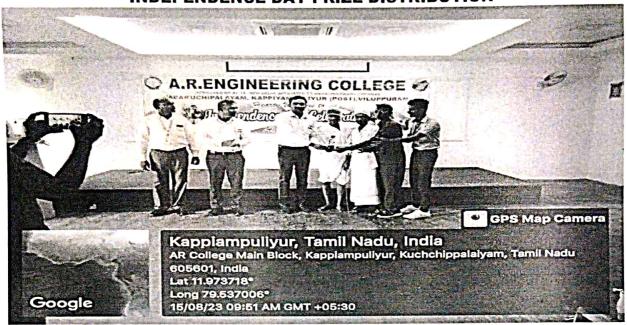


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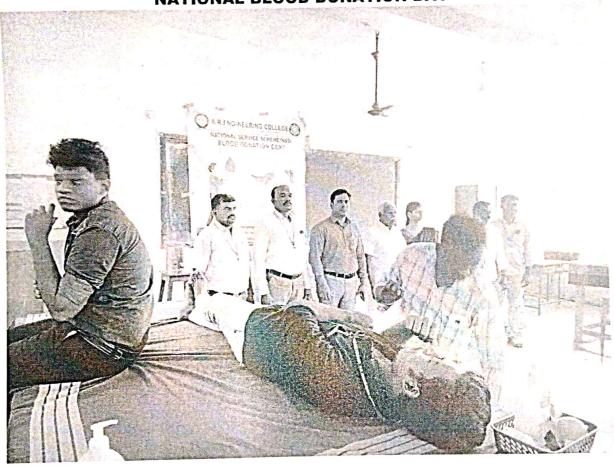


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NATIONAL BLOOD DONATION DAY



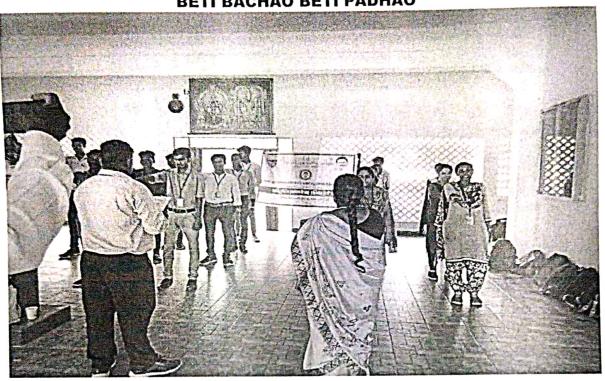


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SPORTS DAY AND ANNUAL DAY CELEBRATION

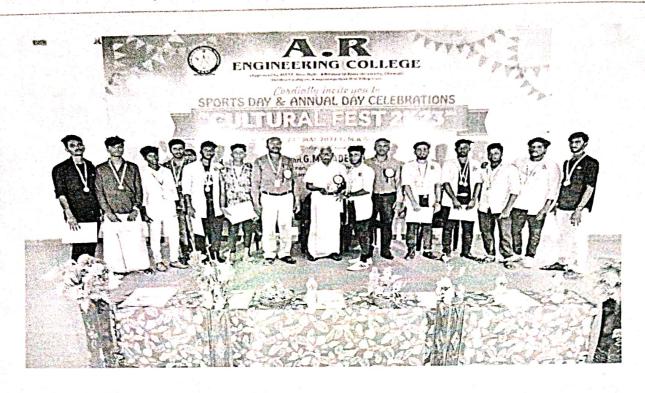




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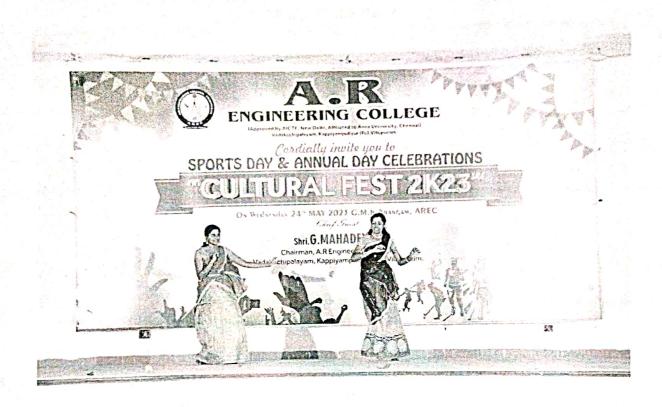




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PRINCIPAL
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DRUG PLEDGE DAY



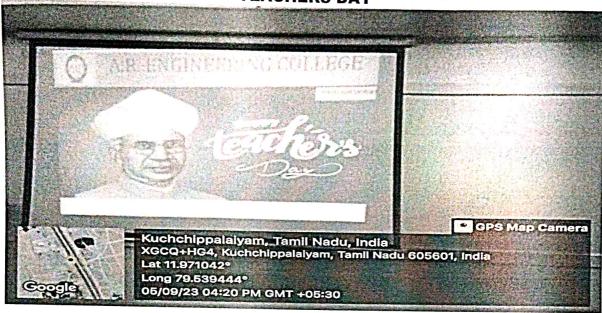


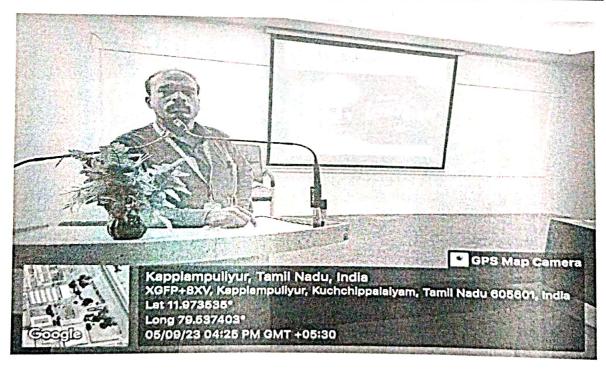
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TEACHERS DAY







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PRINCIPAL
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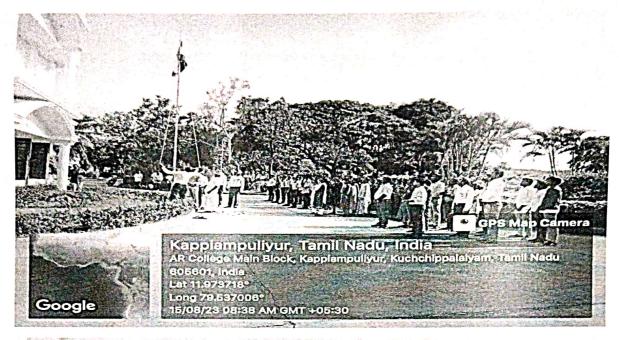


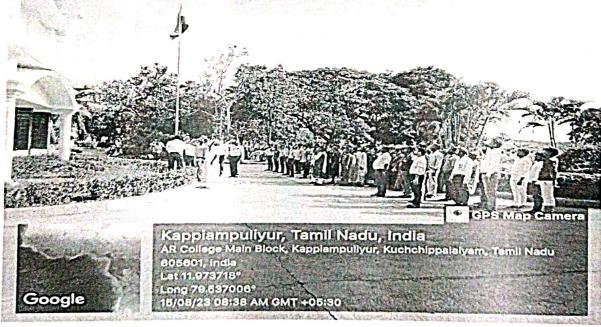
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INDEPENDENCE DAY CELEBRATION





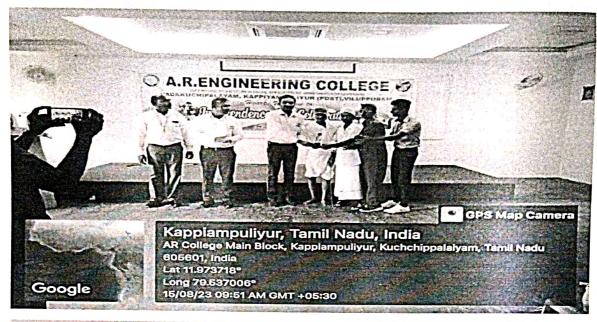


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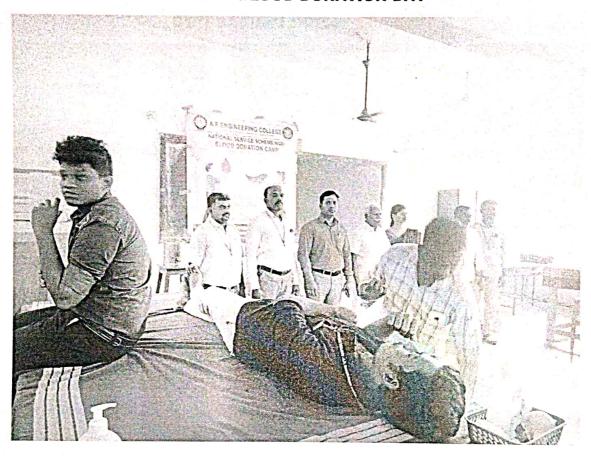


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NATIONAL BLOOD DONATION DAY



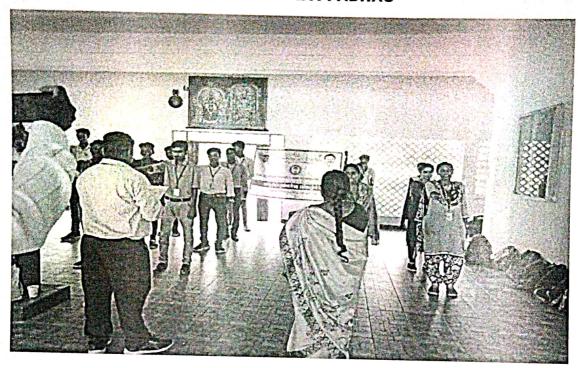


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PRINCIPAL
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VADAKUCHIPALAYAM,
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PRINCIPAL
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SPORTS DAY AND ANNUAL DAY CELEBRATION





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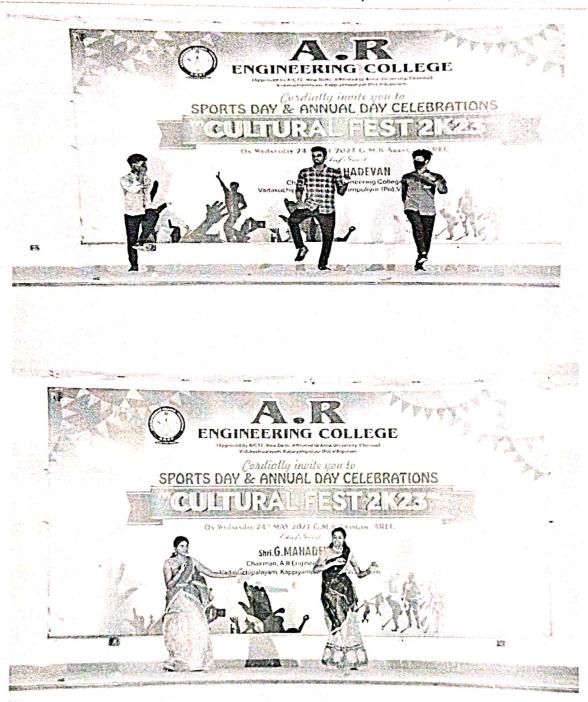
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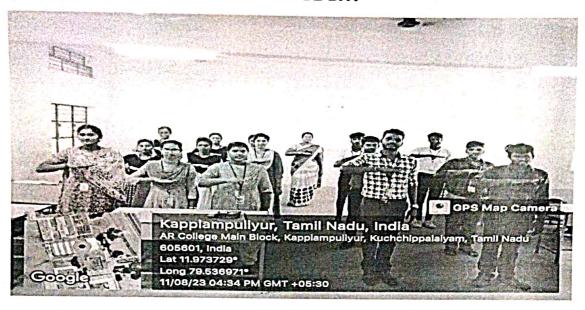


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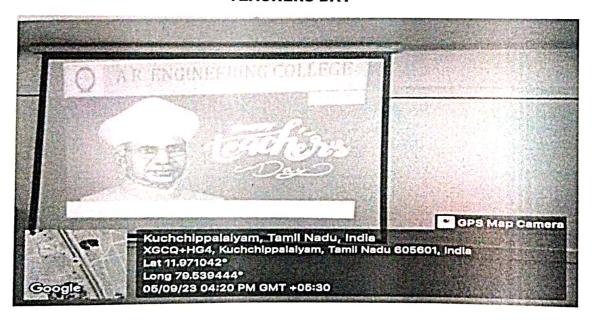


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DRUG PLEDGE DAY



TEACHERS DAY

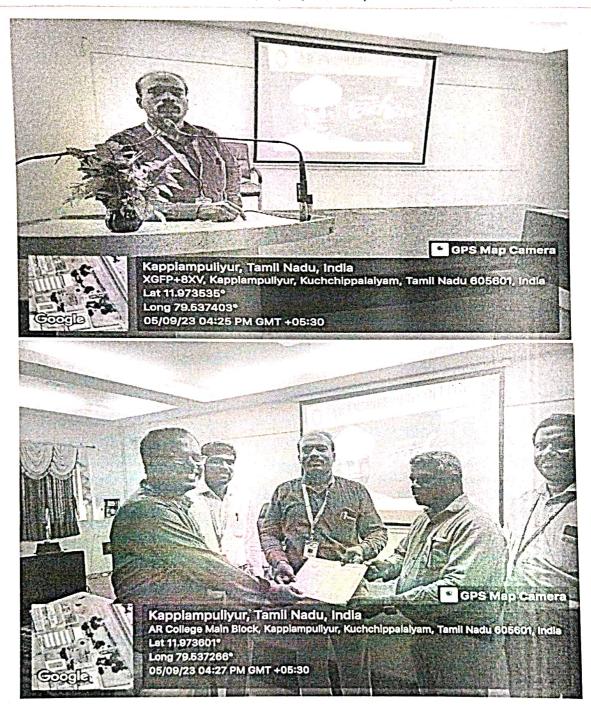




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PRINCIPAL
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VADAKUCHIPAL AYAM,
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Dr.R. HANNEERDHASS, M.E., Ph U.
PRINCIPAL
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VADAKUCHIPALAYAM.
KAPPIYAMPULIYUR POST.
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