

7.2.1



ISLAMIAH WOMEN'S ARTS AND SCIENCE COLLEGE

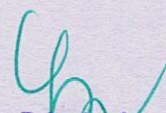
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BEST PRACTICES-I

COMMUNITY OUT REACH PROGRAMME

SNO	DEPARTMENT	ACTIVITY	DATE
1	BIOCHEMISTRY	Aravind Eye Hospital, Chennai	13.08.2023
2	BIOCHEMISTRY	Free Mega Camp For Cardiology, Oncology, Nephrology In Association With Madras Medical Mission, Chennai	20.1.2024
3	FOODS & NUTRITION	School Visit-Melkuppam	22.8.2023
4	MATHEMATICS	Nurturing The Budding Talents Through Mathematics	4.3.2024
5	INTERIOR DESIGN & DECOR	School Visit-Pernambut	14.9.2023
6	ZOOLOGY	School Visit-Prevention Is Better Than Cure Chickkanagkuppam	18.10.2023
7	SWACHH BHARAT ABHIYAN	Collabaration With Govt Hospital, Vaniyambadi Clean India	4.1. 2024
8	SWACHH BHARAT ABHIYAN	Collabaration With Govt Hospital, Vaniyambadi Clean India Rally	5.1.2024
9	SWACHH BHARAT ABHIYAN	Ban Of Plastics	31.12024
10	SWACHH BHARAT ABHIYAN	Beemakulam Lake Cleaning	21.2.2024




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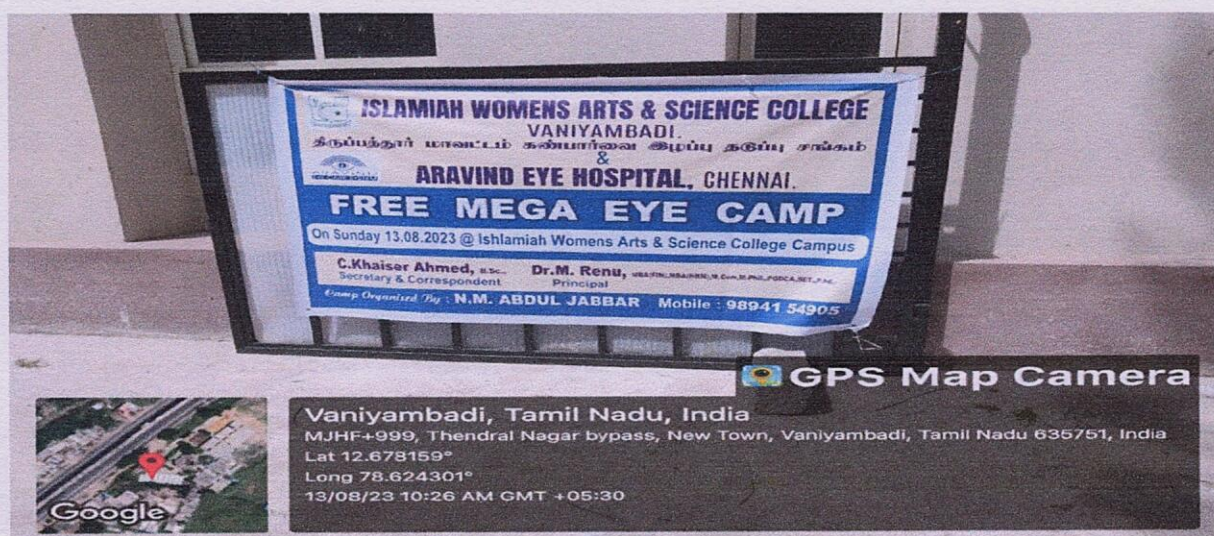
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PG DEPARTMENT OF BIOCHEMISTRY

FREE MEGA EYE CAMP REPORT

13.8.2023

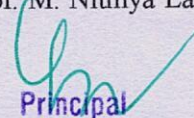


PG Department of Biochemistry organized **Free Mega Eye Camp** in association with **Aravind Eye Hospital, Chennai** on **Sunday 13.08.2023**. **Dr. Anjana M S** and **Dr. Aishwarya M S** from the hospital with a team of 14 Assistants and team head Mr. Ajay visited our college. Registration and Public management was done by the Biochemistry department faculty members. III year Biochemistry 20 students volunteered in mobilization of patients for various counters.

Registration Desk: Patients name, Address with aadhar details and phone number were enrolled and registration card was issued by faculty members Prof. D. Sudha, Dr. M. Suganya for Male patients and female patients were assisted by Prof. S.Varalakshmi and Prof. B. S. Unaiza Usmani.

Counter 1. Vision Checkup: After registration patients were guided by Prof. M. Nithiya Lakshmi and student volunteer for Vision checking




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Counter 2. Doctor Examination: After vision checking the patients were guided by Prof. B. Sornalatha and students volunteers helped the patients towards seminar hall for Doctor Consultation. **363 patients were screened at free of cost during this program**

Counter 3. BP and Sugar Testing: Some patients required checkup for Blood pressure and Blood sugar testing as suggested by doctors

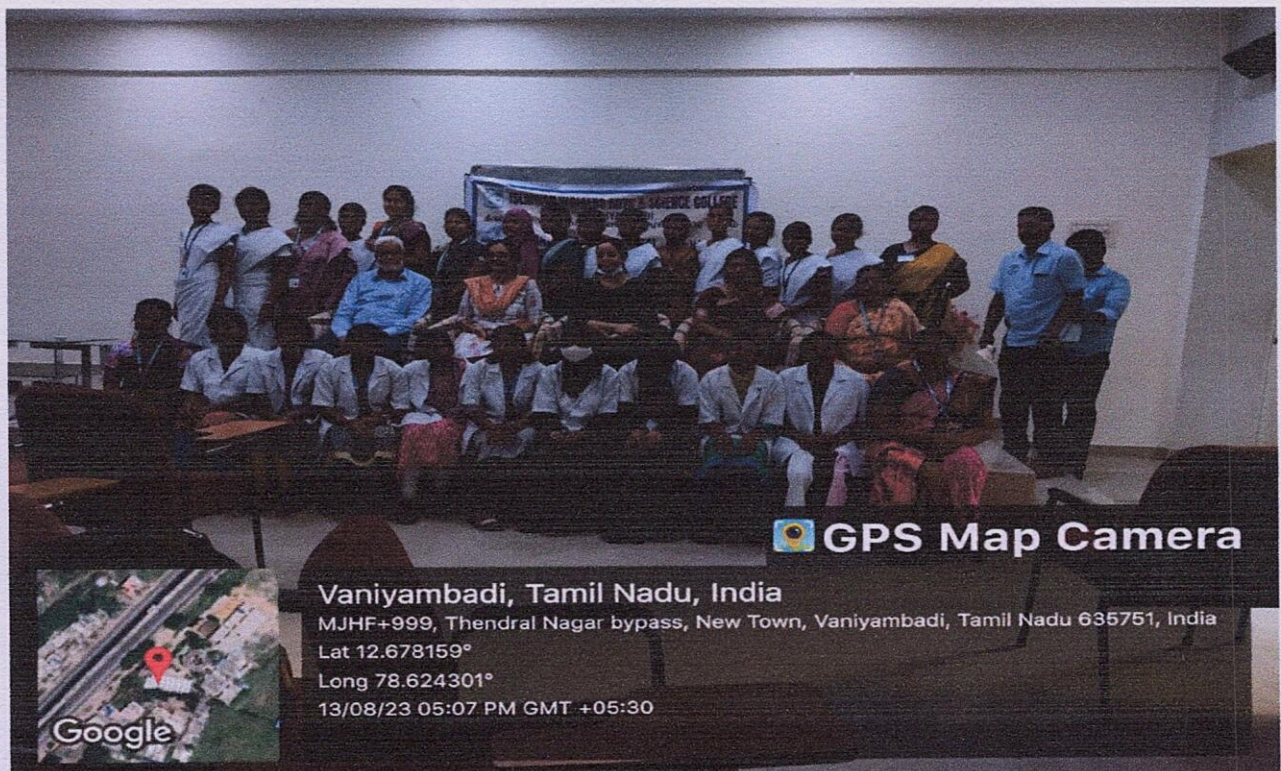
Counter 4.Refraction: Patients after doctor consultation their refraction test was conducted to Perform quality refraction and prescribed the suitable power glasses and Measured the IOL (intraocular lens) power for cataract patients.

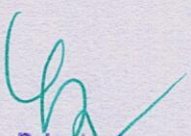
Counter 5 & 6 Surgery Registration: After refraction patient who needs surgery were registered for surgery and tagged for operation. **25 patients were taken for Cataract surgery at free of cost.**

Counter 7 Optical: After refraction patients with power correction were suggested by Doctors towards optical for selection of frame were given spectacle with low cost Rs.300/-.

At the end of the Camp, Mr. Abdul Jabbar, Anjuman E Kuddhamul Islam and Principal Dr. M. Renu gave presidential address and felicitated the doctors and team from Aravind eye hospital.

Ms. Huzaifa Noorain.V of I. M.Sc., Biochemistry proposed the Vote of thanks.




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PG DEPARTMENT OF BIOCHEMISTRY

FREE MEGA EYE CAMP



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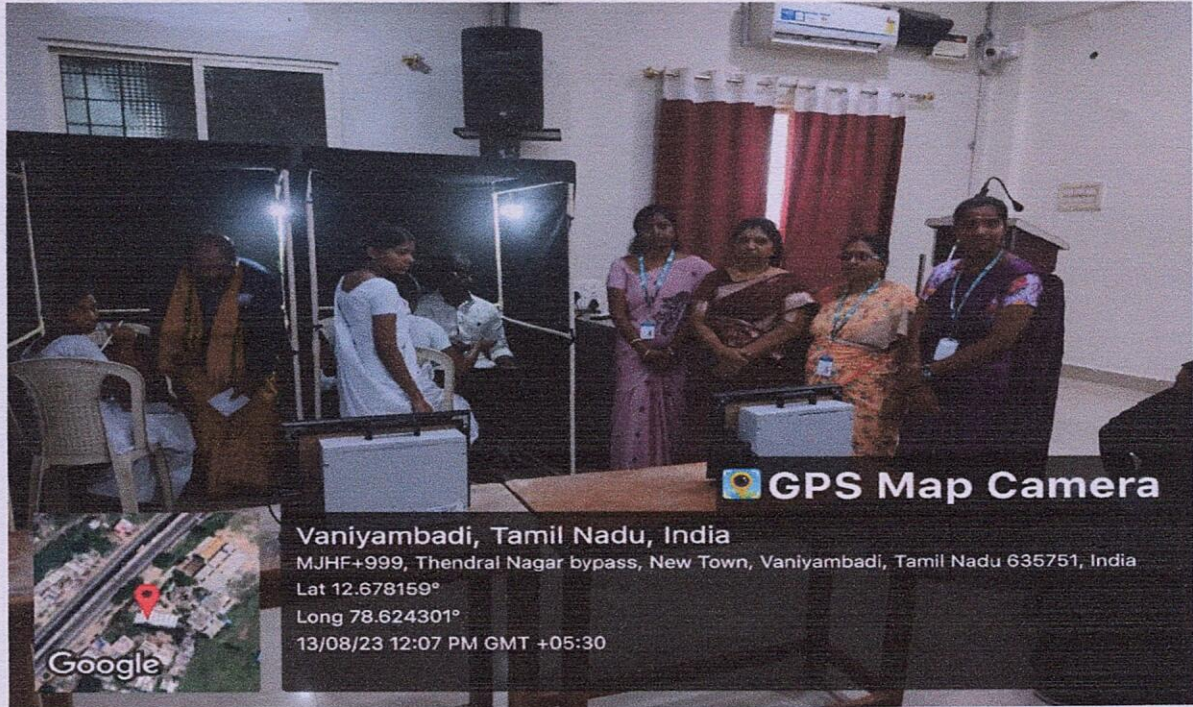
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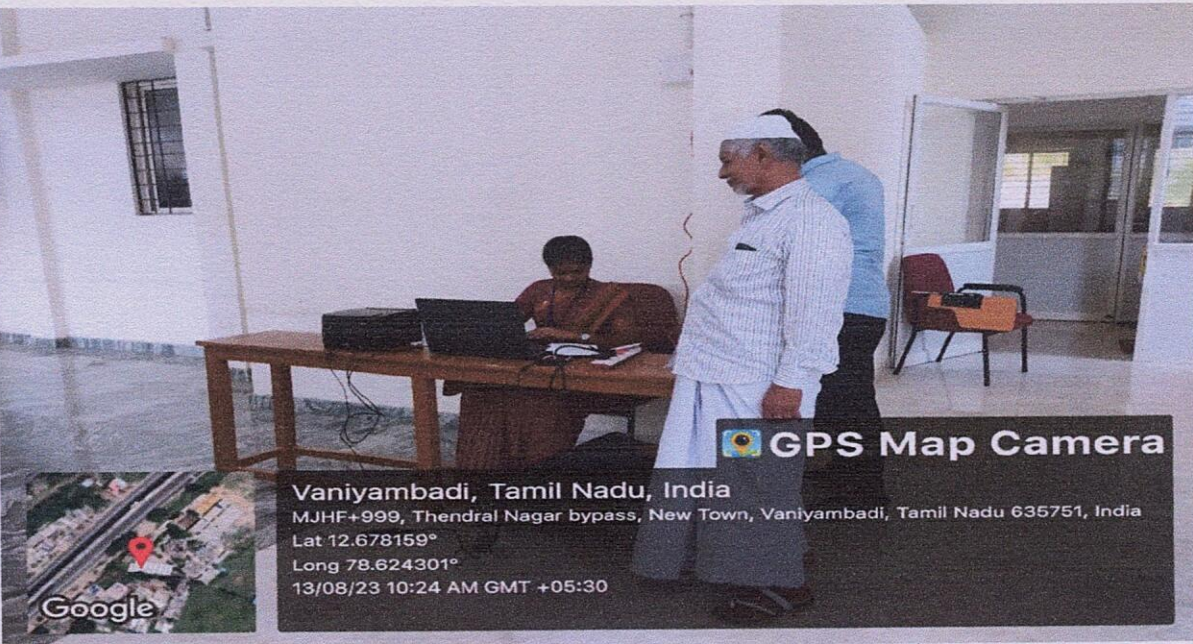
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FREE CARDIOLOGY, ONCOLOGY, NEPHROLOGY

MEGA MEDICAL CAMP

TOPIC OF THE EVENT: MEGA MEDICAL CAMP

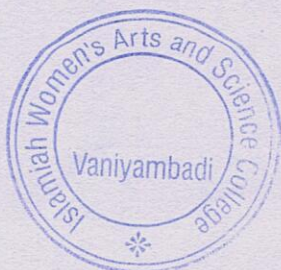
DATE: 20 January, 2024

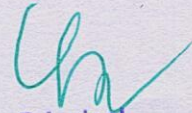
VENUE: Admin Block & Block A

PG Department of Biochemistry organized free cardiology, Oncology, Nephrology Mega medical camp jointly with Madras Medical Mission on 20.1.2024 in the college for the teaching and non-teaching staff members, students and public. During the health camp a range of services like routine medical check-up, Hemoglobin test, sugar test, height, blood pressure check-up, ECHO, ECG were provided. Cancer screening was also done to patients by oncologist using a special device iSTAT. 92 Patients were benefitted during this program.



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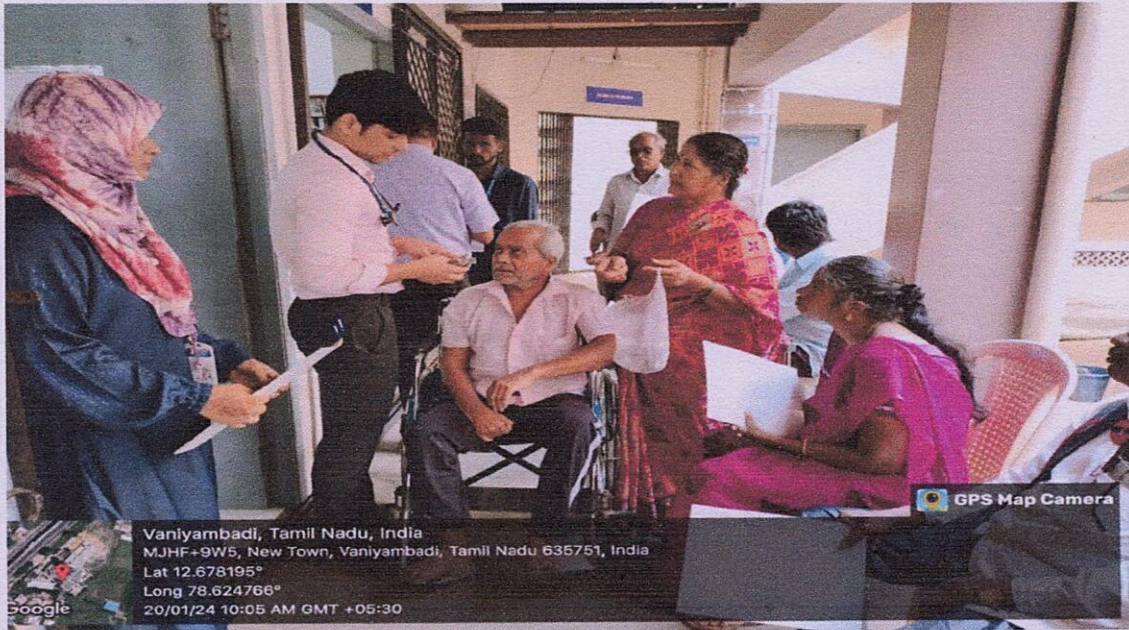
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PG DEPARTMENT OF INTERIOR DESIGN & DÉCOR

Community Outreach Programme

PG Department of Interior Design & Décor organized two days Community Outreach Programme at Mohammadia Primary School, Pernambut on 13.09.2023 and 14.09.2023.

The 109 Student Volunteers of Interior Design & Décor has been divided into groups and prepared chart works and wall paintings based on Alphabets (English & Urdu), Numbers, Colours, Vowels, Parts of the Body, 2D&3D Shapes, Occupation, Climate, Garden of Good Manners, Masks, Months, Words, etc as per the essential needs of the children. This chart works has been pasted in the classrooms on the first day (13.09.2023) of the programme. On the second day (14.09.2023), the students have conducted competitions to the children and rewarded them with books and badges and also the school management has given a token of gratitude to the PG Department of Interior Design & Décor, Islamiah Women's Arts and Science College. The 2 days programme has ended in a successful manner.



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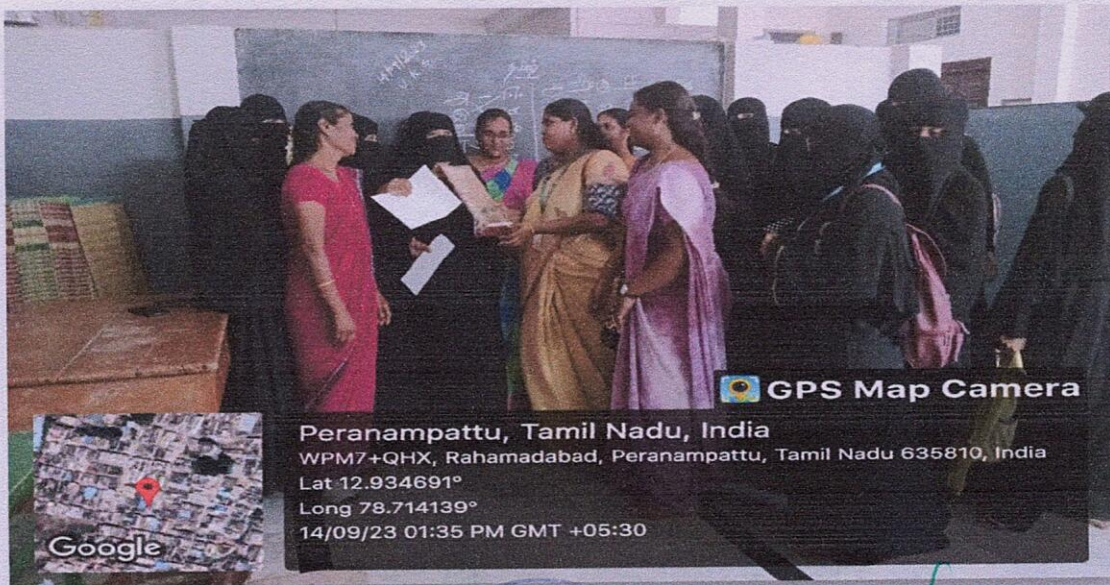
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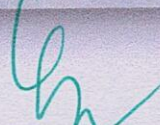


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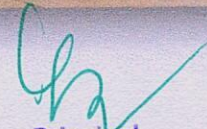
PG DEPARTMENT OF FOODS AND NUTRITION

Awareness on Nutrition and Healthy Supplementation

PG Department of Foods and Nutrition visited to Panchayat Primary School, Melkuppam Madhanur Block Vaniyambadi on 22.08.2023. 98 students from UG II, UG III and II PG students gave an **Awareness on Nutrition and Healthy Supplementation**. The students were highlighted the following points.

1. Hygiene and sanitation, physical activity, nutrition practice along with the food.
2. Frequency table. Nutrition education, a key element, was given to promote lifelong.
3. Healthy eating and exercise behaviors with innovative nutrition aids.
4. Pre and post Evaluation of the program was done to assess the effectiveness of the nutrition program. Ms. A. Rajalakshmi, Ms. D Jansi Rani and Ms. A Suganthi accompanied with the students.




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PG AND RESEARCH DEPARTMENT OF MATHEMATICS


NURTURING THE BUDDING TALENTS THROUGH MATHEMATICS

DATE :04.03.2024

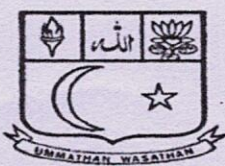
VENUE: GOVERNMENT HIGH SCHOOL

The PG and research department of Mathematics organized an "Outreach program" on "Nurturing the budding talents through Mathematics" with Dr. M. RENU, Principal of Islamiah Women's Arts and Science College, Vaniyambadi, as the resource person. She shared her valuable knowledge on the given topic. Around 50 students participated and benefited from the program.




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DEPARTMENT OF ZOOLOGY

"PREVENTION IS BETTER THAN CURE"

Date: 18th October, 2023

Venue: Panchayat Union Primary School, Chickkanangkuppam, Vaniyambadi

Organizer: A Collaborative Community Outreach Programme by Department of Zoology and NSS, Islamiah Women's Arts and Science College, Vaniyambadi.

On the 18th of October 2023, a group of 65 students from the Department of Zoology and NSS embarked on an outreach program aimed at raising awareness about healthy wellbeing and personal hygiene. The visit, titled "Prevention is better than Cure," was conducted at the Panchayat Union Primary School in Chickkanangkuppam, Vaniyambadi.

Objective: The primary objective of the outreach program was to educate and empower the students of Panchayat Union Primary School regarding the significance of maintaining good health, practicing personal hygiene, and adopting preventive measures to prevent common illnesses. Through interactive and informative sessions, the visiting students aimed to instil knowledge and promote positive health behaviors among the young audience.

Activities: Upon arrival at the school, the students from the Department of Zoology and NSS commenced the outreach program with a presentation tailored to the audience of Panchayat Union Primary School. The presentation utilized a variety of engaging methods, including visual aids, interactive discussions, and informative videos, to effectively convey the message of health and hygiene.

Key Focus Areas:



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Importance of Good Health: The presentation emphasized the importance of maintaining good health through proper nutrition, regular exercise, and adequate rest.

Personal Hygiene Practices: Students were educated about the significance of personal hygiene practices such as handwashing, dental care, and bathing to prevent the spread of infections and diseases.

Preventive Measures: The visiting students highlighted the importance of adopting preventive measures such as vaccination, mosquito control, and environmental hygiene to safeguard against common illnesses.

Engagement and Impact: The interactive nature of the presentation ensured active participation from the students of Panchayat Union Primary School. Through engaging discussions and visual demonstrations, the visiting students successfully captured the attention of the audience and effectively conveyed the importance of preventive healthcare measures.



A handwritten signature in green ink, appearing to be "L. S. S.", written over the word "Principal".

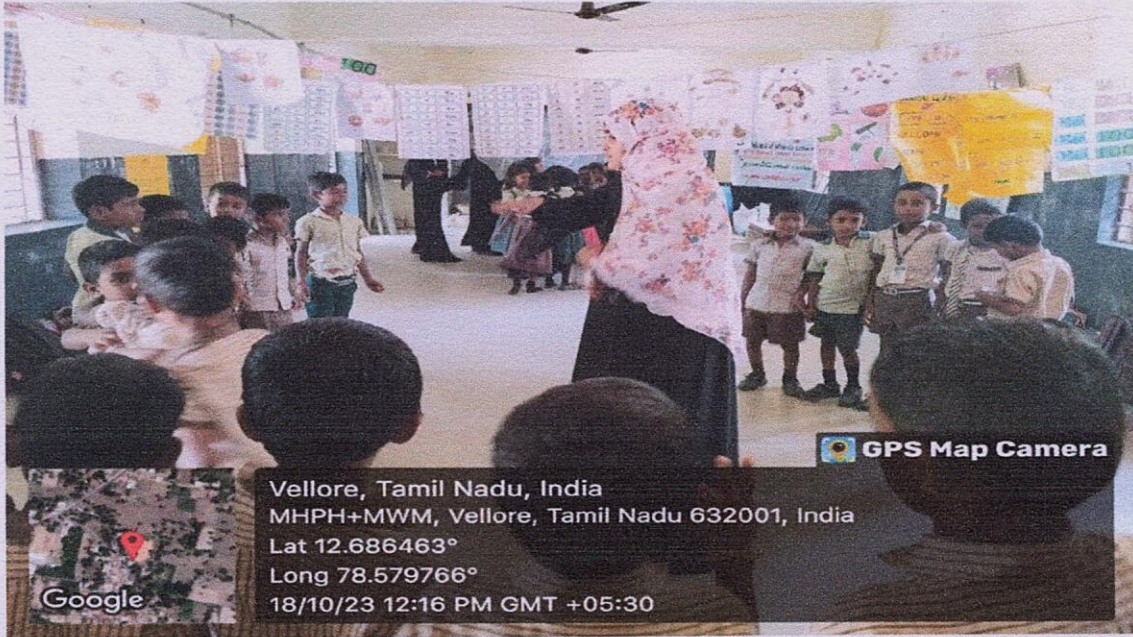
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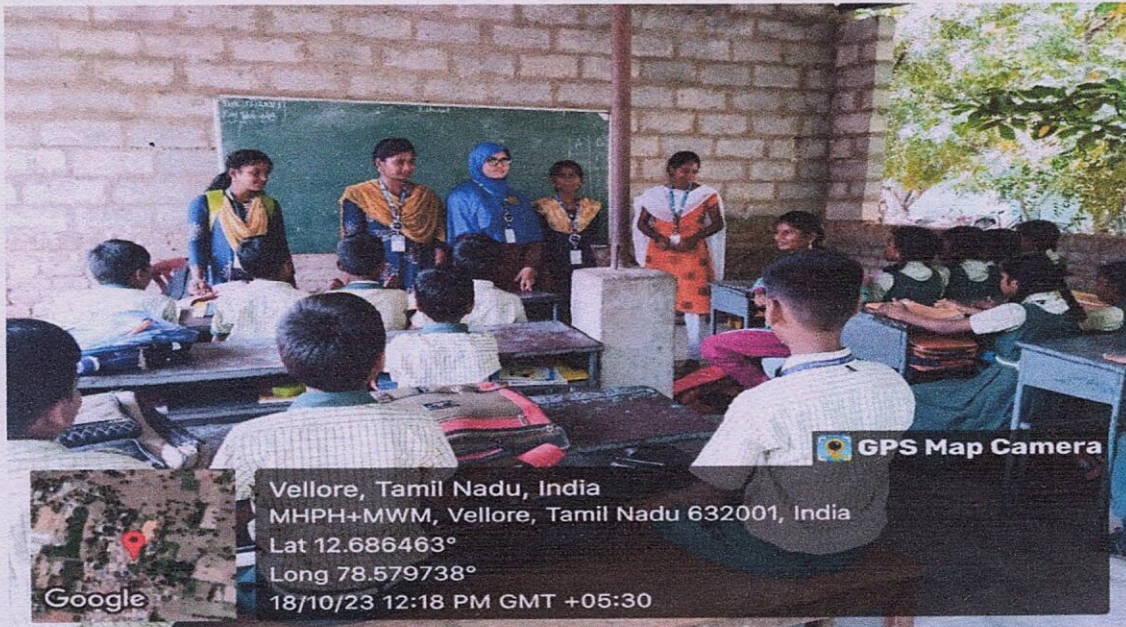
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SWACHH BHARAT ABHIYAN

IN COLLABORATION WITH GOVT HOSPITAL, VANIYAMBADI

CLEAN INDIA

On 4th January 2024, the Swachh Bharat Committee organized a one-day cleaning drive under the theme **Clean India** at the Government Hospital, Vaniyambadi. This initiative aimed to raise awareness about cleanliness and contribute to creating a healthier environment. A total of 23 students actively participated in the event, showcasing their commitment to the cause.

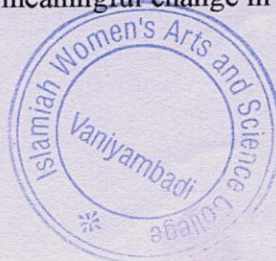
The students were accompanied and guided by Prof. D. Sudha, Swachh Bharat Abhiyan Coordinator, Prof. M. Suganya, and Prof. B.S. Unaiza Usmani. The event commenced at 8:30 a.m. with a brief introduction about the significance of cleanliness and the importance of Swachh Bharat Abhiyan in shaping a cleaner and greener India.


With great enthusiasm and determination, the students worked in different areas of the hospital, including the entrance, corridors, wards, and outdoor premises. Equipped with cleaning tools, gloves, and masks, they ensured thorough cleanliness, removing litter, dust, and debris. Their teamwork and cooperation were evident as they divided tasks and supported each other to achieve the goal.

The medical staff and patients were impressed by the dedication of the students, who remained energetic and focused throughout the drive. Their sincere efforts transformed the hospital premises, creating a cleaner and more welcoming environment for everyone.

By the end of the day, the cleaning drive was successfully completed, leaving a visible impact on the hospital surroundings. Dr. Siva Subramanian, the Medical Officer, expressed his gratitude and appreciation for the students' hard work and the faculty's support. This initiative not only highlighted the importance of community involvement in cleanliness but also inspired others to take responsibility for maintaining public spaces.

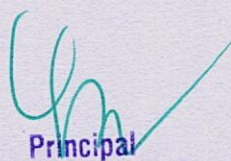
The event concluded with a sense of achievement and pride among the participants, reinforcing their commitment to the Swachh Bharat mission. It served as a reminder of how collective efforts can bring about meaningful change in society.




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SWACHH BHARAT ABHIYAN

IN COLLABORATION WITH GOVERNMENT HOSPITAL,
VANIYAMBADI

CLEAN INDIA RALLY

On 5th January 2024, the Swachh Bharat Abhiyan Committee, in collaboration with the Government Hospital, Vaniyambadi, organized a **Clean India Rally** to promote awareness about cleanliness in society. The rally witnessed enthusiastic participation from various stakeholders, making it a significant step toward achieving the goals of the Swachh Bharat mission. The rally commenced at 10:30 a.m. from the Government Hospital, Vaniyambadi, and proceeded to the Vaniyambadi Bus Stand. A total of 50 students from the 3rd-year Biochemistry Department actively took part in this initiative. They were accompanied by faculty members, including Prof. D. Sudha, Prof. M. Suganya, and Prof. B. Sornalatha, who guided and supported the students throughout the rally.

In addition, several doctors from the Government Hospital, Vaniyambadi, participated in the rally to emphasize the importance of cleanliness in maintaining public health. The list of doctors included:

- **Dr. Shiva Subramanian** (Paediatrician and Medical Officer)
- **Dr. Elaveni, MBBS**
- **Dr. Thanveer Ahmed, MBBS, ENT Specialist**
- **Dr. Senthil Kumar**
- **Dr. David Vimal Kumar**
- **Dr. Parthiban**
- **Dr. Nadeem Muhammad**



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Vaniyambadi - 635 752.


- **Dr. Praveen Kumar**
- **Dr. Vinod**
- **Dr. Farran**

The rally aimed to highlight the significance of maintaining cleanliness in both personal and public spaces. Holding banners and placards with thought-provoking messages, the participants conveyed the urgent need for a clean and hygienic environment to onlookers. The event concluded at 12:30 p.m., leaving a lasting impression on the residents and passersby. The participants effectively communicated the motto of the rally: **"A Clean Surrounding for a Healthier Tomorrow."**

Dr. Shiva Subramanian and other medical professionals appreciated the students' and faculty members' efforts, acknowledging their dedication to spreading this vital message. This collaborative initiative demonstrated the power of collective action in promoting societal change and underscored the importance of continuous efforts in sustaining cleanliness as a habit.

The rally was not just an event but a step forward in cultivating a sense of responsibility among the citizens toward maintaining a cleaner and healthier community.




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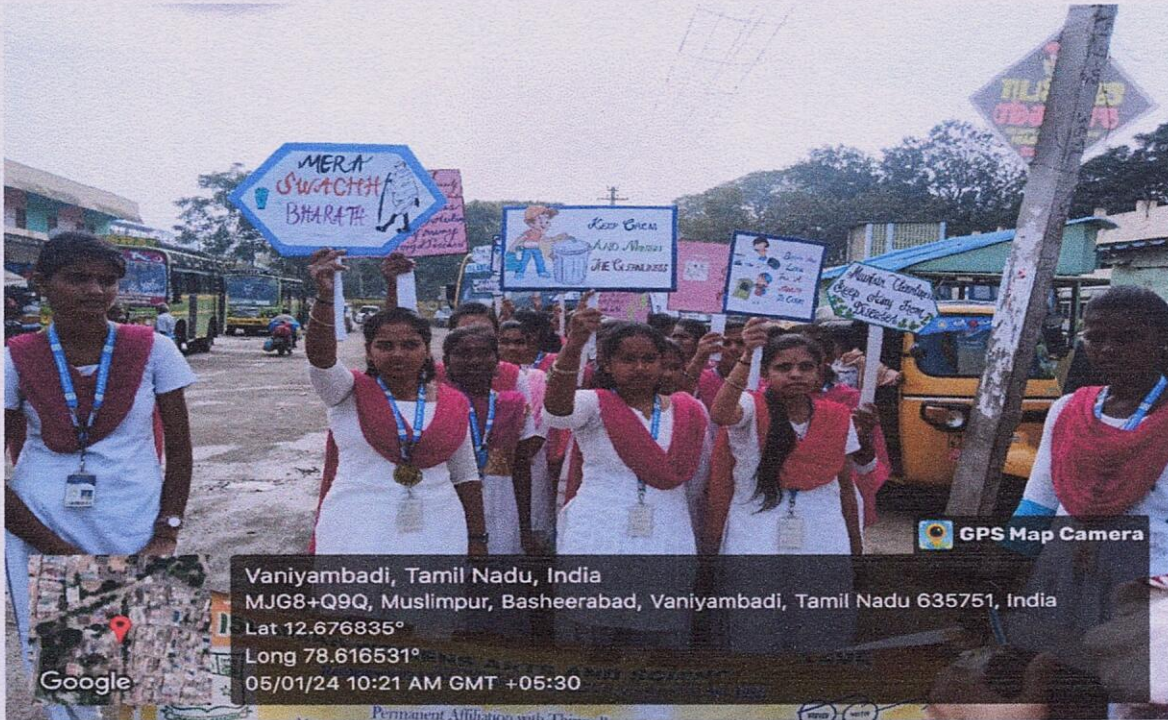
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GPS Map Camera

Vaniyambadi, Tamil Nadu, India
MJG8+Q9Q, Muslimpur, Basheerabad, Vaniyambadi, Tamil Nadu 635751, India
Lat 12.676835°
Long 78.616531°
05/01/24 10:21 AM GMT +05:30

Google

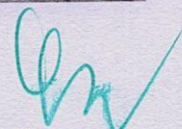


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SWACHH BHARAT ABHIYAN

BAN OF PLASTICS

On 31st January 2024 Swachh Bharat Abhiyan committee organised rally around 52 students and 5 staffs participated in the rally. The motive of the rally is to create awareness on "Ban of plastics" to the society and to explain about the harmful effects of plastic usage. The rally started by the chief guest Dr.V.Gopalakrishnan District Environmental Engineer Tamil Nadu Pollution control board Vaniyambadi and Dr. M.Renu the Principal of Islamiah women's arts and science college, Vaniyambadi. Prof.Sornalatha, Prof.Unaiza Usmani, Prof.Mala, Prof. Sumathi, Prof. JaiDurga participated in rally. The rally started from our college to CL road via bus stop and Government Hospital 52 students took part in the rally. The rally started by 12:30 p.m. and end by 2:30 p.m.

RALLY STARTS AT ISLAMIAH WOMENS ARTS AND SCIENCE COLLEGE




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RALLY TOWARDS BUS STAND TO C.L ROAD



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SWACHH BHARAT ABHIYAN

BEEMAKULAM LAKE CLEANING

The Swachh Bharat Abhiyan program was successfully conducted on February 21, 2024, at Beemakulam Village Lake, under the auspices of the Beemakulam Panchayat in the Alangayam Union, Tirupattur District. This impactful event aimed to promote cleanliness and environmental conservation, fostering community participation in maintaining public hygiene.

The event commenced with a warm welcome to the esteemed guests, including the Village President, **Mr. Krishnamurthy**, and **Mr. Panneerselvam**, who addressed the gathering. Their speeches emphasized the importance of cleanliness, collective responsibility, and active involvement in environmental preservation.

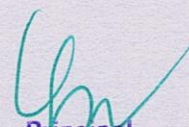
The program was graced by **Ms. Sudha D**, Coordinator of the Swachh Bharat Abhiyan Department of Biochemistry, who delivered an inspiring presidential address, underscoring the program's significance. Additionally, **S. Aruna**, Head of the Department of Biochemistry, and **Prof. B. Sornalatha** attended the program, lending their support and guidance.

A group of **32 enthusiastic students** from the 3rd, 2nd, and 1st year Undergraduate (UG) programs actively participated in the initiative. Led by **Jayapriya**, a 3rd-year BSc Biochemistry student and member of the Swachh Bharat Student Majlis, the students undertook the task of cleaning Beemakulam Lake. Their unwavering dedication and enthusiasm were evident as they worked diligently to restore the lake's cleanliness.

The program concluded with a heartfelt vote of thanks, acknowledging the contributions of all participants, organizers, and supporters who made the event a resounding success. The collaborative efforts demonstrated the power of collective action in achieving meaningful change and underscored the importance of preserving a cleaner and healthier environment for future generations.

The Swachh Bharat Abhiyan program at Beemakulam Village Lake stands as a testament to the potential of community-driven initiatives in promoting sustainable practices and fostering environmental awareness.



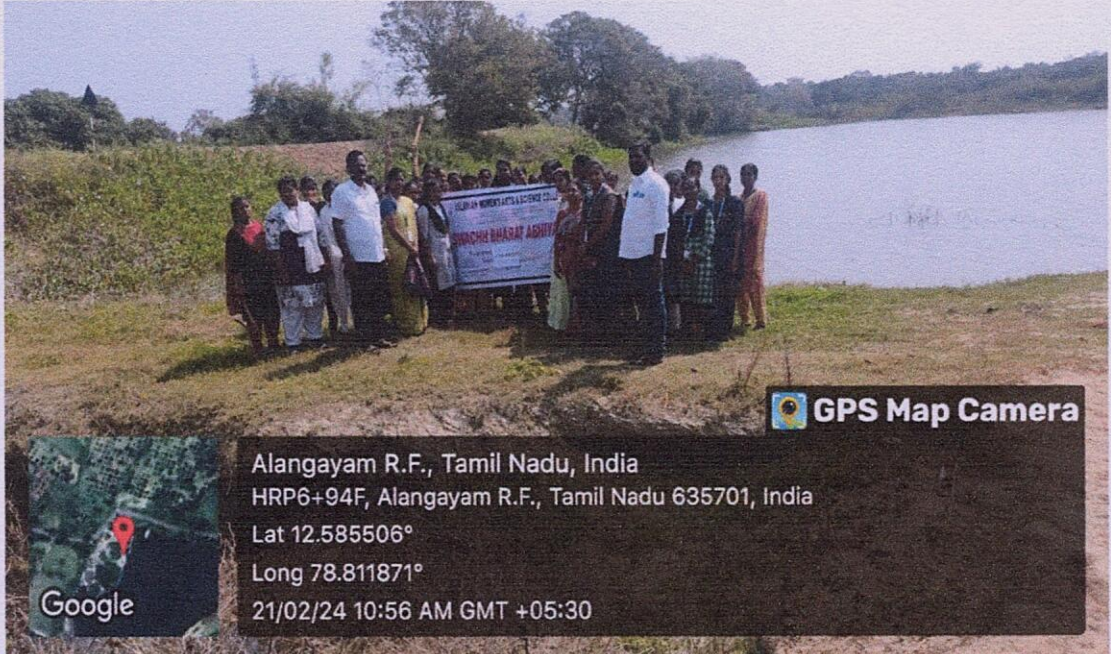

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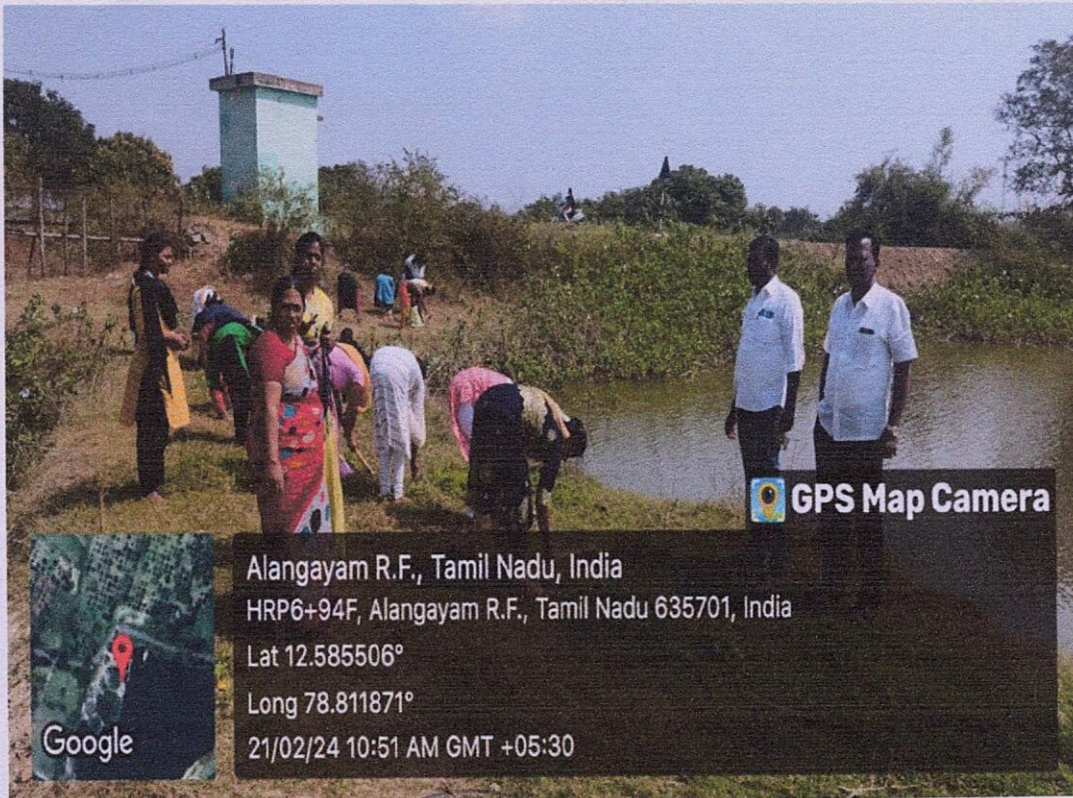



 GPS Map Camera



Google

Alangayam R.F., Tamil Nadu, India
HRP6+94F, Alangayam R.F., Tamil Nadu 635701, India
Lat 12.585506°
Long 78.811871°
21/02/24 10:56 AM GMT +05:30



 GPS Map Camera



Google

Alangayam R.F., Tamil Nadu, India
HRP6+94F, Alangayam R.F., Tamil Nadu 635701, India
Lat 12.585506°
Long 78.811871°
21/02/24 10:51 AM GMT +05:30



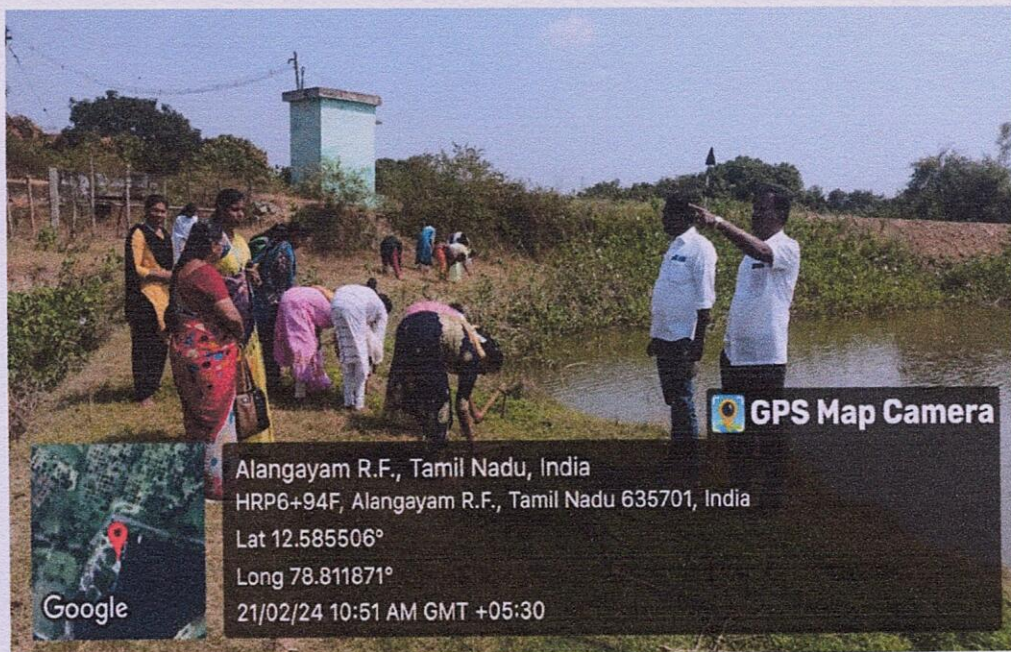
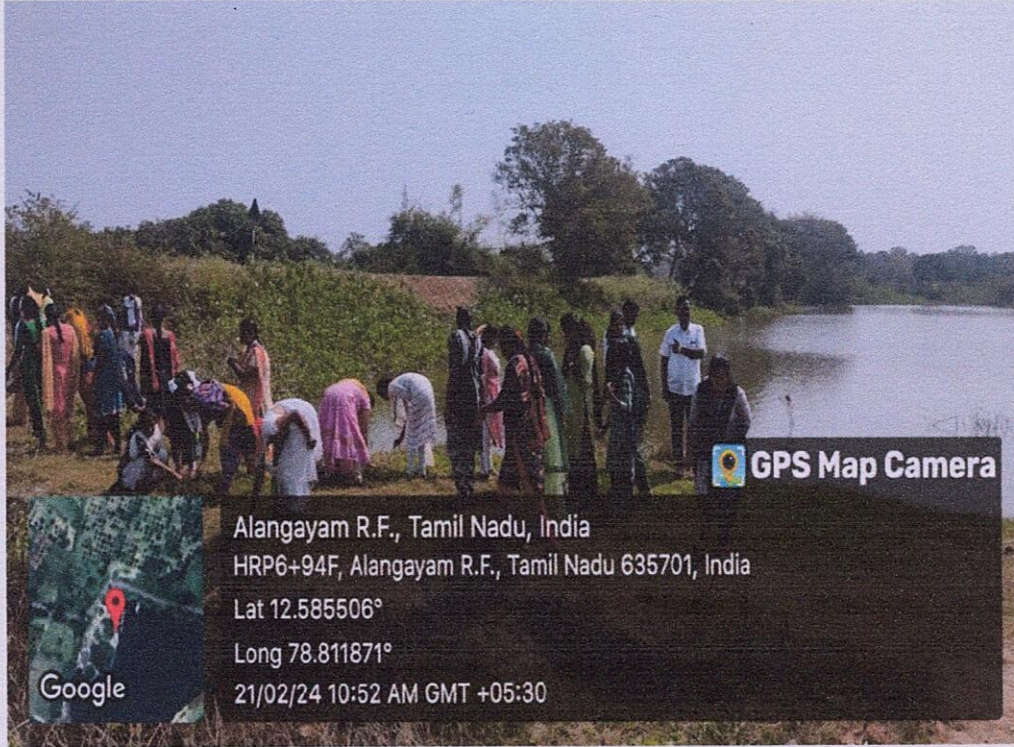

Principal

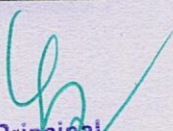
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BEST PRACTICES-II GREEN INITIATIVES



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DENSE FOREST

Islamiah Women's Arts and Science College, Vaniyambadi, has undertaken a remarkable initiative by creating a dense forest within the college campus, which not only benefits the environment but also enhances the beauty and tranquility of the surroundings. It's inspiring to learn about the collaborative effort involving distinguished guests such as District Collector Thiru D. Baskara Pandiyan IAS, District Pollution Control Board Director Dr. V. Gopala Krishnan, and District Environmental Engineer, and Vergal Trust Thiru. Vadivel who took effortless measures to build up the setup, he paves a way with many measures and he is one of our college supporters to inaugurate the Dense Forest project. Spanning an area of exactly one acre and 350 meters, this project was made possible with the significant support of the College Management, Secretary, Principal, and Advisor. This initiative showcases a strong commitment to environmental conservation and education within our district. A notable highlight of our college is being the first in Tirupattur District to establish a Dense Forest. During the first phase, 650 tree saplings were planted, and the event saw active participation from our inaugural students, alongside the former District Collector.

The main highlight of the project all the tree saplings were connected with Drip Irrigation and every two days once we water the tree saplings for an hour.



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A VIEW OF 360° SNAP PIC



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NEWS GALLERY



இன்று (23.11.2023) திருப்பத்தூர் மாவட்டம் வாணியம்பாடி நகராட்சிக்குட்பட்ட பகுதியில் அமைந்துள்ள இஸ்லாமியா பெண்கள் கல்லூரி வளாகத்திற்குள் சுற்றுச்சூழலை பாதுகாக்கும் வகையில் மரம் வளர்ப்போம் திட்டத்தின் கீழ் வனத்துறை, மாகாட்டுபாட்டு வாரியம், சமூகதொண்டு நிறுவனங்கள் ஆகியோர் இணைந்து 550 மரக்கன்றுகள் நடும் பணிகளை மாவட்ட ஆட்சித்தலைவர் திரு.தெ.பாஸ்கரபாண்டியன், இ.ஆ.ப., அவர்கள் துவக்கி வைத்து சிறப்பித்தார்கள். உடன் வருவாய் கோட்டாட்சியர் செல்வி.பிரேமலதா, மாவட்ட சுற்றுதழல் அலுவலர், கல்லூரி முதல்வர், கல்லூரி தாளாளர், தொண்டு நிறுவனங்கள் மற்றும் சம்பந்தப்பட்ட துறை அலுவலர்கள் உள்ளனர்.

சட்ட களம்



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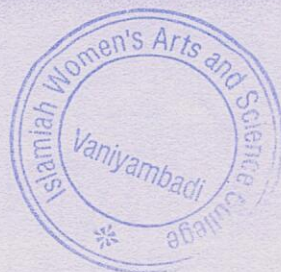
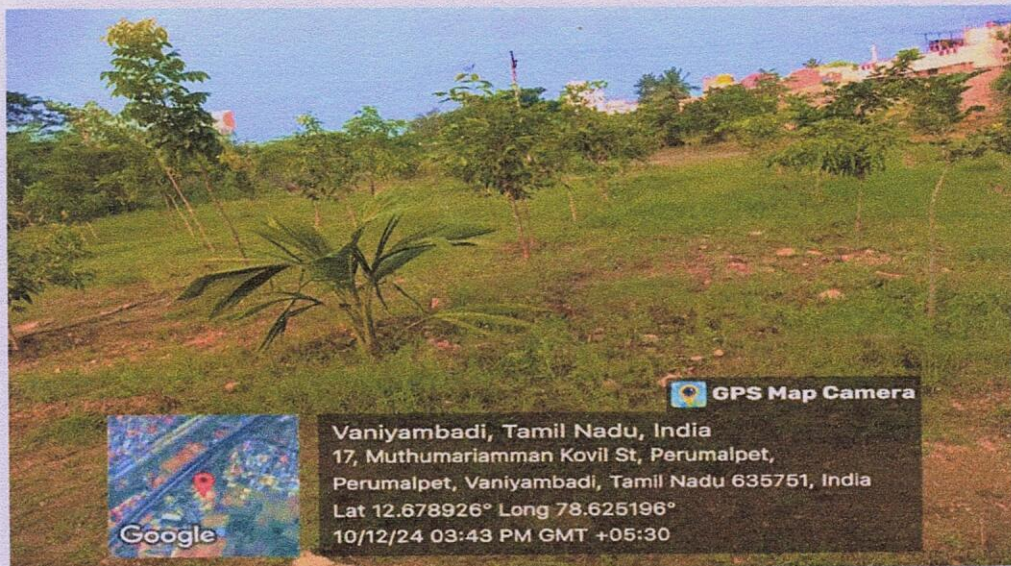
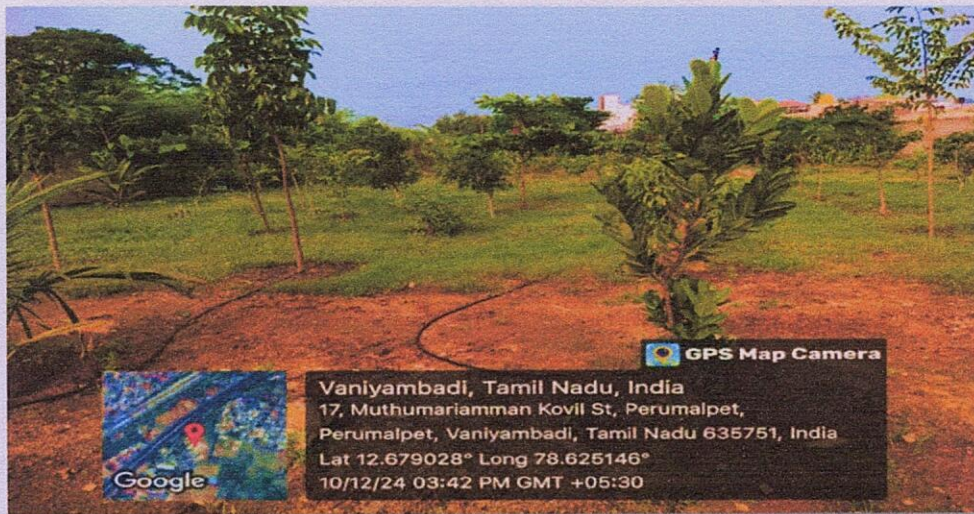


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DRIP IRRIGATION OF OUR DENSE FOREST

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Principal

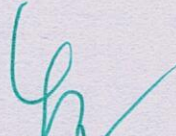
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LIST TREES 2024

TAMIL NAME	COMMON NAME	BOTANICAL NAME
1. அத்திமரம்	Cluster Fig tree	<i>Ficus Racemosa</i>
2. ஆலமரம்	Banyan tree	<i>Ficus Bengalensis</i>
3. இலுப்பை மரம்	Mahua tree	
4. வேப்ப மரம்	Neem tree	<i>Azadirachta indica</i>
5. மலை வேம்பு	Malabar Neem tree (or) Indian Lilac	<i>Melia Azdriach</i>
6. புங்கன் மரம்	Indian beech tree	<i>Derris Indica</i>
7. வாகை மரம்	Women's tongue tree	<i>Albizia lebbeck</i>
8. மயில் கொன்றை (அ) தூங்கு மூஞ்சி மரம்	Rain tree (or) Royal Ponciana	<i>Delonix regia</i>
9. பாதாம் மரம்	Badam tree	<i>Terminalia catapa</i>
10. எலுமிச்சை மரம்	Lemon tree	
11. புன்னை மரம்	Oil - nut tree	
12. ஜம்பு நாவல்	Jambolan Tree tree	<i>Syzigium cumini</i>
13. நாட்டு நாவல்	Java Plum	<i>Syzigium cumini</i>
14. அரி நெல்லி	Indian gooseberry tree	<i>Phyllanthus emblica</i>
15. பெரு நெல்லி		<i>Phyllanthus polyphyllus</i>
16. சீத்தா மரம்	custard apple tree/Sugar apple tree	<i>Annona Squamosa</i>
17. கொடுக்காப் புளி மரம்	Manila tamarind tree /Madras thorn tree	<i>Pithecellbium Dulce</i>
18. சிங்கப்பூர் செர்ரி (அ) தேன் பழம் மரம்(அ) பூவந்தி மரம் (அ) கசு கசா பழம் மரம்	Singapore cherry	<i>Muntingia calabura</i>
19. நெட்டி லிங்கம்	Mast tree	<i>Polyalthia longifolia</i>




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20. விளாம் பழம் மரம்	Elephant apple tree or Wood apple tree	<i>Limonia acidissima</i>
21. வெப்பாலை மரம்	Pala indigo tree (or) Dyer's Oleander tree	<i>Wrightia tinctoria</i>
22. அரசமரம் மரம்	Pipal tree	<i>Ficus religiosa</i>
23. நாட்டு தென்னை	Coconut tree	<i>Cocccus nucifera</i>
24. குட்டைதென்னை	Hybrid Coconut tree	<i>Dyer's Oleander</i>
25. முள்சீத்தா மரம்	Graviola tree	<i>Annona muricata</i>
26. மஞ்சளத்தி மரம் (அ) நுணா மரம்	Morinda tree	<i>Morind Coriea</i>
27. தீக்குச்சி மரம் (அ) பீநாரி மரம்	Indian tree of Heaven (or) Stink tree	<i>Ailanthus excelsa</i>
28. பலா மரம்	Jackfruit tree	<i>Artocarpus heterophyllus</i>
29. கொய்யா மரம்	Common guava tree	<i>Psidium guajava</i>
30. அகத்தி மரம்	vegetable hummingbird tree	<i>Sesbania grandiflora</i>
31. முருங்கை மரம்	Moringa tree	<i>Moringa oleifera</i>
32. தேக்கு மரம்	Teak wood tree	<i>Tectona grandis</i>
33. பூவரசு மரம்	Indian Tulip tree	<i>Thespesia Populanea</i>
34. புளிய மரம்	Tamrind tree	<i>Tamrindus indica</i>
35. நொச்சி மரம்	Chinese chaste tree	<i>Vitex nedungo</i>
36. மாமரம்	Mango tree	<i>Mangifera indica</i>
37. தூங்கு மூஞ்சி மரம்	Rain tree	<i>Samania Saman</i>
38. வாழை மரம்	Banana Tree	<i>Musa Paradisiaca</i>
39. மகோகனி மரம்	Mahogany tree	<i>Swietenia macrophylla</i>
40. செண்பகம் மரம்	Champak tree	<i>Magnolia champaca</i>
41. எட்டிக்காய் மரம்	Nux vomica tree	<i>Styrchnous Nuxvomica</i>
42. வேங்கை மரம்	Indian Kino tree	<i>Pterocarpus Marsupium</i>
43. மூங்கில் பீமா	Balcoova Bamboo tree	<i>Bambus balcoova</i>
44. மகிழ மரம்	Spanish cherry tree	<i>Manilkara hexandra</i>
45. தான்றிக்காய் மரம்	Chebolic tree	<i>Terminalia chebula</i>



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46. இலந்தை மரம்	Jujube tree	<i>Zizipus jujuba</i>
47. இலவம்பஞ்சு மரம்	Kapok tree	<i>Ceiba pentandra</i>
48. மஞ்சகடம்பு மரம்	Yellowwood tree	<i>Adina cordifolia</i>
49. ஆடா தோடை	Malabar nut shrub	<i>Justicia adhatoda Vasica</i>
50. நச்சுகொட்டைகீரை மரம்	Lettuce tree	<i>Pisonia grandis</i>
51. கல்யாண முருங்கை மரம்	Indian coral tree	<i>Erythrina Indica</i>
52. தேக்கு மரம்	Teak tree	<i>Tectonia Grandis</i>
53. பிரியாணி இலை மரம்	Indian Bay leaf tree	<i>Cinnamomum tamala</i>
54. கறிவேப்பிலை (அ) கறிவேம்பு	Curry leaves tree	<i>Murraya koenigii</i>



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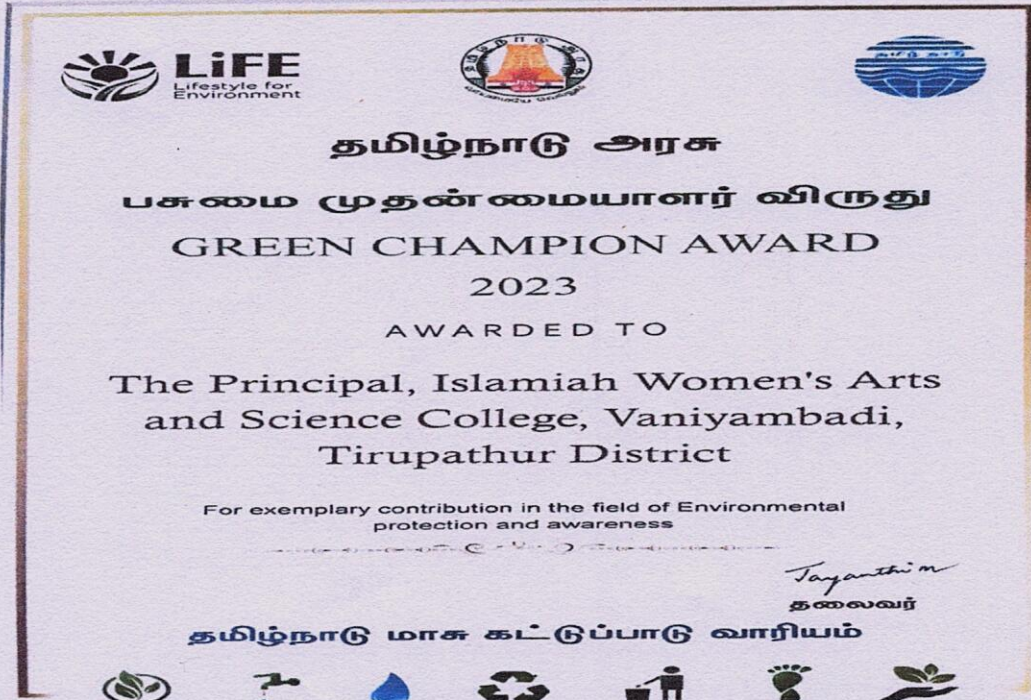


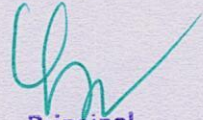
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Phone: 04174-235266 Email: principalwac@gmail.com
www.islamiahwomensartsandsciencecollege.com

GREEN CHAMPION AWARD

Honorable District collector **Thiru. K.Tharpagaraj I.A.S** awarded One lakh rupee cash prize with Green champion award 2023 for the exemplary contribution in the filed of Environmental protection for the Green initiatives taken by our college.




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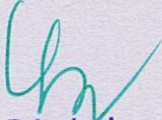
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HERBAL GARDEN

Through the college's Herbal Garden project, students actively participated in the upkeep and cultivation of herbal plants. In addition to giving students a sense of empowerment, this practical experience helped the college fulfill its mission of promoting environmental awareness. The college made a significant contribution to the development of a sustainable and environmentally friendly environment by maintaining a green campus and encouraging the growth of medicinal plants.




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LIST OF HERBAL PLANTS

S.No.	Local Name	Botanical Name	Medicinal Uses
1	Thulasi/ holy basil	Ocimum sanctum	Treats stress, coughs, colds, and digestive issues.
2	Mudakathan / Balloon vine	Cardiospermum halicacabum	Treats nervous problems, has anti-inflammatory properties, and more.
3	Kothamalli / Coriander	Coriandrum sativum	Gastrointestinal discomfort, Respiratory issues, and Urinary problems
4	Pudina / mint	Mentha spicata	Indigestion, cough, etc.
5	Anthimalli / Four O'clock	Mirabilis jalapa	Wound healing, abdominal colic, etc.
6	Kasini / Chicory	Cichorium incubus	Fatty liver and jaundice
7	Avuri / Neeli	Indigofera tinctoria	Treat liver, spleen, epilepsy, gray hair, and rheumatoid issues.
8	Kodi pasalai / Malabar Spinach	Basella alba	Mouth ulcers, wound healing, rich in iron, calcium, and vitamins C and A.




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9	Gopuram thangi	Andrographis echiodides	Skin diseases, bone strength.
10	Keela nelli / stone breaker	Phyllanthus niruri	Relieve jaundice, protect the liver, address anemia, and support genitourinary health.
11	Kesavardhini / False daisy	Centratherum punctatum	Improve hair growth, support liver and respiratory health, and boost the immune system.
12	Ponnaganni / sessile joyweed	Alternanthera sessilis	Treat dysuria, hemorrhoids, eye problems, and use in hair oils.
13	Manjal karisalanganni / yellow Bhringraj	Sphagneticola calendulacea	Treat hair fall, liver disorders and skin diseases.
14	Vellai karisalanganni / Bhringraj	Eclipta alba	Hair fall treatment, liver disorders, skin diseases, memory improvement, Alzheimer's, and Parkinson's.
15	Poduthalai	Phyla nodiflora	Treat dandruff, piles, and skin ailments.
16	Thiruvachi / yellow bauhinia	Bauhinia tomentosa	Treat lung infections, vomiting sensation, etc.
17	Sodakku thakkali	Physalis minima	Treat arthritis, lupus, inflammatory bowel disease, and prevent cancer.



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18	Thavasi keerai / Multi vitamin plant	Sauropus androgynous	Increase blood production, prevent anemia, etc.
19	Kuppai meni	Acalypha indica	Helps with skin problems, pimples, psoriasis, eczema.
20	Kana valai / Calf grass	Commelina benghalensis	Treat infertility, burns, sore throats, sore eyes, rashes, etc.
21	Amman pacharisi	Euphorbia hirta	Treat warts, breathing disorders, and digestive problems.
22	Thuthi / Atibala	Abutilon indicum	Piles, facial paralysis, and joint disorders.
23	Manathakkali / sun berry	Solanum nigrum	Treat stomach ulcers, piles, mouth ulcers, etc.
24	Nalvelai / spider flower	Cleome gynandra	Anticancer, antidote for snake bites, and scorpion stings.
25	Thottal sinungi / touch me not	Minosa pudica	Cure piles and fistula, and help with anxiety, depression, and insomnia.
26	Rosemary	Rosmarinus officinalis	Treat stress, hair growth issues, muscle pain, etc.
27	Agathi keerai	Sesbania grandiflora	Treat psychological problems, malaria, cataracts, etc.




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28	Miruga sanjeevi	Ayapana triplinervis	Control bleeding piles, treat cardiac muscle issues, and cure ringworm.
29	Manjal / Turmeric	Curcuma longa	Skin cancer, wound healing, and urinary tract infections.
30	Maruthani / Henna	Lawsonia inermis	Dandruff, hair dyes, eczema, fungal infections.
31	Thumbai	Leucas aspera	Treat cold, sinus issues, repel mosquitoes, and relieve indigestion.
32	Pei Mirati / Indian Catmint	Anisomeles malabarica	Influenza, mosquito repellent, cosmetics, etc.
33	Sangu poo / Butterfly pea	Clitoria ternatea	Treat vaginal infections, sterility, and improve digestion, etc.
34	Idly poo/ Ixora	Ixora coccinea	Hiccups, fever, loss of appetite, diarrhea, etc.
35	Nithyakalyani	Catharanthus roseus	Treat various cancers, hypertension, leukemia, etc.
36	Briyani ilia	Pandanus amaryllifolius	Treat high blood pressure, arthritis, joint pain, earaches, etc.
37	Seenthil / Gulbel/ Ambruthaballi	Tinospora cordifolia	Treat jaundice, asthma, poisonous insect bites, cancer, etc.




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