

CPR Training Programme

Name of the Programme : CPR Training Programme
Venue : Mannar Thirumalai Naicker College
Date : 31.1.2025
No.of Students participated : 82 students



MANNAR THIRUMALAI NAICKER COLLEGE

(Autonomous)
(Founded by the Tamilnadu Naidu Mahajana Sangam)
(Affiliated to Madurai Kamaraj University)
(Re-Accredited with 'A+' Grade by NAAC)
Pasumalai, Madurai - 625 004.



Health and Fitness club

Organizes a Special lecture
on

CPR **Training Programme**

Dr. SAKTHI

CPR TRAINER

Active Heart Foundation

Mrs. M. Alberta

Assistant Professor

(Department of Social Work)

Convener of Health and Fitness Club

IN THE PRESENCE OF

Thiru. M. Vijayaragavan
Secretary

Dr. A. Ramasubbiah
Principal

Mr. C. Prabhu
Director

Mr. S. Silambarasan
Assistant Professor
(Dept of Social Work)
Dean of Extension Activities



DATE: 31.01.2025
Venue: Valuation Hall II
Time: 11:30 to 1:30 P.M.







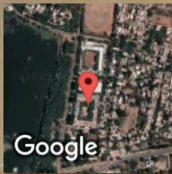
Madurai, Tamil Nadu, India
10, Thiagarajar Colony, Pasumalai, Madurai, Tamil Nadu
625004, India
Lat 9.895317° Long 78.07714°
31/01/25 12:51 PM GMT +05:30



Madurai, Tamil Nadu, India
10, Thiagarajar Colony, Pasumalai, Madurai, Tamil Nadu
625004, India
Lat 9.895317° Long 78.077148°
31/01/25 12:52 PM GMT +05:30



Madurai, Tamil Nadu, India
10, Thiagarajar Colony, Pasumalai, Madurai, Tamil Nadu
625004, India
Lat 9.895315° Long 78.077148°
31/01/25 01:00 PM GMT +05:30



Madurai, Tamil Nadu, India
V3xh+4qg, Pasumalai, Madurai, Tamil Nadu 625004, India
Lat 9.895318° Long 78.077137°
31/01/25 12:53 PM GMT +05:30

GPS Map Camera



COLS PROVIDER CERTIFICATE

This is to certify that

Mr. Santhosh

has accomplished dedicated training in **Compression Only Life Support (COLS)** in accordance with current Indian Resuscitation Council Federation Cardiopulmonary Resuscitation (CPR) Guidelines.

Active Heart Foundation CRTC

MADURAI

CRTCB8347SID130516

Certificate Number

CRTC8

Training Center ID

04-Feb-2025

Date Completed

04-Feb-2027

Expiry Date

Dr. Vidarshan Mathavan

CRTC Coordinator

Dr. A Mathavan Sr. Cardiologist

Course Director



List of Participants

HEALTH & FITNESS CLUB CPR Training

| S.No | Student Name | Roll No | Class | Signature |
|------|------------------------|-----------|---------------|------------------------|
| 27 | E. Seshavaran. | 24SUSW030 | I BSW | E. Seshavaran. |
| 28 | M. Karimkuthu | 24SUSW015 | I BSW | M. Karimkuthu |
| 29 | S. Ajith | 24SUSW002 | I BSW | S. Ajith |
| 30 | V. Krishnakumar | 24SUSW039 | I BSW | V. Krishnakumar |
| 31 | G. Ravikumar | 24SUSW048 | I BSW | G. Ravikumar |
| 32 | J. Muhammed Ali Arifan | 24SUSW044 | I BSW | J. Muhammed Ali Arifan |
| 33 | Kishor Kumar | 24SUSW020 | I BSW | Kishor Kumar |
| 34 | G. Deepathi Rajan | 24SUSW008 | I BSW | G. Deepathi Rajan |
| 35 | J. ASWATH | 24SUSW002 | I BSW | J. ASWATH |
| 36 | K. Santhiya | 23SUSW013 | II BSW | K. Santhiya |
| 37 | K. Vidhya | 23SUSW016 | II BSW | K. Vidhya |
| 38 | C. Santhiya | 23SUSW012 | II BSW | C. Santhiya |
| 39 | S. Ashika | 23SUSW001 | II BSW | S. Ashika |
| 40 | N. Nagajothi | 23SUTA010 | II B.A. Tanis | N. Nagajothi |
| 41 | V. Jenita | 23SUTA005 | II B.A. Tanis | V. Jenita |
| 42 | V. Mohanapriya | 23SUTA009 | II B.A. Tanis | V. Mohanapriya |
| 43 | M. Mahalakshmi | 23SUTA008 | II B.A. Tanis | M. Mahalakshmi |
| 44 | S. Dhavanipriya | 23SUTA002 | " | S. Dhavanipriya |
| 45 | A. Suganthi | 23SUTA017 | " | A. Suganthi |
| 46 | V. Thrisha. | 23SUTA018 | " | V. Thrisha. |
| 47 | M. Sakthimari | 23SUTA014 | " | M. Sakthimari |
| 48 | A. Rohini | 23SUTA013 | " | A. Rohini |

Health & Fitness club

CPR training

| S.No | Student Name | Roll No | Class | Signature |
|------|--------------------|-----------|------------------|--------------------|
| 49. | G. Kariya | 23SUTA006 | II. B.A Tamil | G. Kariya |
| 50. | J. Mahendran | 23SUTA023 | II. B.A Tamil | J. Mahendran |
| 51. | S. Manoharan | 23SUTA025 | II. B.A Tamil | S. Manoharan |
| 52. | S. Mathavan | 23SUTA026 | " | " |
| 53. | A. Ishak Mudin | 23SUTA021 | " | Ishak Mudin. A |
| 54. | S. Srinivas Sundar | 23SUTA031 | " | S. Srinivas Sundar |
| 55. | T. Logeshvaran | 23SUTA022 | " | T. Logeshvaran |
| 56. | S. Silambarasan | 23SUTA030 | " | S. Silambarasan |
| 57. | J. Yoga Rajan | 23SUTA035 | " | J. Yoga Rajan |
| 58. | R. Vijaya Raj | 23SUTA036 | " | R. Vijaya Raj |
| 59. | S. P. Vickram | 23SUTA024 | " | S. P. Vickram |
| 60. | C. Nethaji | 23SUSW029 | BSC W II | C. Nethaji |
| 61. | P. Vetrivelmurugan | 23SUCH016 | II BSC Chemistry | P. Vetrivelmurugan |
| 62. | K. Kottai Kannan | 23SUCH013 | II BSC Chemistry | K. Kottai Kannan |
| 63. | T. Govinda Raj | 23SUCH009 | II BSC Chemistry | T. Govinda Raj |
| 64. | B. Babu | 23SUCH008 | II BSC Chemistry | B. Babu |

Health and Fitness Club

CPR Training

| S.No | Student Name | Roll No | Class | Signature |
|--|----------------------|-----------|----------|---------------------------------------|
| 65 | R. Baskar | 23SUEL007 | B.sc(Ed) | R. Baskar |
| 66 | S. Ananth | 23SUEL002 | B.sc(Ed) | S. Ananth |
| 67 | S. HARIHARAN | 23SUEL021 | B.sc(Ed) | S. Hariharan |
| 68 | P. Lakshmy | 23SUEL019 | B.sc(Ed) | P. Lakshmy |
| 69 | M. Sivabalan | 23SUEL018 | B.sc(Ed) | M. Sivabalan |
| 70 | V. Arulprakash | 23SUEL004 | B.sc(Ed) | V. Arulprakash |
| 71 | G. Anjanath | 23SUEL014 | B.sc(Ed) | G. Anjanath |
| 72 | R. Kamalash | 23SUEL009 | B.sc(Ed) | R. Kamalash |
| 73 | V. Anand Jay | 23SUEL001 | B.sc(Ed) | V. Anand Jay |
| 74 | R. Rahul | 23SUEL013 | B.sc(Ed) | R. Rahul |
| 75 | S. Sivabalan | 23SUSW033 | BSW | S. Sivabalan |
| 76 | S. Manikandan | 22SPSW001 | MSWI | S. Manikandan |
| 77 | C. BARATH | 22SUSW018 | BSW | C. Barath |
| 78 | K. RADHA KRISHNAN | 22SUSW051 | BSW | K. Radha Krishnan |
| 79 | P. Hari Sankar | 22SUSW027 | BSW | P. Hari Sankar |
| 80 | M. Bhagavathi Sairam | 23SPSW009 | II MSW | M. Bhagavathi Sairam |
| 81 | R. A. Sandhya | 23SPSW003 | II MSW | R. A. Sandhya |
| 82 | V. Viswanath Balaji | 24SPSW027 | I MSW | V. Viswanath Balaji |
| <p>Mr. S. SILAMBARASAN MSW, MPhil DEAN EXTENSION ACTIVITIES MAHARAJA THIRUVALAR NAICKER COLLEGE PATTINAM, MADURAI-625004</p> | | | | <p>M. Anand</p> <p>Staff Incharge</p> |

Report

A CPR Training Program was organized for the Health and Fitness Club students in coordination with the Active Heart Foundation and Dr. Madhavan Multi-Speciality Hospital. The program aimed to equip students with essential life-saving skills and raise awareness about the importance of timely intervention during cardiac emergencies. Dr. Sakthi, CPR Trainer provided hands-on training in CPR techniques for students. The session was well-received, with over 82 students participating actively and receiving certificates upon completion.


Club Convenor


Dean of Extension Activities

Mr.S.SILAMBARASAN,MSW,M.Phil
DEAN
EXTENSION ACTIVITIES
MANNAR THIRUMALAI NAICKER COLLEGE
PASUMALAI, MADURAI-625004

Programme on Social Fitness

Name of the Programme : Social Fitness-How We Build It
Venue : Mannar Thirumalai Naicker College
Date : 28.2.2025
No.of Students participated : 43 students



MANNAR THIRUMALAI NAICKER COLLEGE (Autonomous)
(Founded by the Tamilnadu Naidu Mahajana Sangam) (Affiliated to Madurai Kamaraj University) (Re-Accredited with 'A+' Grade by NAAC) Pasumalai, Madurai - 625 004.

Department of Social Work
Grace Kennett Foundation Hospital
Health and Fitness club

Organizes a Special lecture on

SOCIAL FITNESS- HOW WE BUILD IT ?

Chief Guest

DR.(CAPT) AUGUSTUS SAMUEL DODD
MEDICAL SUPERINTENDENT M.S.,M.B.A.
PROJECT CORRESPONDENT - MAZHALAI ILLAM

IN THE PRESENCE OF

Thiru. M. Vijayaragavan
Secretary

Dr. A.Ramasubbiah
Principal

Mr. S. Silambarasan
Assistant Professor
(Dept of Social Work)
Dean of Extension Activities

Mr. C. Prabhu
Director

ORGANIZED

S KARTHICK(IMSW)
M HARIHARAN(IMSW)
P VEL PRIYA(IMSW)

Convener of Health and Fitness Club
Mrs. M. Alberta
Assistant Professor
(Department of Social Work)

February

Friday **28** 2025

12.30pm - 1:30pm | Valuation Hall II





114, Thiagarajar Colony Road, Pasumalai, Madurai, Tamil Nadu 625004, India,

Lat: 9.895345, Long: 78.077164

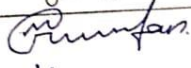
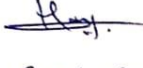



28 Feb, 25, 12:55 pm, Friday

 
33.95° 183 S

List of Participants

| Health and fitness club | | | | |
|-------------------------|-------------------|-----------|---------|-------------------|
| social fitness | | | | |
| S.No | Student Name | Roll No | Class | Signature |
| 1) | K. Gopeshwar | 23SUSW024 | II BSW | K. Gopeshwar |
| 2) | A. Pradeep Kumar | 23SUSW031 | II BSW | A. Pradeep |
| 3) | A. Ajay | 23SUSW018 | II BSW | A. Ajay |
| 4) | K. Raghav Kumar | 23SUSW025 | II BSW | K. Raghav |
| 5) | N. Harini | 23SUSW005 | II BSW | N. Harini |
| 6) | S. Naga Sharmila | 23SUSW008 | " | S. Naga Sharmila |
| 7) | R. Yoga | 23SUSW017 | " | R. Yoga |
| 8) | M. Sanjay | 24SPSW020 | I MSW | M. Sanjay |
| 9) | M. Abinash | 23SPSW007 | I MSW | M. Abinash |
| 10) | G. Thilagavathi | 23SPSW002 | II MSW | G. Thilagavathi |
| 11) | M. Virumandi | 23SPSW020 | II MSW | M. Virumandi |
| 12) | S. Madhu Bharathi | 23SPSW022 | II MSW | S. Madhu Bharathi |
| 13) | V. Kirithika | 24SPSW004 | I - MSW | V. Kirithika |
| 14) | N. Priyadharshini | 24SPSW007 | I - MSW | N. Priyadharshini |
| 15) | P. Navitha | 24SPSW006 | I - MSW | P. Navitha |
| 16) | P. Nandhini Sree | 24SPSW005 | I - MSW | P. Nandhini Sree |
| 17) | N. Sreelakshmi | 24SPSW008 | I - MSW | N. Sreelakshmi |
| 18) | S. Karthika | 24SPSW015 | I - MSW | S. Karthika |
| 19) | P. Soundarya | 22SPSW006 | I MSW | P. Soundarya |
| 20) | A. Deepa | 23SPSW001 | II MSW | A. Deepa |
| 21) | R.A. Sandhya | 23SPSW003 | II MSW | R.A. Sandhya |

Health and fitness club
social fitness

| Sno | Student Name | Roll No | class | Signature |
|-----|--------------------|-----------|---------|---|
| 1. | M. GUNALAN | 23SUSW023 | II-BSW |  |
| 2. | A. HARI ASHAGAN | 23SUSW024 | " |  |
| 3. | Balachandran B. | 23SUSW044 | " | B. Balachandran |
| 4. | V. Prabanna | 23SUSW032 | II |  |
| 5. | K. Anirudhan | 23SUSW030 | " | P. Anirudhan |
| 6. | A. Vigneshwaran | 23SUSW042 | " |  |
| 7. | P. Velpriya | 23SPSW006 | II MSW | P. Velpriya |
| 8. | S. Sophiya | 23SPSW005 | II MSW |  |
| 9. | B. Vikram | 23SPSW019 | II | B. Vikram |
| 10. | M.S. Roopika Shree | 22SUSW006 | III-BSW | M.S. Roopika |
| 11. | P. AARTHI | 22SUSW072 | III-BSW | P. Arthy |
| 12. | C. Kowsalya | 22SUSW003 | III-BSW | K. Kowsalya |
| 13. | T. MATHUBALA | 22SUSW004 | III-BSW | M. Mathubala |
| 14. | M. Ignath | 22SUSW041 | III-BSW | M. Ignath |
| 15. | K. Prakash | 22SUSW048 | III-BSW | K. Prakash |
| 16. | M. Yogeshwaran | 22SUSW070 | III BSW | M. Yogeshwaran |
| 17. | P. JAGJUNAR | 22SUSW056 | III BSW | P. Jagjunar |
| 18. | M. Bhargathikanth | 22SUSW019 | III BSW | M. Bhargathikanth |
| 19. | M. Sivakumar | 22SUSW059 | III BSW | M. Sivakumar |
| 20. | R. Abinash | 22SUSW011 | III BSW | R. Abinash |
| 21. | M. NATARAJ | 22SUSW046 | III-BSW | M. Nataraj |
| 22. | S. SYED ABUBAKAR | 22SUSW062 | III BSW | S. Syed |
| 23. | A. I. | | | |



Mrs. S. SILAMBARASAN MEd, MPhil
DEAN
EXTENSION ACTIVITIES
BENARAR THIRUMALA NAICKER COLLEGE
PALLERNAH, MADURAI-625004

M. Ahl
Staff Incharge

Report

A guest lecture program titled "**Social Fitness – How to Build It**" has organized for the Health and Fitness students, featuring Dr. Augustes Samuel Dodd, Medical Superintendent (M.S., M.B.A.) and Project Correspondent of Mazhalai Illam, as the Chief Guest. The session focused on the concept of social fitness, emphasizing the importance of emotional well-being, interpersonal relationships, and community engagement as key components of overall health. Dr. Dodd shared valuable insights on how building strong social connections can positively impact mental and physical health, especially in the context of fitness and lifestyle. The lecture was highly engaging and informative, offering students a broader perspective on health beyond physical exercise and nutrition.


Club Convenor


Dean of Extension Activities

Mr.S.SILAMBARASAN,MSW.,MPhil
DEAN
EXTENSION ACTIVITIES
MANNAR THIRUMALAI NAICKER COLLEGE
PASUMALAI, MADURAI- 625004