



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

National Service Scheme (Shift II)

REPORT

Title : Holistic Wellbeing: An Elixir of life

Date : 19.10.23

No. of Participants : 50 NSS VOLUNTEERS

Outcome : Guest lecture on proved to be an insightful and informative session for all attendees. The practical tips and engaging discussion empowered participants to take proactive steps toward a more balanced and fulfilling life.

Report:

Youth Red Cross organised a guest lecture on the topic “**Holistic Wellbeing: An Elixir of life**” The guest lecture provided valuable insights into the importance of maintaining balance across all aspects of health-physical, Mental, emotional, spiritual and social. The practical tips and engaging discussion empowered participants to take proactive steps toward a more balanced and fulfilling life.



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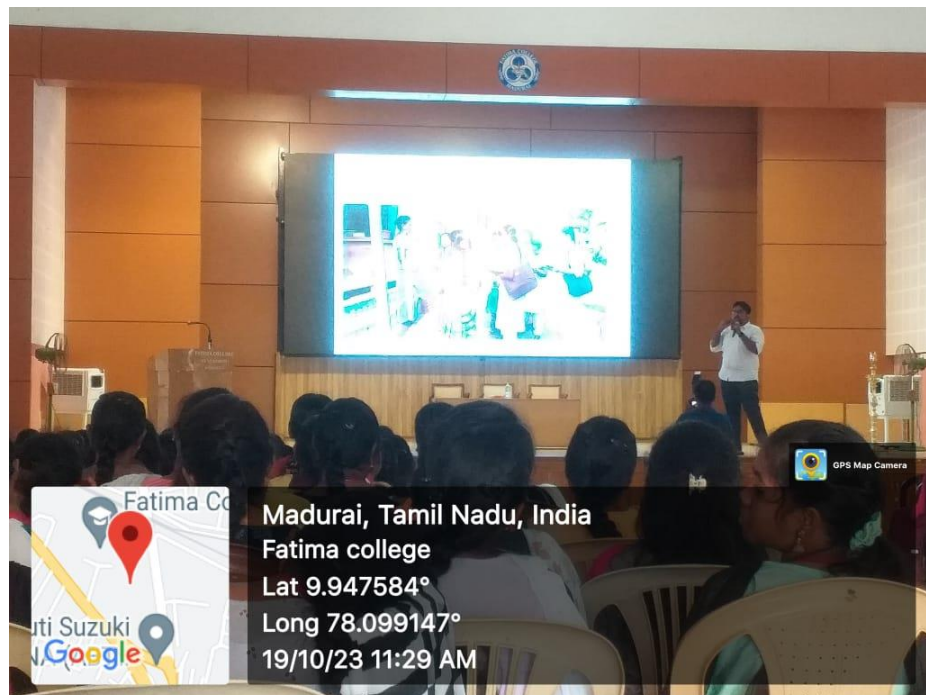
YOUTH RED CROSS - SHIFT II

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





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PARTICIPANTS LIST

Sl. No	Reg. no	Name
1	2022LB09	Ayesha Rani.S
2	2022LB12	Dimple Kanwar.B
3	2022LB23	Harsini.S.B
4	2022LB38	MuskanJaiswal.D
5	2022LB40	Nithya.S
6	2022LB48	Rubica.P
7	2022LB49	Sabana Yasmin S
8	2022LB63	ThasneemBegam.A
9	2022MB01	Aafiazunairah.A
10	2022MB02	Abi.K
11	2022MB03	Abinaya.M
12	2022MB14	Janani.K.P
13	2022MB31	Krishna Dharshini.D
14	2022AC04	AzeemumNisha.B
15	2022AC08	DharaniBharathi.S
16	2022AC32	Meenakshi.S
17	2022AC35	Prasanadevi.R
18	2022AC45	Selvapriya.R
19	2022AC54	VeeraLakshmi.S
20	2022AB36	Shifana J
21	2022AB15	Kajal S
22	2022AB46	Yamini L
23	2022AB21	Nivetha M
24	2022AB39	Sruga S
25	2022JM05	Lakshitha J



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26	2022JM07	Manjula M
27	2022JM04	KathijaReeshman E
28	2022JM13	Siva Priya S
29	2022JM16	Siva Shree K
30	2022IT04	Angel G
31	2022IT10	Dhanushri R
32	2022IT11	Dharshini T
33	2022IT26	Mahalakshmi K
34	2022IT43	Thaarani S
35	2022ST06	Deeshika B
36	2022ST09	Harini B
37	2022ST23	Thanishasiva Sri S
38	2022ST24	Tharshini T
39	2022ST25	Thendral S
40	2022BC01	Agalya B K
41	2022BC14	Janani S
42	2022BC20	Lavanya N
43	2022BC22	Marimohana K
44	2022BC26	Pramika N
45	2022BB01	Aafiya Fathima M
46	2022BB04	Amaravathi M
47	2022BB10	Daarani M
48	2022BB22	Harsha S
49	2022BB47	Poornima T
50	2022BB49	Rakshana Banu M

Signature of Co ordinator