



PSGR Krishnammal College for Women



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# NSS ACTIVITIES 2019-2020

## URAVUKKU UYIR KODUPOM



The 'Rotaract Club of PSGR Krishnammal College for Women' conducted our signature program URUVUKKU UYIR KODUPOM a premarital guidance program for the final year students and PG students. The session was handled by Dr.Swathanthira Devi, Dr.Rathinaswamy and Dr.Selvaraj. The session focused on building healthy hygiene practices and attitude for better marriage life. The program was jeweled by the presence of Rtn.Srinivasansir, Rtn.Muthuswamysir and Rtn.Manoharan sir. The session was concluded by National Anthem.

## THARKAPPU



A self-defense session conducted for the students of PSGR Krishnammal College for Women and Master. Antony Justin handled the session with his team. The session was interactive, fun filled and engaging that all the students enjoyed.

## SPARK



SPARK-A one day RYLA for interactors and school students held on 29/02/20 as a part of Feb 29 day. The event started by 9:00 and ended up by 5:30 in the evening. The students enjoyed the day with loads of memories. For the valediction we had Rtr PP KeerthiVivek, Rtr PP Balaji and Rtr PP Gowtham. The Award ceremony added highlight at valediction. Our parent rotary, Rotary Club of Coimbatore East and Our Management, supported the whole event.

## THARKAPPU



A self-defense session was conducted for the students of Krishnammal Matric Higher Secondary School, Master.Antony Justin handled the session, and his team.The session was interactive, fun filled and engaging that all the students enjoyed.

## FIT O FIT



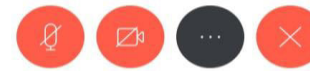
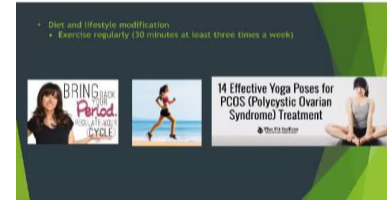
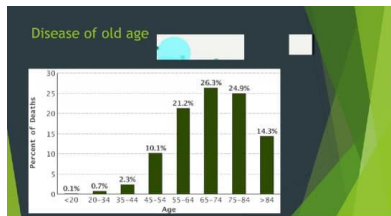
Club of PSGR Krishnammal College for Women jointly with Healthcare club of PSGR Krishnammal College for Women organised Fit O Fit program. This event was handled by Thilakavathi Mathanagopalan. Mam instructed the students about personal hygiene and diet practices to be followed.

## BOUNDARIES – SACRED SPACE



The Session focused on setting clear personal boundaries, which is the key to ensure relationship. Boundaries are a measure of self-esteem. In this session we explored ideas through activities, understanding of boundaries, how to strengthen and eventually safeguard oneself, and respect others space in all situations

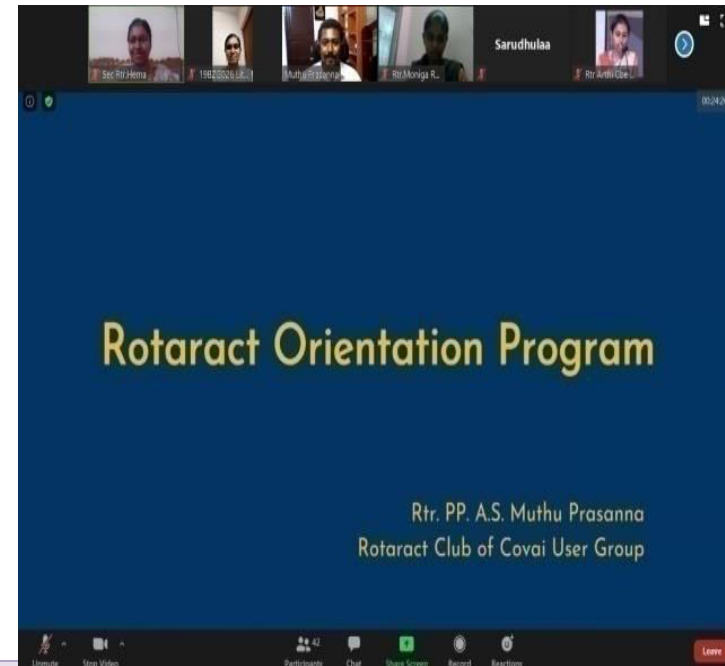
## TEAL-OVARIAN CANCER AWARENESS



TEAL is an interactive online session carried out to spread awareness on ovarian cancer and PCOS, as a part of Doctors day, handled by Dr.AnbukkaniSubbian –DGO, DNB, MRCOG (London), Gynecologic Oncologist, Kovai Medical Centre and Hospital, Coimbatore. The participants of this event found this session very much useful and informative at the same time.



## KNOCK! KNOCK!! ROTARACT!!!



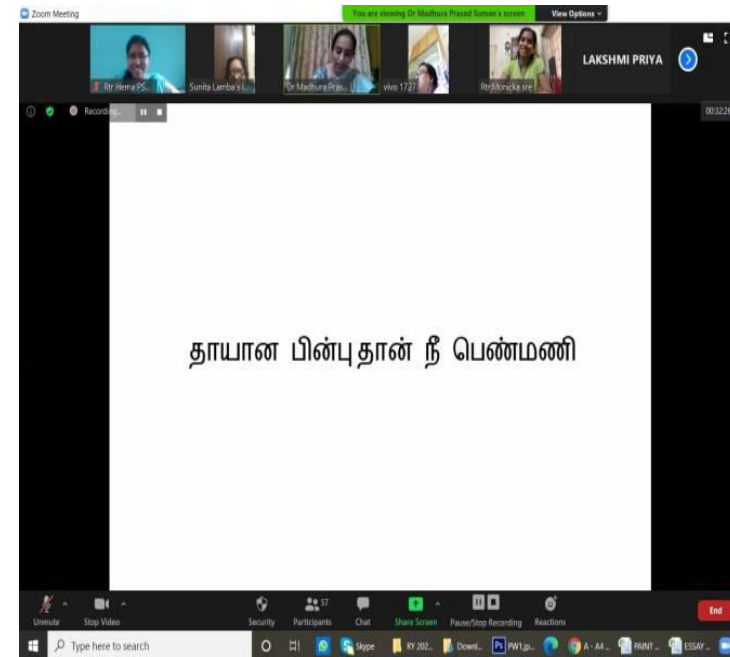
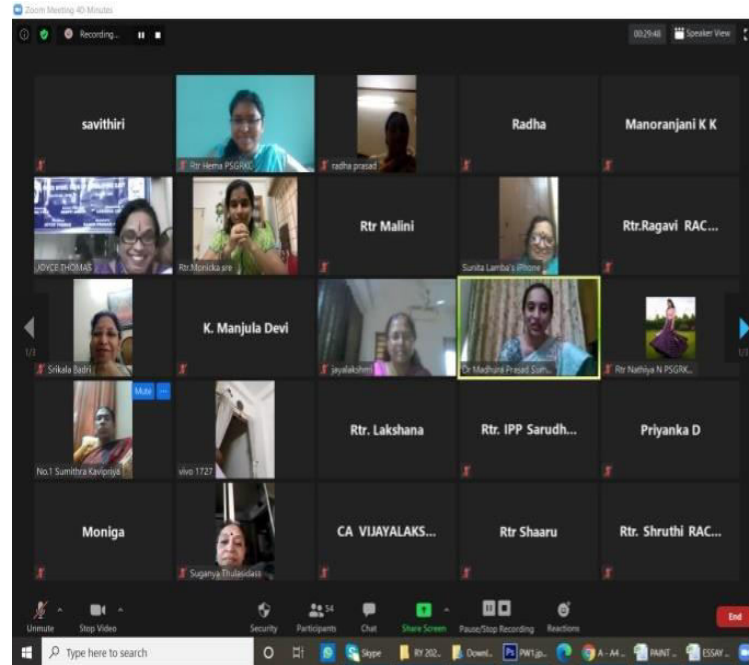
KNOCK! KNOCK!! ROTARACT!!! An online General Member Orientation program conducted for the Board Members and the other Members in the Club. The session was handled by Rtr.MuthuPrasanna, Certified District Trainer, and Rotaract Club of Covai User Group. The session was fun filled and interactive with lot of Rotaract Learning which all the participants enjoyed to the core.

## EIA 2020: WHAT? WHEN? WHY?



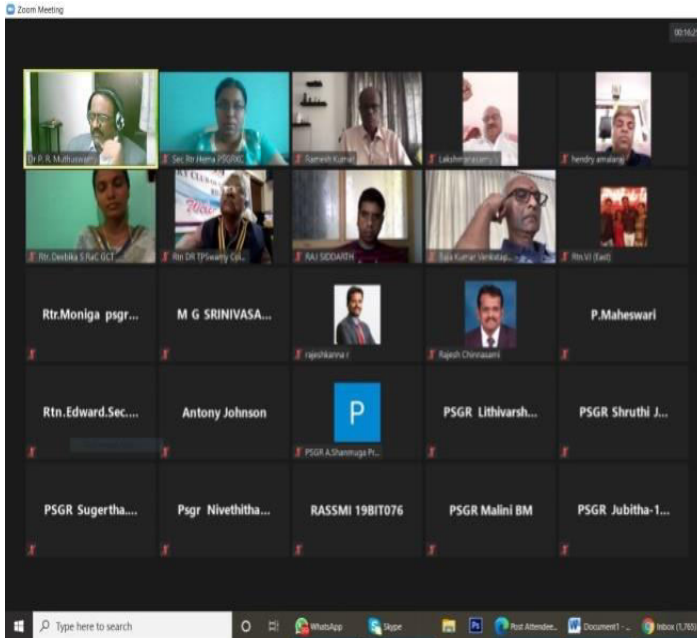
Rotaract Club of PSGR Krishnammal College for Women organised awareness session as EIA 2020: What? When? Why? Jointly with Rotaract Clubs of GCT Coimbatore, PSGCAS and Coimbatore Unity. The Awareness session handled by Mr. Osai Kalidasan, renowned Environmentalist in Coimbatore was informative. The speaker put forth important points on Environment and responsibilities. Rotarians from Various Rotary Clubs, College Faculties made their valuable presence. The session made brought insights on a greener life and had huge impact on the audience.

## BREASTFEEDING: KNOW WHY?



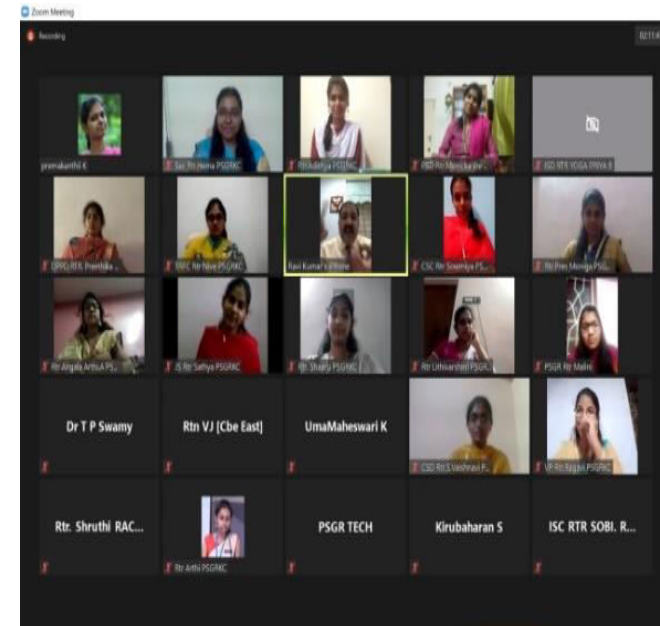
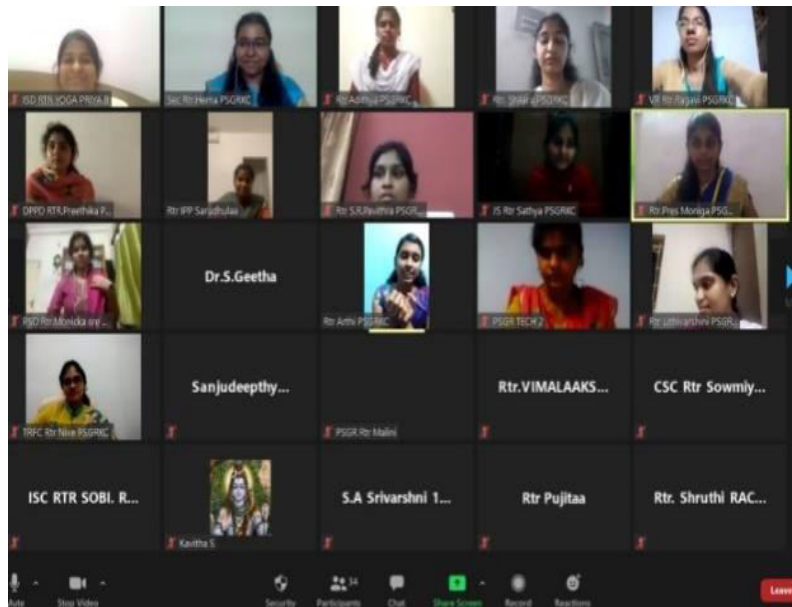
Rotaract Club of PSGR Krishnammal College for Women organised awareness session as Breastfeeding: Know Why jointly with Innerwheel Club of Coimbatore East. The Awareness session was handled by Dr.MadhuraPrasadhSuman, MD, MRCP (UK), FTE, DNB (Gastro), Consultant Gastroenterologist and Endoscopist, VGM Hospital, Coimbatore. The session was interactive that all the attendees enjoyed. We also thank Rtr.PP.Afasar-District Director-PR, Mrs.VeenaPathy Mam, PDC RadhaPrasadh Mam and other Innerwheel Members for their valuable presence.

# TRANSFORMING YOUTH-OPPORTUNITIES AND CHALLENGES



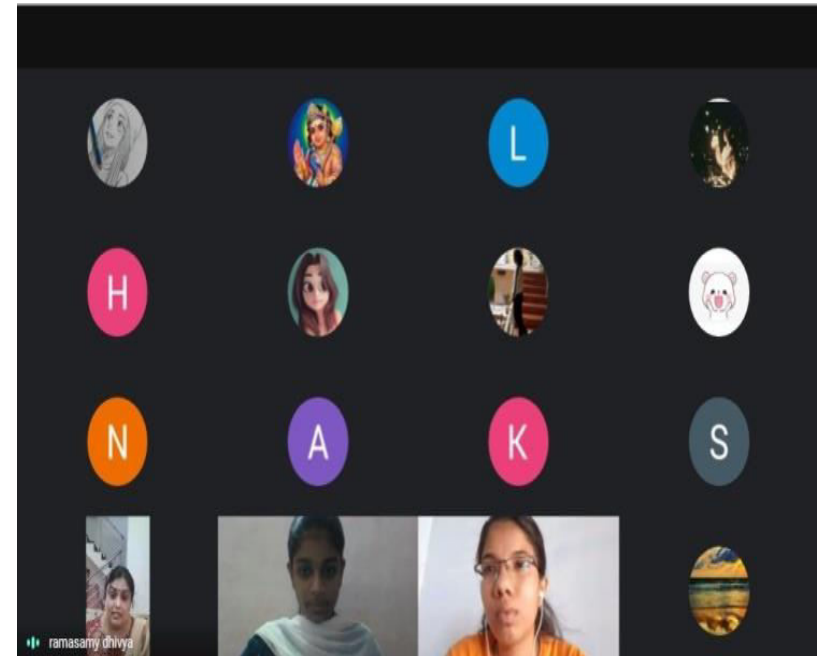
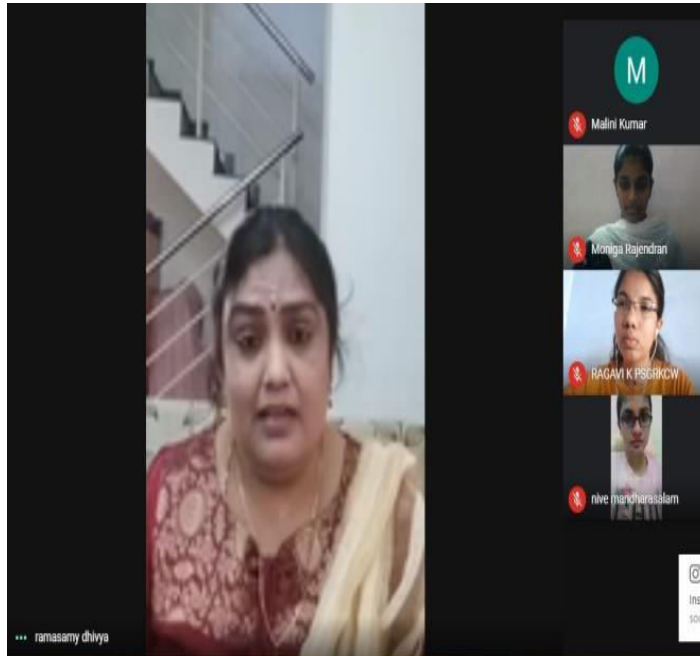
Rotaract Club of PSGR Krishnammal College for Women along with our Parent Rotary-Rotary Club of Coimbatore East and our Sister Club – Rotaract Club of Coimbatore GCT organised a Joint Speaker Meeting on the topic – Transforming Youth: Opportunities and Challenges handled by Rtn.Dr.P.R.Muthuswamy sir. The session focussed on the main points youth needs to concentrate in developing themselves.

## GET SET GO – CLUB INSTALLATION



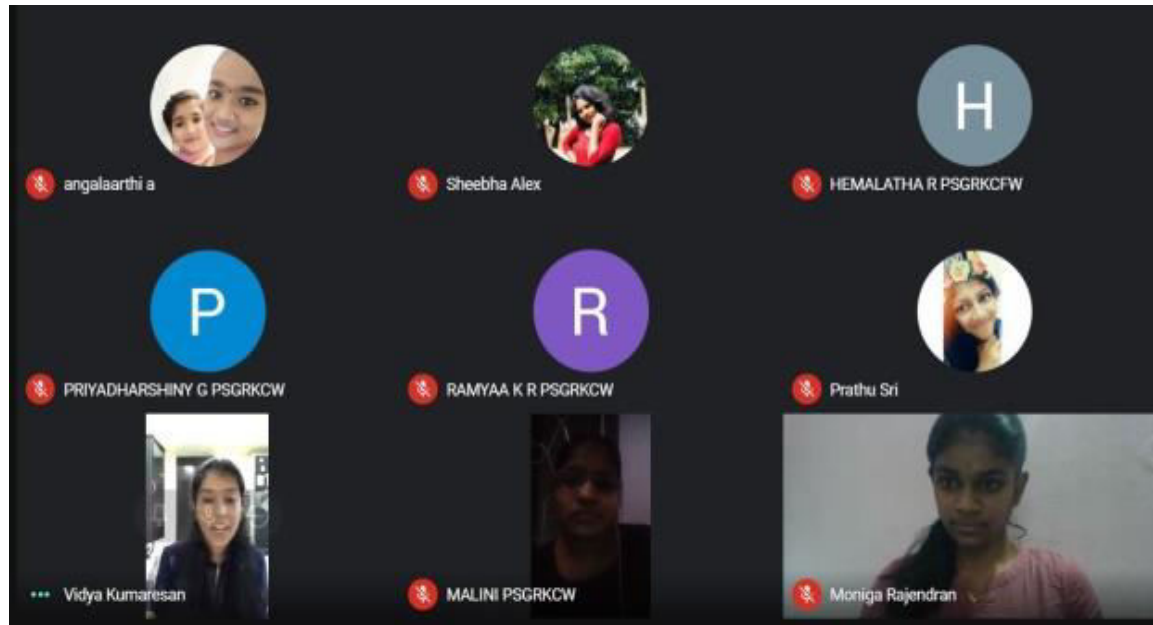
Rotaract Club of PSGR Krishnammal College for Women conducted our 13<sup>th</sup> Virtual Installation Ceremony – GET SET GO. The Farewell address and Secretary Report of Outgoing team was witnessed and the Installation of Incoming Team happened. The Chief Guest was Mr.SwathiSenthil, Chief Facilitator, Swathi Academy of Learning and Training, Coimbatore. The Guest of Honour was Mr.Venkatesh, Director&Youtuber-Little Hearts Channel. With the presence of Parent Rotary- Rotary Club of Coimbatore East Rotarians and various District Cabinets, Presidents and Secretaries of RID 3201, the GET SET GO had the releases of our Club Logo, Theme, Letterhead, Newsletter, and New

## THE MAKING-PHASE 01



Rotaract Club of PSGR Krishnammal College for Women organised a recurring Entrepreneurship development initiative - The Making – Phase 1, wherein we provide an exclusive interaction with a successful Entrepreneur on the their journey and field challenges. The 1st phase was handled by Mrs. Dhivya, Women Entrepreneur–Colour Me Vesture, Bangalore Headquarters. The Rotaractors of our Club participated in it and had a great interaction and productive time.

## THE MAKING – PHASE 02



Rotaract Club of PSGR Krishnammal College for Women organised the Entrepreneurship Program-THE MAKING to inspire young entrepreneurs. The session was handled by Ms.VidyaKumaresan, Founder/Creative Artist “The Wishing Ink” for sharing her experience. We also thank our Rotary President Rtn.T.P.Swamy sir for his valuable presence.

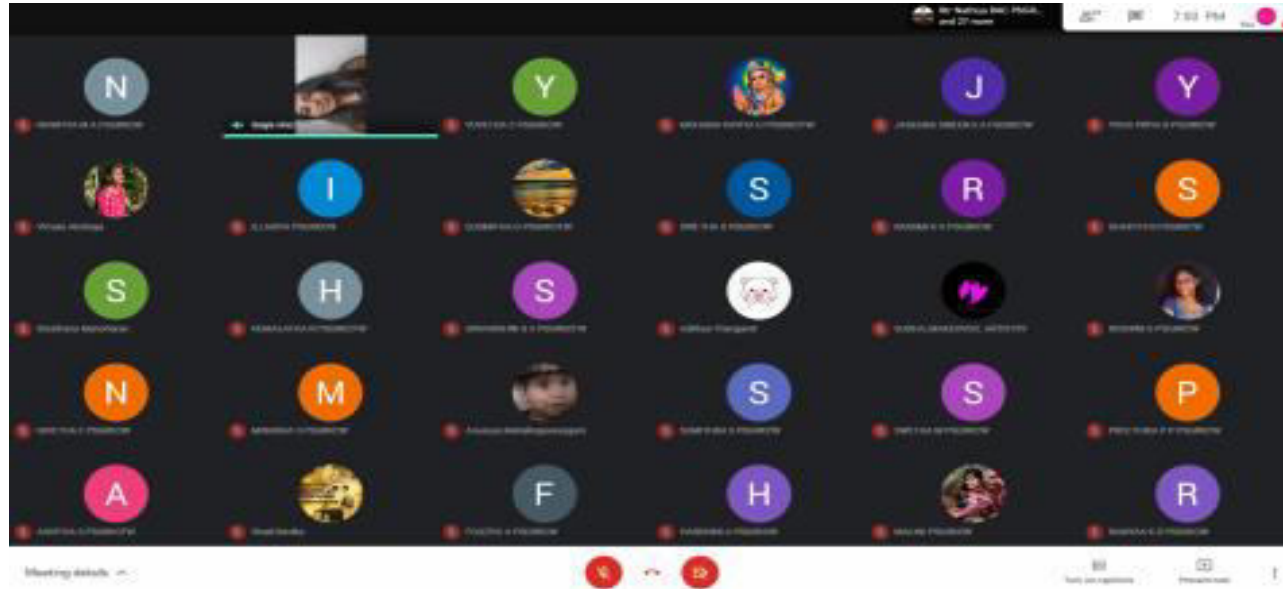
## PROJECT 152



An initiative by RID 3201 along with 152 Rotaract clubs of various districts for the celebration and commemoration of Gandhiji's 152<sup>nd</sup> Birth Anniversary. This event includes Poster Making, Session on peace, cleanliness or Food Drive and Common Display Picture on Social Media handles

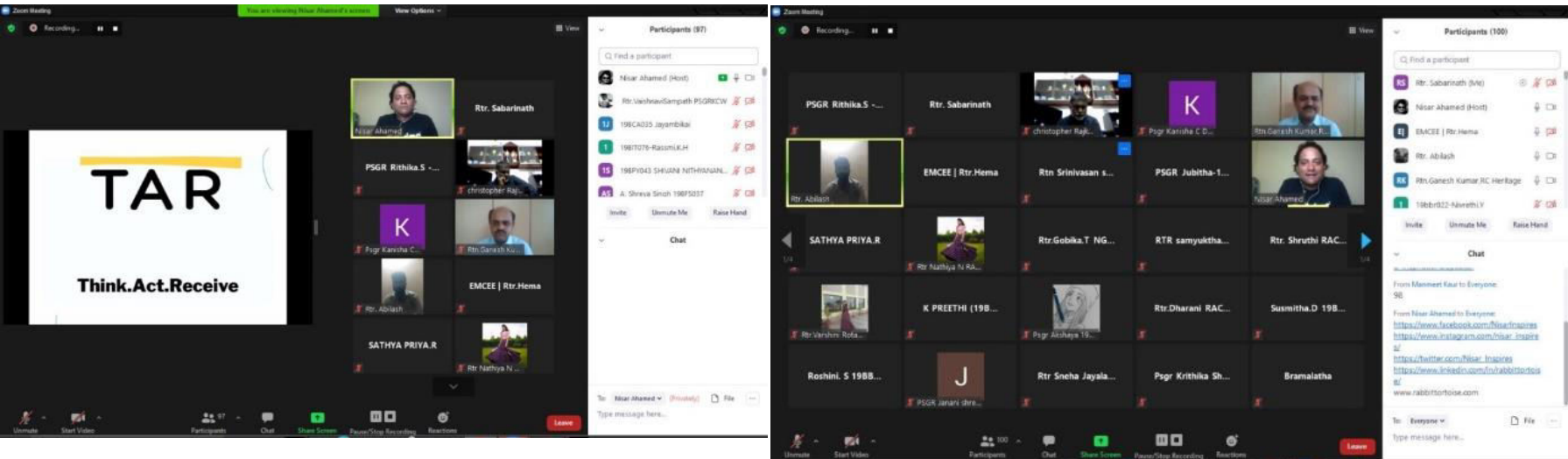


## THE MAKING – PHASE 3



Rotaract Club of PSGR Krishnammal College for Women organized Entrepreneurship development initiative “ The Making “ Phase 3, wherein it provided an exclusive interaction with a successful Entrepreneur on the their journey and field challenges. The 3rd phase was handled by Ms.MayaVinodhini, Entrepreneur and Bridal Makeup Artist, Maya Hair and Makeup. The Rotaractors of our Club participated in it and had a great interaction and productive time.

## SMALL MOVE, BIG CHANGE



Rotaract Club of PSGR Krishnammal College for Women and Rotaract Clubs of ACET and NGM College, RID 3202 had a motivational session on small perspectives that make big career opportunities. We had 100+ participants and the members thanked Rtn Ganesh Kumar, Rotary Club of Coimbatore Heritage for his valuable presence.

## ACCHAMTHAVIR-SHIHING



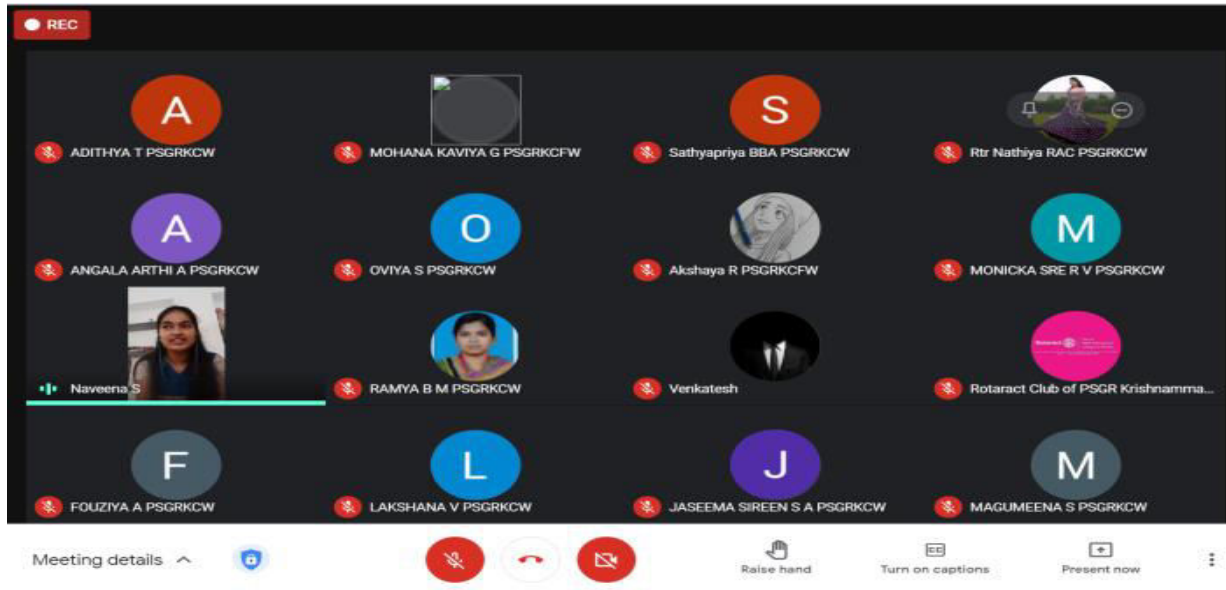
Rotaract Club of PSGR Krishnammal College for Women along with Rotaract Club of Akash, Tamilnadu GoshinRyu Association and other Collaborators conducted Women Self Defense Session-AccchamThavir to know about the Self Defense art-Shihing. The participants found the session very useful and interesting. We had about 200+ participants for the session.

## ACCHAMTHAVIR - VARMAM



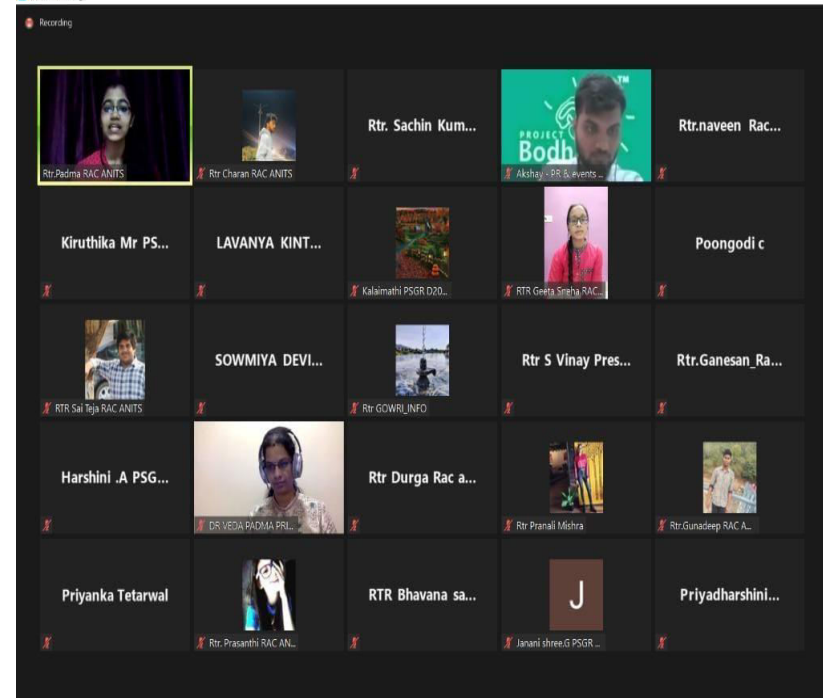
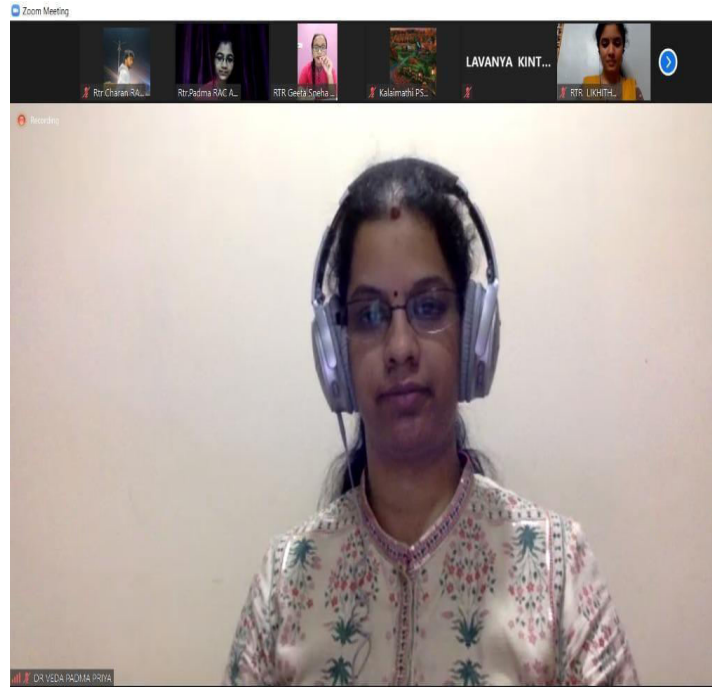
Students had Day 02 of flagship project - Women Self Defense Initiative-Accham Thavir collaborating with Rotaract Club of Akash, RID 3232 and other collaborators in knowing VARMAM techniques from Varmanian Foundation. The session had huge positive feedbacks and Participants were given e-certificates.

## THE MAKING – PHASE 04



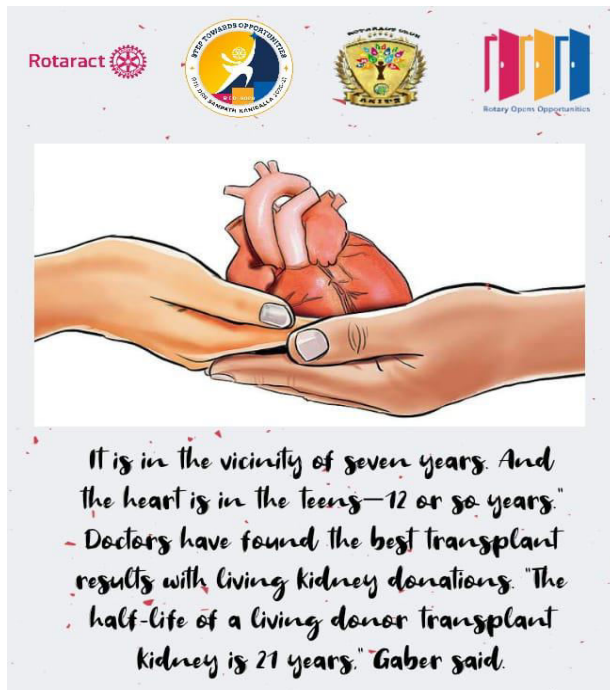
Club of PSGR Krishnammal College for Women organised “The Making” session for interacting with Entrepreneurs. In this part of making, we had Ms.Naveena S, Supervisor and Accountant, Vasantham Knits talking on Handling Risks in Industry and overcoming them.

## THE PINK RIBBON STORY



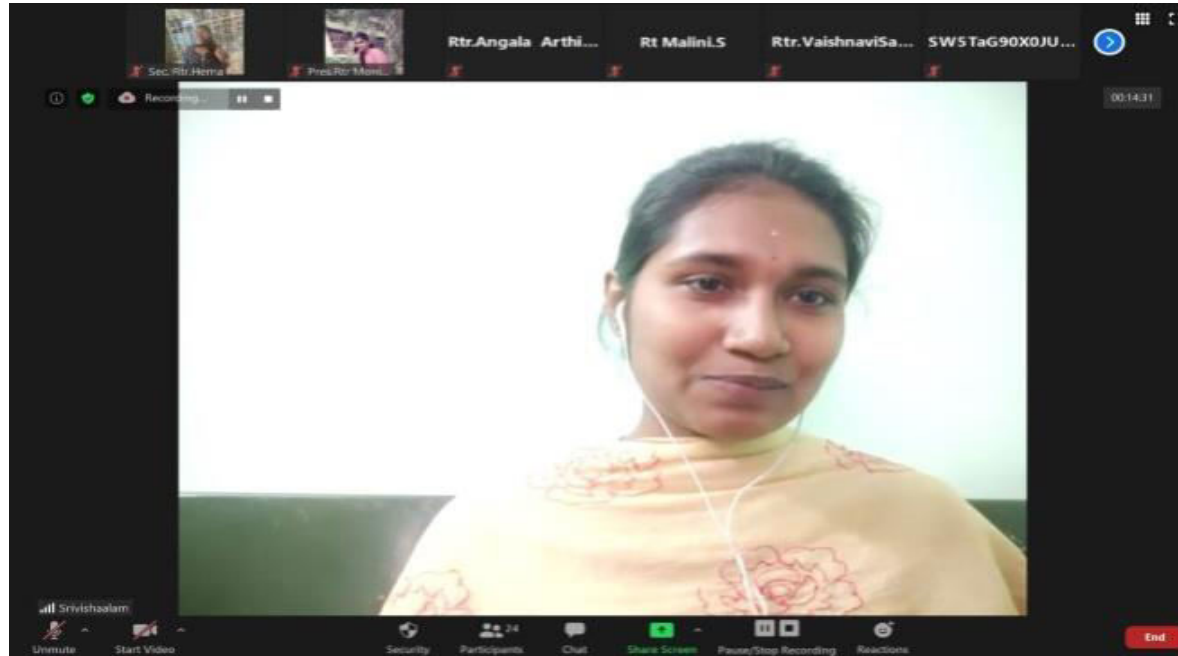
Club of PSGR Krishnammal College for Women along with Rotaract Club of Vizag ANITS organised an Breast Cancer Awareness THE PINK RIBBON STORY, where we had Dr.Veda Padma Priya, Senior Consultant, Breast Oncology gave us awareness on breast cancer and prevention techniques

## ORGAN DONATION AWARENESS



Rotaract Club of ANITS, RID 3020 had spread Awareness through posters regarding the importance of Organ Donation and had Discussion session with Dr.ShruthyMaharajan, Sagara Durga Hospital, Vishakapatnam.

## THE MAKING – PHASE 05



We completed our 5th phase of The Making with Ms.SrivishalamRamasubbu, Manager, Sri Vee Gee Travels and VG Industries. Her realistic approach to business and application of E-commerce to meet world demands inspired the participants.