



# St. Mary's College (Autonomous) Thoothukudi

Re-accredited with A+ Grade by NAAC-4<sup>th</sup> cycle

(Affiliated to Manonmaniam Sundaranar University)

## CENTRE FOR SERVICE EXCELLENCE

### RED RIBBON CLUB

#### Report for 2018-2019

##### **Event 1: Lecture on Blood Donation**

**Date:** August 20, 2018

**Venue:** Star Hall

**Resource Person:** Dr. Selvarathanam, Block Medical Officer, Primary Health Centre, Pudukottai, Thoothukudi

**Beneficiaries:** First-Year Students

**Report:** This lecture, delivered by Dr. Selvarathanam, aimed to educate students on the importance and benefits of blood donation. He discussed the criteria for eligible donors, the health benefits of donating blood, and the crucial role it plays in saving lives. The talk encouraged students to consider blood donation as a vital contribution to the community. Many students expressed an increased willingness to donate blood, recognizing it as a valuable way to help those in need.

---

##### **Event 2: Lecture on Nutrition**

**Date:** August 20, 2018

**Venue:** Star Hall

**Resource Person:** Mrs. Banumathi Nachiyar, Counsellor, Pudukottai

**Beneficiaries:** First-Year Students

**Report:** Mrs. Banumathi Nachiyar delivered a lecture focused on the importance of balanced nutrition for maintaining good health. She explained essential nutrients, dietary requirements, and the impact of diet on overall wellness. Practical advice was provided on meal planning, balanced diets, and avoiding processed foods. Students found the session valuable, gaining a better understanding of how their dietary choices affect both their physical and mental health.

---

### **Event 3: Speech on HIV**

**Date:** August 20, 2018

**Venue:** Star Hall

**Resource Person:** Mrs. Uma, Counsellor, District TB Centre, Thoothukudi

**Beneficiaries:** First-Year Students

**Report:** Mrs. Uma's speech aimed to raise awareness about HIV, addressing common misconceptions and providing accurate information on transmission, prevention, and treatment. She emphasized the importance of empathy towards individuals living with HIV and encouraged students to be advocates for a stigma-free society. This session helped students better understand HIV and the importance of inclusive and supportive attitudes.

---

### **Event 4: Lecture on Tuberculosis (TB)**

**Date:** August 20, 2018

**Venue:** Star Hall

**Resource Person:** Mrs. Leelambal, Counsellor, Thoothukudi Medical College,

Thoothukudi **Beneficiaries:** First-Year Students

**Report:** Mrs. Leelambal conducted an informative lecture on Tuberculosis (TB), covering its symptoms, modes of transmission, and prevention methods. She highlighted the importance of early diagnosis and the availability of free treatment options. This lecture aimed to educate students on how to recognize TB symptoms and seek timely medical

attention. The students left with a better understanding of TB, its risks, and the importance of health checks.

---

### **Event 5: Lecture on Achieving Holistic Health and Integration of All Medical Systems**

**Date:** February 4, 2019

**Venue:** Star Hall

**Resource Person:** Dr. S. Vaseekaran, Chairman, Indian Red Cross Society, Thoothukudi

**Beneficiaries:** NSS Students

**Report:** Dr. S. Vaseekaran's lecture focused on the concept of holistic health, emphasizing the integration of various medical systems. He explained the benefits of combining traditional, alternative, and modern medicine to achieve comprehensive wellness. Students were introduced to practices such as yoga, meditation, and Ayurvedic approaches that complement allopathic medicine. This session encouraged students to adopt a balanced and integrative approach to health, appreciating diverse medical systems for complete wellness.

---