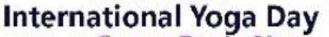
PROGRAMMES ORGANIZED BY YOUTH RED CROSS ASSOCIATION (2023 - 2024)



GOVINDAMMAL ADITANAR COLLEGE FOR WOMEN TIRUCHENDUR

Youth Red Cross Association & NSS

Jointly Celebrate



Session I : Super Brain Yoga



Pranic Healing Trainers, Tiruchendur

Session II : Yoga Muthras

Trainers: G.Priyadharshini R.Asumitha sundari

III B.A English

Yoga for Harmony & Peace

Venue: PG Seminar Hall

Date:21st June 2023

YRC Co-ordinator

All are cordially invited

Time: 3.30 -4.30 PM

Dr.M.Jansi Rani

NSS Co-ordinators

Dr.P.Jamuna Dr.R.Santha

Dr.P.Jeyanthi

GOVINDAMMAL ADITANAR COLLEGE FOR WOMEN, TIRUCHENDUR YOUTH RED CROSS AND NATIONAL SERVICE SCHEME

Report of the Programme

Name of the programme : Training programme on Super brain yoga and yoga

mudras

Venue : PG Seminar hall

Date : 21.06.2023

Brief objective of the program : • To make the students aware of the basis of pranic

healing and apply them in their daily life to keep

mental stability.

• To enrich them with the idea that hands can heal a

person and to make them lead a stress-free life.

Name of the invited guests : 1. Mrs. S. Shre Prabhaa, Pranic-Healing Trainer

2. Mrs. S. Siva Abinaya, Pranic-Healing Trainer

3. Ms. G. Priyadharshini, III B.A. English

4. Ms. S. Asumitha Sundari, III B.A. English

No. of participants : 180

Outcome of the programme : • The students learnt about the life force known as

'prana' and also got some practical instruction for

directing and managing their energy.

They were enriched with the knowledge and

benefits of doing Super Brain Yoga which improved their mental health and maintained it

consistently, and helped them achieve their goal

of their life easily.

NSS Co-ordinators

Principal 16 2023









GOVINDAMMAL ADITANAR COLLEGE FOR WOMEN TIRUCHENDUR - 628 215

Anti-Drug Club & Youth Red Cross Association



Organize an

AWARENESS PROGRAMME

DRUG ADDICTION

Chief Guest: Dr.S.Kani, MD., DM.,

Senior Consultant Neurologist, Retired professor and Dean (FAC), Government Medical College, Thoothukudi.

Date:26/06/2023

Time: 11.00 AM To 12.00 PM

Venue: PG Seminar Hall

All are cordially invited

Dr.J.Ananthi Banu

Anti-Drug Club Co-ordinator

Dr.P.Jamuna
YRC Co-ordinator

Dr.P.Jeyanthi
Principal

GOVINDAMMAL ADITANAR COLLEGE FOR WOMEN, TIRUCHENDUR ANTI – DRUG CLUB AND YOUTH RED CROSS ASSOCIATION

Report of the programme

Name of the programme : Guest lecture

Venue : PG Seminar hall

Date : 26.06.2023

Brief objective of the programme : • To provide accurate information

about different types of drugs, their

effects and their legal status.

• To increase awareness among students

to know about the dangers and

consequences of drug abuse.

Name of the chief guest with designation : Dr. S. Kani,

Senior Consultant Neurologist, Retired Professor and Dean (FAC), Government Medical College,

Thoothukudi.

Topic of the lecture : Drug addiction

No. of participants : 167

Outcome of the programme : • The students came to know about the

effects and consequences of drug abuse like seizures, mental confusion, brain

damage, stroke, etc.

 They gained knowledge about the weakened immune system and increasing

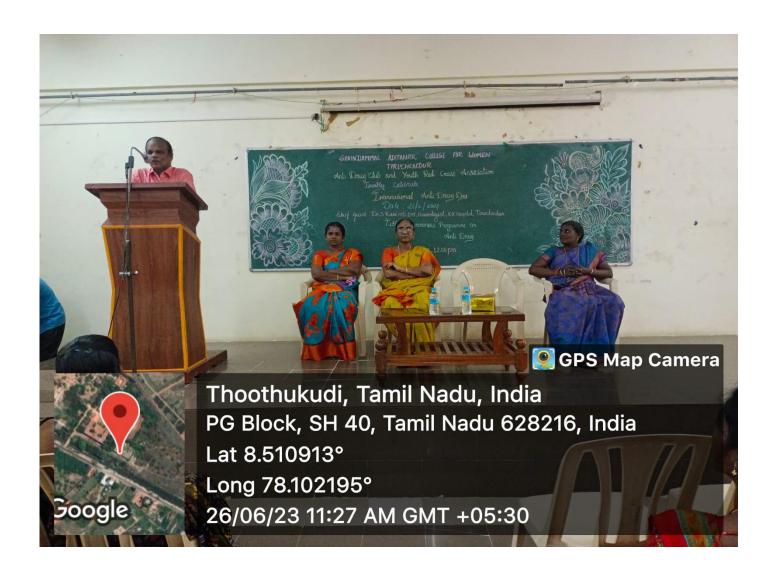
risk of illness, and infection by using

drugs.

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2. January (YRC

Staff in charge







GOVINDAMMAL ADITANAR COLLEGE FOR WOMEN

TIRUCHENDUR

Women's Welfare Cell &

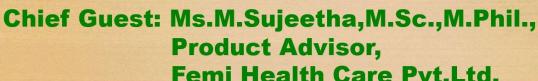


Youth Red Cross Association

Jointly Organize

Awareness Programme on

Physical Welfare of Women



Date: 28th July 2023 Time: 3.30-4.30 PM Venue: PG Seminar Hall

All are Cordinally Invited

Dr.D.Sheela Jebasta

Co-Ordinator
Women's Welfare Cell

Dr.P.Jamuna
YRC Co-Ordinator

Dr.P.Jeyanthi
Principal





GOVINDAMMAL ADITANAR COLLEGE FOR WOMEN, TIRUCHENDUR

WOMEN'S WELFARE CELL & YOUTH RED CROSS ASSOCIATION

Report of the programme

Name of the programme

: Guest lecture

Venue

: PG Seminar Hall

Date

: 28.07.2023

Brief objective of the programme

 To create awareness among the students in maintaining the menstrual health and hygiene.

 To inculcate the need for the proper selection of sanitary napkins to avoid

infections.

Name of the chief guest with designation

: Mrs. M. Sujeetha, M.Sc., M.Phil.,

Product Advisor,

Femi Health Care Pvt. Ltd.

Topic of the lecture

: Awareness programme on physical welfare of

women

No. of participants

: 150

Outcome of the programme

 The students understood the basic facts and challenges linked to menstrual cycle, and how to manage it with dignity and without discomfort or fear.

 The students became aware of good menstrual hygiene which can prevent cancer, reproductive and urinary tract infections, reduce odours and help them stay comfortable during the menstrual period.

1.

2.

Staff in charge









GOVINDAMMAL ADITANAR COLLEGE FOR

WOMEN

TIRUCHENDUR

Youth Red Cross Association & Anti-Drug Club

Organize an



PHARMACOVIGILANCE AWARENESS PROGRAMME

Chief Guest: Dr.Brinthuja G.Dharan, M.D(S).,

Junior Research Fellow, Pheripheral Pharmacovigilance Centre, Kayamozhi.

Chief Guest: Dr.D.N.Reuben Kingseeli, M.D(S).,

Assistant Medical Officer,

Government Primary Health Centre,

Kayamozhi.

TOPIC: SIDDHA PHARMACOVIGILANCE-WHAT SHOULD WE DO?

Date: 28/08/2023 Time: 3.30 PM Venue: PG Seminar Hall

All are cordially invited
Dr.P.Jamuna Dr.J.Ananthi Banu

YRC Co-ordinator Anti-Drug Club
Co-ordinator

Dr.P.Jeyanthi
Principal

GOVINDAMMAL ADITANAR COLLEGE FOR WOMEN, TIRUCHENDUR

YOUTH RED CROSS AND ANTI – DRUG CLUB

Report of the Programme

Name of the programme : Pharamacovigilance Awareness Programme

Venue : PG Seminar hall

Date : 28.08.2023

Brief objective of the programme

• To gain knowledge about the basic health issues faced by the students.

• To understand the side effects of siddha medicine, how to identify and recover from them.

Name of the chiefguest with designation

Dr. Brinthuja G. Dharan, M.D.(S),
 Junior Research Fellow,
 Pheripheral Pharmacovigilance Centre,
 Kayamozhi.

 Dr. D. N. Reuben Kingseeli, M.D.(S), Assistant Medical Officer, Government Primary Health Centre, Kayamozhi.

Topic of the lecture : Siddha Pharmacovigilance – What should we do?

No. of participants : 167

Outcome of the programme

- The students enabled to identify the potential hazards and unfavourable side effects of siddha medicine.
 - They also acquired knowledge about the benefits of ayurvedic medicines.

1. Hu 108 2023

(YRC)

2. J. Arantlehour

(Anti – Drug club)

Staff in charge











GOVINDAMMAL ADITANAR COLLEGE FOR WOMEN

TIRUCHENDUR - 628 215



Organize an

Awareness Program on The Incredible Benefits Of Yoga For Addiction Recovery

Chief Guest: Mr. T. Baskara Raj, Manager (Rtd), Canara Bank, Tirunelveli.



Date: 04.03.2024

Time: 3.30 P.M

Venue: PG Seminar

Hall

Dr. J. Ananthi Banu Dr. P. Jamuna Dr. P. Jeyanthi

Anti-Drug Club YRC Co-ordinator

Principal

Co-ordinator

All are cordially invited

GOVINDAMMAL ADITANAR COLLEGE FOR WOMEN, TIRUCHENDUR ANTI - DRUG CLUB AND YOUTH RED CROSS ASSOCIATION

Report of the Programme

Name of the programme : Guest lecture

Venue : PG Seminar hall

Date : 04.03.2024

Brief objective of the programme : • To promote awareness among students about

better balance, sleeping quality and

concentration.

To gain knowledge about stabilized mental

and emotional health.

Name of the chief guest with

designation

: Mr. T. Baskara Raj,

Manager (Rtd), Canara Bank,

Tirunelveli.

Topic of the lecture : The incredible benefits of Yoga for addiction

recovery

No. of students participated : 110

Outcome of the programme : • The students gained knowledge about

reducing the stress levels and anxiety

symptoms by doing Yoga.

• They also understood well the benefits of

Yoga for drug addiction recovery.

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Staff in charge





GOVINDAMMAL ADITANAR COLLEGE FOR WOMEN, TIRUCHENDUR ANTI - DRUG CLUB AND YOUTH RED CROSS ASSOCIATION

Report of the Programme

Name of the programme : Verse writing

Venue : Room No: 15D

Date : 11.03.2024

Brief objective of the programme

: • To create awareness among students about the goal of a world free of drug abuse.

 To promote public awareness against the evil effects of illegal drug use.

Topic : World without drugs.

No. of participants : 30

Details of prize winners : I Place - P. Dhanalakshmi, I B.Sc. Zoology

II Place - S. Kombatchi, I B.Com. (Batch II)

Outcome of the programme

: • The students gained knowledge about the steps to overcome drug abuse and addiction.

 They also understood their role in the eradication of drugs.

Farantin (5/3/2)
Staff in charge







GOVINDAMMAL ADITANAR COLLEGE FOR WOMEN TIRUCHENDUR - 628215





Youth Red Cross and Citizen Consumer Club Organize an Exhibition on

Minor Millets and No Boil No Oil

Resource Person

Dr. T. Muthu Vijaysri , B.A.M.S Dhularatha Ayurveda Clinic

Tirunelveli

Date: 22.03.2024 Time: 10 A.M Venue: PG Seminar Hall

All are cordially invited

Dr.P.Jamuna YRC Co-ordinator Virs. S. Revathi Consumer Club Co-ordinator Dr. P. Jeyanthi Principal

GOVINDAMMAL ADITANAR COLLEGE FOR WOMEN, TIRUCHENDUR YOUTH RED CROSS AND CITIZEN CONSUMER CLUB

Report of the programme

Name of the programme : Food Exhibition

Venue : PG Seminar hall

Date : 22.03.2024

Brief objective of the programme : •

 To educate the students about the nutritional value of minor millets and the health benefits of consuming oilfree and boil free foods.

- To showcase creative recipes and cooking techniques that demonstrate the diversity of dishes that can be prepared.
- To promote sustainable food choices and lifestyles by encouraging the adaptation of minor millets for improved personal health and environmental well-being.

Name of the chief guest with designation

: Dr. T. Muthu Vijaysri, B.A.M.S.,

Ayurveda Doctor,

Dhularatha Ayurveda Clinic,

Tirunelveli.

Topic of the event : Minor millets and no boil no oil

No. of participants : 80

Outcome of the programme

- About 20 exhibits were displayed comprising items of minor millets and foods with no boil no oil.
- The students gained knowledge regarding the nutritional benefits and versatility of minor millets. They also understood about the innovative oilfree and boil-free foods.
- The students got awareness about the quantity of intaking minor millets in our food.

1. / (YRC)

2. S. Revathi (CCC)

Staff in charge









GOVINDAMMAL ADITANAR COLLEGE FOR WOMEN, TIRUCHENDUR ANTI - DRUG CLUB AND YOUTH RED CROSS ASSOCIATION

Report of the Programme

Name of the programme : Drawing competition

Venue : Room No: 15D

Date : 05.04.2024

Brief objective of the programme

: • To create awareness among students about the

goal of a world free of drug abuse.

 To develop their artistic skills, express their creativity and gain valuable experience and

recognition.

Topic : Drug addiction is the path of destruction

No. of participants : 30

Details of prize winners : I Place - J. Vijayeswari, I B.C.A.

II Place - I. Bharathi Lakshmi, II B.A. Economics

Outcome of the programme

: • The students gained knowledge about the ill

effects of drug addiction.

They also understood their role in the eradication

of drugs.

Staff in charge





GOVINDAMMAL ADITANAR COLLEGE FOR WOMEN

TIRUCHENDUR - 628 215



YRC, PTA & IQAC



Jointly organise an orientation programme on



NET / SET PAPER - I

CHIEF GUEST:

Dr. S. Jackson, M.Sc., Ph.D., M.Sc. (Psy),
Assistant Professor,
PG Research Department of Mathematics,
V.O. Chidambaram College,
Thoothukudi.

Date: 12.04.2024

Time: 1.30 p.m. to 4.30 p.m.

Dr. S. Muthulakshmi IQAC Coordinator

Dr. P. Jeyanthi
Principal

Dr. P. Jamuna YRC Coordinator Dr. T. Thangam
PTA President

GOVINDAMMAL ADITANAR COLLEGE FOR WOMEN, TIRUCHENDUR

YRC, PTA and IQAC

Report of the programme

Name of the programme

: Orientation programme on NET/SET paper-I

Venue

: PG Seminar hall

Date

: 12.04.2024

Brief objective of the programme

 To know the importance of clearing UGC qualifying examinations like NET/CSIR/JRF/SET.

 To motivate the students to prepare for NET/SET examinations and to provide awareness about the career benefits after

qualifying in these examinations.

Name of the chief guest with designation

: Dr. S. Jackson,

Assistant Professor of Mathematics,

V.O. Chidambaram College,

Thoothukudi.

No. of participants

: 95

Outcome of the programme

: • The students understood the tricks to pass the

SET/NET paper-I.

They acquired well the reasoning and numerical

skills from the programme.

1. Han 16/4/2024

(YRC)

2.

(PTA)

3.

(IQAC)

Staff in charge

Principal











Govindammal Aditanar College for women Tiruchendur -628215



Youth Red Cross Association,

Govindammal Aditanar College Library,

Thoothukudi District Readers' Association and

Government General Library, Kulasekaranpatnam

Jointly Celebrate

World Book Day

Chief Guest: Mr. S. Mathavan
(Best Librarian)
Librarian,
Government General Library,
Kulasekaranpatnam.

Dr. P. Jamuna YRC Co- ordinator Mrs. S. Unnamalai Librarian

Dr. P. Jeyanthi Principal

GOVINDAMMAL ADITANAR COLLEGE FOR WOMEN, TIRUCHENDUR

YRC & NDLI Club of the College, Thoothukudi District Readers' Association and Government Central Library, Kulasekaranpatnam

Report of the Programme

Name of the programme : Guest lecture

Venue : PG Seminar hall

Date : 22.04.2024

Brief objective of the programme

• To celebrate World Book Day and conduct competitions to develop various skills of the students.

 To create awareness regarding libraries and motivate reading habits thereby creating knowledge - based society.

Name of the chief guest with designation

Mr. G. Chandrasekar,
 President,
 Thoothukudi District Readers' Association.

Mr. S. Mathavan,
 Librarian,
 Government general library,
 Kulasekarapattinam.

Topic of the lecture : World Book Day

No. of participants : 200

Outcome of the programme

- The students gained insight into library usage, reading habits and its role in promoting physical and mental health.
- The competition motivated students' participation in various types of competitions in the future.

S. On-amalai, January S. Coordinator 23 April 24 YRC Coordinator

Principal 1











GOVINDAMMAL ADITANAR COLLEGE FOR WOMEN, TIRUCHENDUR YOUTH RED CROSS AND INTERNAL QUALITY ASSURANCE CELL Report of the programme

Name of the programme : Meditation

Venue : PG Seminar hall

Time and duration : 3.30 – 4.30 p.m. for three days in a year

Brief objective of the program : • To inculcate a positive spirit and attitude

in the minds of students.

• To increase their self–awareness and get

them relieved from stress.

• To keep their mind and body calm and

healthy.

Name of the trainer with designation : Mr. K. Ramdoss,

Trainer, Heartfulness institute,

Sri Ram Chandra Mission,

Kumarapuram, Tiruchendur.

No. of participants : 600 (UG final year students)

Outcome of the programme

- The students are trained in mind relaxation, mind cleaning and meditation prayer. Both the theoretical and practical classes are conducted for them.
- They benefit from reduced anxiety and improved self – control for them.
- This would be very helpful for the students to lead a healthy life in all aspects of their future life.
- They are given a certificate of merit at the end of the programme.

YRC Coordinator

IQAC Coordinator

Principal 2024

