



FATIMA COLLEGE

(Autonomous)

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	: Group Discussion - How to Live a Disease Free 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	: 23.11.2023
Venue	: Maureen Hall

A group discussion on “How to Live a Disease Free Life” was held in the premises of Fatima College. It was organised by the staff of Part – V, Youth Red Cross and the students belonging to this had participated.

Various issues were brought up by the students in the discussion. Sanitation and the awareness towards keeping oneself and his surroundings clean seemed to be the most urgent factor that needed to be addressed to live a disease free life.

It is believed that “A body that eats healthy stays healthy”. Thus, we need to make sure to include fruits and vegetables in our daily diet with all the necessary nutrients balanced and give our body the pleasure of enjoying a disease-free and healthy lifestyle. Unemployment, poverty and improper housing facilities were other important factors. With very less income people are unable to spend on self- care and cleanliness.

The importance of toilets was discussed. Toilets need to be set up by the Govt. as their top priority. Villages need a closer inspection.



FATIMA COLLEGE

(Autonomous)

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

Education also plays an integral role in creating awareness about various factors leading to diseases. People who are more educated are more receptive to health education campaigns. Education can also lead to more accurate health beliefs and knowledge, and thus to better lifestyle choices, but also to better skills and greater self-advocacy.

Sometimes the key to maintaining a healthy, disease-free body is to achieve normalcy and embrace it. If you really want to maintain a disease-free body, after including a healthy diet in your routine, it is important that you indulge in your day-to-day activities and avoid procrastination.

PHOTOS





FATIMA COLLEGE

(Autonomous)

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

Students discussing on How to live a disease free life

BENEFICIARIES:

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



FATIMA COLLEGE

(Autonomous)

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

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
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.



FATIMA COLLEGE

(Autonomous)

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

		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
87.	2022MB25	M. S. PRETHIPA
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



FATIMA COLLEGE

(Autonomous)

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

123.	2022AC33	R. MITHRA
124.	2022AC44	S. SANTHIYA
125.	2022AC61	S. SHOBIKA
126.	2022AC03	L. APSARA
127.	2022LB53	C. S. SHELINI
128.	2022LB54	M. SHAMRITHAA
129.	2022LB	R. MAHALAKSHMI
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



FATIMA COLLEGE

(Autonomous)

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

166.	2022BC37	M. SUGANTHI
167.	2022BC36	K. SRINITHI
168.	2022BC04	R. BHARATHI
169.	2022BC30	K. SAMEENA
170.	2022BC29	M. RUBINA

Youth Red Cross Co- Ordinator (Shift II)

Fanny M