

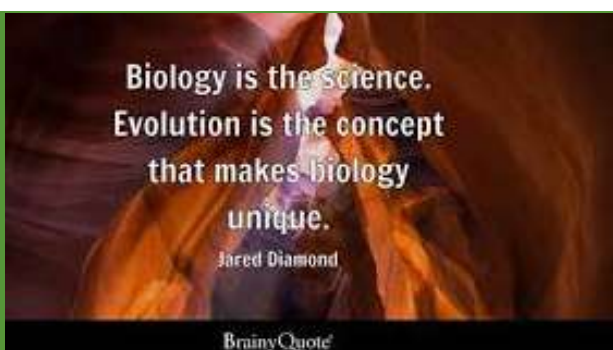


# JEPPIAAR UNIVERSITY

## SCHOOL OF SCIENCES AND ALLIED HEALTH SCIENCE



### ACADEMIC NEWS LETTER OF SSAHS-2023-2024



### SCIENCE

Science is a way of life. Science is a perspective. Science is the process that takes us from confusion to understanding in a manner that's precise, predictive and reliable - a transformation, for those lucky enough to experience it, that is empowering and emotional.

### SCIENTIFIC LEARNING



Scientific learning has been progressing for centuries, and our scientific knowledge is layered, building upon the understanding and information of past ages. True, scientific knowledge has been advancing at an extremely rapid pace in recent years, but that does not invalidate or discredit the vastly important discoveries of the past upon which our current knowledge rests. Students can see how [Linnaeus](#), for example, laid a solid foundation for the genus and species divisions of classifications we still use today.





# JEPPIAAR UNIVERSITY



## SUSTAINABLE DEVELOPMENT TOWARDS A BETTER FUTURE

Jeppiaar University, established in 2022 in Chennai under the guidance of Founder and Chancellor Dr. Regeena J Murali nurture curiosity and exploration.



Evolution is the fundamental idea in all of life science - in all of biology.



Science is a way of life. Science is a perspective. Science is the process that takes us from confusion to understanding in a manner that's precise, predictive and reliable - a transformation, for those lucky enough to experience it, that is empowering and emotional.



Your work is going to fill a large part of your life, and the only way to be truly satisfied is to do what you believe is great work. And the only way to do great work is to love what you do. If you haven't found it yet, keep looking. Don't settle. As with all matters of the heart, you'll know when you find it.

Encouraging pupils to solve the universe's riddles. These professions enable people to help humanity and address global issues. Organizations such as the School of Sciences and Allied Health Science at Jeppiaar University facilitate the creation of new knowledge and the understanding of contemporary phenomena. Basic sciences provide answers to pressing problems, even if they are not always immediately applicable. Taking an interest in the fundamental sciences promotes innovation and advancement while also enhancing individual development and society advancement.

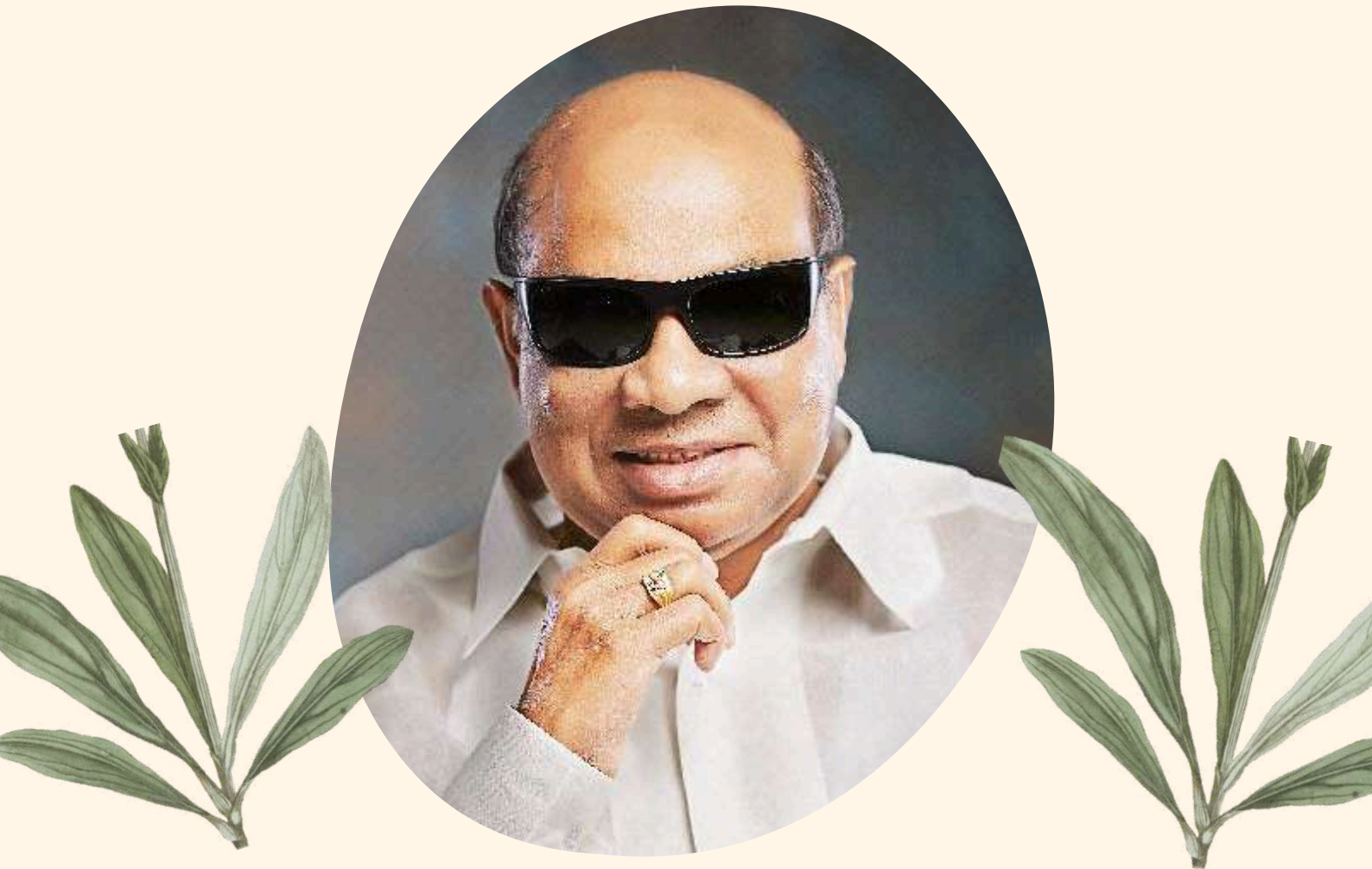
**"Stay inspired.  
Never stop  
creating."**

### Courses Offered:

1. B.Sc. Biotechnology
2. B.Sc. Forensic Science
3. B.Sc. Computer Science
4. Bachelors of Computer Applications
5. Ph.D. in Life Sciences  
(Full Time / Part Time)



# JEPPIAAR UNIVERSITY



ENTRY IS NOT IMPORTANT----EXIT IS-----

ROBUST WORDS

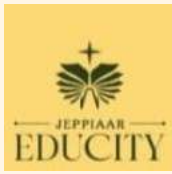
FROM OUR FOUNDER AND CHAIRMAN

(Late) Col. Dr. JEPPIAAR

"In loving memory and remembrance of our founder and Chairman (Late) Col. Dr. Jeppiaar, we dedicate the fruit of all our relentless endeavors to the earnest vision and diligence of our ardent chairman. His blessings be forever with us"



# JEPPIAAR UNIVERSITY



Practice - Practice - Practices----Records are always meant to  
be broken ----- CHARMING WORDS FROM OUR  
FOUNDER AND CHANCELLOR  
Dr. REGEENA J MURALI

In order to illustrate how you have overcome difficulties, plan successful activities and make pledges. We conquer today's obstacles and consistently maintain our spirits. There are still a lot of victories ahead. Huge congratulations on an incredible performance—you've broken yet another record!



# HONOURABLE DIGNITORIES



**PRESIDENT**  
**MR. MURALI SUBRAMANIAN**



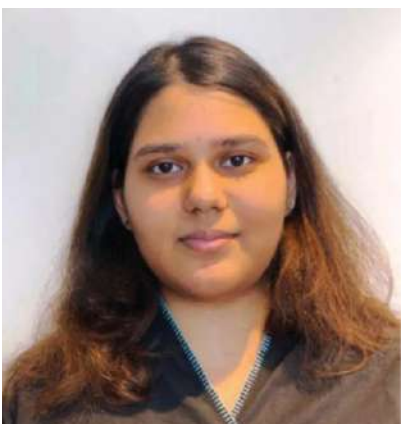
**PRO CHANCELLOR**  
**DR. SHALEESHA A. STANELY**



**VICE PRESIDENT**  
**MS. MARGARETE R.**



**PRO VICE CHANCELLOR**  
**DR. R. BASKARAN**



**VICE PRESIDENT**  
**MS. MAGALENE R.**



**REGISTRAR**  
**SHRI. BINU SIVA SINGH S. K.**

# ***COURSES OFFERED***

**B.Sc.  
Computer Science**



**B.Sc.  
Forensic Science**



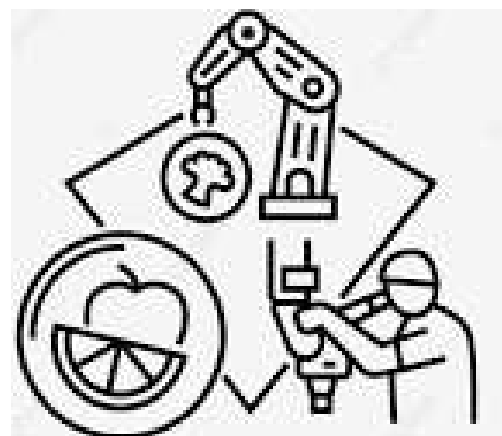
**B.Sc.  
Biomedical  
Science**



**B.Sc.  
Medical  
Microbiology**



**B.Sc.  
Food Technology**



# DEAN- SSAHS - MESSAGE



## FROM THE DEAN'S DESK

TO MY FELLOW COLLEAGUE'S AND DEAR STUDENTS...  
GREETINGS OF THE DAY.

I hope everyone had a very active time preparing new academic year and its activities. I could see you all tackling challenges with a positive, can-do attitude. Because of this, I have no doubt that you can accomplish anything you put your mind to. It's clear that you all take pride in your work.

The confidence you have in yourself is impressive. An attitude like this can make a great impact, in the environment you are associated with.

A very special thanks to our Professor's who are supporting our students in all possible ways for them to shine and lead the show. Keep up the good spirits, dears. I am glad to be your professor & dean. Together, we can achieve more and be a great blessing to each other and to the community we live in.

I am thankful and grateful to our beloved Founder & Chancellor Madam Dr. Regeena J Murali for her immense trust in us and to all our Management higher officials for providing us with this platform to showcase our skills in this creative and innovative era.

**DR. J. VERONICA SHALINI**

**PROFESSOR & DEAN - SCHOOL OF SCIENCES & ALLIED HEALTH SCIENCES**

# SSAHS - TOPPERS

**ACADEMIC YEAR – 2022 - 2023**

**B.SC. BIOMEDICAL SCIENCE - MS. IMMACULATE SONIA  
A.**



**B.SC. MEDICAL MICROBIOLOGY - MS.KOWSALYA J.**



**B.SC. FORENSIC SCIENCE -MS. GOUSALYA S.**



**B.SC. COMPUTER SCIENCE -MS. MRUDULA V.**





# SSAHS - TOPPERS

**ACADEMIC YEAR - 2023- 2024**

**B.SC. BIOMEDICAL SCIENCE - MS. IMMACULATE SONIA A.**



**B.SC. MEDICAL MICROBIOLOGY - MS.KOWSALYA J.**



**B.SC. FORENSIC SCIENCE -MS. GOUSALYA S.**



**B.SC. COMPUTER SCIENCE -MS. MRUDULA V.**



**B.SC. FORENSIC SCIENCE -MS. SATHYA K.**



**B.SC. COMPUTER SCIENCE -MS.NANDINITHA**



# EVENTS -SSAHS-2023-2024

S.No.	Name of the Program Workshop / ET / Quiz / Webinar/ Club Activities etc.	List of the Events				
		Date	Title	No. of Participants	Name of the Expert	Designation and Work
1	MoU	01-09-2023	ABK – AOTS Dosakai Japanese Language School	500	Mr. Atul Aziz	Managing Director, ABK - AOTS Dosakai Japanese Language School
2	Guest Lecture	17-10-2023	Career Prospects in Pharma Industries	100	Mr. Thomas Mathew	R&D Director in Orchid Pharma, Chennai
3	Exposure Visit, Taramani	26-09-2023	CSIR Science Expo	63	Dr. Samuel Rajan	R&D Head, Department of Science & Technology
4	MoU	01-09-2023	Score Getter – Go Abroad	500	Mr. Krishnamoorthi	Director, Score Getter – Go Abroad
5	Webinar	30-11-2023	Webinar – “Goal Alignment with Values”	50	Mr. Vivek Chandran	Manager / Private Cognizant Private Ltd
6	Guest Lecture- IIBAT, International Institute of Biotechnology and Toxicology	23-12-2023	Understanding the role of Cancer Cells-	100	Dr.J. Veronica Shalini	Dean (SSAHS) Jeppiaar University
7	Webinar	09-01-2024	3D – Printing in Pharmaceutical and Medical Applications	50	Dr. M. Thenmozhi	Professor & Head Department of Biotechnology, Selvam College of Technology, Namakkal
8	Industrial Training	10-01-2024	Forensic and Biometric Investigation Services - Chennai	20	Mr. Reghuraghavendra	Director, Forensic and Biometric Investigation Services - Chennai
9	International Special Lecture	15-02-2024	What Comes After Industry 4.0	500	Dr. Tim Van Erp	Professor, Department of Mechanical Engineering, Flinders University, South Australia
10	Training Program	17-04-2024	One Day Hands-On Training in Crime Scene Investigation	50	Ms. K.A. Gopika	School of Sciences and Allied Health Science, Jeppiaar University
11	Training Program	26-04-2024	Hands-On Training of ELISA techniques	8		Bioklone Research Pvt Ltd

S.No.	Name of the Program Workshop / ET / Quiz / Webinar/ Club Activities etc.	List of the Events				
		Date	Title	No. of Participants	Name of the Expert	Designation and Work
<b>Extra-Curricular Activities</b>						
1	SSAHS and Yuva Club Jeppiaar University	22-12-2023	Christmas Celebration	500	-	SSAHS STAFF MEMBERS, Jeppiaar University
2	Yuva Club of Jeppiaar University	11-01-2024	White Christmas	50	-	SSAHS STAFF MEMBERS, Jeppiaar University
3	Yuva Club of Jeppiaar University	15-02-2024	Campus Clean- up	100	-	SSAHS STAFF MEMBERS,
4	SSAHS associated with Yuva Club of Jeppiaar University	20-02-2024	Tree Plantation Drive	100	-	SSAHS STAFF MEMBERS, Jeppiaar University
5	Workshop - Yuva Club of Jeppiaar University	23-02-2024	Emergency Responder	150	Mr. D. Chandrasekar, Mr. Sevugamoorthy.R (Emergency Management Learning Centre)	Instructor, Emergency Management Learning Centre
6	Symposium	21-03-2024	Biocode Bonaza 2K24	100		SSAHS-JU has organized and conducted a National Level Symposium which developed student ability to excel in organizing skills

# FACULTY ACHIEVEMENTS

**ABOUT THE AUTHOR**



Mr. Lawrence Justin A. has completed Master of Philosophy and Master's degree (M.Sc.) from St. Joseph's College, Tiruchirappalli - Bharathidasan University, Tamilnadu (TN), India. He has completed his Bachelor's degree (B. Sc.) from Periyar Arts College, Cuddalore - University of Madras, Tamilnadu (TN), India. He is having more than 17 years of academic experience in various reputed colleges. He has Published many papers in reputed, peer-reviewed International and National Journals, Published Organic Chemistry book and published Indian Design Patent. His area of interest include Organic Chemistry, Polymer Chemistry, Electro Chemistry, Environmental Science, Environmental Chemistry, and Water Technology.



Ms. P. Ashwini has completed B. Tech (Biotechnology) and M. Tech (Biotechnology) from Karunya University with Distinction. She has a total academic experience of 4 Years and Industrial Experience of 1 Year. Currently holding a position as Assistant Professor, School of Sciences and Allied Health Science, Jeppiaar University. She has published many research papers in reputed, peer-reviewed International and National Journals. Her area of interest include Biochemistry, Cell Biology, Plant Tissue Culture, Agriculture Biotechnology, Food Biotechnology Environmental Sciences and Cancer Biotechnology.



Mr. K. Prasanna has completed B. Tech (Biotechnology) and M. Tech (Biotechnology) from Anna University in Tamil Nadu. He has a total academic experience of 5 Years and Industrial Experience of 2 Years. Currently holding a position as Assistant Professor, School of Sciences and Allied Health Science, Jeppiaar University. He has published many research papers in peer reviewed journals and Conference Proceeding Publications. His area of interest include Biotech, Environmental Sciences and Catalytic-induced chemical conversion of biomass for green fuel technologies.



Dr. S. Prasad, Assistant Professor of Chemistry, Pachaiyappa's College for Men, Kanchipuram, Tamil Nadu. He has completed his Doctorate in Chemistry from Periyar University, Salem, Tamil Nadu, India and did M.Sc. Chemistry from Bishop Heber College, Trichy (Bharathidasan University, Trichy), Tamil Nadu, India. He has done his B.Sc. from Kandaswami Kandan's College, P. Velur (Periyar University). He has a total academic experience of more than 10 years with 11 publications in reputed, peer-reviewed National and International Journals. He has Published Three UK design Patent and Two Indian design Patent. He has Published One Book (Organic Chemistry). His areas of interest include Inorganic Chemistry, Organic chemistry and Synthesis of Coordination Metal Complexes.



**Environmental Science and Studies**

Lawrence Justin A  
P. Ashwini  
K. Prasanna  
Dr. S. Prasad

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## SSAHS Faculty members of

Mr. A. Lawrence Justin, Ms. P. Ashwini and Mr.K.Prasanna has authored **Environmental Science** published by Charulatha Publications.

Mr. A. Lawrence Justin has Authored a Book Titled- **Organic Chemistry** published by Aasan Publications



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An Academic, literary, peer-reviewed,  
International Publication

**CERTIFICATE**  
of Appreciation

The Editorial board of AASAN Publications is hereby awarding this certificate to Mr. Lawrence Justin A. in recognition of the Text Book entitled "Organic Chemistry" published in First Edition.

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Year of Allotment of ISBN: 2023

Editor-in-Chief  
**KALEESWARAN D**  
GLOBAL AASAN RESEARCH. LLP. LTD, INDIA.



**BEST AWARD OF THE YEAR**

**About the Authors**



Dr. S. Prasad Completed his Doctorate in Chemistry from Periyar University, Salem, Tamil Nadu, India in 2012 and did M.Sc. in Chemistry from Bishop Heber College, Trichy (Bharathidasan University, Trichy), Tamil Nadu, India. He has done his B.Sc. from Kandaswami Kandan's College, P. Velur (Periyar University). He has a total academic experience of more than 09 years with more than 10 publications in reputed, peer-reviewed National and International Journals. His areas of interest include Inorganic Chemistry, Organic chemistry and Synthesis of Coordination Metal Complexes.



Ms. Shamika Shenlaram Sawant is a Ph.D. Scholar in Aquatic Environmental Management Department at ICAR- Central Institute of Fisheries Education, Mumbai, India, and she has pursued a Master of Fisheries Science (M.F.Sc.) at the same institute. She has a Bachelor of Fisheries Science (B.F.Sc.) from the College of Fisheries, Shirgaon, Ratnagiri. She is a budding researcher, has publications in reputed, peer-reviewed National and International Journals and has received research grants from renowned national institutes. She has been awarded with various prestigious International and National awards such as Outstanding M.Sc. Thesis Award and "Prof. H. P. C. Shetty Award" as the Best Fisheries Graduate of India. She has also qualified for several national-level exams including ICAR-JRF (AIR 38), ICAR-SRF (AIR 3) and ASRB-NET. Her areas of interest include Soil-water chemistry, Bioremediation of Emerging Contaminants, Wastewater Treatment Systems and Marine Environmental Science.



Mr. Sagar Vithal Shinde is a Ph.D. Scholar in Aquaculture at ICAR- Central Institute of Fisheries Education, Mumbai, India, and he did a Master of Fisheries Science (M.F.Sc.) in Aquaculture at ICAR- Central Institute of Fisheries Education, Mumbai, India. He has a Bachelor of Fisheries Science (B.F.Sc.) from the College of Fisheries, Shirgaon Ratnagiri. He has many publications in reputed, peer-reviewed National and International Journals. He also has various National and International Patents, Grants, and Copyrights. He was secured with International and National awards in the Research and Innovation category. He has qualified for several national-level exams, including ICAR-JRF (AIR 22), ICAR-SRF (AIR 3), UGC-NET, and ASRB-NET. He has several best poster and oral presentations awards at international conferences and Symposiums. His areas of interest include Soil and Water chemistry, Precision Aquaculture systems, Organic Aquaculture, Climate-Resilient Aquaculture, Nutrient Dynamics in Aquaculture, Aquatic Chemistry, Environmental Science, Limnology, Biogeochemistry, and Agrochemistry.



Mr. Lawrence Justin A. has completed a Master of Philosophy from St. Joseph's College, Tiruchirappalli - Bharathidasan University, Tamilnadu (TN), India. He has completed his Master's degree (M.Sc.) from St. Joseph's College, Tiruchirappalli - Bharathidasan University, Tamilnadu (TN), India. He has completed his Bachelor's degree (B. Sc.) from Periyar Arts College, Cuddalore - University of Madras, Tamilnadu (TN), India. He has a total academic experience of more than 16 years with many publications in reputed, peer-reviewed National and International Journals. His areas of interest include Organic Chemistry, Polymer Chemistry, Electro Chemistry, Environmental Chemistry, and Water Technology.

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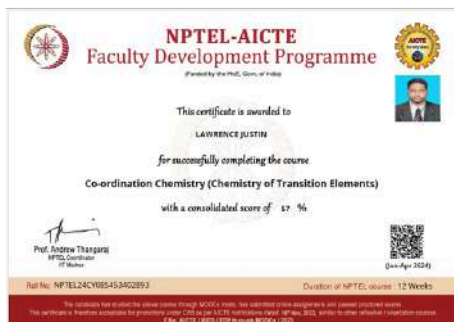
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# FACULTY DEVELOPMENT PROGRAM CERTIFICATIONS

SSAHS-DEAN- Dr.J.Veronica Shalini and Faculty members

Ms. P. Ashwini, Mr.K.Prasanna, Ms.R.A.Pavithra, Ms.K.A.Gopika and Mr. A. Lawrence Justin has participated FDP organized by various institutions for their academic growth representing Jeppiaar University

Certificate Gallery is attached below of their performances



# FACULTY PROGRAM PARTICIPATION CERTIFICATIONS

SSAHS-DEAN- Dr.J.Veronica Shalini and Faculty members

Ms. P. Ashwini, Mr.K.Prasanna, Ms.R.A.Pavithra, Ms.K.A.Gopika and Mr. A. Lawrence Justin has participated in different Events organized by various institutions for their academic growth representing Jeppiaar University

Certificate Gallery is attached below of their performances



# STUDENT PARTICIPATION CERTIFICATIONS

SSAHS, Students have participated in the training programs of workshop, Hands on Training for their Academic Activities and to enhance their skills

Certificate Gallery is attached below of their performances



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Certificate Gallery is attached below of their performances





# EVENTS -SSAHS-2023-2024- GALLERY



SCHOOL OF SCIENCES  
AND  
ALLIED HEALTH SCIENCE (SSAHS)

Students Visited  
FORENSIC AND BIOMETRIC INVESTIGATION  
SERVICES (FBIS)-CHENNAI



Dr. Tim Van Erp delivered a special lecture on  
"What comes After Industry 4.0?"  
To the students of Jeppiaar University and  
Jeppiaar Engineering College  
on 15-02-2024

# EVENTS -SSAHS-2023-2024- GALLERY



# FROM FACULTY CORNER

## DEFINE YOURSELVES WITH YOUR VALUES

What would you say about yourself?

In what way do you want to be recognized?

Knowing your value system – or better yet, articulating it – gives you a great deal of direction and clarity regarding the person you will become in the future.

Your decision-making process becomes consistent and you take better actions as a result of your increased clarity. Developing your values will help you achieve better results in the various spheres of your life that are most important to you.

Values are just priorities that rank the ways in which you would priorities spending your time right now. Setting your morals first

**in life is crucial for two key reasons:**

1. Time is a finite asset. It is non-renewable, non-reusable, and non-recoverable once it is used.
2. A propensity for incontinence in the time and effort we devote to establishing our principles.

Make your own value system by using the advice provided below.

### **Interrogate Yourself**

What matters most to you right now will benefit you later on in life. Consider values like well-being, romance, prosperity, comfort, achievement, safety, exploration, and education.

Create a Value Hierarchy

Sort the values in your collection by importance. Consider whether you would be satisfied with the values if they were given a chance.

### **Live the Values**

This is a reality check and you shouldn't be afraid to take it because it will put you on a course towards your true values.

**King Martin Luther said,**

"There are some things in our society and some things in our world for which I am proud to be maladjusted. And I call upon all (wo)men of goodwill to be maladjusted to these things until the good society is realized. I must honestly say to you that I never intend to adjust myself to racial segregation and discrimination. I never intend to adjust myself to religious bigotry. I never intend to adjust myself to economic conditions that will take necessities from the many to give luxuries to the few, leave millions of God's children smothering in an air-tight cage of poverty in the midst of an affluent society."

I think that after reading Luther's speech, each and every one of you will finally comprehend what it means to have values in life.

**DR. SHALEESHA A. STANLEY  
PRO CHANCELLOR**

# FROM FACULTY CORNER

## NEVER GIVE UP ON YOUR DREAMS

Boldly go in the direction of your dreams.

Stand tall and show the world what you are made of...

When the world beats you down, find a reason to get back up again.

Never give up on the success.

Feed your mind ideas of success, not failure.

Remember, the only way you can fail is if you give up.

Every time you fail, you come one step closer to success.

**You are not scared; you are courageous.**

**You are not weak; you are powerful.**

**You are not ordinary; you are remarkable.**

Do not back down, do not give up.

When you look back on your life, don't have regrets.

Believe in yourself, belief in your future, you will find your way.

A fire burning inside you is mighty; it is waiting to burn bright.

You are meant to do great things. You are a Masterpiece.

Following your dreams can be both terrifying and exciting.

Enjoy and relish each dream of yours...

Courage is facing fear. Fear of failure holds most people back. You are not most people.

Persist and persuade others about your plans, as they are real.

Nobody can do this but you. Nobody will get in the way of our dreams.

Most people master the obvious; you create something that wasn't there before.

**It's bold, it's beautiful, and it's YOU Alone.**

Give it your best, and your dreams will come to life. Success is yours.

Go for your dreams; it is your turn.

**DR. J. VERONICA SHALINI**

**PROFESSOR & DEAN - SCHOOL OF SCIENCES & ALLIED HEALTH SCIENCES**

# FROM FACULTY CORNER

## JOY OF TEACHING

As a professor, there's no greater joy than witnessing the radiant smiles of my students as they embrace success in their academic journey. Teaching isn't merely about imparting knowledge; it's about nurturing creativity and fostering happiness amidst the pressures of academia. Each day, I strive to create an environment where learning is not a burden but a source of joy and fulfillment. Through innovative teaching methods and encouragement, I guide my students to explore their passions and unleash their potential. Seeing their faces light up with happiness as they grasp complex concepts or achieve their goals is a reward beyond measure. It's a reminder that my efforts as an educator are making a meaningful impact on their lives. Despite the challenges and deadlines, the classroom becomes a haven where happiness thrives, and stress fades away. Together, we celebrate every milestone, big or small, knowing that each accomplishment is a testament to their dedication and hard work.



In this journey of teaching and learning, happiness becomes the guiding force that fuels our endeavors and brings us closer together as a community. And as a professor, there's nothing more fulfilling than knowing that I've played a part in nurturing not just minds, but also hearts filled with joy and optimism.

**Mrs. P. Ashwini**  
**Assistant Professor**  
**School of Sciences and Allied Health Science**

# FROM FACULTY CORNER

## WHAT MAKES IT DIFFICULT?



BEING GOOD, BEING BAD  
BEING NICE, BEING RUDE, BEING KIND AND GRATEFUL  
TRUSTING SOMEONE, TRUSTING EVERYONE, TRUSTING THE PEOPLE  
YOU LOVE...

**WHAT MAKES IT DIFFICULT.....**

GOOD AT ACADEMICS, BAD AT ACADEMICS  
GOOD AT NON-ACADEMICS, BAD AT NON-ACADEMICS  
GOOD AT EVERYTHING..... BAD AT EVERYTHING.....

**WHAT MAKES IT DIFFICULT.....**

LESSON LEARNED BECAUSE OF SOMEONE, LOVED BECAUSE OF  
SOMEONE,  
CHEERED BECAUSE OF SOMEONE, CARED BECAUSE OF SOMEONE,  
CRIED BECAUSE OF SOMEONE, LAUGHED BECAUSE OF SOMEONE.

**WHAT MAKES IT DIFFICULT.....**

**CHOICES... MADE IT DIFFICULT...**

**BELIEF... MADE IT DIFFICULT...**

IF YOU CHOOSE WISE...

YOU WILL UNDERSTAND...

WHAT MADE YOU TO FEEL WHAT IS IT REALLY DIFFICULT IN LIFE

**MR. PRASANNA K.**

**ASSISTANT PROFESSOR**

**SCHOOL OF SCIENCES AND ALLIED HEALTH SCIENCE**

# FROM FACULTY CORNER

## GRATITUDE TO PARENTS



IT'S THE FIRST WORLD YOU ENTER INTO,  
MAYBE YOU ENTER IT WITH CRYING,  
THEY FOUGHT TO STOP IT TILL THE END OF THEIR LIFE,  
YOU MAY GET WORRIED AT SOMETIMES,  
BUT THEY CHEERED YOU BY HIDING THEIR PAIN,  
FROM CHILDHOOD TO ADULTHOOD,  
ALL THE MEMORIES WERE FRAMED BY THEM,  
FROM FALLING DOWN IN THE PLAYGROUND,  
TILL RAISING UP AN INDIVIDUAL LIFE,  
LIFE IS ALWAYS BEEN A MISERABLE,  
IT'S THEIR OWN EFFORT FOR YOUR LIFE TO MAKE MORE MEMORABLE,  
WHENEVER YOU HAVE FALLEN IN LIFE,  
THEY ARE THE ONES WHO LIFTED YOU UP,  
THEY SHOWED YOU THE REALITY TO ESCAPE ALL THE HARDSHIPS,  
AND CREATED STRONG OPINIONS ABOUT ALL THE RELATIONSHIPS,  
THEY TAUGHT US TO LIVE, LOVE, LAUGH,  
AND FORGOT ABOUT THEIR OWN LIFE.  
MAYBE WE DON'T DESERVE A CHANCE TO RECIPROCATE THE SAME TO  
THEM,  
BUT TRY TO MAKE THEM HAPPY ALL THE WAY.

MS. R. A. PAVITHRA

ASSISTANT PROFESSOR

SCHOOL OF SCIENCES AND ALLIED HEALTH SCIENCE

# FROM FACULTY CORNER



## BEING A WOMEN: A JOURNEY OF SELF-REALIZATION

### “You go girl, you are good enough”

The biggest triumph as women is self-realization. We women are always eccentric in most of the life aspects; it's pretty beautiful that how small things make us cheerful like when you exactly get to know “what you are” “what you want to be” “what makes you happy”. Being women, I feel juts out that, I am the biggest companion of mine and I realized myself that the prior person who can make me happy is me. Being women is a multifaceted journey, filled with layers of self-discovery and self-realization. From navigating societal expectations to embracing individuality, every woman embarks on an unique quest to understand herself fully. Self-realization is about breaking the expectations of others and reclaiming autonomy over one's body, mind, rejecting the notions of inferiority. Embracing your femininity is a key for your confidence; you chin up, you look straight and dear girls that's the power and energy you throw up. Ultimately, being a woman is an ongoing journey of self-discovery, empowerment and liberation. It's about embracing the full spectrum of femininity, honoring one's unique identity. In this journey, I find strength in solidarity, resilience in adversity and beauty in authenticity.

**Ms. K. A. Gopika**

**Assistant Professor**

**School of Sciences and Allied Health Science**



# FROM FACULTY CORNER

## 💖💖💖 MOTHER'S LOVE 💖💖💖

A mother's love is like an unquenchable, blazing flame that never goes out in the core of her being. It is a calming song that provides solace throughout life's storms and illumination during the darkest hours. It's the warmth of her hug, the compassion in her remarks, and the unending power in her deeds. The love of a mother is unselfish, unconditional, powerful, and nourishing. It's an unbreakable link that exists outside of space and time. A mother's love reverberates indefinitely, molding lives and dazzling souls with its unmatched grace and beauty in every smile, sacrifice, and whispered prayer.



"When you look into your mother's eyes, you know that is the purest love you can find on this earth"

"A mother is, she who can take the place of all others but whose place no one else can take"

"Life doesn't come with a manual, it comes with a mother"

"The best place to cry is on a mother's arms"

"A mother is our first friend, our best friend, our forever friend"

"When looking at our mother, looking at the purest love you will ever know"

"Mother is the heartbeat in the home; and without her, there seems to be no heartthrob"

**Mr. Lawrence Justin A**

**Assistant Professor**

**School of Sciences and Allied Health Science**

# FROM STUDENT CORNER



## STEREOTYPES OF FEMINISM

Feminism is perceived to be, a woman, wanting to be dominant and superior than men. People believe feminists fight for control. But women know that physiologically men and women are different and there is no doubt about it. When women expect opportunity, they ask for cerebral opportunity and not wanting to live like a man or working in jobs that are physically impossible for themselves. Feminism advocates for gender equality, opportunity and fair treatment for all genders. People claim feminism as being opposed to traditional family values or motherhood. However, feminism supports individual choices and autonomy, including the choice to pursue careers, motherhood or both. Feminism seeks to address systemic inequalities and create a more inclusive society for everyone. For those who hold misconceptions about feminism, the message is to approach discussions about feminism with an open mind, a willingness to learn and a commitment to promoting equality and justice for all genders. So let us stop treating women like second class citizens and let them have opportunities for their experiences. Let us all be a feminist by supporting the women around us!!!

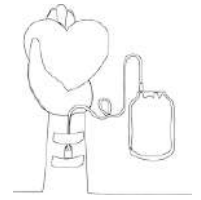
**Immaculate Sonia A.**

**II year B. Sc., Biomedical Science**



# FROM STUDENT CORNER

## A Bond Beyond Blood



In the tapestry of life, few relationships are as profound and enduring as the bond between a mother and her child. It is a connection woven with threads of love, sacrifice, and unwavering support, transcending the boundaries of time and space. As I reflect on the journey of parenthood with my own beloved mother by my side, I am filled with a kaleidoscope of emotions that words alone cannot fully capture.

From the moment I entered this world, my mother cradled me in her arms, nurturing me with a love so pure and unconditional. Her soothing lullabies and tender caresses formed the foundation of my earliest memories, creating a sanctuary of warmth and security in her embrace. With each passing day, she guided me through the maze of life, imparting wisdom gleaned from her own experiences and instilling within me values of kindness, empathy, and resilience.

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As I grew from a child into adolescence, our relationship evolved into a partnership marked by mutual respect and understanding. My mother became not only my caregiver but also my confidante, someone with whom I could share my hopes, dreams, and fears without fear of judgment. Through the highs and lows of life, she remained a steadfast pillar of strength, offering words of encouragement and solace during moments of doubt and uncertainty.

Now, as I navigate the complexities of adulthood and parenthood myself, I find myself marvelling at the depth of my mother's love and the sacrifices she made to ensure my well-being. Her selflessness knows no bounds, as she continues to prioritize my happiness and success above her own. Whether it be through a listening ear, a comforting hug, or a gentle word of advice, her unwavering support serves as a guiding light, illuminating my path even in the darkest of times.

Yet, amidst the profound love and gratitude I feel towards my mother, there also exists a sense of responsibility - a desire to honour her legacy by embodying the values she imparted upon me and passing them down to future generations. Just as she tirelessly devoted herself to my upbringing, so too do I strive to be the best possible parent to my own children, drawing upon the lessons learned from her example.

In the tapestry of life, the bond between a mother and her child is a thread that weaves its way through generations, connecting past, present, and future in an unbroken chain of love. As I look into the eyes of my own child, I see echoes of my mother's love reflected back at me—a reminder of the profound impact that a mother's love can have on the lives of those she holds dear.

In conclusion, the relationship between a mother and her child is a sacred bond that transcends time and space, encompassing love, sacrifice, and unwavering support. My journey of parenthood with my own beloved mother by my side has been a testament to the enduring power of this bond, filling me with a sense of gratitude and responsibility to carry forward her legacy with love and reverence.

Through the highs and lows of life, my mother has been my rock, my guiding light, and my greatest source of inspiration. As I navigate the complexities of parenthood myself, I am reminded of the profound impact that her love and guidance have had on shaping the person I am today. In her embrace, I find solace, strength, and a sense of belonging - a reminder that no matter where life may take me, I will always be her child, bound to her by a love that knows no bounds.

J. Nanda Kishore

II year B.Sc., Computer Science

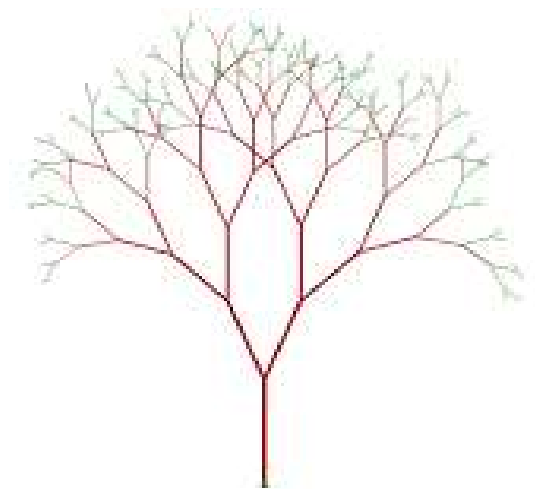
# FROM STUDENT CORNER

## PYTHON PROGRAM – I “CAUSES OF SMOKING”

```
def assess_smoking_effects():
    smoking_status = input("Do you smoke? (yes/no): ").lower()
    if smoking_status == "yes":
        years_smoking = int(input("For how many years have you
        been smoking?: "))
        if years_smoking >= 10:
            print("You are at high risk of developing lung disease
            and cancer.")
        else:
            print("You are at moderate risk of developing lung
            disease and cancer.")
    elif smoking_status == "no":
        print("You are at low risk of developing lung disease and
        cancer.")
    else:
        print("Invalid input. Please enter 'yes' or 'no'.")
assess_smoking_effects()
```

### OUTPUT

```
if prediction == 10;
    Print (“lung cancer”)
else
    Print (“no lung cancer”)
```



V. Mrudula II year B.Sc., CS

# FROM STUDENT CORNER

## PYTHON PROGRAM – II “WATER CONSUMPTION AND IMPACT”

```
def assess_water_impact():
    water_usage = input("Do you use water excessively? (yes/no):").lower()
    if water_usage == "yes":
        water_consumption = int(input("How many liters of water do you
consume per day?: "))
        if water_consumption > 100:
            print("Your excessive water consumption contributes to water
scarcity and environmental degradation.")
        else:
            print("Your water consumption may still have some
environmental impact.")
    elif water_usage == "no":
        print("You are conserving water and helping to reduce
environmental impact.")
    else:
        print("Invalid input. Please enter 'yes' or 'no'.")
assess_water_impact()
```

### OUTPUT

If prediction==100

Print (“Water scarcity and Environmental Degradation”)

else:

Print (“No Water scarcity”)



V. MrudulaII year B.Sc., CS

# FROM STUDENT CORNER

## PYTHON PROGRAM – III “CAUSES AND EFFECT OF PLASTIC”

```
def assess_plastic_impact():
    plastic_usage = input("Do you use single-use plastics? (yes/no): ").lower()
    if plastic_usage == "yes":
        plastic_items = int(input("How many single-use plastic items do you use per
day?: "))
        if plastic_items > 5:
            print("Your excessive use of single-use plastics can lead to various health
issues such as respiratory problems, hormonal disruptions, and increased risk of
cancer.")
        else:
            print("Your use of single-use plastics may still have some negative health
impacts, including exposure to harmful chemicals like BPA and phthalates.")
    elif plastic_usage == "no":
        print("You are helping to reduce plastic pollution by avoiding single-use
plastics, thereby mitigating potential health risks associated with plastic usage.")
    else:
        print("Invalid input. Please enter 'yes' or 'no'.")
assess_plastic_impact()
```

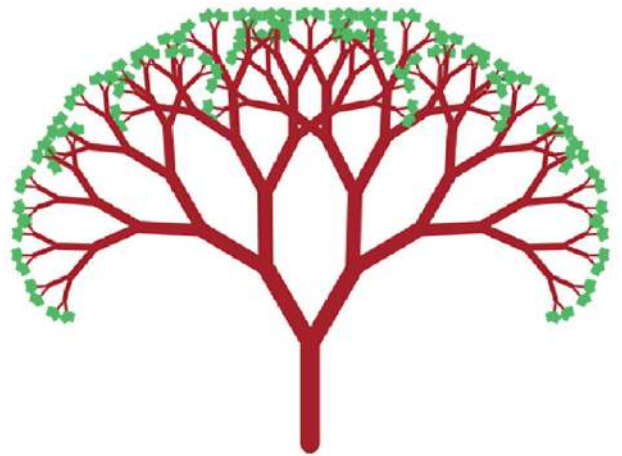
### OUTPUT

```
if prediction==yes
```

```
Print (“Respiratory problems, Contamination of water bodies”)
```

```
else:
```

```
Print(“No Environment pollution”)
```

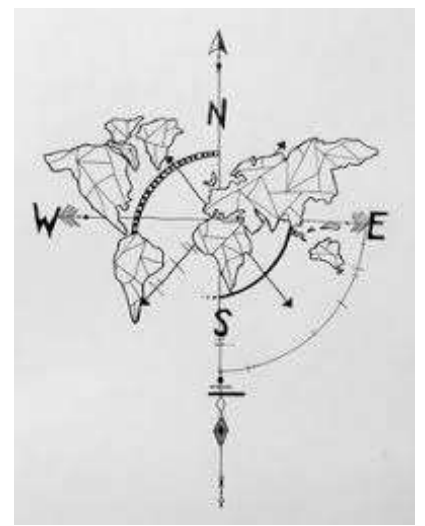


V. Mrudula II year B.Sc., CS





# FROM STUDENT CORNER



## TRAVEL

While the reasons for travelling are many, we must not forget that it can be a refreshing experience. Travelling is an experience that can teach us so many things that you cannot possibly learn while living at home.

Firstly, it teaches you how to make new friends. The world is full of people who love interacting. You get to make friends when you travel to new places and spend quality time with them.

Moreover, it also helps you enhance your social skills. After that, travelling is great for learning new skills. For instance, going to mountain regions teaches you how to trek. Similarly, going to beaches helps you learn scuba diving or surfing.

You can also enjoy the beauty of nature when you travel.

Similarly, you get to explore nature like never before and find discover the earth's beauty. Travelling also helps us understand people.

After you spend time at a new place, you interact with the local people of the place. You learn so much about them and their culture. It makes you more open-minded and be mindful of the culture and beliefs of different people.

**Anaswara Sunil**

**I year B.Sc. Forensic Science**

# FROM STUDENT CORNER



## நட்பு.

காரணம் இல்லாமல் கலைந்து போக இது கனவும் இல்லை... காரணம் சொல்லி பிரிந்து போக இது காதலும் இல்லை...

உயிர் உள்ள வரை தொடரும் உண்மையான நட்பு!  
விட்டு பிடிப்பது நட்பல்ல.. விட்டு கொடுப்பது நட்பு!!  
விட்டு கொடுப்பது மட்டும் நட்பல்ல..

கடைசி வரை விட்டு விலகாமல் இருப்பது தான் உண்மையான நட்பு!!!

தோள் கொடுக்க தோழனும்  
தோள் சாய தோழியும் கிடைத்தால்  
அவர்கள் கூட  
தாய் தந்தை தான்

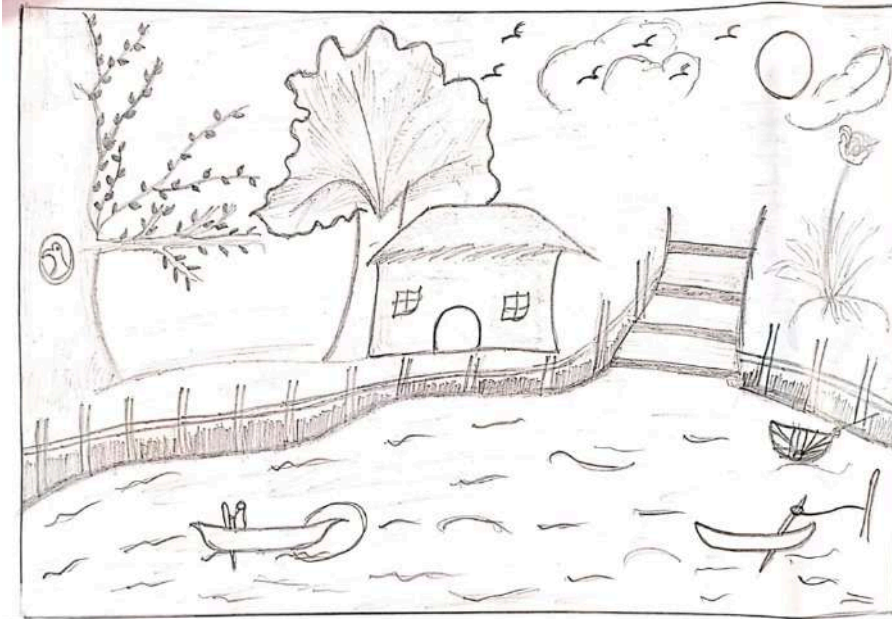


அறிமுகம்  
இல்லாமல்  
வந்தோம்  
அடிக்கடி பேசி  
கொண்டோம்  
உறவுகளுக்கு  
மேலே, உயிர்  
ஆனோம்.  
காலங்கள் கடந்து  
சென்றாலும்  
கடைசி வரை  
தொடர  
வேண்டும் நம்  
நட்பு...



**VALARMATHI A.**  
**I B. SC., COMPUTER SCIENCE**

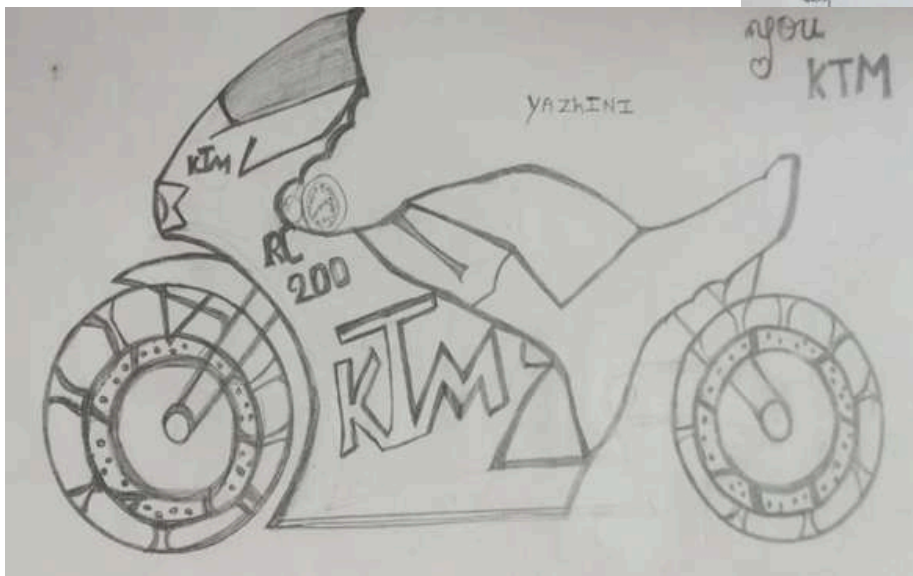
# ARTISITIC WORK OF SSAHS STUDENTS



**GOUSALYA S.**  
**II YEAR B.SC. FORENSIC SCIENCE**



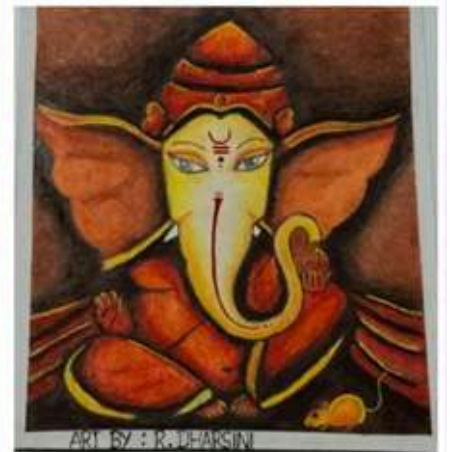
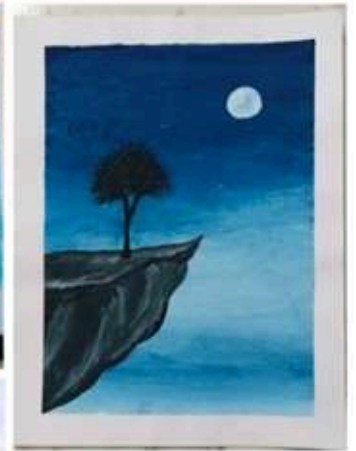
**YAZHINI M.**  
**I B. SC., COMPUTER SCIENCE**



# ARTISITIC WORK OF SSAHS STUDENTS



**DHARSINI R.**  
**I B. SC., COMPUTER SCIENCE**



# SSAHS-FACULTY- STUDENT-GROUP PHOTOS



**THIS NEWS LETTER IS PREPARED BY THE TEAM OF STUDENTS ALONG WITH SSAHS FACULTY TEAM - OVER VIEWED BY DEAN SSAHS**