

St. Mary's College (Autonomous), Thoothukudi

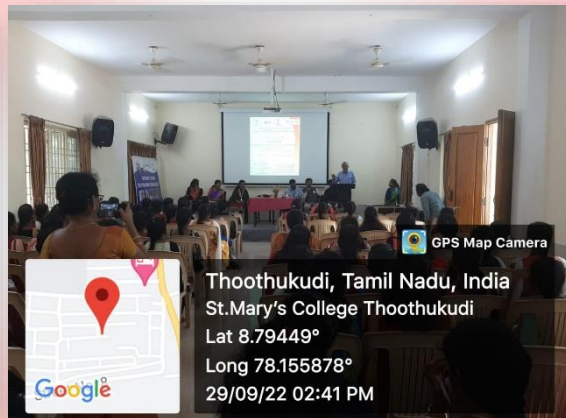
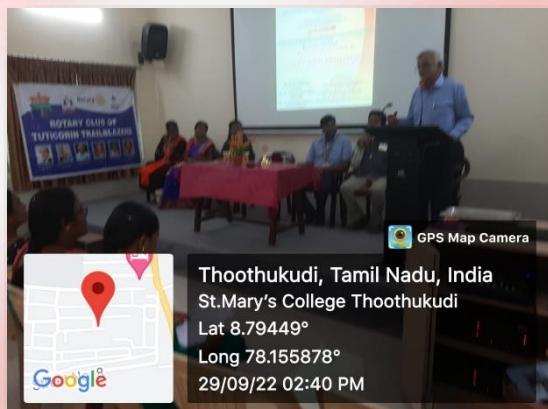
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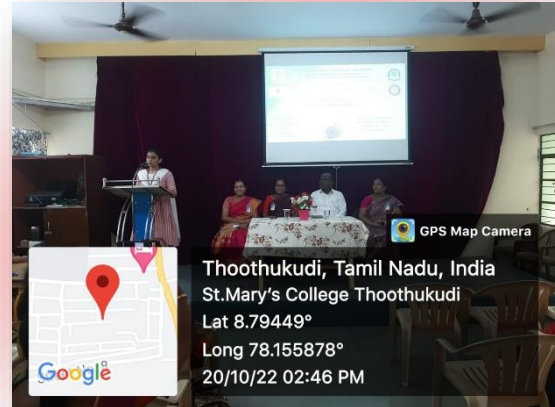
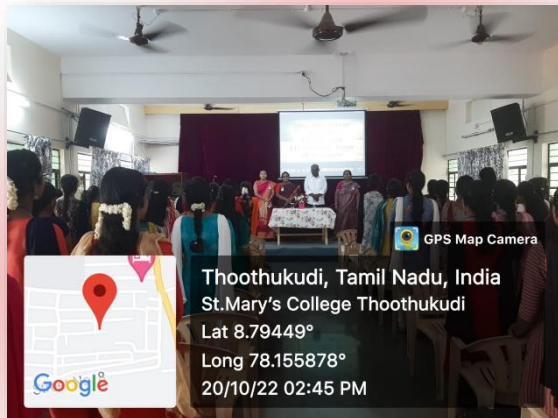
Rotaract Club

Report for 2022-2023

On **29 September 2022** the Rotaract club organized a meeting on the topic **Iraivi** – a programme on “Physical, Intellectual and Social Transformation” under the guideship of Shri. S.R. Ramakrishnan, SPIC & Greenstar Fertilisers Ltd., Director of Rotary Club and Mr. Rathakrishnan, Member of Rotary Club, Spic Nagar. **Dr. Flora Nelson M.D.R.D and Ms. J. Kumutha Sithiraputhiran, Soft Skills Trainer** were the resource persons. Dr. Flora Nelson M.D.R.D addressed the II year students on Physical transformation focusing on how the physique contributes to the development of overall personality of a person. Ms. J. Kumutha Sithiraputhiran, Soft Skills Trainer delivered a speech on Intellectual and Social Transformation. She focused on how intellectual transformation is a by-product of the environment which leads to higher job satisfaction. And she laid emphasis on how social transformation alter the life style of the people within a limited span of time.



On **20 October 2022**, a meeting was convened jointly by Rotaract Club, Youth Red Cross and Library Committee. **Dr. G. Antony Suresh, Assistant Professor of Tamil, Sadakathullah Appa College, Tirunelveli**, the guest speaker of the day delivered a speech on “Bibliotherapy-A Solution to Stress”. He highlighted the importance of books and reading and posited how books could render a remedy for the stress.



On **7 th January 2023**, a one day training programme on “Effective Public Speaking” was organized jointly with the Rotary Club, Spic Nagar. **The Rotarian cum Corporate Trainer Mr. M. A. P. R Rengasamy** addressed the students and held a lively and interactive session on public speaking skills. Nearly 50 students from different disciplines benefitted from the programme.



On **16 February 2023**, The Rotaract Club and Rotary Club of Seaside, Thoothukudi jointly organized a special lecture on the topic “**The Role of Physiotherapy in General Fitness**” under the guidance of Rotarian A. Constan, the President of Rotary Club, Thoothukudi. Dr. S. **Mohammed Nazeer, Physiotherapist**, Sugam Physiotherapy Centre, Thoothukudi addressed all the I and II Year part V students on how to promote health awareness and to increase the health status of the society. (Beneficiaries part V students except N.S.S & N.C.C students)

