

2025-26

TRINITY COLLEGE FOR WOMEN, NAMAKKAL-637002

DATE: 27-06-2025

CIRCULAR

Hereby we wish to inform you that the Value Added Programme (VAP) commence from 04-07-2025. Duration of the course is 30 hours.

At present, the details of value added courses are as follows:

- Crochet wire basket , Strip wire basket
- Aari work, Mehandi
- Mehandi, Thread Bangles
- Handmade Silk Thread Ornaments
- Herbal powders, Herbal hair oil
- Formal letters, Smart Tools for Smart Teaching
- Ornaments making, Health and Nutrition Tips, Resume Writing and Interview preparation
- Designing your professional presence
- Microbiome and Gut Health
- Archery, Silambam

All the HOD's as well as the class incharge of our college are asked to communicate this message to your department students immediately.


Principal,
Trinity College for Women (Arts & Science)
Namakkal - 637 002.



TRINITY COLLEGE FOR WOMEN, NAMAKKAL-637002
(PERMANENTLY AFFILIATED TO PERIYAR UNIVERSITY, SALEM.
2f & 12b STATUS GRANTED BY UGC NEW DELHI
(AND NAAC ACCREDITED BY A+)

VAP COURSES : (ACADEMIC YEAR 2025-26)
ODD SEMESTER (30 HOURS)

- 1. Crochet wire basket , Strip wire basket - Tamil**
- 2. Aari work, Mehendi- English**
- 3. Mehendi, Thread Bangles- Mathematics**
- 4. Handmade Silk Thread Ornaments- Physics**
- 5. Herbal powders , Herbal hair oil - Chemistry**
- 6. Formal letters, Smart Tools for Smart Teaching - Computer Science**
- 7. Ornaments making, Health and Nutrition Tips, Resume Writing and Interview preparation - Commerce**
- 8. Designing your professional presence - Costume Design and Fashion**
- 9. Microbiome and Gut Health - Nutrition and Dietetics**
- 10. Archery , Silambam - Physical Education**

WITH REGARDS

Er.K.NALLUSAMY, CHAIRMAN

Er.S SELVARAJ, SECRETARY

Mrs.ARUNA SELVARAJ, EXECUTIVE DIRECTOR

Dr M.R.LAKSHIMINARAYANAN, PRINCIPAL

Mr.N.S.SENTHIL KUMAR, ADMINISTRATIVE OFFICER

TRINITY COLLEGE FOR WOMEN, NAMAKKAL
DEPARTMENT OF NUTRITION AND DIETETICS
VALUE ADDED PROGRAMME (ODD SEMESTER)
WORK LOAD ACADEMIC YEAR (2025-26)

S.NO	NAME OF THE STAFF	HOURS
1	Mrs R.RUPA	08
2	Ms P.SRIRENUGADEVI	11
3	Mrs S.BHARATHI	11

P.B

DEPARTMENT CO-ORDINATOR

R.W
27/06/2025
HOD

Alam
27/6/25
PRINCIPAL

Principal,
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Namakkal - 637 002.

TRINITY COLLEGE FOR WOMEN, NAMAKKAL
DEPARTMENT OF NUTRITION AND DIETETICS
VALUE ADDED PROGRAMME -SYLLABUS
ACADEMIC YEAR (2025-26) – ODD SEMESTER
TITLE: MICROBIOME AND GUT HEALTH

COURSE OBJECTIVE:

To enable students to

- Demonstrate to students the importance of the human microbiome to development and health.
- Understand the role of the human microbiome in evolution and adaptation

UNIT-I

Introduction to the human microbiome and the theory of evolution

UNIT-II

Dysbiosis and the gut microbiome

UNIT-III

Probiotics and the human microbiome

UNIT-IV

Prebiotics and the human microbiome

UNIT-V

Preparation of different prebiotics and probiotics recipes

COURSE OUTCOME:

- Gain an overview of the gut microbiome and how it fits into human physiology
- Develop practical strategies to improve gut health and treat disease beyond the gut



DEPARTMENT COORDINATOR


27/06/2025

HOD


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TRINITY COLLEGE FOR WOMEN, NAMAKKAL

ACADEMIC YEAR 2025-26 (ODD SEMESTER)

DEPARTMENT OF NUTRITION AND DIETETICS

VAP NAMELIST

S.No	CLASS	NAME OF THE STUDENT	SIGNATURE
1	I B.Sc N&D	BHAKYALAKSHMI.B	B. Bhakyalakshmi
2		DEEPIKA S.L	Deepika S.L
3		GOBIKA.T	G. Gobika
4		RAJESWARI.J	J. Rajeswari
5		RAMYA.S	R. Ramya
6		SUBARTHINI.P	P. Subarthini
7	II B.Sc N&D	BRINDHA.P	P. Brindha
8		DHARANI.A	A. Dharani
9		DHARANI.S.R	S.R. Dharani
10		DIVYA.M	M. Divya
11		FAHIMITHA BANU.S	S. Fahimitha Banu
12		HASIN MEHMUDA.A.N	A.N. Hasin Mehmuda
13		JEGATHAMBIGAI.K.S	S. Jegathambigai
14		LIBIKA.S	S. Libika
15		MAHALAKSHMI.S	S. Mahalakshmi
16		MANORANJANI.M	M. Manoranjani
17		NINDHU.A	A. Nindhu
18		NIVITHA.R	R. Nivitha
19		PREETHISHA.M	M. Preethisha
20		RAKSHASRI.K.V	V. Rakshasri
21		SANTHIYA.T	T. Santhiya
22		SHRE ISHWERYA LAKSHMI.K	K. Shre Ishwerya Lakshmi
23		SRIMATHI.S	S. Srimathi
24		SRISABITHA.G	G. Srisabitha
25		YUVARANI.G	G. Yuvarani
26		DEEPIKA.S	S. Deepika

27	III B.Sc N&D	DHIVYA SRI.S	S. Dhivya Sri
28		JESSY.J	J. Jessy
29		JOTHIBHARATHI.M	M. Jothi
30		KAVIYA.M	M. Kavi
31		LAVANYA.R	R. Lavanya
32		MANJU.D	D. Manju
33		NISHA.A	A. Nisha
34		PRIYADHARSHINI.S	S. Priyadharshini
35		RASEENA BE.M	M. Raseena
36		SHARUMATHI.K	K. Sharumathi
37		VARSHINI.N	N. Varshini

P.S. 27/10/25

DEPARTMENT COORDINATOR

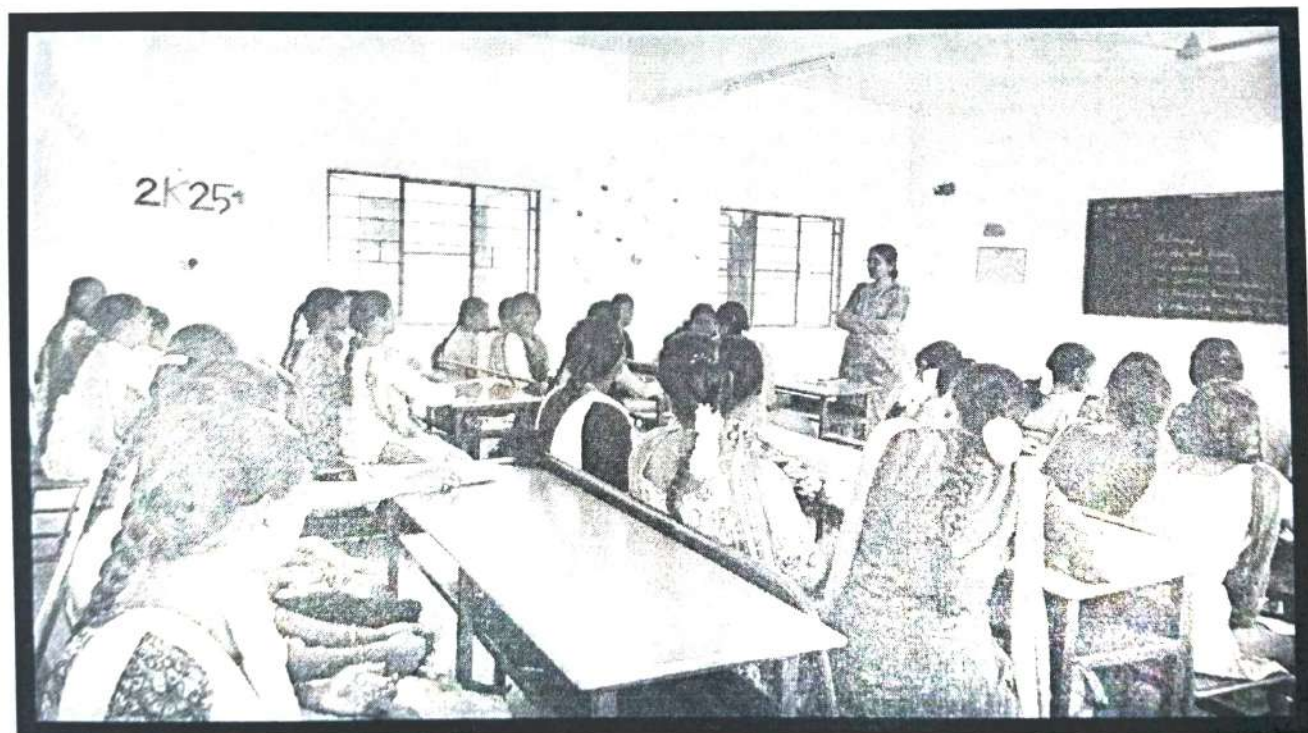
R. M. 27/10/25

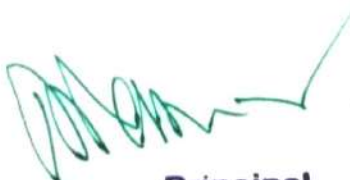
HOD

M. 27/10/25

PRINCIPAL

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Namakkal - 637 002.



 3/10/25
Principal,
Trinity College for Women (Arts & Science)
Namakkal - 637 002.

TRINITY COLLEGE FOR WOMEN, NAMAKKAL
DEPARTMENT OF NUTRITION AND DIETETICS
VALUE ADDED PROGRAMME-2025-26(ODD SEMESTER)

MICROBIOME AND GUT HEALTH

DURATION: 30 Minutes

MARKS: 20 ×1=20

1. What is the primary role of prebiotics in the gut?
 - a) To provide live beneficial bacteria to the host.
 - b) To act as food for beneficial bacteria, promoting their growth and activity.
 - c) To directly kill harmful bacteria in the gut.
 - d) To produce antibodies in the digestive system.
2. Which of the following is an example of a probiotic?
 - a) Inulin
 - b) Lactobacillus
 - c) Fructooligosaccharides (FOS)
 - d) Dietary fiber
3. The human microbiome is a community of which types of microorganisms?
 - a) Bacteria, fungi, and viruses
 - b) Bacteria, archaea, fungi, and viruses
 - c) Only bacteria and viruses
 - d) Only fungi and archaea
4. What is the main advantage of having a diverse microbiome?
 - a) It increases the risk of infections.
 - b) It promotes overall health and wellness by maintaining a balance of microbes.
 - c) It leads to a single dominant type of gut bacteria.
 - d) It reduces the body's need for nutrients.
5. What process do resident gut microbes perform on complex carbohydrates?
 - a) Digest them into simple sugars.
 - b) Convert them into fatty acids like butyrate, acetate, and propionate.
 - c) Convert them into proteins.
 - d) Break them down into simple alcohols.
6. The term "microbiota" refers to:
 - a) The entire community of microbes and their genes.
 - b) The genes of the microorganisms.
 - c) The collection of living microorganisms that form the microbiome.
 - d) The habitat where the microbes live.
7. Which of these conditions can be positively influenced by a healthy gut microbiome?
 - a) Autoimmune diseases and mental health disorders
 - b) Only skin conditions
 - c) Only digestive disorders
 - d) Muscle growth and bone density
8. How do SCFAs (Short-Chain Fatty Acids) affect the body?
 - a) They only impact the gut environment.
 - b) They have no known physiological effects.
 - c) They can regulate metabolism, inflammation, immunity, and even brain function.
 - d) They are solely responsible for breaking down fats.
9. What is the significance of the gut-brain axis for health?
 - a) It is a pathway for nutrient absorption only.
 - b) It connects the gut microbiome and the brain, influencing mood and cognitive function.

c) It only affects the digestive system.

d) It is a direct line for antibiotics to reach the brain.

10. What happens to complex carbohydrates (dietary fibers) in the small intestine?

a) They are fully digested into simple sugars.

b) They are broken down by enzymes.

c) They pass to the colon undigested because the body lacks the necessary enzymes.

d) They are converted into amino acids.

11. What is a key characteristic of the microbiome that allows humans to adapt more rapidly to environmental changes compared to the human genome?

a) Its relatively slower rate of change.

b) Its ability to share genes, leading to faster adaptation.

c) Its fixed genetic makeup over time.

d) Its slow evolutionary process.

12. The fermentation of lactose by bacteria to produce lactic acid is characteristic of:

a) *Rhizobium*

b) *Penicillium*

c) *Lactobacillus*

d) *Saccharomyces cerevisiae*

13. Which of the following is a common source of prebiotics?

a) Yogurt

b) Kimchi

c) Asparagus and onions.

d) Antibiotics.

14. Which of the following is a common example of a probiotic food?

a) Cooked potatoes.

b) Bananas.

c) Fermented foods like kefir or kimchi.

d) Oats.

15. Why are prebiotics and probiotics often recommended to be taken together?

a) To make the probiotics stronger and more effective.

b) To prevent stomach upset from prebiotics.

c) To kill off all the good and bad bacteria in the gut.

d) To provide both new beneficial microbes and the food for them to thrive.

16. Which statement about the benefits of probiotics is TRUE?

a) They can improve symptoms of irritable bowel syndrome (IBS).

b) They are only beneficial for gut health.

c) They always cause weight gain.

d) They are a direct treatment for all skin conditions.

17. True or False: Prebiotics are live microorganisms.

a) True

b) False

18. What is one potential benefit of prebiotics for skin health?

a) They directly kill acne-causing bacteria on the skin.

b) They are not related to skin health.

c) They reduce inflammation and modulate the immune response, which can impact skin conditions.

d) They provide nutrients directly to the skin cells.

19. Which of the following foods contains both prebiotics and probiotics?

a) Sugar beet

b) Human milk

c) A combination of apples and yogurt

d) All of the above.

20. What is a key challenge in using probiotics and prebiotics, especially for someone with a serious illness?

a) They are too expensive to purchase.

b) They should be taken with any medication.

c) They can interact with medications and affect treatments, so medical advice is crucial.

d) They are not effective for serious illnesses.

MICROBIOME AND GUT HEALTH

ANSWER KEY

1. b) To act as food for beneficial bacteria, promoting their growth and activity.
2. b) Lactobacillus
3. a) Bacteria, fungi, and viruses
4. b) It promotes overall health and wellness by maintaining a balance of microbes.
5. b) Convert them into fatty acids like butyrate, acetate, and propionate.
6. a) The entire community of microbes and their genes.
7. a) Autoimmune diseases and mental health disorders
8. c) They can regulate metabolism, inflammation, immunity, and even brain function.
9. b) They connect the gut microbiome and the brain, influencing mood and cognitive function.
10. b) They are broken down by enzymes.
11. b) Its ability to share genes, leading to faster adaptation
12. c) Lactobacillus
13. c) Asparagus and onions
14. c) Fermented foods like kefir or kimchi
15. d) To provide both new beneficial microbes and the food for them to thrive.
16. a) They can improve symptoms of irritable bowel syndrome (IBS).
17. False
18. c) They reduce inflammation and modulate the immune response, which can impact skin conditions.
19. d) All of the above
20. d) They can interact with medications and affect treatments, so medical advice is crucial.

TRINITY COLLEGE FOR WOMEN, NAMAKKAL**ACADEMIC YEAR 2025-26 (ODD SEMESTER)****DEPARTMENT OF NUTRITION AND DIETETICS****VAP MARK LIST**

S.No	CLASS	NAME OF THE STUDENT	MARKS
1	I B.Sc N&D	BHAKYALAKSHMI.B	20
2		DEEPIKA S.L	18
3		GOBIKA.T	19
4		RAJESWARI.J	18
5		RAMYA.S	19
6		SUBARTHINI.P	19
7	II B.Sc N&D	BRINDHA.P	17
8		DHARANI.A	18
9		DHARANI.S.R	17
10		DIVYA.M	17
11		FAHIMITHA BANU.S	18
12		HASIN MEHMUDA.A.N	20
13		JEGATHAMBIGAI.K.S	20
14		LIBIKA.S	18
15		MAHALAKSHMI.S	17
16		MANORANJANI.M	17
17		NINDHU.A	16
18		NIVITHA.R	19
19		PREETHISHA.M	18
20		RAKSHASRI.K.V	20
21		SANTHIYA.T	17
22		SHRE ISHWERYA LAKSHMI.K	19
23		SRIMATHI.S	18
24		SRISABITHA.G	20
25		YUVARANI.G	19
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28		JESSY.J	18
29		JOTHIBHARATHI.M	19
30		KAVIYA.M	19
31		LAVANYA.R	17

32	III B.Sc N&D	MANJU.D	20
33		NISHA.A	18
34		PRIYADHARSHINI.S	16
35		RASEENA BE.M	20
36		SHARUMATHI.K	18
37		VARSHINI.N	17

P. S. 27/10/25

DEPARTMENT COORDINATOR

P. M. 27/10/25

HOD

Principal 27/10/25

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Namakkal - 637 002.

TRINITY COLLEGE FOR WOMEN, NAMAKKAL.
(Arts & science)

Permanently Affiliated to Periyar University, Salem -11.

2(f) &12(b) Status Granted by UGC-New Delhi & Accredited by NAAC with A+ Grade

Trinity Nagar, Mohanur Road, Namakkal- 637002

VALUE ADDED PROGRAM ACADEMIC YEAR 2025-26

ODD SEMESTER REPORT

This course emphasized on the students to understand the principles and elements of various art forms .It also focused on exploring and expressing their ideas and concepts through this Value Added program. The Duration of Value Added Program is – 30 hours.

The following value-added courses imparting transferable and life skills offered during the VAP hours.

- CROCHET WIRE BASKET, STRIP WIRE BASKET - TAMIL
- AARI WORK & MEHANDI – ENGLISH
- MEHANDI & THREAD BANGLES– MATHEMATICS
- HAND MADE THREAD BANGLES – PHYSICS
- HERBAL POWDERS & HERBAL HAIR OIL– CHEMISTRY
- FORMAL LETTERS, SMART TOOLS FOR SMART TEACHING– COMPUTER SCIENCE
- ORNAMENTS MAKING, HEALTH AND NUTRITION TIPS, RESUME WRITING & INTERVIEW PREPARATION – COMMERCE
- DESIGNING YOUR PROFESSIONAL PRESENCES – COSTUME DESIGN AND FASHION
- MICROBIOME AND GUT HEALTH – NUTRITION AND DIETETICS
- ARCHERY & SILAMBAM - PHYSICAL EDUCATION.

The Value Added Programs supplemented students learning and enhanced their preparedness to meet the challenges of Professional life. The integration of Value Added Courses concentrates on exploiting the ability and inventive capabilities of the budding professionals to satisfy the needs of the present dynamic business environment.

Therefore mentioned programs improved the students' capacity for entrepreneurship.


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 a) Rhizobium b) Penicillium ☒ c) Lactobacillus d) Saccharomyces cerevisiae
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 a) Yogurt. b) Kimchi. ☒ c) Asparagus and onions. d) Antibiotics.
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17. True or False: Prebiotics are live microorganisms. a) True ☒ b) False
18. What is one potential benefit of prebiotics for skin health?
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MICROBIOME AND GUT HEALTH

DURATION: 30 Minutes

MARKS: 20 × 1 = 20

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 - c) Convert them into proteins.
 - d) Break them down into simple alcohols.
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 - b) The genes of the microorganisms.
 - c) The collection of living microorganisms that form the microbiome.
 - d) The habitat where the microbes live.
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 - c) Only digestive disorders
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8. How do SCFAs (Short-Chain Fatty Acids) affect the body?
 - a) They only impact the gut environment.
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11. What is a key characteristic of the microbiome that allows humans to adapt more rapidly to environmental changes compared to the human genome?

a) Its relatively slower rate of change.

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12. The fermentation of lactose by bacteria to produce lactic acid is characteristic of:

a) Rhizobium b) Penicillium ☒ c) Lactobacillus

d) Saccharomyces cerevisiae

13. Which of the following is a common source of prebiotics?

a) Yogurt. b) Kimchi. ☒ c) Asparagus and onions. d) Antibiotics.

14. Which of the following is a common example of a probiotic food?

a) Cooked potatoes.

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15. Why are prebiotics and probiotics often recommended to be taken together?

a) To make the probiotics stronger and more effective.

b) To prevent stomach upset from prebiotics.

c) To kill off all the good and bad bacteria in the gut.

☒ d) To provide both new beneficial microbes and the food for them to thrive.

16. Which statement about the benefits of probiotics is TRUE?

☒ a) They can improve symptoms of irritable bowel syndrome (IBS).

b) They are only beneficial for gut health.

c) They always cause weight gain.

d) They are a direct treatment for all skin conditions.

17. True or False: Prebiotics are live microorganisms. ☐ a) True

☒ b) False

18. What is one potential benefit of prebiotics for skin health?

a) They directly kill acne-causing bacteria on the skin.

b) They are not related to skin health.

☒ c) They reduce inflammation and modulate the immune response, which can impact skin conditions.

d) They provide nutrients directly to the skin cells.

19. Which of the following foods contains both prebiotics and probiotics?

a) Sugar beet b) Human milk (c) A combination of apples and yogurt ☒ d) All of the above.

20. What is a key challenge in using probiotics and prebiotics, especially for someone with a serious illness?

a) They are too expensive to purchase.

b) They should be taken with any medication.

c) They can interact with medications and affect treatments, so medical advice is crucial.

☒ d) They are not effective for serious illnesses.

MICROBIOME AND GUT HEALTH

DURATION: 30 Minutes

MARKS: 20 × 1 = 20

1. What is the primary role of prebiotics in the gut?

- a) To provide live beneficial bacteria to the host.
- ☒ b) To act as food for beneficial bacteria, promoting their growth and activity.
- c) To directly kill harmful bacteria in the gut.
- d) To produce antibodies in the digestive system.

2. Which of the following is an example of a probiotic?

- a) Inulin
- ☒ b) Lactobacillus
- c) Fructooligosaccharides (FOS)
- d) Dietary fiber

3. The human microbiome is a community of which types of microorganisms?

- ☒ a) Bacteria, fungi, and viruses
- b) Bacteria, archaea, fungi, and viruses
- c) Only bacteria and viruses
- d) Only fungi and archaea

4. What is the main advantage of having a diverse microbiome?

- a) It increases the risk of infections.
- ☒ b) It promotes overall health and wellness by maintaining a balance of microbes.
- c) It leads to a single dominant type of gut bacteria.
- d) It reduces the body's need for nutrients.

5. What process do resident gut microbes perform on complex carbohydrates?

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TRINITY COLLEGE FOR WOMEN, NAMAKKAL
(Arts and Science)

Batch -1

Morning: 11.00 A.M TO 12.45 P.M

ALL III YEAR UG

ALL I YEAR PG

ALL II YEAR PG

Batch - 2

Evening: 1.35 P.M TO 3.30 P.M

ALL I YEAR UG

ALL II YEAR UG

Yoga Dates

Day 1 - 16/12/25

Day 2 - 17/12/25

Day 3 - 18/12/25

Day 4 - 19/12/25

Day 5 - 22/12/25

Day 6 - 23/12/25

Day 7 - 24/12/25

Day 8 - 26/12/25

Day 9 - 29/12/25

Day 10 - 30/12/25

Day 11 - 31/12/25 Certificate issued



Director of Physical Education

V. ARCHANA,
Director of Physical Education,
Trinity College for Women,
Namakkal - 637 002.



Principal
Principal,
Trinity College for Women (Arts & Science)
Namakkal - 637 002.

TRINITY COLLEGE FOR WOMEN, NAMAKKAL

அடிப்படைப் பயிற்சி (NVE) - பயிற்சி அட்டவணை

S,No	தேதி	பயிற்சித் தலைப்பு	செயல்பாடுகள்
1	16-12-2025	மனவளக்கலை பயிற்சியின் நோக்கம்	உடற்பயிற்சி, நாடிசுத்தி, தண்டுவட சுத்தி
2	17-12-2025	காயகல்பம்	காயகல்பம் விளக்கம், பயிற்சி
3	18-12-2025	ஆக்கினை தவம்	ஆக்கினை தவம் விளக்கம், தீட்சை
4	19-12-2025	வாழ்த்தும் பயனும்	உடற்பயிற்சி
5	22-12-2025	குருவின் மேன்மை	உடற்பயிற்சி
6	26-12-2025	சாந்தி தவம்	சாந்தி தவம் விளக்கம், தீட்சை, பயிற்சி
7	29-12-2025	துரிய தவம்	துரிய தவம் விளக்கம், தீட்சை, உடற்பயிற்சி
8	30-12-2025	சூரிய நமஸ்காரம்	சூரிய நமஸ்காரம், உடற்பயிற்சி
9	31-12-2025	அறுகுண சீரமைப்பு	தவம்


V. ARCHANA,
Director of Physical Education,
Trinity College for Women,
Namakkal - 637 002.


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Namakkal - 637 002.

TRINITY COLLEGE FOR WOMEN, NAMAKKAL

ACADEMIC YEAR 2025-26 (EVEN SEMESTER)

DEPARTMENT OF NUTRITION AND DIETETICS

VAP NAMELIST

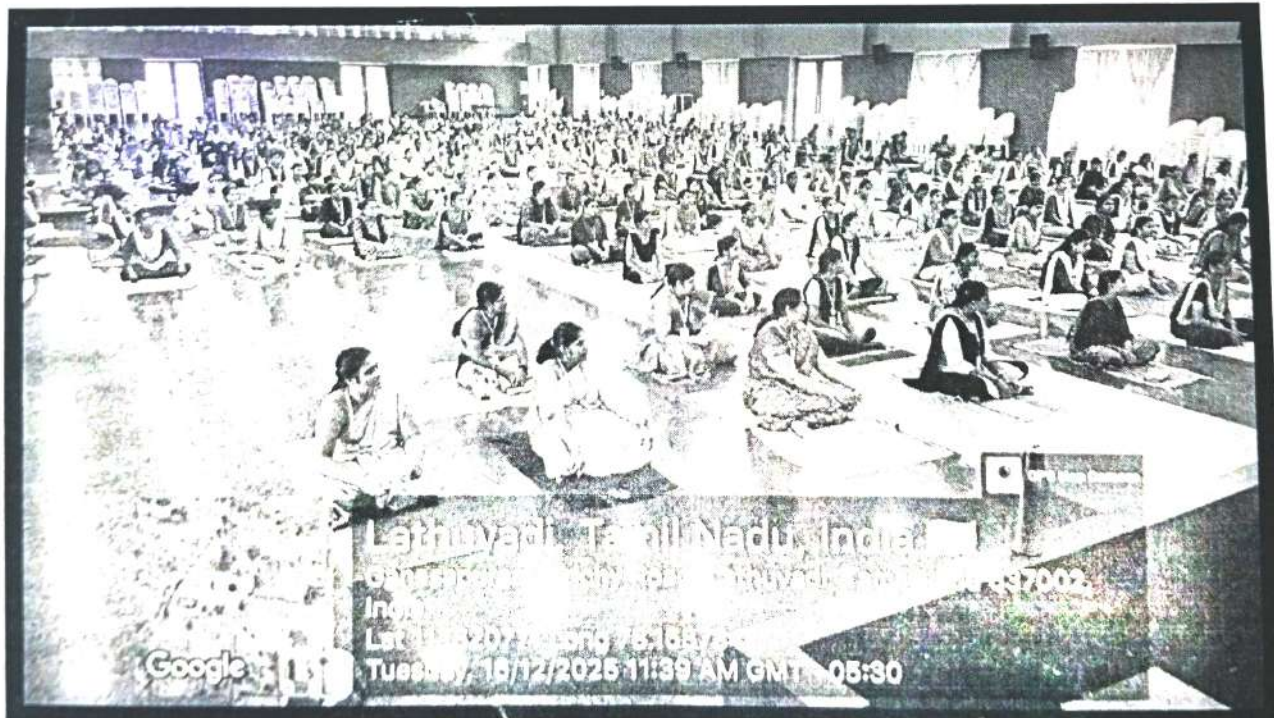
S.No	CLASS	NAME OF THE STUDENT	SIGNATURE
1	I B.Sc N&D	BHAKYALAKSHMI.B	Bhakyalakshmi
2		DEEPIKA S.L	Deepika
3		GOBIKA.T	G.T.
4		RAJESWARI.J	Rajeswari
5		RAMYA.S	Ramyas
6		SUBARTHINI.P	P. Subarini
7	II B.Sc N&D	BRINDHA.P	Brindha
8		DHARANI.A	A. Dharani
9		DHARANI.S.R	Dharani
10		DIVYA.M	Divya.M
11		FAHIMITHA BANU.S	S. Fahimitha Banu
12		HASIN MEHMUDA.A.N	Hasin Mehmuda
13		JEGATHAMBIGAI.K.S	Jegathambigai
14		KAVIYA.S	S. Kaviya
15		LIBIKA.S	S. Libika
16		MAHALAKSHMI.S	S. Mahalakshmi
17		MANORANJANI.M	M. Manoranjani
18		NINDHU.A	Nindhu
19		NIVITHA.R	R. Nivitha
20		PREETHISHA.M	M. Preethisha
21		RAKSHASRI.K.V	K.V. Rakshasri
22		SANTHIYA.T	T. Santhiya
23		SHRE ISHWERYA LAKSHMI.K	K. Shre Ishwerya Lakshmi
24		SRIMATHI.S	S. Srimathi
25		SRISABITHA.G	G. Srisabitha
26		YUVARANI.G	G. Yuvarani

27		KAVIYA.V	Kaviya
28	III B.Sc N&D	DEEPIKA.S	Deepika
29		DHIVYA SRI.S	Sathy Sri
30		JESSY.J	Jessy
31		JOTHIBHARATHI.M	Jothi
32		KAVIYA.M	M.Kiy
33		LAVANYA.R	Lav
34		MANJU.D	Manju D
35		NISHA.A	Nisha
36		PRIYADHARSHINI.S	Priyadharshini
37		RASEENA BE.M	M. Raseena
38		SHARUMATHI.K	Shy
39		VARSHINI.N	N. Varshini


DEPARTMENT COORDINATOR


HOD


PRINCIPAL
Principal,
Trinity College for Women (Arts & Science)
Namakkal - 637 002.



[Handwritten Signature]
 16/12/25
Principal,
 Trinity College for Women (Arts & Science)
 Namakkal - 637 002,

YOGA QUESTIONS

1. யோகா எதை மேம்படுத்த உதவுகிறது?
a) சோம்பேறித்தனம் b) ஆரோக்கியம் c) சத்தம் d) பசி
2. தியானம் செய்ய சிறந்த இடம் எது?
a) சத்தமான இடம் b) அமைதியான இடம் c) பிளியான சாலை
d) சந்தை
3. யோகா மூச்சுப் பயிற்சியில் முக்கியம் என்ன?
a) வேகமான மூச்சு b) ஆழமான மூச்சு c) மூச்சு இல்லாமல் d) குறைந்த மூச்சு
4. யோகா செய்யும்போது எதை அணிய வேண்டும்?
a) இறுக்கமான உடை b) கனமான உடை c) வசதியான தளர்ந்த உடை
d) பள்ளி உடை
5. யோகா யாருக்கு நல்லது?
a) குழந்தைகள் மட்டும் b) பெரியவர்கள் மட்டும் c) எல்லா வயதினரும்
d) விளையாட்டு வீரர்கள் மட்டும்
6. காயகல்ப யோகா எதை மேம்படுத்துகிறது?
a) சோம்பேறித்தனம் b) உயிர்ச்சக்தி c) மன அழுத்தம் d) பயம்
7. சூரிய நமஸ்காரம் செய்ய சிறந்த நேரம் எது?
a) இரவு b) மதியம் c) அதிகாலை d) நள்ளிரவு
8. சூரிய நமஸ்காரம் எதைக் கொண்டுள்ளது?
a) ஒரு ஆசனம் மட்டும் b) ஆசனங்களின் தொடர் c) மூச்சுப் பயிற்சி மட்டும்
d) அமர்ந்த நிலை மட்டும்
9. “ஓம்” என்பதன் அர்த்தம் என்ன?
a) சத்தம் b) பிரபஞ்ச ஒலி c) இசை d) உடற்பயிற்சி
10. மகாராசனம் (Makarasana) எந்த வகை ஆசனம்?
a) நின்ற ஆசனம் b) படுக்கும் ஆசனம் c) அமர்ந்த ஆசனம் d) தாவும் ஆசனம்

ANSWERS

1. b) ஆரோக்கியம்
2. b) அமைதியான இடம்
3. b) ஆழமான மூச்சு
4. c) வசதியான தளர்ந்த உடை
5. c) எல்லா வயதினரும்
6. b) உயிர்ச்சக்தி
7. c) அதிகாலை
8. b) ஆசனங்களின் தொடர்
9. b) பிரபஞ்ச ஒலி
10. b) படுக்கும் ஆசனம்

YOGA MARKS

Timestamp	Score	NAME	CLASS	DEPARTMENT
4-11-2026 6:37:51	8 / 10	Subarthini. P	1st year	Nutrition and dietetics
4-11-2026 6:44:54	10 / 10	S.Libika	2 b.sc N&D	NUTRITION AND DIETETICS
4-11-2026 7:37:23	10 / 10	A.Dharani	2nd year	Nutrition and dietetics
4-11-2026 7:37:55	10 / 10	Bhakya lakshmi B	1st year	Nutrition and dietetics
4-11-2026 7:46:37	9 / 10	T. Gobika	1year	B. Sc nutrition and dietetics
4-11-2026 7:49:50	7 / 10	S. Ramya	1 Bsc	Nutrition and dietetics
4-11-2026 8:51:01	8 / 10	Dharani	II B.Sc. Nutrition and Dietetics	Nutrition and Dietetics
4-11-2026 8:55:58	10 / 10	Jegathambigai KS	II Bsc N&D	Nutrition and dietetics
4-11-2026 8:56:08	9 / 10	G.Srisabitha	II -B.Sc Nutrition and Dietetics	Nutrition and Dietetics
4-11-2026 8:58:04	10 / 10	Rakshasri K. V	II-B. Sc -N&D	Nutrition and dietetics
4-11-2026 9:00:27	8 / 10	Brindha.p	2 year	BSC Nutrition and dietetics
4-11-2026 9:02:18	9 / 10	Brindha	2 year	BSC Nutrition and dietetics
4-11-2026 9:03:21	10 / 10	Shre Ishwerya Lakshmi.K	2nd BSc	Nutrition and Dietetics
4-11-2026 9:22:56	10 / 10	Kaviya S	2nd year	Nutrition and dietetics
4-11-2026 9:25:47	8 / 10	Hasin Mehmuda.A.N	2nd B.Sc	Nutrition and dietetics
4-11-2026 9:26:17	8 / 10	M.Divya	2 year B.sc (N&D)	Nutrition and Dietetics
4-11-2026 9:26:28	6 / 10	S.Priyadarshini	3rd bsc nutrition and dietetics	Nutrition and dietetics
4-11-2026 9:30:45	10 / 10	S. Srimathi	2nd B.sc(N&D)	Nutrition and dietetics
4-11-2026 9:31:27	7 / 10	Varshini M	III B.sc Nutrition and dietetics	Nutrition and dietetics
4-11-2026 9:32:10	10 / 10	Jessy J	3rd year	Nutrition & Dietetics
4-11-2026 9:42:27	7 / 10	M.Kaviya	III-B.Sc	Nutrition&Dietetics
4-11-2026 9:47:44	9 / 10	S. Fahimitha banu	2nd B.Sc	Nutrition and dietetics
4-11-2026 9:53:40	10 / 10	S.deepika	3 rd year	Nutrition and dietetics
4-11-2026 9:53:57	10 / 10	JOTHIBHARATHI M	FINAL YEAR	NUTRITION AND DIETETICS
4-11-2026 9:54:57	7 / 10	Nindhu.A	Second year bsc	Nutrition and Dietetics
4-11-2026 9:59:45	8 / 10	K SHARUMATHI	III-B.Sc	Nutrition and Dietetics
4-11-2026 9:59:51	0 / 10	A.nisha	B.sc(n&d)	(n& d)
4-11-2026 10:30:09	10 / 10	S.Dhivya sri	III - B.Sc (N&D)	Nutrition and dietetics
4-11-2026 10:31:30	7 / 10	Deepika s.l	I - b.sc nutrition and deitetics	nutrition and dietetics
4-11-2026 11:00:08	8 / 10	R. Lavanya	III. B. Sc (N&D)	Nutrition and dietetics
4-11-2026 11:08:47	9 / 10	Nivitha. R	2nd - bsc	Nutrition and dietetics
4-11-2026 11:39:00	9 / 10	D Manju	III	Nutrition and Dietetics
4-11-2026 13:26:22	10 / 10	M.Raseena be	III - B.Sc (N&D)	Nutrition & Dietetics
4-11-2026 13:46:45	7 / 10	M.Manoranjani	II B.sc Nutrition and dietetics	Nutrition and dietetics
4-11-2026 15:37:58	7 / 10	T.santhiya	Bcs	Nutrition and dietetics
4-11-2026 16:09:37	9 / 10	S.Mahalakshmi	2 nd B.sc N&D	Nutrition and dietetics
4-11-2026 16:21:54	6 / 10	Rajeswarij	1st year	Nutrition and dietetics
4-11-2026 19:43:07	6 / 10	G.yuvarani	2nd B.Sc.,N&D	Nutrition & Dietetics


 13/4/26

Principal,
 Trinity College for Women (Arts & Science)
 Narakkal - 637 002.

TRINITY COLLEGE FOR WOMEN, NAMAKKAL

EVEN SEMESTER REPORT

TRAINING IN "15 DAYS YOGA – SIMPLIFIED KUNDALINI YOGA (SKY)"

The Yoga and Meditation Club, Trinity College for Women, Namakkal and M/s. Temple of Consciousness (Arivu Thirukovil), Namakkal jointly conducted a 15-day Yoga Programme entitled "Simplified Kundalini Yoga"(with the aim of "Yoga for Youth Empowerment") from 16th December 2025 to 31st December 2025 in the Trinity Auditorium.

Shri. Vethathiri Maharishi's, (the Founder of World Community Service Centre, Aliyar, Pollachi Taluk, Coimbatore District) yoga practices, Simplified Kundalini Yoga" (SKY) training were given to the entire students and faculty members of the College during that period.

The faculty members of Temple of Consciousness (Arivu Thirukovil), Namakkal, Mrs. P. Kanagam, Mrs. T.K. Dhanalakshmi, Mrs. P. Kanmani, Mrs. R. Vijayarani, Mrs. N. Kannammal, Mrs. G. Pameela, Mrs. V. Sumathi, Mrs. V. Pavai Vijayalakshmi, Mrs. A. Santhi, Mrs. A. Chitra, Mrs. S. Sivakami, Mrs. P. Sivakami, Mrs. A.R. Thenammai, Mrs.V. Mohana, Mrs. P. Kumutha, Mrs. R. Malathi, Mrs. R. Jamunarani, Mrs. R. Padmavathi, Mrs. R. Mallika, Mrs. R. Gunavathi, Mrs. S. Malarselvi, Mrs. V. Sivakami, Mrs. K.R. Tamilselvi, Mrs. V.V.Vannam, Mrs. G. Santhi and Mrs. R. Thillana Mohanambal were the trainers of the programme. They demonstrated and trained the students and faculty members, given the various Aliyar Yoga Practices of Simplified Kundalini Yoga, like, Asanas (Physical Exercises) and Kayakalpa Yoga.

Due to these yoga exercises, we get physical benefits, such as better immunity, stronger bones, improving the blood circulation, reducing stress and prevention of injuries. Apart from that, we can obtain the mental advantages, viz, enhancement of memory, increasing concentration, freedom from worries, etc., Mr. Uzhavan - M. Thangavel, Extension Officer, World Community Service Association, Salem Division pointed out in that programme.

In continuation, the certificates distribution ceremony was held on 12th January 2026 in Trinity Auditorium. Er. K. Nallusamy, Chairman, presided over the programme. Dr. M.R. Lakshiminarayanan, Principal, welcomed the gathering.

Dr. M A. Udhayakumar, Former District Educational Officer, Namakkal & Salem, Former Senate Member & Academic Council Member, Annamalai University, Annamalai

Nagar, Chidamnaram and Administrative Trustee, The Art of Mindfulness Trust, Namakkal, Mr. Mr. K. Subramanian, Mr. C. Nagarajan, Arulnithi Mr. V. Subramani and Mrs. Kanagam Subramanian also spoke on that occasion.

Dr. S. Devi, Assistant Professor of Economics and Dr. A. Latha, Assistant Professor of Tamil of the College conveyed their positive feedback in the valedictory programme. Ms. V. Akshaya and Ms. K. Nivetha, Second Year B.Sc., Physics & Ms. S. Harini and Ms. A. Shalini, Second Year B.Sc., Computer Science, were also given their feedback on that programme.

Mrs. V. Archana, Physical Director & Coordinator of Yoga and Meditation Cell, Mrs. L. Deepika, Assistant Professor of English & Coordinator – Road Safety Club, Mrs. S. Bhuvaneswari, Assistant Professor in Computer Science & Coordinator of Value Added Programme Cell, the members of the Cell, Dr. G. Sathiya Sangari, Dr. S. Jeyanthi, Ms. A. Kavitha, Dr. S. Sandhiya, Ms. M. Rekha, Ms. K. L. Priyadharshini, Ms. P. Sri Renugadevi and Ms. S. Vaishnavi and also faculty members and students of Trinity College for Women, Namakkal took part in that valedictory programme.



Principal,
Trinity College for Women (Arts & Science)
Namakkal - 637 002.



TRINITY COLLEGE FOR WOMEN

(Arts & Science)

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(Permanently Affiliated to Periyar University, Salem - Accredited by NAAC with A+ Grade, 2(I) and 12(Ib) Status Granted by UGC, New Delhi)

www.trinitycollegenkl.edu.in

CERTIFICATE OF PARTICIPATION



This certificate is awarded to

Ms. R. LAVANYA III B.Sc NUTRITION AND DIETETICS

who has actively participated in the event of MICROBIOLOGY AND GUT HEALTH [V SEM - 30 HOURS]
YOGA & MEDITATION [VI SEM - 30 HOURS] Organized by THE VALUE ADDED PROGRAMME CELL

Trinity College for Women, held on 2025-26. We wish her all success.

HOD / Co-ordinator

Principal,

Trinity College for Women (Arts & Science) Executive Director
Namakkal - 637 002.



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CERTIFICATE OF PARTICIPATION

This certificate is awarded to

MS. G. SRI SABITHA II B.Sc. NUTRITION AND DIETETICS

who has actively participated in the event of MICROBIOME AND GUT HEALTH [in SEM-30 Hours]
YOGA & MEDITATION [in SEM-30 Hours] Organized by THE VALUE ADDED PROGRAMME CELL
Trinity College for Women, held on 2025-26. We wish her all success.

HOD / C&S-ordinator

Principal

Trinity College for Women (Arts & Science)
Namakkal - 637 002

Executive Director



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CERTIFICATE OF PARTICIPATION



This certificate is awarded to

Ms. K.V. RAKSHASRI II B.Sc NUTRITION AND DIETETICS

who has actively participated in the event of MICROBLOME AND GUT HEALTH [IV SEM. 30 HOURS]
YOGA & MEDITATION [IV SEM. 30 HOURS] Organized by VALUE ADDED PROGRAMME CELL

Trinity College for Women, held on 2025-26. We wish her all success.

HOD / Coordinator

Principal

Trinity College for Women (Arts & Science)
Namakkal - 637 002.

Executive Director



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CERTIFICATE OF PARTICIPATION



This certificate is awarded to

Ms. A. DHARANI II B.Sc NUTRITION AND DIETETICS

who has actively participated in the event of MICROBIOLOGE AND GUT HEALTH [in SEM-30 HOURS]
YOGA & MEDITATION [in SEM-30 HOURS] Organized by THE VALUE ADDED PROGRAMME CELL
Trinity College for Women, held on 2025-26. We wish her all success.

HOD / Co-ordinator

Principal

Principal,

Trinity College for Women (Arts & Science) Executive Director
Namakkal - 637 002.



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CERTIFICATE OF PARTICIPATION

This certificate is awarded to

Ms. B. BHAKYALAKSHMI T B.Sc NUTRITION & DIETETICS

who has actively participated in the event of MICROBIOME AND GUT HEALTH [I SEM-30 HOURS]

YOGA & MEDITATION [I SEM-30 HOURS] Organized by THE VALUE ADDED PROGRAMME CELL

Trinity College for Women, held on 2025-26. We wish her all success.

HOD / C-ordinator

Principal

Trinity College for Women (Arts & Science)
Namakkal - 637 002.

Executive Director