



PSGR Krishnammal College for Women

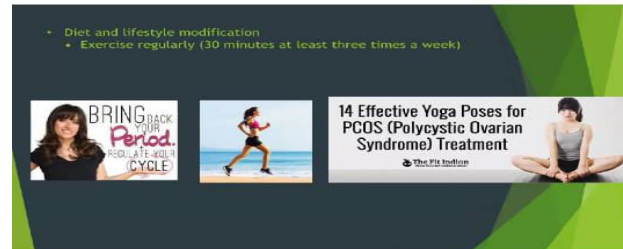


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ROTRACT ACTIVITIES 2020-2021

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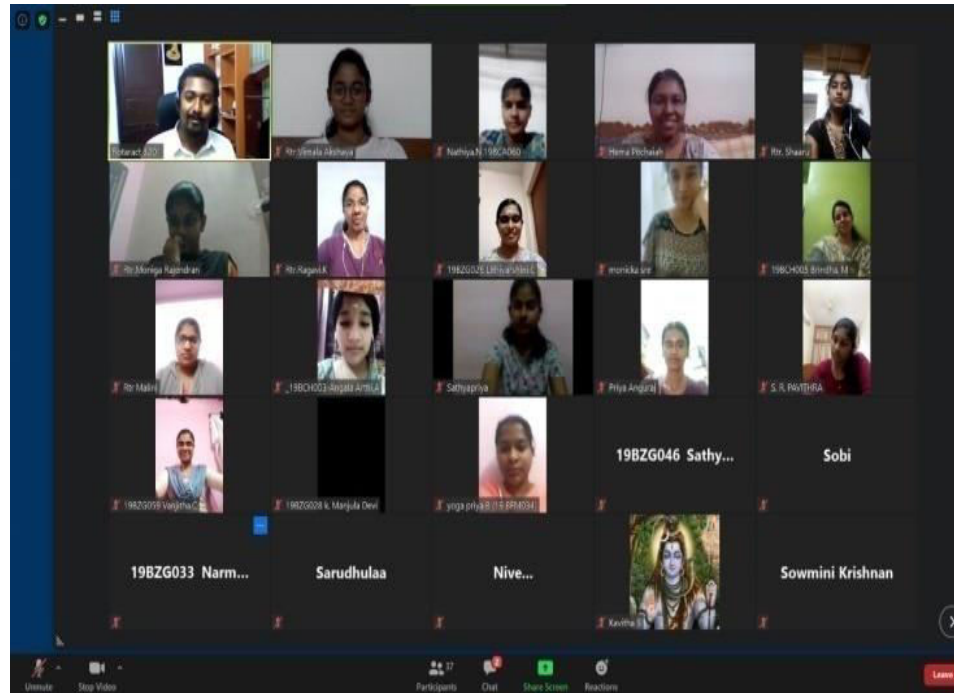
TEAL-OVARIAN CANCER AWARENESS



TEAL is an interactive online session conducted on 01/07/2020 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 the session was very much useful and informative.

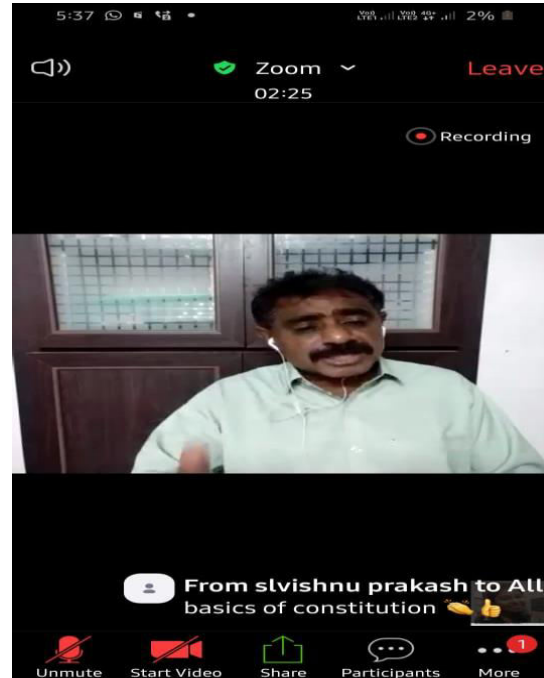
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KNOCK! KNOCK!! ROTARACT!!!



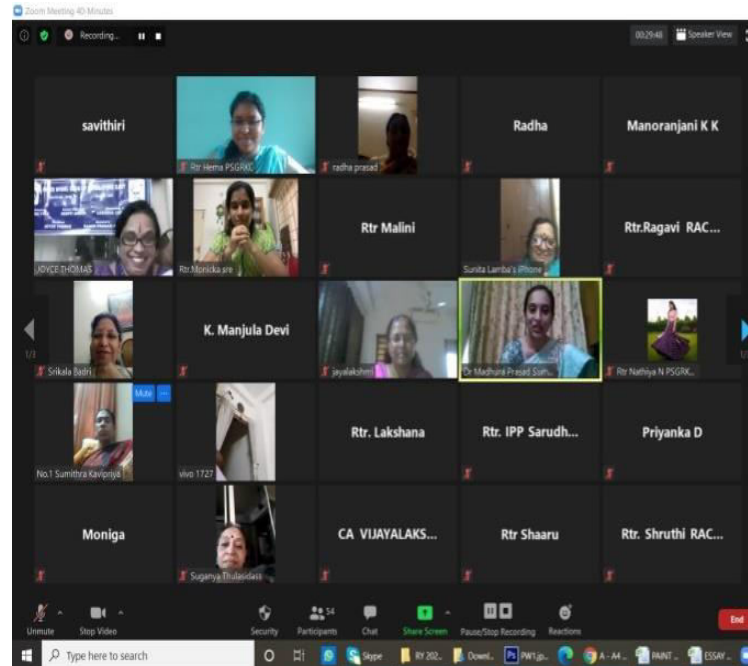
KNOCK! KNOCK!! ROTARACT!!! An online General Member Orientation program conducted on 17/07/2020 for the Board Members and the other Members in the Club. The session was handled by Rtr.MuthuPrasanna, Certified District Trainer, and Rotaract Club of Covai User Group. The session was fun filled and interactive 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 was organised on 04/08/2020. The Awareness session handled by Mr.OsaiKalidasan, renowned Environmentalist in Coimbatore was informative. The speaker put forth important points on Environment and responsibilities for Rotarians and Faculties.

BREASTFEEDING: KNOW WHY?



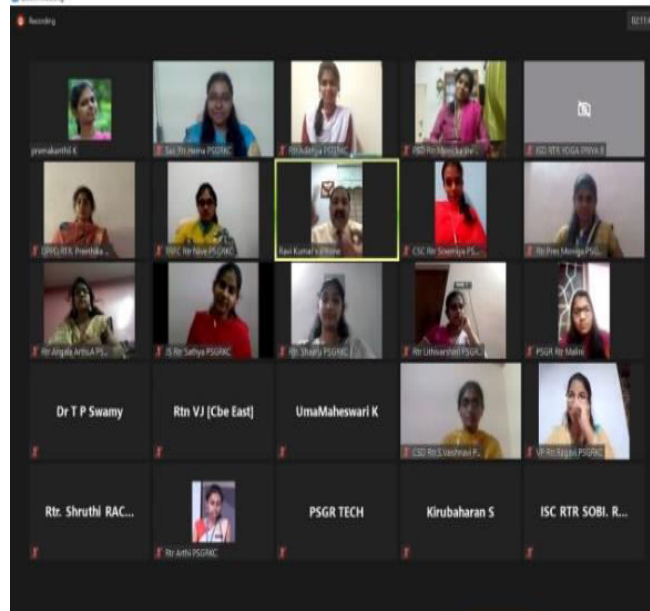
Rotaract Club of PSGR Krishnammal College for Women organised awareness session on 07/08/2020 on the topic Breastfeeding: Know Why jointly with Innerwheel Club of Coimbatore East. The Awareness session was handled by Dr.MadhuraPrasadhSuman, MD, MRCP (UK), FTE, DNB (Gastro), Consultant Gastroenterologist 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 Inner wheel Members for their valuable presence.

TRANSFORMING YOUTH-OPPORTUNITIES AND CHALLENGES



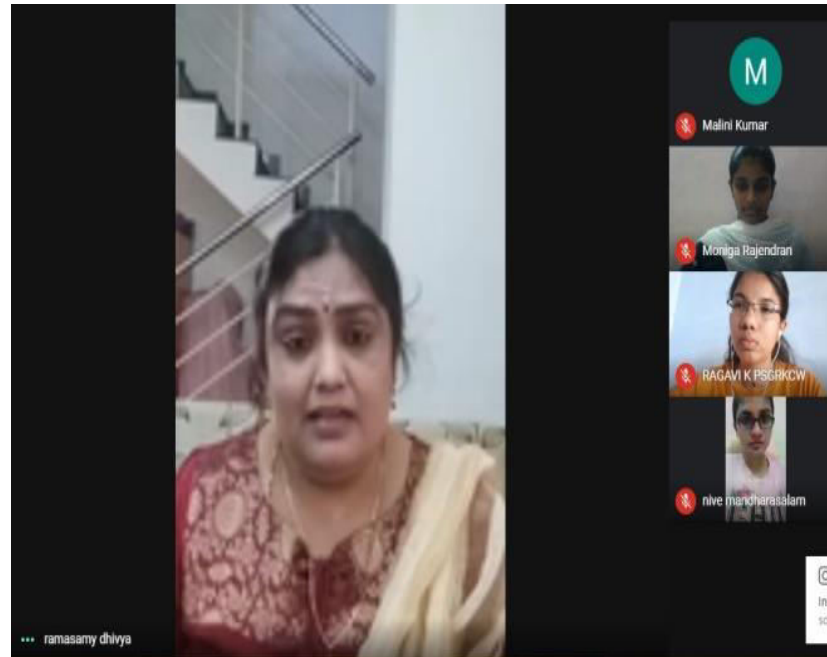
Rotaract Club of PSGR Krishnammal College for Women along with our Parent Rotary- Rotary Club of Coimbatore East and our Sister Club – Rotaract Club of Coimbatore GCT organised a Joint Speaker Meeting on the topic – Transforming Youth: Opportunities and Challenges handled by Rtn.Dr.P.R.Muthuswamy sir during 16/11/2020. The session focussed on the main points that the youth needs to concentrate in developing themselves.

GET SET GO – CLUB INSTALLATION



Rotaract Club of PSGR Krishnammal College for Women conducted 13th Virtual Installation Ceremony – GET SET GO on 14/08/2020. The Farewell address and Secretary Report of Outgoing team was witnessed and the Installation of Incoming Team happened. The Chief Guest was Mr. Swathi Senthil, Chief Facilitator, Swathi Academy of Learning and Training, Coimbatore. The Guest of Honour was Mr. Venkatesh, Director & You tuber-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 Project Releases.

THE MAKING-PHASE 01



Rotaract Club of PSGR Krishnammal College for Women organised a recurring Entrepreneurship development initiative - The Making – Phase 1, wherein provided an exclusive interaction with a successful Entrepreneur on 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 (29/08/2020).

THE MAKING – PHASE 02



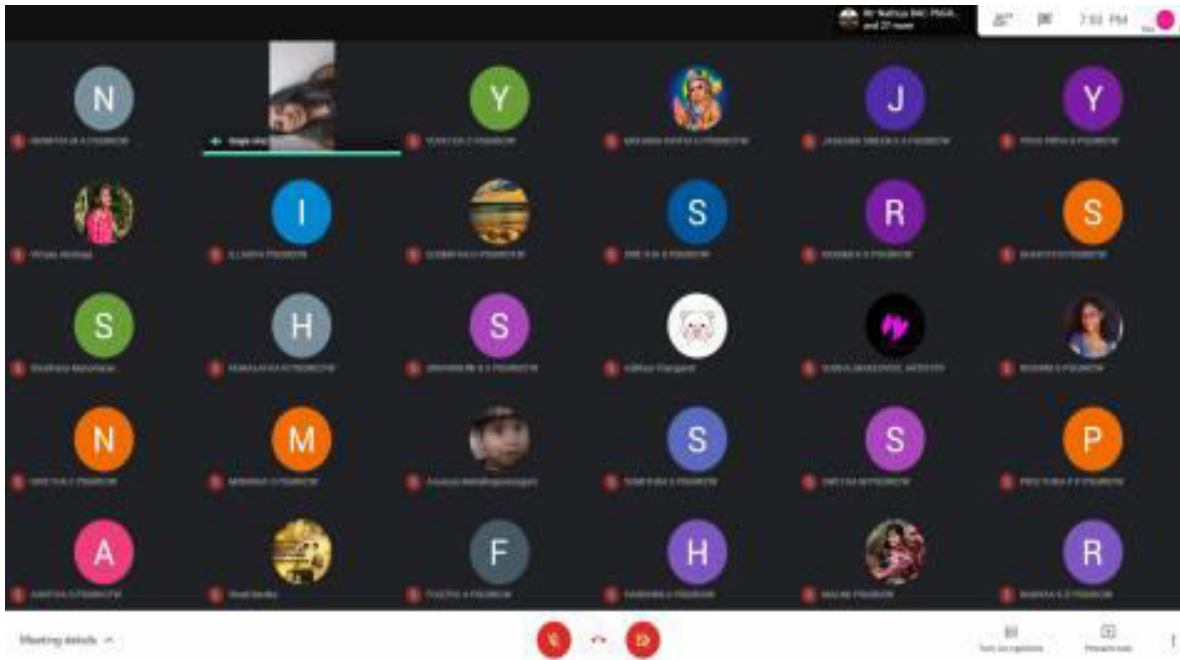
Rotaract Club of PSGR Krishnammal College for Women organised the Entrepreneurship Program-THE MAKING to inspire young entrepreneurs on 15/09/2020. . The session was handled by Ms. Vidya Kumaresan, Founder/Creative Artist “The Wishing Ink” for sharing her experience. Thank the Rotary President Rtn. T. P.Swamy for his valuable presence.

PROJECT 152



An initiative taken by RID 3201 along with 152 Rotaract clubs of various districts for the celebration and commemoration of Gandhiji's 152nd Birth Anniversary on 02/10/2020. This event includes Poster Making, Session on peace, cleanliness or Food Drive and Common Display Picture on Social Media handles.

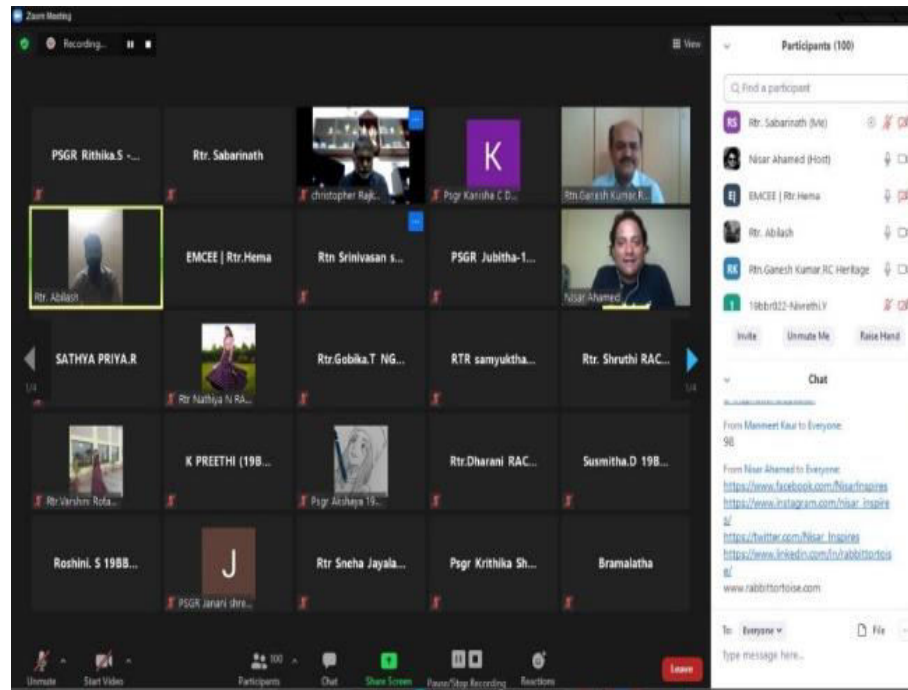
THE MAKING – PHASE 3



Rotaract Club of PSGR Krishnammal College for Women organized Entrepreneurship development initiative “ The Making “ Phase 3 on 15/10/2020 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. In this event 28 volunteers participated and 55 were benefitted.

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SMALL MOVE, BIG CHANGE



Rotaract Club of PSGR Krishnammal College for Women and Rotaract Clubs of ACET and NGM College, RID 3202 jointly organised a motivational session on small perspectives that make big career opportunities on 04/10/2020. In this event more than 100 participants participated and the members thanked Rtn Ganesh Kumar, Rotary Club of Coimbatore Heritage for his valuable presence

ACCHAMTHAVIR-SHIHING



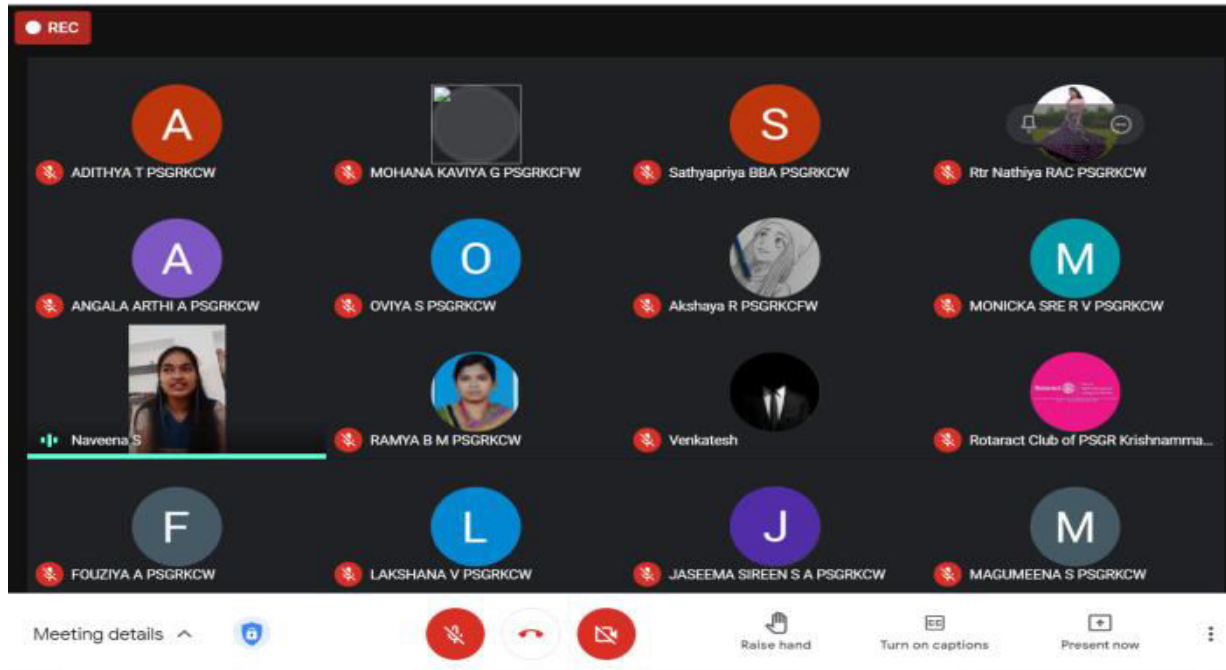
Rotaract Club of PSGR Krishnammal College for Women along with Rotaract Club of Akash, Tamilnadu Goshin Ryu Association and other Collaborators conducted Women Self Defense Session-AcchamThavir on 04/10/2020 to know about the Self Defense art-Shihing. The participants (200 +) found the session very useful and interesting. In this event 40 volunteers participated.

ACCHAMTHAVIR - VARMAM



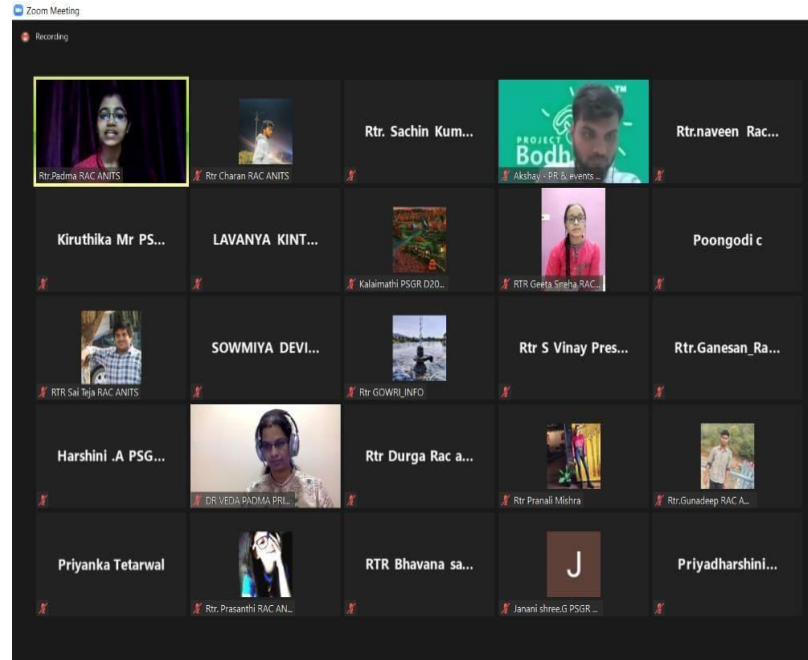
Students had Day 02 of flagship project - **Women** Self Defense Initiative-Accham Thavir collaborating with Rotaract Club of Akash, RID 3232 and other collaborators in knowing VARMAM techniques from Varmanian Foundation on 11/10/2020. The session had huge positive feedbacks and Participants were given e-certificates. In this program 140 members were benefitted.

THE MAKING – PHASE 04



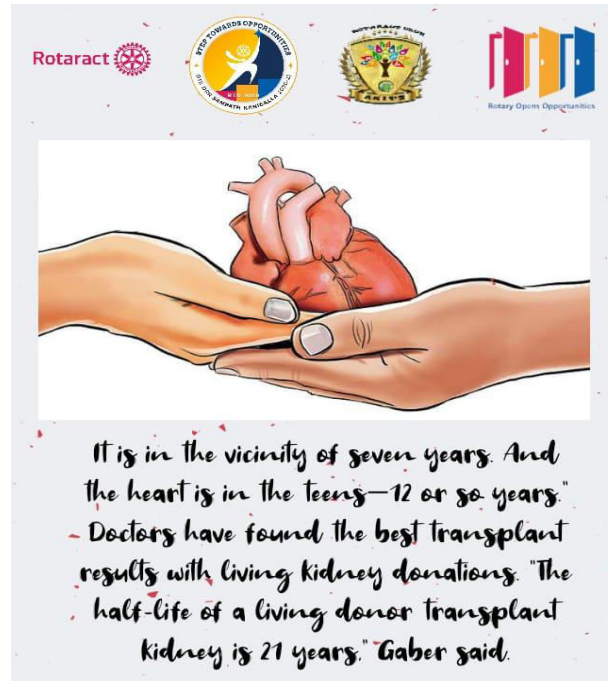
Rotaract Club of PSGR Krishnammal College for Women organised “The Making” session for interacting with Entrepreneurs on 29/11/2020. In this part of making, we had Ms.Naveena S, Supervisor and Accountant, Vasantham Knits talking on Handling Risks in Industry and overcoming them.

THE PINK RIBBON STORY



Rotaract Club of PSGR Krishnammal College for Women along with Rotaract Club of Vizag ANITS organised an Breast Cancer Awareness THE PINK RIBBON STORY on 30/11/2020, where Dr. Veda Padma Priya, Senior Consultant, Breast Oncology gave awareness on breast cancer and preventive 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 on 26/12/2020 with Dr. Shruthy Maharajan, Sagara Durga Hospital, Vishakapatnam

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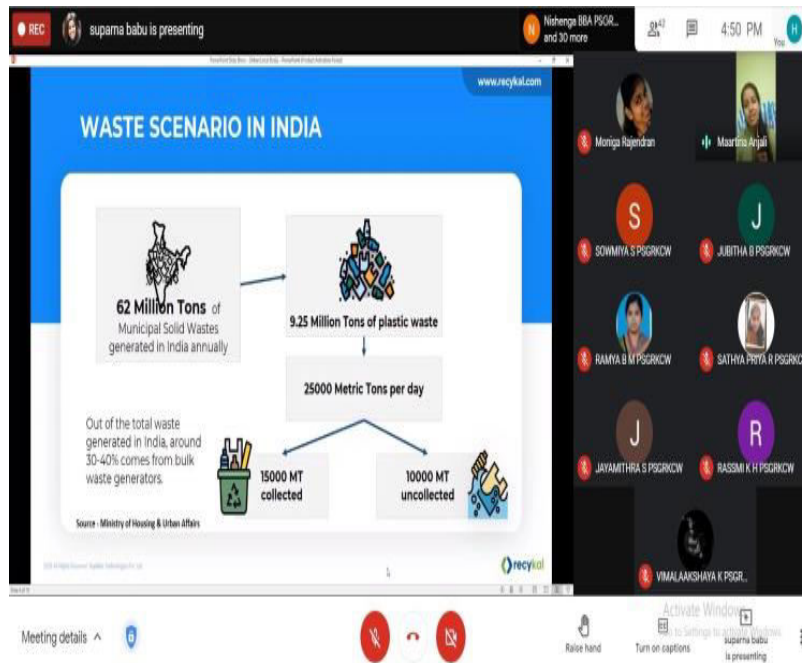
THE MAKING – PHASE 05



5th phase of The Making is completed with Ms.SrivishalamRamasubbu, Manager, Sri Vee Gee Travels and VG Industries on 30/12/2020. Her realistic approach to business and application of E-commerce to meet world demands inspired the participants.

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R3 BY R2 – WASTE MANAGEMENT SESSION



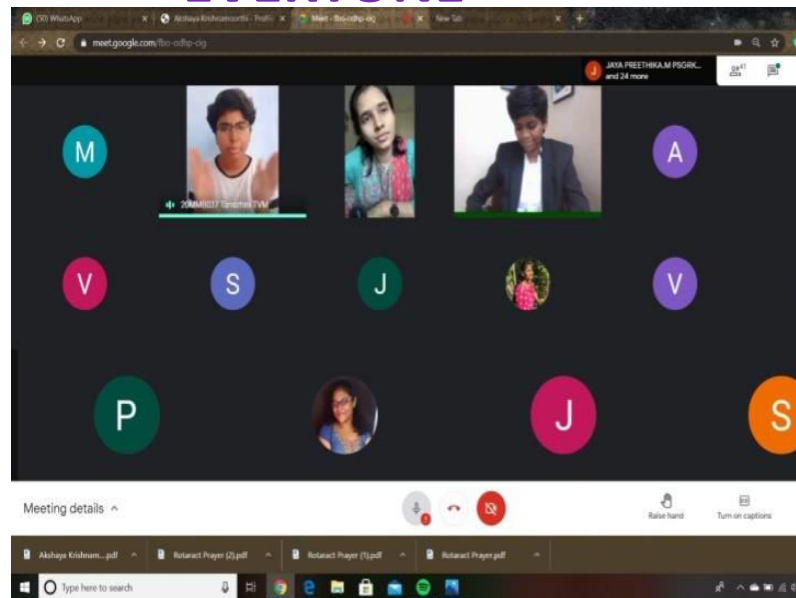
The Rotaract Club of PSGR Krishnammal College for Women have completed Waste Management Session on 10/03/2021 as part of R3 by R2 handled by Rtr. Suparna from No Waste NGO. The participants learnt a lot on the segregation and effective management of Wastes. Students of 90 participated and benefitted.

BAB – BIRDS ARE BEST – NEST MAKING AT HOME



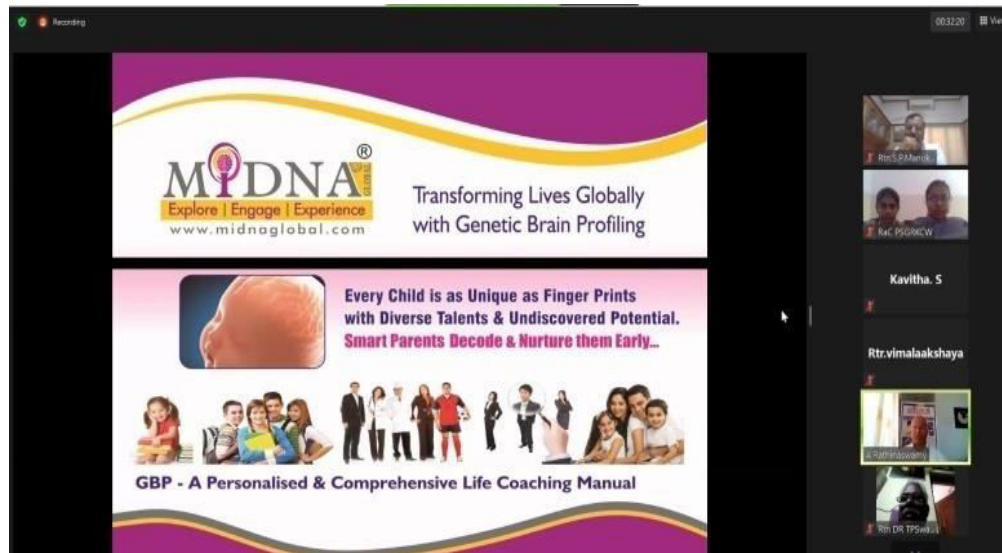
The Rotaract Club of PSGR Krishnammal College for Women have completed the project "BAB" on 21/02/2021 wherein the volunteers encouraged students to build small nests using simple materials for birds in their homes. Many were encouraged to keep water and water in coconut shells as part to feed the birds.

UPBRINGING – PROMOTING QUALITY EDUCATION FOR EVERYONE



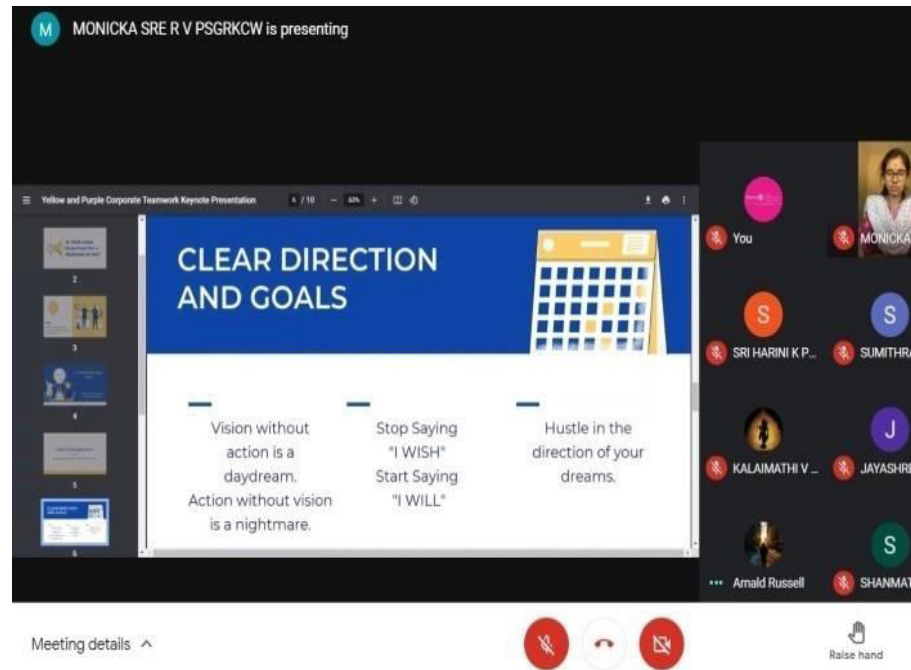
Rotaract Club of PSGR Krishnammal College for Women completed UPBRINGNG program focused on the Quality Education for Youth on 31/01/2021. School teachers and college students participated in the program for providing Quality Education to each and every one. Speaker Ms.Akshaya Krishna Moorthi, Social Entrepreneur, CEO of Surukkupai Organics gave thoughtful inputs in the session.

URAVUKKU UYIR KODUPOM – PRE MARITAL GUIDANCE



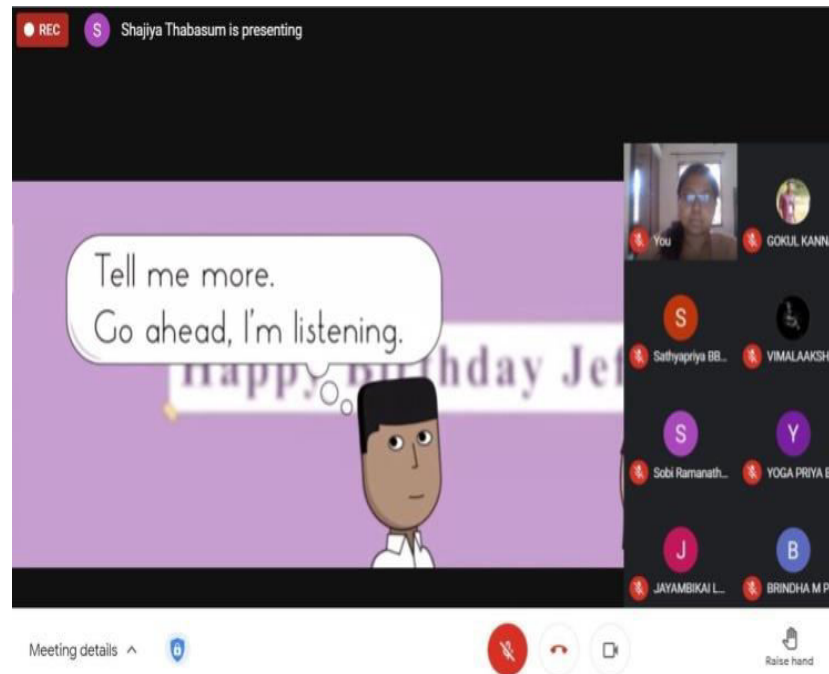
5th phase of The Making is completed on 17/03/2021 AND 18/03/2021 with Ms.SrivishalamRamasubbu, Manager, Sri Vee Gee Travels and VG Industries. Her realistic approach to business and application of E-commerce to meet world demands inspired the participants.

TECH 4 BUSINESS



Students (100) completed the Individual Development Session-Tech 4 Business on 12/03/2021 handled by Rtr. Arnald Rusell, District Trainer Designate, Rotaract Club of Coimbatore Metro as a part of World Rotaract Week Celebrations. The session emphasized the importance of technology for various businesses and day to day organizing.

ART OF LISTENING-INDIVIDUAL DEVELOPMENT SESSION



Rotract club have successfully completed the Individual Development Session-Art of Listening on 12/03/2021 handled by Rtr.ShajiyaThabasum, District Trainer Designate, Rotaract Club of Monarks IIVM. The participants enjoyed the session and learnt how to improve themselves just by listening actively.

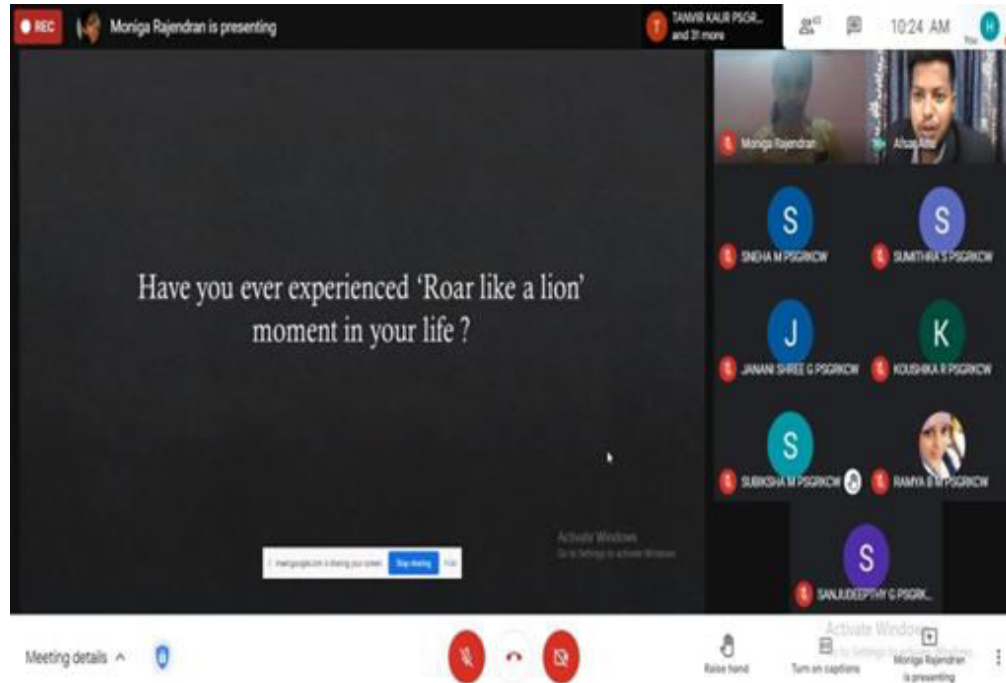
BREAKING BAD- INDIVIDUAL DEVELOPMENT



Students of rotract club completed the ID Session-Breaking Bad on 13/03/2021 handled by Rtr. Nimesh Babu, District Trainer Designate, and Rotaract Club of Coimbatore Texcity. The session was fun and thought provoking which the participants enjoyed. The session was on breaking the bad qualities and habits while developing as a professional for the college students.

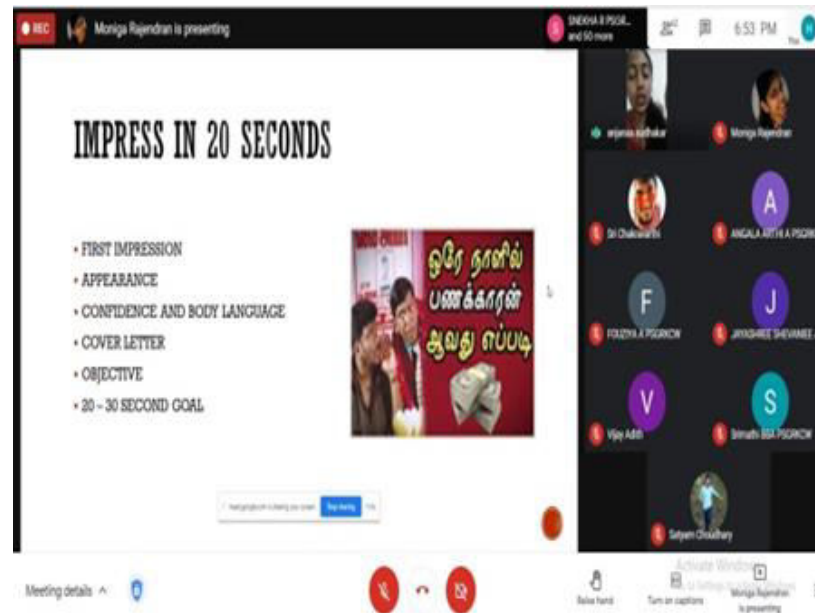
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ROAR-LEADERSHIP TRAINING



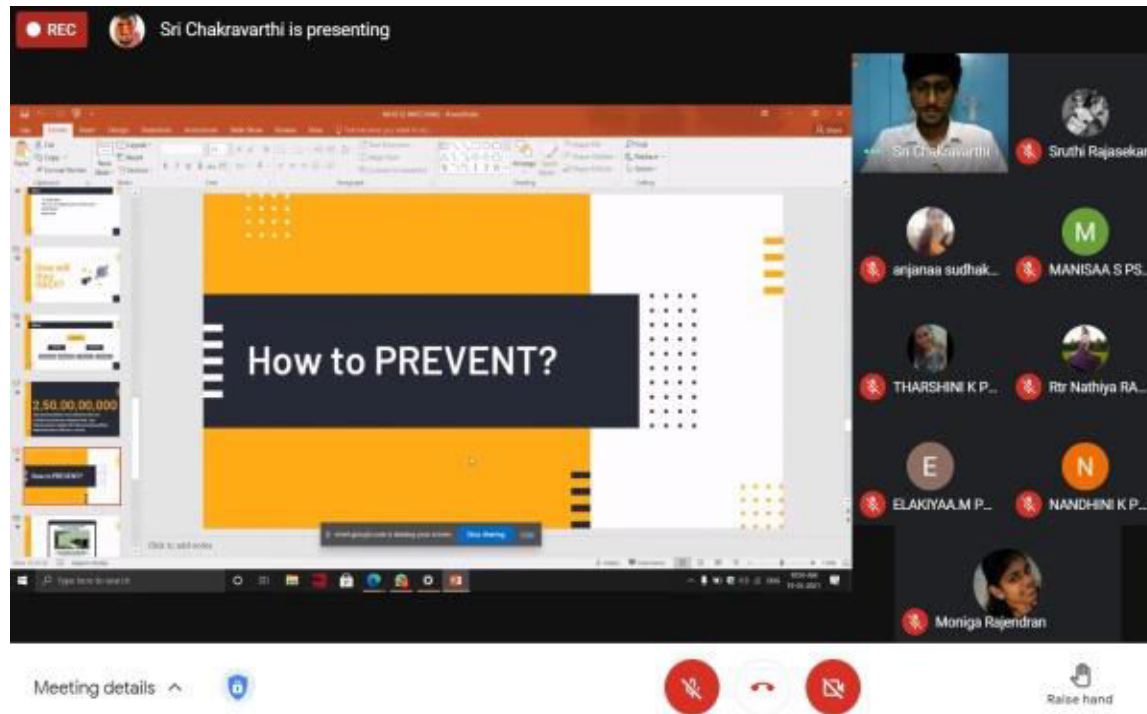
Students of Rotract club participated in ROAR on 13/03/2021 handled by Rtr. PP. Mohamed Afsar, District Trainer Designate, Rotaract Club of Coimbatore Comito. The participants had positive take-away from the session. The program gave insights on 10 Qualities to develop as a leader and making our dreams come true in life. In this event 40 students participated.

RESUME BUILDING FOR COLLEGE STUDENTS



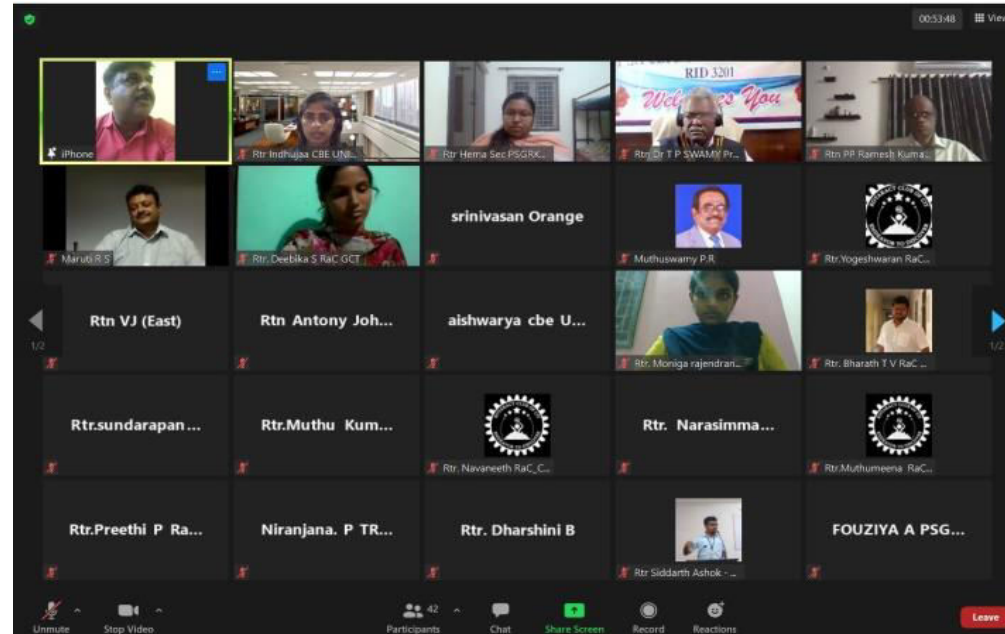
Rotaract Club students of PSGR Krishnammal College for Women have completed the Session RESUME BUILDING on 20/03/2021 handled by Rtr.Anjana, District Trainer Designate, Rotaract Club of Coimbatore Symphony. The final year students (55) participated to know how to make their resume better appealing while applying to companies. The participants found the session very useful.

WHO IS WATCHING?



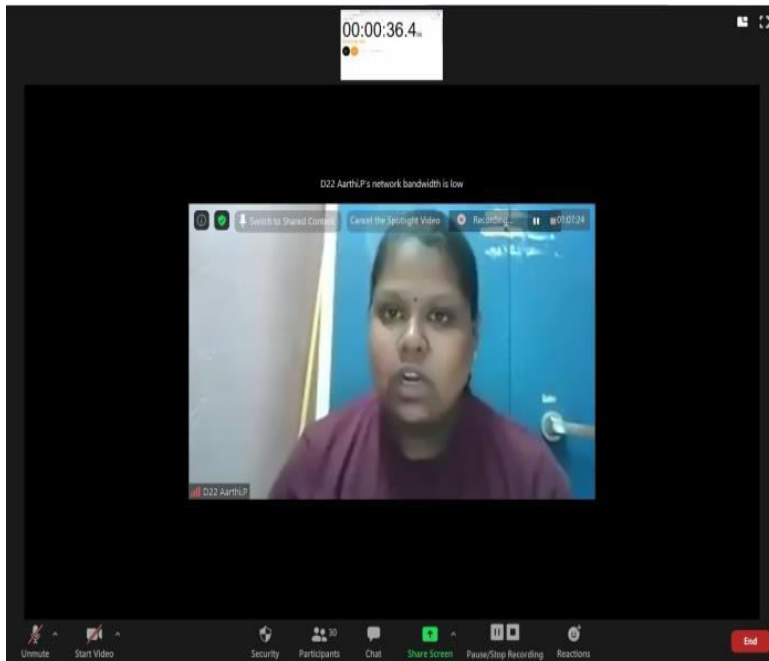
The students of PSGRKCW have successfully completed the Session - Who is Watching? on 19/03/2021 handled by Rtr. PP. Sri Chakravarthi, District Trainer Designate, Rotaract Club of Coimbatore Spectrum. The session gave awareness on the careful usage of social media accounts and Cyber handling.

RTN'S AND RTR'S MEET



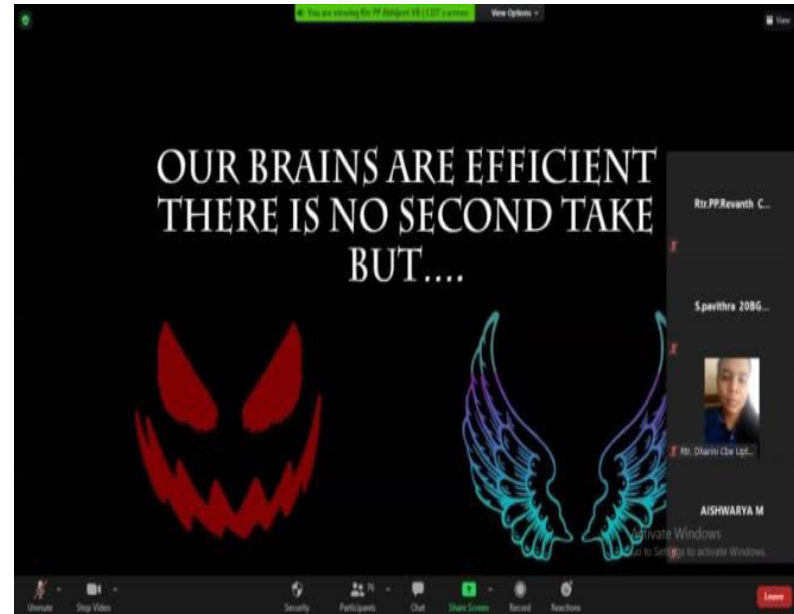
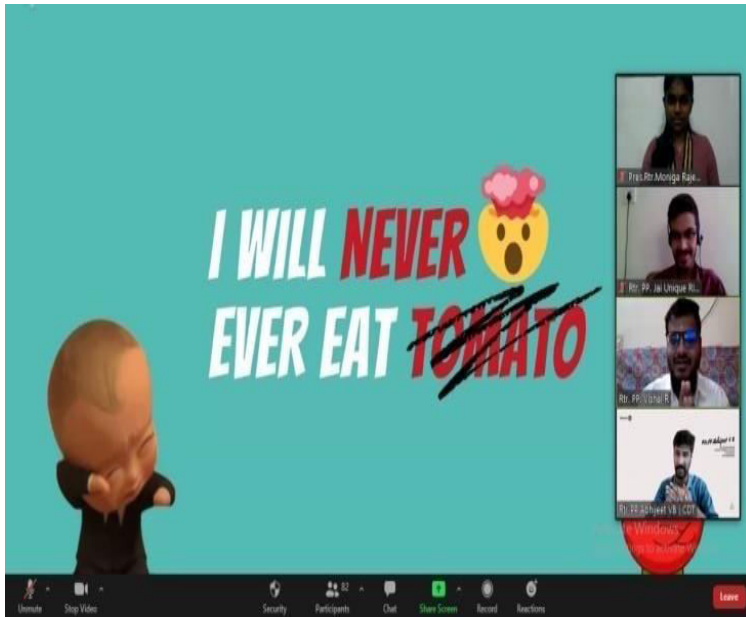
Students of Rotaract Clubs, PSGR Krishnammal College for Women, Coimbatore Institute of Technology, GCT and Coimbatore Unity along with our Parent Rotary - Rotary Club of Coimbatore East had a virtual gathering on 13/03/2021 in the evening with Rtn. Maruthi and Rtn. Godwin sir. The event had Rotarians and Inner wheel members. Rotaractors sharing their experiences and ideas and discussed on various topics by which shape global ideas on behalf of World Rotaract Day Celebrations.

THE RETURN



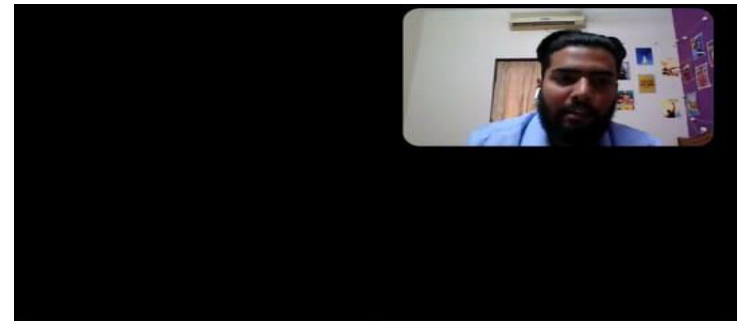
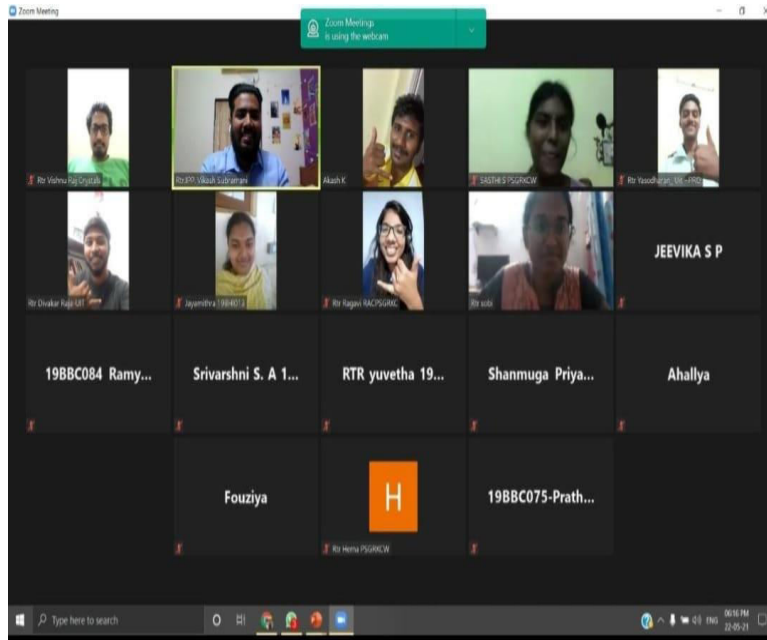
The Return on behalf of World English Language Day on 23/04/2021. Overseas participants are also invited for the event. Ms. Priyadharshini, Assistant Professor, Department of English, PSGRKCW was the judge. Top 3 Creative stories were recognized.

I WILL NEVER EVER EAT TOMATO



Rotaract Club of PSGR Krishnammal College for Women have attended the session “I will never ever eat tomato”. The session was handled by Rtr. PP. Abhjeet V B, District Trainer, Rotaract Club of Coimbatore Millennium and Rtr. PP. Vishal, District Trainer Designate, Rotaract Club of Saibaba Colony. The session discussed on developing individual leadership abilities.

STEP TOWARDS FUTURE- CARRIER GUIDANCE



WHAT IS IMPORTANT IN RESUME?

	OBJECTIVE		ACHIEVEMENT
	SKILLS		ADDITIONAL INFORMATION
	ACADEMIC		PERSONAL INFORMATION
	WORK EXPERIENCE		

Fresher: Highlight and focus on major skills and accomplishments.
Experienced: Highlight and focus on Work experience.

Rotaract club students participated in the Carrier Guidance Session - Step Towards Future handled by Rtr. IPP. Vikash Subramani, Certified District Trainer, Rotaract Club of Coimbatore along with Rotaract Club of UIT. The session was useful and interesting. We got a lot of insights on how to prepare ourselves for setting up our carrier.