



**SOKA IKEDA COLLEGE OF ARTS AND SCIENCE FOR WOMEN**  
(Affiliated to the University of Madras)  
Chennai 600 099, Tamilnadu.

**Inculcating Human Values for creating an inclusive environment**

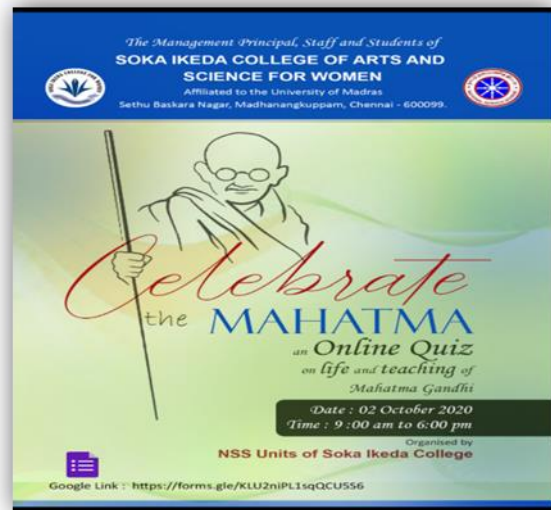
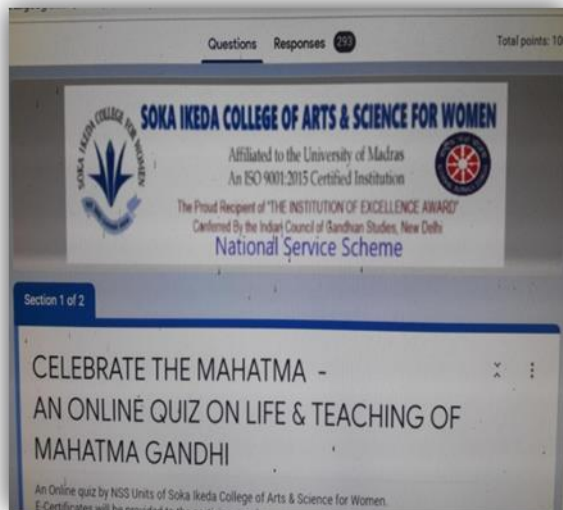
Every Year, Gandhi Jayanthi is celebrated in the college to inculcate the Gandhian principles and values. The Principles of Mahatma Gandhi, Martin Luther King and Dr.Daisaku Ikeda are portrayed in the college lobby. A Gandhi Statue is also exhibited in the College campus as a part of inculcating the human values in the young minds of students. Seminars and Philosophy classes are also organized to nurture the values. Yoga Programmes are conducted regularly to build a healthy body and a peaceful mind.



***Gandhi Mandap at the Entrance***



  
PRINCIPAL  
SOKA IKEDA COLLEGE OF ARTS  
AND SCIENCE FOR WOMEN  
CHENNAI - 600 099



**Display of Gandhi, Martin Luther King and Ikeda's Principles in the Lobby**



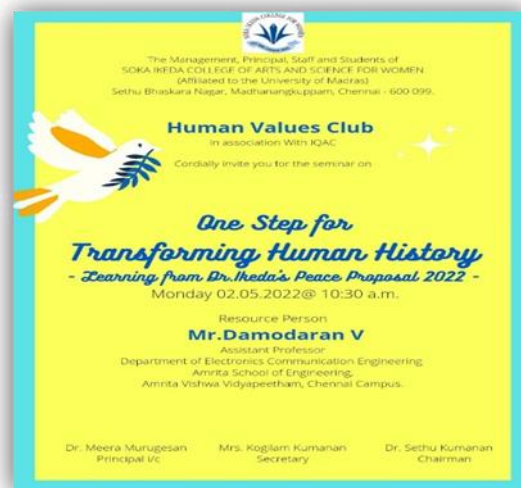
PRINCIPAL  
SOKA IKEDA COLLEGE OF ARTS  
AND SCIENCE FOR WOMEN  
CHENNAI - 600 099

## Seminars to promote on Human Values

### **One Step for Transforming Human History**

Name of the Club	Human Values Club
Date	02.05.2022
Mode	Offline
Topic	One Step for Transforming Human History
Objective	To know how to transform quality of human living in a better way.
Resource Person	Mr.Damodaran V Assistant Professor, Department of Electronics Communication Engineering, Amrita School of Engineering, Amrita Vishwa Vidyapeetham, Chennai Campus.
Event category	Seminar
Level	College
No.of Participants	40

The Human Values Club conducted a seminar entitled “One step for transforming human history” – Learning from Dr. Ikeda’s Peace proposal on 02.05.2022. The resource person explained about Dr. Ikeda and his peace proposal. Interactive sessions happened on how to transform quality of human living in a better way. 40 students were benefitted out this session.



  
PRINCIPAL  
SOKA IKEDA COLLEGE OF ARTS  
AND SCIENCE FOR WOMEN  
CHENNAI - 600 099



## Catch the Dream

Name of the Club	Human Values Club
Date	21.04.2022
Mode	Offline
Topic	Catch the Dream
Objective	To imbibe values in students.
Resource Person	Ms. Pavithra Devendran Business Analyst, Nex-Gen INC, Tokyo, Japan.
Event category	Seminar
Level	College
No.of Participants	38

The Human Values Club conducted a seminar on 21.04.2022. The session was started by mentioning about few life experiences of the resource person in Japan. She also elaborated about the ways of acquiring higher studies and jobs in Japan. The session also dealt about values and culture of Japan.

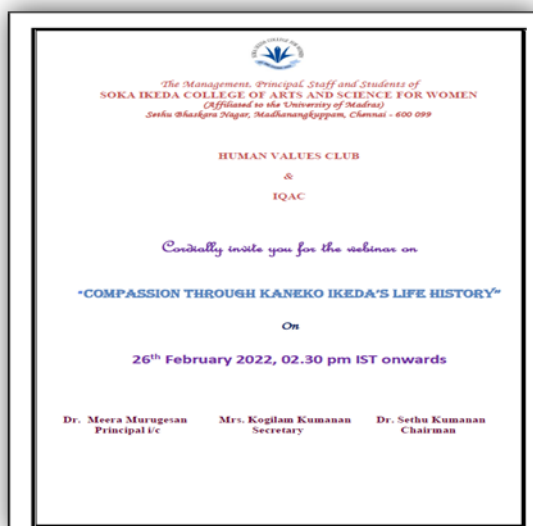


  
**PRINCIPAL**  
**SOKA IKEDA COLLEGE OF ARTS**  
**AND SCIENCE FOR WOMEN**  
**CHENNAI - 600 099**

## Compassion through Kaneko Ikeda's Life History

Name of the Club	Human Values Club
Date	26.02.2022
Mode	Online
Topic	Compassion through Kaneko Ikeda's Life History
Objective	To know about Mrs. Kaneko Ikeda, our Honorary Principal
Resource Person	Dr. Meera Murgesan Principal, Soka Ikeda College of Arts and Science for Women  Dr. Kanmani Subramanian Vice Principal, Soka Ikeda College of Arts and Science for Women
Event category	Webinar
Level	College
No.of Participants	55

The Human Values Club conducted a webinar on 26.02.2022. Compassion and love through Mrs. Kaneko Ikeda's life story stressed the need for tolerance in a multi-cultural society. 55 students have benefitted by the seminar.

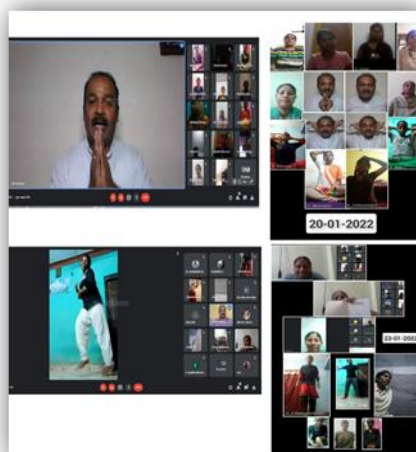
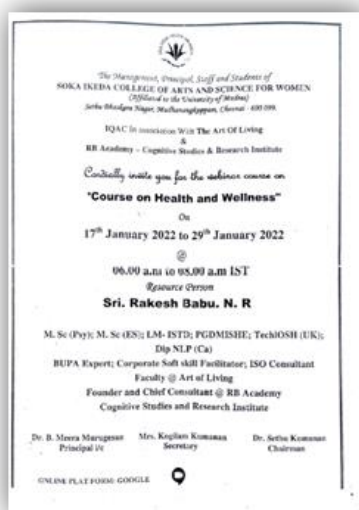


  
**PRINCIPAL**  
**SOKA IKEDA COLLEGE OF ARTS**  
**AND SCIENCE FOR WOMEN**  
**CHENNAI - 600 099**

## Course on Health and Wellness

Name of the Club	Human Values Club
Date	17.01.2022-29.01.2022
Mode	Online
Topic	Course on Health and Wellness
Objective	To provide holistic development to the students through yoga.
Resource Person	Sri. Rakesh Babu. N. R Faculty, Art of Living Founder and Chief Consultant, RB Academy. Cognitive Studies and Research Institute
Event category	Workshop
Level	College
No. of Participants	68

The Human Values Club organized 30 hours online certificate course. The course aimed at providing holistic development to the students by combining physical, mental and social well-being practices.

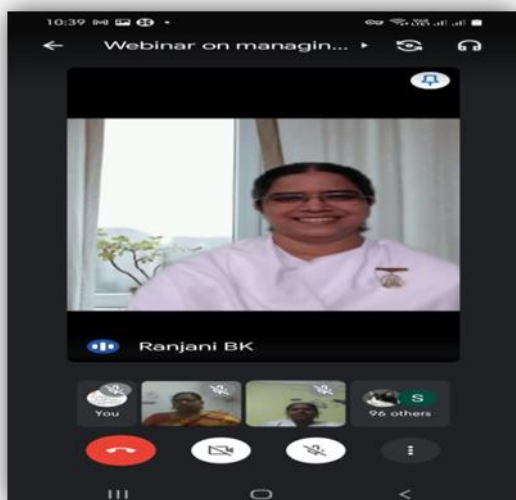


  
**PRINCIPAL**  
**SOKA IKEDA COLLEGE OF ARTS**  
**AND SCIENCE FOR WOMEN**  
**CHENNAI - 600 099**

## Webinar on Managing Mind

Name of the Club	Human Values Club
Date	26/05/2021
Mode	Offline
Topic	Webinar on Managing Mind
Resource Person/Judge	Sis. B.K. Ranjani, Brahma Kumaris Sis. B.K. Uma, Brahma Kumaris
Objective	To make the students understand the importance of meditation especially during the lockdown period to come out of the stress and fear.
Event Category	Capacity Building
Level	College
No. of Participants	112 Students

A webinar on “Managing Mind” was organized on 26<sup>th</sup> May 2021. Sis. B.K. Ranjani and Sis. B.K. Uma were the resource persons for the program in which they explained the importance of meditation in leading a stress-free life.



  
**PRINCIPAL**  
**SOKA IKEDA COLLEGE OF ARTS**  
**AND SCIENCE FOR WOMEN**  
**CHENNAI - 600 099**


## Humanistic Woman in Leadership

Name of the Club	Human Values Club
Date	25.05.2021& 27.05.2021
Mode	Online
Topic	Humanistic Woman in Leadership
Objective	To educate the students on different types of Leadership & ways to be humanistic in leadership.
Resource Person	Dr. Nirmala Krishnan Author, “Meet the Humanistic Leader in you.” Former Country Head Education.
Event category	Webinar
Level	College
No.of Participants	102 students

A Webinar on the topic “Humanistic Woman in Leadership” was organized by the Human Values Club and Dr. Nirmala Krishnan Author, “Meet the Humanistic Leader in you”, Former Country Head Education was the resource person. She spoke about different types of leadership and how to be humanistic women in leadership. She explained 10 important qualities for leaders as “CTPADS” i.e. Clear communication, Collective/ Collaboration, Transparent, People over profit, Appreciation, Distributed authority, social responsibility, Systematic thinking, Self-learning and Sustainability.

### Humanistic Woman in Leadership

Soka Ikeda College of Arts and Science for Women



A unique leadership training program by Dr. Nirmala Krishnan  
Author - 'meet the humanistic LEADER in you' Former Country Head Education

- If you are interested in attending  
Date: May 23  
By 5 pm register by clicking the google form link
- Date: May 24  
By 11 am the registered students will receive their research questions
- Date: May 25  
Time: 10 to 11.30 am  
Training with Dr. Nirmala Krishnan
- Date: May 26  
Prepare a plan based on the training on May 25
- Date: May 27  
Time: 10 to 11.30 am  
Discussion Q & A with Dr. Nirmala Krishnan  
Participants will receive certificates.

Principal,  
Soka Ikeda College of Art and Science for Women



  
**PRINCIPAL**  
 SOKA IKEDA COLLEGE OF ARTS  
 AND SCIENCE FOR WOMEN  
 CHENNAI - 600 099



## Webinar on Manidham Velvom

Name of the Club	Human Values Club
Date	04.06.2021
Mode	Offline
Topic	Webinar on “Manidham Velvom”
Resource Person	Dr. A. Muhammad Muhaidheen Founder & President – National Educational Trust & Social Activist, Dubai.  Dr. R. Kavitha Senthilnathan, Public Speaker, Trainer. Director & Chief Editor – The Sen Academy.  Mr. Omar Farooq, Poet and Tamil Teacher
Objective	To teach the students the importance of humanity towards the society and their responsibilities as a citizen.
Event Category	Awareness Programme
Level	College
No. of Participants	143

A Webinar on “Manidham Velvom” was organized with the Sen Academy on 04<sup>th</sup> June 2021. The resource persons spoke on the importance of human values needed for the society and their social responsibilities.

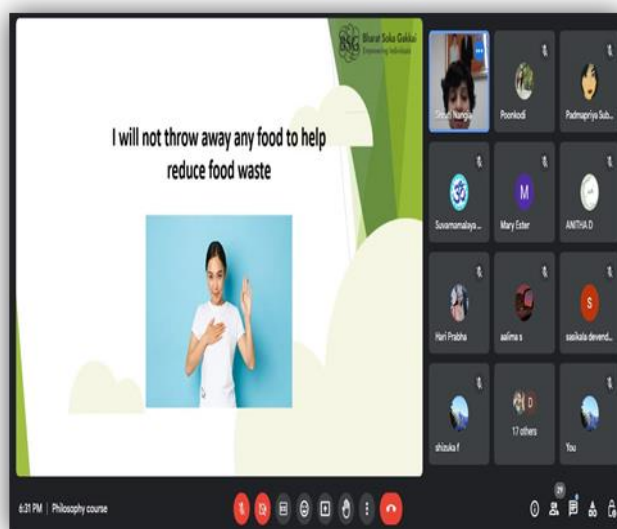
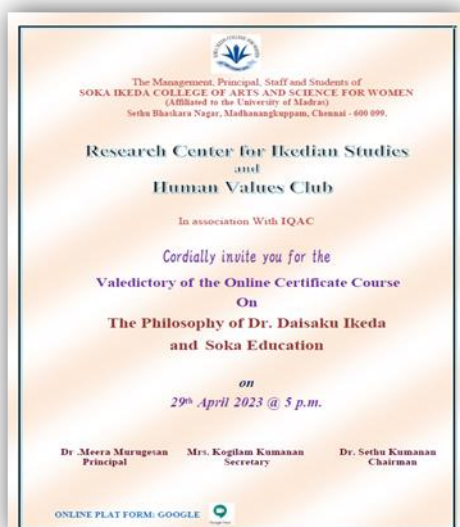


  
**PRINCIPAL**  
**SOKA IKEDA COLLEGE OF ARTS**  
**AND SCIENCE FOR WOMEN**  
**CHENNAI - 600 099**

## Certificate Course on the Philosophy of Dr. Daisaku Ikeda & Soka Education

Name of the Club	Research Center for Ikedian Studies
Date	11.04.2023 – 29.04.2023
Mode	Online
Topic	Online Certificate Course on the Philosophy of Dr. Daisaku Ikeda and Soka Education
Objective	To know about the Philosophy of Dr. Daisaku Ikeda and Soka Education
Instructors	Faculty Members of Research Center for Ikedian Studies
Level	College
No.of participants	30

A Certificate course on “The Philosophy of Dr. Daisaku Ikeda and Soka Education” was organized by the Research Center for Ikedian Studies” from 11<sup>th</sup> April 2023 to 29<sup>th</sup> April 2023. The life and history of Dr. Daisaku Ikeda was taught to the students to inculcate the values of peace.

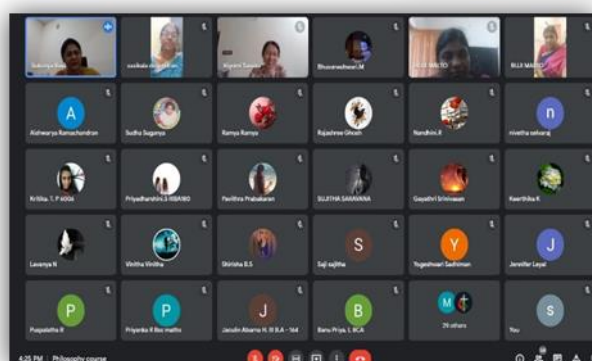


  
**PRINCIPAL**  
**SOKA IKEDA COLLEGE OF ARTS**  
**AND SCIENCE FOR WOMEN**  
**CHENNAI - 600 099**

## Online Certificate Course on the Philosophy of Dr. Daisaku Ikeda and Soka Education

Name of the Club	Research Center for Ikedian Studies
Date	19.01.2022 – 31.01.2022
Mode	Online
Topic	Online Certificate Course on the Philosophy of Dr. Daisaku Ikeda and Soka Education
Objective	To know about the Philosophy of Dr. Daisaku Ikeda and Soka Education
Resource Person	<ul style="list-style-type: none"> <li>Dr. Nirmala Krishnan Principal, Soka International School Malaysia, Former Country Head Education (India), Author, Researcher, A Proponent of Humanistic Education.</li> <li>Mrs. Sukanya Ravi Curriculum Development Head, Aditya Vidyashram, Region Women's Division Chief, Anna Nagar Region, BSG, Chennai.</li> </ul>
Level	College
No.of Participants	60

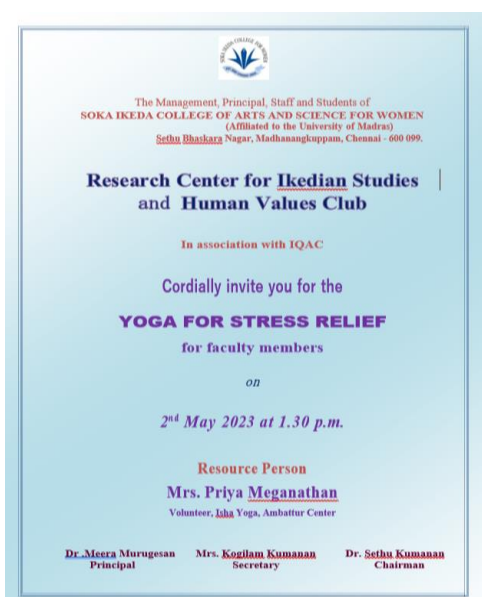
The Research Center for Ikedian Studies organized a Certificate course on the philosophy of Dr. Daisaku Ikeda and Soka Education from 19<sup>th</sup> January to 31<sup>st</sup> January 2023 to inculcate the values of Dr. Daisaku Ikeda's philosophies. The course was conducted virtually.



## One Day Yoga Program “Yoga for Stress Relief”

Name of the Club	Research Center for Ikedian studies and Human Values Club
Date	02.05.2023
Mode	Offline
Topic	One day Yoga program “Yoga for Stress Relief”
Objective	To promote relaxation and relieve stress in our daily life by practicing yoga every day
Resource Person	Mrs. Priya Meganathan Volunteer, Isha Yoga, Ambattur Center
Event category	Life skills
Level	College
No.of Participants	60

Research Center for Ikedian studies and Human values club in collaboration with Isha Yoga Center, Ambattur organized a one-day yoga program for faculty members on 02.05.2023. The yoga program aimed to promote relaxation and relieve stress in our daily life by practicing yoga every day. Totally 60 faculty members attended the program and benefited from it.



  
**PRINCIPAL**  
**SOKA IKEDA COLLEGE OF ARTS**  
**AND SCIENCE FOR WOMEN**  
**CHENNAI - 600 099**



## Yoga for better Pedagogy

Name of the Club	Human Values Club
Date	26.02.2022
Mode	Offline
Topic	Yoga for better Pedagogy
Objective	To enhance the wellbeing of faculty members through Yoga.
Resource Person	Sri. Rakesh Babu. N. R Faculty, Art of Living, Founder and Chief Consultant, RB Academy, Cognitive Studies and Research Institute.
Event category	Workshop
Level	College
No.of Participants	62

The Human Values Club organized a Yoga session on Yoga for better Pedagogy on 26<sup>th</sup> February 2022. The session was highly fruitful as the teachers felt relaxed and stress free.



  
**PRINCIPAL**  
**SOKA IKEDA COLLEGE OF ARTS**  
**AND SCIENCE FOR WOMEN**  
**CHENNAI - 600 099**