



FATIMA COLLEGE

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Affiliated to Madurai Kamaraj University
Re-Accredited with 'A++' by NAAC (Cycle - IV)
Mary Land, Madurai - 625018, Tamil Nadu

YOUTH RED CROSS (SHIFT II)

Year: 2023-2024

Activity Title : Guest Lecture - HOLISTIC WELLBEING: AN
ELIXIR OF LIFE

Name of the Department/club : Youth Red Cross (Part – V of Shift II)

Number of Beneficiaries : 170

Number of Students involved : Youth Red Cross Students of Shift II

Date of the Activity : 19.10.2023

Venue : Jubilee Hall



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Mary Land, Madurai - 18.

YOUTH RED CROSS - SHIFT II
Organises an Interactive session on

Holistic Wellbeing: An Elixir of Life

Resource Person
Dr. Vijay Anand V
M.B.B.S., M.D
Assistant Program Manager
(NHM - National Health Mission) in the office of
Deputy Director Health Services, Madurai.

Date: October 19, 2023
Time: 10.30 AM
Venue: Jubilee Hall

The Youth Red Cross of Fatima College organised an interactive session on “HOLISTIC WELLBEING: AN ELIXIR OF LIFE” on 19th October, 2023. The resource person for the programme was Dr. Vijay Anand V., M.B.B.S., M.D, Assistant Program Manager (NMH- National Health Mission) in the office of Deputy Director Health Services, Madurai.

The programme started at 10:30 AM with a prayer song. After honouring the Chief Guest, Dr. Anand addressed the audience. He began his speech by giving a helpline number-104 and said that, like 108 and 100 that are for ambulance and police, this number can be contacted, if we have any issue regarding health.



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He enlightened the audience about the importance of health and he stated that health is a state of complete physical, mental and social wellbeing and not merely an absence of deformity or disease. Health being the most important in life helps us lead a socially and economically productive life.

The Chief Guest also explained what holistic health meant by explaining profoundly the five aspects namely:

- i. Determinants of Health
- ii. Dimensions of Health
- iii. Health sectors
- iv. Health Care Delivery system
- v. Tamil Nadu Public Health Services

He made a very agreeable observation that “health is neglected until it hurts”. He gave an elaborate insight into the different kinds of diseases contracted by people, the drugs to be administered in such cases and the process of diagnosing and testing. He further elaborated on the role of genetics in determining health, including genetic factors that can lead to diseases related to height, skin colour, and various health issues. He highlighted the impact of the environment on health, including factors such as housing, water supply, sanitation, climate, and air. Additionally, he explained gender-specific diseases, pointing out that certain diseases affect males more, such as hemophilia (a genetic disease) and myocardial infarction (related to cardiac health), while females are more affected by conditions like thyrotoxicosis and rheumatic mitral stenosis. He made a mention also about the 5 major sectors in healthcare, particularly the three tier health care delivery system.

He also spoke about the various special camps like health education, school awareness, sanitation inspection, dengue prevention camps, special fever camps vector control fogging, mass sanitation and so on, organised by



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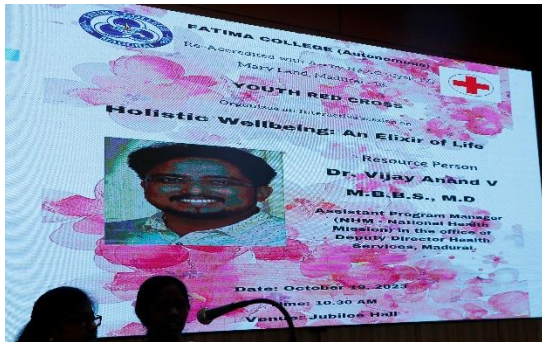
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Tamil Nādu Health Department. He made a detailed explanation about the Antenatal Care provided by the Sub centres and particularly about the importance of The Maternal Child Protection Card (MCP) and PICME Registration to receive the Birth Certificate.

He concluded by saying that knowledge about maintaining our health is of no value unless we take efforts in putting them to practice.

PHOTOS



Session by the Resource Person Dr. V. Vijay Anand

BENEFICIARIES:

S.NO	REG NO	NAMES
1.	2023AB46	M.PAVITHRA



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2.	2023AC17	M.ISHWARYA
3.	2023AC20	D.JAYA VARSHINI
4.	2023AC26	M.KEERTHIKA
5.	2023AC32	A.V.MAHESHWARI
6.	2023AC36	R.MURGESHWARI
7.	2023AC41	M.PAVITHRA
8.	2023AC47	S.RUBIKA
9.	2023AC52	S.SHANMUGA RITHIKA
10.	2023AC53	S.SIVA MALIYA
11.	2023AC56	S.SUBA HARINI
12.	2023AC58	S.SWETHA
13.	2023AC63	A.SABITHA BANU
14.	2023ACS01	K.AKALYA
15.	2023ACS02	R.AKSHAYA
16.	2023ACS08	K.DHARSHINI
17.	2023ACS10	D.FATIMA BENAZIR
18.	2023ACS15	M.P.KAMATHCHI SUNDARI
19.	2023ACS20	S.MADHU MATHI
20.	2023ACS24	P.S.MAITHRE
21.	2023ACS26	S.MARSUKA BARVEEN
22.	2023ACS38	K.SIVA SHREE
23.	2023ACS47	C.VETHIKA
24.	2023ACS50	R.YOGA MITHRA
25.	2023ACH03	R.DIVYA
26.	2023ACH06	N.HARSHA
27.	2023ACH07	S.HEMA MALINI
28.	2023ACH09	A.JESRA FATHIMA
29.	2023ACH10	S.LAKSHMI SRI
30.	2023ACH14	R.SRUMIYA
31.	2023BB09	T.DEVA DHARSHINI
32.	2023BB12	S.DHARSHINI
33.	2023BB20	G.KARTHIKA
34.	2023BB22	R.KOWSALYA
35.	2023BB27	M.MARIYAMANI
36.	2023BB29	U.MOMNIKA
37.	2023BB30	P.MUTHU VEERAMMAL
38.	2023BB39	C.RAGINI
39.	2023BB44	P.SAVEETHA
40.	2023BB54	K.UMA MAHESHWARI
41.	2023BB56	S.YOGITHA
42.	2023ST03	B.PRIYA SHREE
43.	2023ST06	B.EHIL NILA
44.	2023ST11	S.HARINI SHREE



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45.	2023ST19	S.YAZHINI HAMSHIKA
46.	2023BC04	M.AKAHAYA
47.	2023BC10	A.ASHIFA
48.	2023BC14	G.DHARSHINI
49.	2023BC17	M.GAYATHRI
50.	2023BC20	I.HARANI
51.	2023BC37	A.SIVA SRI
52.	2023BC39	S.SUDUKSHA
53.	2023IT03	M.ANUSHA LAKSHIMI
54.	2023IT08	S.CLASOLIN ANGEL
55.	2023IT12	M.HARINISHA
56.	2023IT18	S.KIRTHIGA
57.	2023IT19	S.LAVANYA
58.	2023IT25	S.MUNIRA FIRTHOSH
59.	2023IT28	M.RAGHAVI
60.	2023LB01	A.ABI
61.	2023LB02	A.ANANDHI
62.	2023LB04	S.ANU LEKHA
63.	2023LB06	R.BRINDHA
64.	2023LB08	K.CHARULATHA
65.	2023LB10	NITHYA SRI
66.	2023LB12	R.JEYA RANJANI
67.	2023LB16	G.KAVIYA
68.	2023LB15	S.KAMALI DRUGAI
69.	2023LB25	K.SANDHIYA
70.	2023LB33	P.THIRUSELVI
71.	2023MB01	R.ABIRANI
72.	2023MB02	R.ABITHA SHRI
73.	2023MB06	P.AZHAGU SUNDARA
74.	2023MB07	M.BRINDA
75.	2023MB11	C.GOWRI
76.	2023MB16	R.JAYAM LAKSHMI
77.	2023MB20	B.NAGA MANI
78.	2023MB23	C.SITHA LAKSHMI
79.	2022MB16	R. KEERTHANA
80.	2022MB18	S. NADANAPRIYADHARSHINI
81.	2022MB19	G. NAGANANDHINI
82.	2022MB15	K. JEEVITHA
83.	2022MB21	V. P. NANDHITHA
84.	2022MB22	C. NIVETHA
85.	2022MB23	S. POOJA
86.	2022MB24	R. PRATHIJA



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88.	2022MB26	A. RABIYA
89.	2022MB27	B. RAJESHWARI
90.	2022MB28	M. RATHISRI
91.	2022MB41	V. SANTHIYA
92.	2022MB31	S. SHOBANA
93.	2022MB37	K. VAISHNAVI
94.	2022AB16	M. KANMANI
95.	2022AB24	P. PRAVEENA
96.	2022AB43	K. VARSHINI DEVI
97.	2022AB37	G. SIVAKAMINI
98.	2022AB01	M. ABINAYA
99.	2022AB44	P. VIKASINI
100.	2022AB41	A. VAISHALI
101.	2022AB26	A. RAMALAKSHMI
102.	2022AB35	M. SHANMUGA PRIYA
103.	2022AB27	T. RAMYA
104.	2022IT01	P. ABINAYA
105.	2022IT32	B. PRIYADHARSHINI
106.	2022IT33	S. PRIYADHARSHINI
107.	2022IT37	G. SHARMILI
108.	2022IT30	J. NANCY
109.	2022IT22	M. LAVANYA
110.	2022IT45	S. JANANI
111.	2022AC21	C. JEYA RAJALAKSHMI
112.	2022AC14	V. G. HARINI
113.	2022AC27	G. KIRUBALINI
114.	2022AC53	B. THARSHIKA
115.	2022AC56	R. YASIKA
116.	2022AC13	E. HARIHARAPRIYA
117.	2022AC31	P. MEENA
118.	2022AC37	R. RITHI
119.	2022AC43	P. SANTHIYA
120.	2022AC10	M. DHIVYA DHARSHINI
121.	2022AC47	S. SUBHASHINI
122.	2022AC57	M. YAMUNA
123.	2022AC33	R. MITHRA
124.	2022AC44	S. SANTHIYA
125.	2022AC61	S. SHOBICA
126.	2022AC03	L. APSARA
127.	2022LB53	C. S. SHELINI
128.	2022LB54	M. SHAMRITHAA
129.	2022LB	R. MAHALAKSHMI



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130.	2022LB17	B. GAYATHRI
131.	2022LB20	R. GURUSREE
132.	2022LB13	M. DOWLATHUL KATHIRA
133.	2022LB05	S. ALVASEELA BANU
134.	2022LB02	A. AFROSE
135.	2022LB29	A. KEERTHANA
136.	2022LB45	P. PRIYANKA
137.	2022LB28	K. S. KAVIBALA
138.	2022LB52	S. SELVI
139.	2022LB18	S. GOBIKA
140.	2022BB62	S. J. YUVALAXMI
141.	2022BB59	S. THARANI
142.	2022BB57	K. SRINATHISHA
143.	2022BB37	A. MUTHU MEENA
144.	2022BB45	M. PARAMESHWARI
145.	2022BB29	P. KAMALI
146.	2022BB53	K. SARASWATHI
147.	2022BB25	R. A. JANANI
148.	2022BB14	T. DHARANI
149.	2022BB06	J. ASHWATHY
150.	2022BB16	B. DIVYA
151.	2022BB43	R. NATHIYA
152.	2022BB55	M. SHANMATHI
153.	2022BB50	S. NIRANJANA DEVI
154.	2022BB49	M. RAKSHANA BANU
155.	2022ST21	G. SUBALAKSHMI
156.	2022ST13	KARPPARATCHAMBIGAI
157.	2022ST11	V. HARSHINI
158.	2022ST15	N. MEGHA
159.	2022ST14	G. LAKSHMI PRABHA
160.	2022ST28	M. KARTHIKA DEVI
161.	2022ST12	A. JAHARNA SHREE
162.	2022BC10	S. HARINI
163.	2022BC18	R. KAVIYA
164.	2022BC05	S. CECILIA MARY
165.	2022BC39	G. SWETHA
166.	2022BC37	M. SUGANTHI
167.	2022BC36	K. SRINITHI
168.	2022BC04	R. BHARATHI
169.	2022BC30	K. SAMEENA
170.	2022BC29	M. RUBINA



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Youth Red Cross Co- Ordinator (Shift II)

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