

**Name of the Activity: A Guest Lecture on “Stress Management in Activities of Daily Living**

**Venue: R.T.N. Major Donar G.Sundararajan Naidu Seminar Hall**

**Date: 28.02.2019**

**Brief Report**

Health and Fitness Club of Mannar Thirumalai Naicker College conducted a Guest Lecture on “Stress Management in Activities of Daily Living”. Dr.J.Devika Rani, Assistant Professor, Department. of Economics welcome the participants. Dr.V.Charles Darwin. Physiotherapist, Clinical Psychologist & Acupunturist, from Nirmal Clinic, Madurai acted as Resource person. More than 140 participants participated and benefited with the programme.

**Name of the Activity: A Guest Lecture on “Physical Health Problem and Physiotherapist”**

**Venue: R.T.N. Major Donar G.Sundararajan Naidu Seminar Hall**

**Date: 04.03.2019**

**Brief Report**

Health and Fitness Club of Mannar Thirumalai Naicker College conducted a Guest Lecture on “Stress Management in Activities of Daily Living”. Dr.J.Devika Rani, Assistant Professor, Department. of Economics welcome the participants. Dr.Suresh. Physiotherapist, Sruthi Physiotherapy Clinic from Nagamalai Pudukottai, Madurai acted as Resource person. In this programme, 156 students from Health and Fitness Club participated and benefited.

**Name of the Activity: Medical Inspection Camp**

**Date: 27.01.2020 to 01.02.2020**

**Brief Report**

Medical Inspection Camp was conducted for first year students and all teaching and non-teaching staff of both Aided and Self-finance wing of our institution from 27.01.2020 to 01.02.2020. 1264 students and 260 staff members were benefited with this camp. The medical inspection fee was offered by our management. The following tests were conducted for students and staff members.

- Height
- Weight
- Heart Rate
- Blood Pressure
- Blood Glucose Level
- Haemoglobin content
- Creatinine Level
- Cholesterol
- Urine Test
- ECG (If necessary)







**Name of the Activity: Medical Inspection Camp**

**Date: 24.02.2021 to 27.02.2021**

**Brief Report**

Medical Inspection Camp was conducted for first year students and all teaching and non-teaching staff of both Aided and Self-finance wing of our institution from 24.02.2021 to 27.02.2021. 772 students and 106 staff members were benefited with this camp. The medical inspection fee was offered by our management. The following tests were conducted for students and staff.

- Height
- Weight
- Heart Rate
- Blood Pressure
- Blood Glucose Level
- Haemoglobin content
- Creatinine Level
- Cholesterol
- Urine Test
- ECG (If necessary)







**Name of the Activity: 75 Crore Suryanamaskar Project for 21 days**

**Date: 01.08.2021 to 31.08.2021**

**Venue: Mannar Thirumalai Naicker College**

**Brief Report**

The 75 Crore Suryanamaskar Project for 21 days to commemorate the 75<sup>th</sup> Anniversary of Independence Day in August 2021 organised by the Department of Physical Education, Mannar Thirumalai Naicker College which was initiated by University Grants Commission. In this program, 19 Yoga students of our college participated from various departments.

**Name of the Activity: Suryanamaskar' Demonstration Programme**

**Date: 14.01.2022**

**Venue: Mannar Thirumalai Naicker College**

**Brief Report**

As per the communication received from Ministry of Ayush, Government of India, the Department of Physical Education, Mannar Thirumalai Naicker College organized a 'Suryanamaskar' Demonstration Programme' with more than 75 lakh people on Mahar Sankranti on 14.01.2022 . In this demonstration programme, 18 Yoga students participated and successfully received the participation certificates.

**Name of the Activity: Be Smart, Don't Start**

**Date: 19<sup>th</sup> and 20<sup>th</sup> January 2023**

**Venue: Moorthi Naidu Andalammal Arangam, Mannar Thirumalai Naicker College**

**Brief Report**

The department of Social work and Health & fitness club and CSI College of dental sciences and research jointly organized a two days camp on oral screening and oral cancer awareness ( An initiative against substance abuse) for this camp dentist and technicians from CSI College involved in oral screening for 900 students (boys) and also create awareness about oral hygiene, substance abuse and explained the importance of oral hygiene and also identified students with dental problems and directed and guided those students for appropriate dental treatment. There are five senior dental specialist, 2 Surgeons and more than 10 Interns orally examined our students with individual dental checkup card for further follow up. This program was important to the students for their dental hygiene.





**Name of the Activity: BE SMART, DON'T START**

**Date: 09.03.2023**

**Venue: Valuation Hall – III, Mannar Thirumalai Naicker College**

**Brief Report**

Health and Fitness Club of our institution conducted a Guest lecture on “Be Smart, Don’t Start” (Causes, Consequences & Remedies of Alcoholism) to our students on 09.03.2023 at Seminar hall of COE building. **Mr.Joshua**, Managing Director, Adonai Foundation, Madurai was invited as Resource person of the programme. He elaborately explained the Causes, Consequences, and Remedies of Alcoholism. Nearly one hundred and fifty students benefited with the program. The Welcome address was done by **Mr.R.Ramachandran**, Head of the Social work department. The Program Organizer is **Ms.K.Subha Prabha**, Assistant professor in department of Social work and **Mr.G.Raghavan**, Director of Physical Education, Convener of Health and fitness club. 92 members from Health and Fitness club participated in the program.



**MANNAR THIRUMALAI NAICKER COLLEGE  
(AUTONOMOUS)**

RE-ACCREDITED WITH 'A' GRADE BY NAAC  
A LINGUISTIC MINORITY CO-EDUCATIONAL INSTITUTION  
PASUMALAI, MADURAI - 625004

**HEALTH AND FITNESS CLUB**

ORGANIZES A GUEST LECTURE ON CAUSES,  
CONSEQUENCES & REMEDIES OF ALCOHOLISM

**BE SMART DON'T START**

**RESOURCE PERSON**

**K.M.JOSHUA**  
MSW (MEDICAL AND PSYCHIATRIC)  
FOUNDER OF ADONAI FOUNDATION

**IN THE PRESENCE OF**

ER.RAJAGOPAL  
PRESIDENT

DR.S.VENKATESHWARAN  
PRINCIPAL I/C

THIRU.M.VIJAYARAGAVAN  
SECRETARY

DR.A.RAMASUBBIAH  
COORDINATOR- IQAC & NAAC

MR.C.PRABHU  
DIRECTOR I/C

**HEALTH & FITNESS CONVENEOR**

**DR.G.RAGHAVAN**  
DIRECTOR OF PHYSICAL EDUCATION

**K. SUBHA PRABHA**  
ASSISTANT PROFESSOR  
DEPARTMENT OF SOCIAL WORK

**Venue: COE smart room Timing:12:00 PM -01:30 PM**

**Date : 09.03.2023**





**Name of the Activity: SAY NO TO DRUGS**

**Date: 21.07.2023**

**Venue: Moorthi Naidu Andalammal Arangam, Mannar Thirumalai Naicker College**

**Brief Report**

The department of Social work and Health and fitness club and Rotary club together conducted an awareness program on **21<sup>st</sup> July 2023** at R.T.N.Major Donor G.Sundarajan Naidu seminar hall II Floor on the title of **SAY NO TO DRUGS**. The 1<sup>st</sup> guest speaker of the event is **Mr.Saravanan**. MD, Managing Director and chairman of Peace hospital, Madurai, He spoken about his personal experiences and insights to build this de-addiction centre and his development in his career and the 2<sup>nd</sup> guest speaker of the event is **Mr.Sankaranarayanan**, MSW., Addiction - Counselling - therapist, Peace hospital, he spoken about the measures to avoid the addiction of drugs and its effect and how to rescue people. The Welcome address was done by **Mr.R.Ramachandran**, Head of the Social work department. The Program Organizer is **Ms.K.Subha Prabha**, Assistant professor in department of Social work and **Mr.G.Raghavan**, Director of Physical Education, Convener of Health and fitness club. The participant students were from II Bcom and II Bsc Microbiology departments, there were totally 133 students got benefited by this program.



**Gordon R. McNally**  
RI President



**Rotary** 



**R. Anandtha Jothi**  
District Governor

**Mannar Thirumalai Naicker College, Madurai**  
**Department of Social Work & Health and Fitness Club**

**&**  
**Rotary Club of Madurai Meenakshi**

( RI. Dist. 3000 - Club no : 62036 / 07-05-2003 ).



**Jointly organise an awareness programme on**



**SAY**  
**NO**  
**TO DRUGS**

**Date : 21-07-2023 | Friday | 11 a.m**

**Venue : Mannar Thirumalai Naicker College,**  
**Pasumalai, Madurai - 4.**

★ **In the Presence of** ★

**Er.S. Rajagopal- President**  
**Mr.M. Vijayaragavan-Secretary**  
**Dr.A.Ramasubbiah- Principal**  
**Mr.C. Prabhu- Director**

★ **Guest Speaker** ★

**Mr. T. SARAVANAN M.D.,**  
**Managing Director**  
**Peace Hospital**

Rtn. Er. **R. Jayaseelan**  
President  
RC of Madurai Meenakshi

Rtn. Dr. **T.S. Dhinesh Kumar**  
Secretary  
RC of Madurai Meenakshi

Mr. **R. Ramachandran**  
Programme Convener  
HOD - Social Work Dept.

Ms. **K. Subha Prabha**  
Programme Organizer  
Asst. Professor

