

A.D.M College For Women (Autonomous)

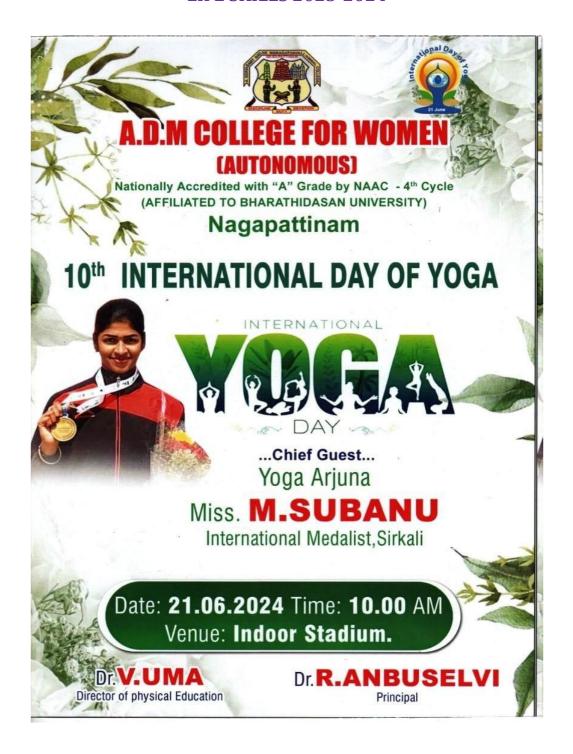
Nationally Accredited with 'A' by NAAC (Cycle-IV)

Nagapattinam -611 001

TamilNadu.



LIFE SKILLS 2023-2024



A.D.M COLLEGE FOR WOMEN, (AUTONOMOUS) DEPARTMENT OF PHYSICAL EDUCATION INTERNATIONAL DAY OF YOG Ø

Department of Physical Education conducted International Day of Yoga on. 21.06.2023 Our Principal Dr.R.Anbuselvi Preside Over the function Dr.A.SivagamaSundari Advisor ADM College Special Motivational Speech Given by the Students about yoga M.Subanu International Medalist, Sirkali, was participated as a Chief Guest Givan speech About Yoga and Demonstration Given by the Students all the 1500 Students Witnessed the Programme.







A.D.M. COLLEGE FOR WOMEN

(AUTONOMOUS), NAGAPATTINAM

DEPARTMENT OF PHYSICAL EDUCATION STUDENT INDUCTION PROGRAMME(SIP)

ORGANIZES

"SELF MOTIVATION PROGRAMME"

For All First Year Students

21.07.2023

AT 3 PM

COORDINATOR DR.V.UMA

PRINCIPAL DR.R.ANBUSELVI

ALL ARE CORDIALLY INVITED

A.D.M.COLLEGE FOR WOMEN(AUTONOMOUS) DEPARTMENT OF PHYSICAL EDUCATION SELF MOTIVATIONAL TRAINING

Department of physical Education Contected Self Motivation Training on 21.07.2023 at Indoor Stadium.Our Principal Dr.R.Anbuselvi Priside Over the Function M.Rajenthiran Karathe Coach Gave Karathe Training for the Students Mr.Murugesan-Silambam Coach Gave the Silambam Training for the Students A.D.M.College Yoga Students Demonstrated Yoga Programme for the Students 500 Students Were Benifited.

















JCI Nagapattinam Sea City



ADM College for Women, Nagapattinam

Cordially invite You all for the Auspicious Occasion of the Training Programme

On 25.03.2023 | Time: 10.30 am | Venue: ADM C (W) Campus, Nagapattinam



Presided by:

Jc. V.SHANMUGAVEL, President Inaugural by:

Dr.R.ANBUSELVI.

Principal (I/c), ADMC (Women), Nagapattinam

Chief Guest:

Jc.Dr. K.K.SHRIVAISHNA, B.A.M.S.

Ayurvedic Physician

"MENSTRUAL HYGIENE"

Trainer:

Jc. HGF. R.PAPPAKANNAN

Provisional Zone Trainer

"FUTURE TRAINING"

Co- ordinator :

Dr.V.UMA

Director of Physical Education ADMC (Women), Nagapattinam

We look forward to the pleasure of your company...



de Vishanmugaval President



la d'Arexthol Secretary



Ja. S. Saff Prayeen Kumar Ja. U. Yousuff Farhan Joint Secretary



Treasurer





A.D.M COLLEGE FOR WOMEN,(AUTONOMOUS) DEPARTMENT OF PHYSICAL EDUCATION MOTIVATIONAL TRAINING PROGRAMME

Department of Physical Education Conducted a Training Programme for the 1st year Students on 25.03.2023 the Topic was Menstrual Hygiene Miss.JC.V.Shanmugavel – President JCI Nagapattinam Presided the function Dr.R.Anbuselvi Principal Inaugurated the function Dr.K.K.Shrivaishna BA MS Ayurvedic Physician Given by the Special Speech to the Students about the Menstrual Hygiene and Mr.R.Pappakannan Provisional Zone Trainer Given Training about future and Motivated the Student 300 Student Were Benifited