EVENT LIST

ACADEMIC YEAR: 2021 - 2022 (July 2021 – June 2022)

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REPORT

EVENT NAME: EYE CHECK UP CAMP

DATE OF EVENT: 26.04.2022

COLLABORATION: Maxi Vision Eye Hospital, Trichy

An Eye Check-up Camp was successfully organized on 26.04.2022 at Central Library with the aim of promoting eye health awareness and providing free eye care services to the students community. The camp was organized by YRC in collaboration with Maxi Vision Eye Hospital, Trichy.

Objectives

- To provide free eye check-up services to the students and faculty members
- To raise awareness about common eye problems and preventive care.
- To detect refractive errors and other common eye conditions.
- To offer referrals for further treatment if needed.

Activities Conducted

- General eye screening
- Vision testing for refractive errors
- Diagnosis of common eye diseases
- Consultation with ophthalmologists
- Awareness session on eye care and hygiene



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மாலை மலர்

இந்தியாவின் No.1 மாலை நாளிதழ்

MAALAI MALAR

திருச்சி 27-4-2022 (புதன்கிழமை) 8 பக்கம் 500காசு ★★★ மலர் 45 இதழ் 133

பய மவணடும

லைவர் மனு

அதிகாரி ஆகியோர் அங்கு ஆக்கிரமிப்பு இருந்தும் ஒரு தலை பட்சமாக ஆக்கிரமிப்பு இல்லை என்று கூறிவிட்டார்கள்.

நடவடிக்கை

எனவே இதன் உண்மை தன்மையை கலெக்டர் அவர்கள் நேரில் ஆய்வு செய்து ஆக்கிரமிக்கப்பட்டுள்ள நடைபாதையை மீட்டுத் தருமாறு கேட்டுக்கொள்கிறேன்.

இவ்வாறு அவர் கூறியுள்ளார்.

திருச்சி மாவட்டம் சமயபுரம் கே.ராமகிருஷ்ணன் பொறியியல் கல்லூரியும், திருச்சி மாக்னிவிஷன் கண் மருத்துவமனையும் இணைந்து சிறப்பு கண்பரிசோதனை முகாமை கல்லூரியின் வளாகத்தில் நடத்தியது. முகாமினை கல்லூரியின் முதல்வர் முனைவர் சீனிவாசன் தொடங்கி வைத்தார். இம்முகாமில் சுமார் 400 மாணவர்களும் ஏராளமான ஆசிரிய பெருமக்களும் கண்பரிசோதனை செய்து பயனடைந்தனர். நிகழ்ச்சிக்கான ஏற்பாடுகளை உதவிபேராசிரியர் நாகராஜன், இளைஞர் செஞ்சிலுவைசங்கம் ஒருங்கிணைப்பாளர் மற்றும் தேசிய சேவைதிட்டம் ஒருங்கிணைப்பாளர் பாலகுமார் ஆகியோர் செய்திருந்தனர்.

Participation and Outcomes

- Total Beneficiaries: 400
- Cases Referred for Further Treatment: 95
- Volunteers Involved:15
- Medical Staff Present: 1 ophthalmologists, 3 optometrists, 1 general consultant, 1 PRO

Feedback and Observations

- The camp received a positive response from the community.
- Many students and elderly individuals benefitted from early detection of eye problems.
- The need for regular eye check-ups was emphasized during the awareness session.

Conclusion

The Eye Check-up Camp was a great success and served its purpose of creating awareness and offering accessible eye care services. It highlighted the importance of preventive eye health and received enthusiastic participation from the community. The organizing team extends heartfelt thanks to all medical staff, volunteers, and participants who made the camp successful.

REPORT

EVENT NAME: AWARENESS PROGRAM FOR HEALTHY HEART

DATE OF EVENT: 31.03.2022

COLLABORATION: KMC HOSPITAL, TRICHY

An Awareness Program on *Healthy Heart* was conducted on 31.03.2022 by YRC to educate participants about heart health, prevention of cardiovascular diseases, and the importance of maintaining a heart-friendly lifestyle. The event was organized as part of our health and wellness initiatives, with special emphasis on lifestyle changes and early detection of heart-related issues.

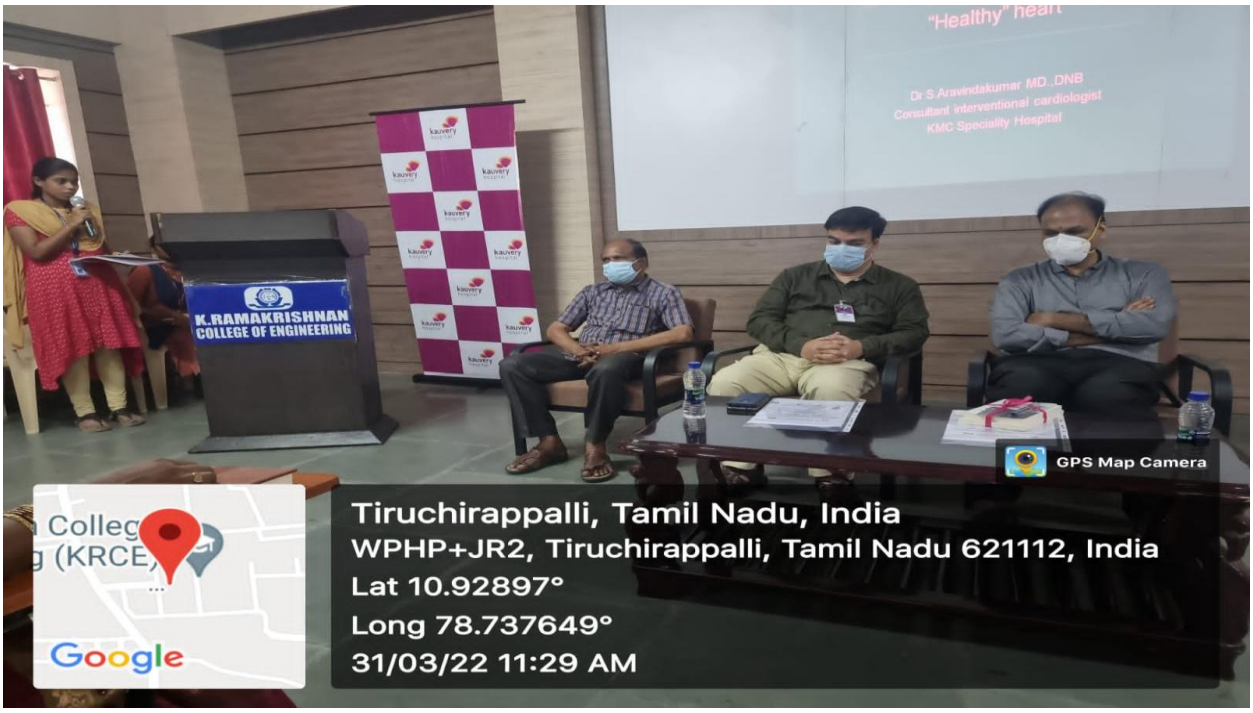
Objectives

Educational Outreach: To inform the community about the anatomy and function of the heart, and the risk factors that contribute to heart disease.

Preventive Measures: To share effective strategies for maintaining a healthy heart, including balanced diet, regular exercise, stress management, and periodic health check-ups.

Risk Awareness: To raise awareness about warning signs of heart complications such as chest pain, shortness of breath, and sudden fatigue.

Interactive Engagement: To offer a platform for participants to ask questions, receive personalized advice, and learn from medical experts and nutritionists.



Program Highlights

Expert Sessions:

Cardiologist's Talk: Dr. S. Aravindakumar explained the importance of heart care, common cardiovascular disorders, and preventive interventions.

Topics Covered:

- Basics of heart function and common heart conditions
- Risk factors: Smoking, obesity, high cholesterol, diabetes
- Preventive tips: Balanced diet, physical activity, routine checkups
- Role of mental health in heart wellness
- Recognizing early signs of a heart attack

Interactive Q&A:

Participants engaged with the experts in a live Q&A session, discussing personal queries related to lifestyle modifications and overcoming risk factors.

Participation and Response

Total Participants: 80

Audience: Faculty members

Feedback: The session was well-received, with participants showing great interest in lifestyle modifications and preventive care.

Materials Distributed: Informative brochures, health tips, digital resources were shared with attendees.

Conclusion

The awareness program on healthy heart was a resounding success, marking an important step towards fostering a heart-healthy community. The well-organized event not only disseminated critical information but also inspired individuals to take proactive steps in monitoring and managing their cardiovascular health. [Insert organization name] remains dedicated to promoting healthy lifestyles and looks forward to organizing future events on preventive health care.

REPORT

EVENT NAME: EYE CHECK UP CAMP

DATE OF EVENT: 28.03.2022

COLLABORATION: Dr. Agarval's Eye Hospital. Trichy

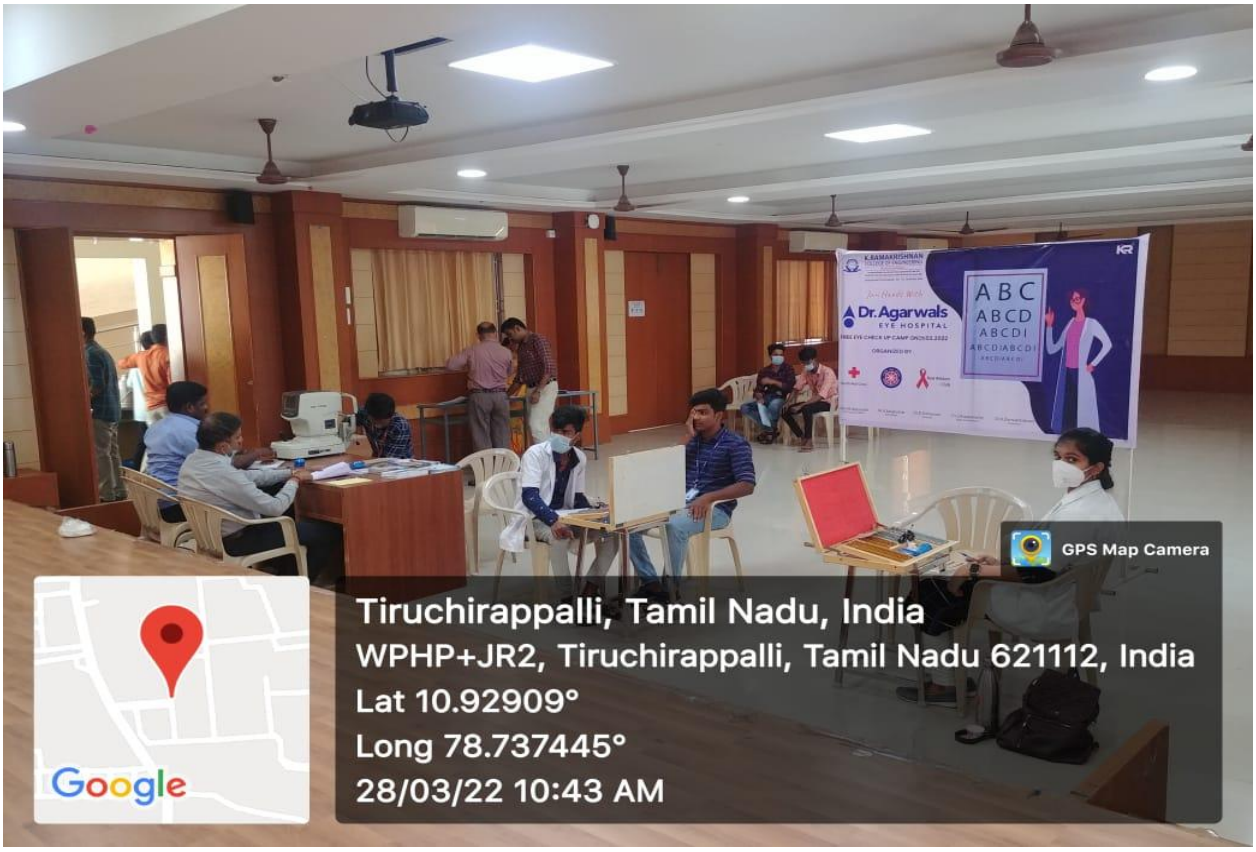
An Eye Check-up Camp was successfully organized on 28.03.2022 at Third Floor Conference Hall with the aim of promoting eye health awareness and providing free eye care services to the students community. The camp was organized by YRC in collaboration with Dr. Agarval's Eye Hospital, Trichy.

Objectives

- To provide free eye check-up services to the students and faculty members
- To raise awareness about common eye problems and preventive care.
- To detect refractive errors and other common eye conditions.
- To offer referrals for further treatment if needed.

Activities Conducted

- General eye screening
- Vision testing for refractive errors
- Diagnosis of common eye diseases
- Consultation with ophthalmologists
- Awareness session on eye care and hygiene



Participation and Outcomes

- Total Beneficiaries: 350
- Cases Referred for Further Treatment: 76
- Volunteers Involved:15
- Medical Staff Present: 1 ophthalmologists, 3 optometrists, 1 general consultant, 1 PRO

Feedback and Observations

- The camp received a positive response from the community.
- Many students and elderly individuals benefitted from early detection of eye problems.
- The need for regular eye check-ups was emphasized during the awareness session.

Conclusion

The Eye Check-up Camp was a great success and served its purpose of creating awareness and offering accessible eye care services. It highlighted the importance of preventive eye health and received enthusiastic participation from the community. The organizing team extends heartfelt thanks to all medical staff, volunteers, and participants who made the camp successful.

REPORT

EVENT NAME: AWARENESS ON USAGE OF DRUGS & ITS ILL EFFECTS

DATE OF EVENT: 24.12.2021

COLLABORATION: Police Officials, Samayapuram

An awareness program on the *Usage of Drugs and Its Ill Effects* was organized on 24.12.2021 by YRC. The objective of this program was to educate participants, especially the youth, about the dangers of drug abuse, its psychological and physical impact, and the importance of making informed, healthy life choices.

Objectives

- To spread awareness about different types of drugs and their harmful effects.
- To highlight the psychological, social, and legal consequences of drug abuse.
- To motivate youth to stay away from substance abuse.
- To offer guidance on prevention, early detection, and seeking help.
- To promote a drug-free and healthy lifestyle.

Program Highlights

- Inaugural Address: Dr. D. Srinivasan
- Expert Talk: Police officials, Samayapuram and Thiruverumbur Circle.
- **Topics covered:**
- Types of drugs and addictive substances
- Causes and symptoms of addiction
- Impact on mental and physical health
- Family and societal effects
- Rehabilitation and support systems
- **Interactive Q&A Session:** Students actively participated and shared their views and doubts.
- **Pledge Ceremony:** Participants took a pledge to stay drug-free.
- **Awareness Materials:** Distribution of pamphlets/posters



Conclusion

The awareness program on drug usage and its ill effects was a significant step in educating the youth about the dangers of substance abuse. It helped break myths, encourage open dialogue, and foster responsibility among individuals. [Insert institution name] remains committed to organizing such impactful programs that nurture a healthy and informed society.

REPORT

EVENT NAME: EYE CHECK UP CAMP

DATE OF EVENT: 27.10.2021

COLLABORATION: Vasan Eye Care Hospital, Trichy

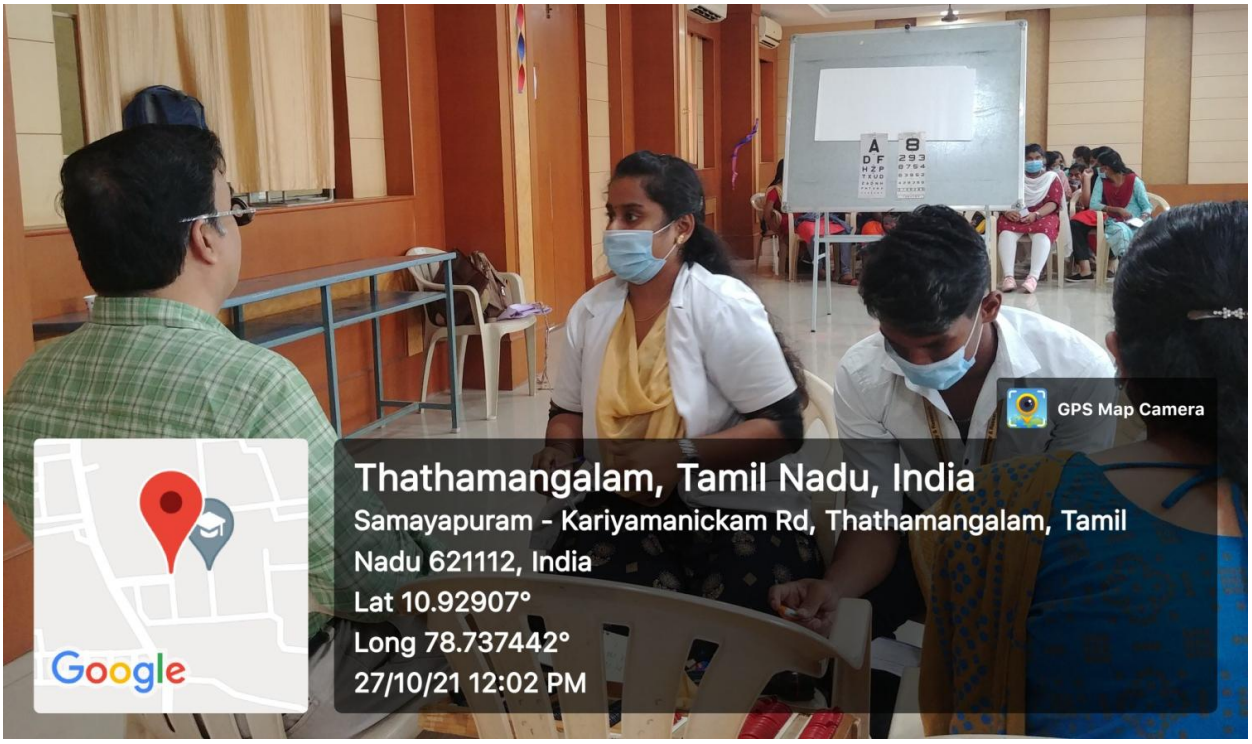
An Eye Check-up Camp was successfully organized on 27.10.2021 at Third Floor Conference Hall with the aim of promoting eye health awareness and providing free eye care services to the students community. The camp was organized by YRC in collaboration with Vasan Eye Care Hospital, Trichy.

Objectives

- To provide free eye check-up services to the students and faculty members.
- To raise awareness about common eye problems and preventive care.
- To detect refractive errors and other common eye conditions.
- To offer referrals for further treatment if needed.

Activities Conducted

- General eye screening
- Vision testing for refractive errors
- Diagnosis of common eye diseases
- Consultation with ophthalmologists
- Awareness session on eye care and hygiene



Participation and Outcomes

- Total Beneficiaries: 450
- Cases Referred for Further Treatment: 115
- Volunteers Involved:15
- Medical Staff Present: 1 ophthalmologists, 3 optometrists, 1 general consultant, 1 PRO

Feedback and Observations

- The camp received a positive response from the community.
- Many students and elderly individuals benefitted from early detection of eye problems.
- The need for regular eye check-ups was emphasized during the awareness session.

Conclusion

The Eye Check-up Camp was a great success and served its purpose of creating awareness and offering accessible eye care services. It highlighted the importance of preventive eye health and received enthusiastic participation from the community. The organizing team extends heartfelt thanks to all medical staff, volunteers, and participants who made the camp successful.

REPORT

EVENT NAME: FIRST AID PROGRAM (Online)

PLATFORM: Google meet

DATE OF EVENT: 14.09.2021

COLLABORATION: Exnora, Trichy

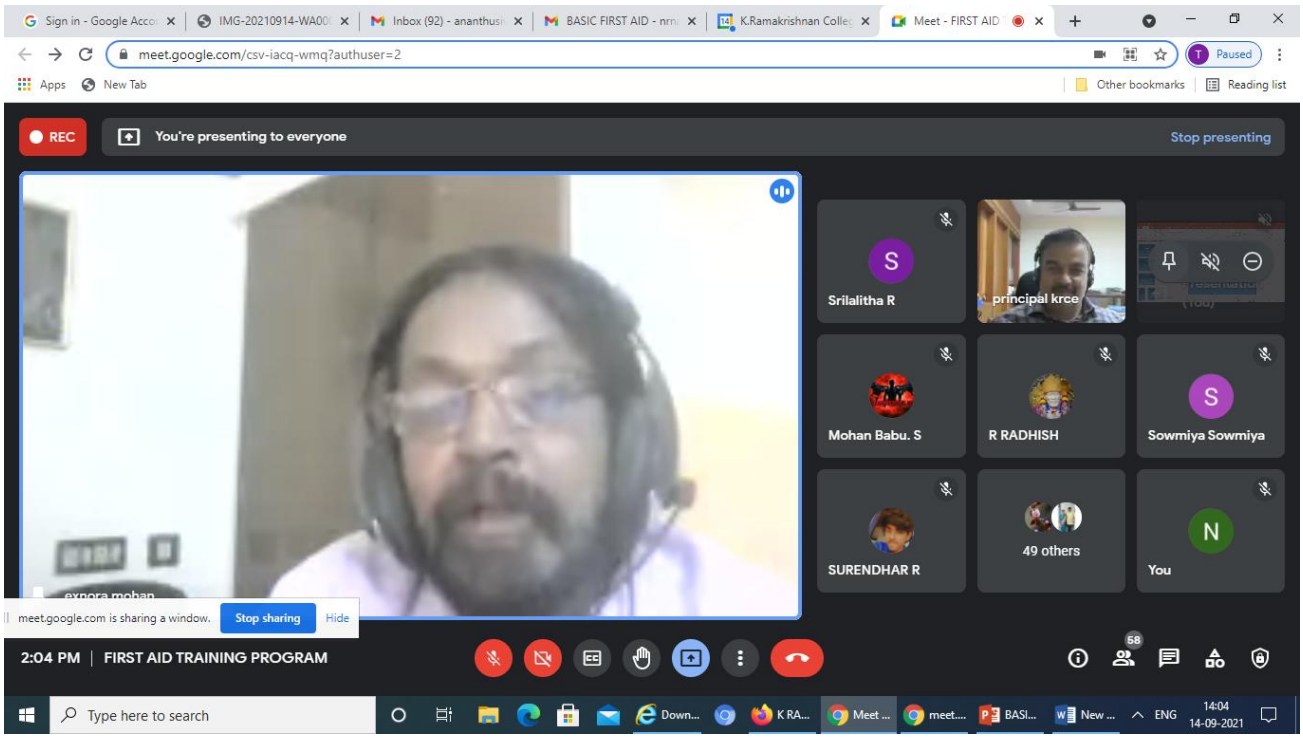
An Online First Aid Program was conducted on 14.09.2021 by YRC with the objective of equipping participants with essential life-saving skills. The virtual session was aimed at educating students on how to respond effectively in emergency situations from the comfort of their homes.

Objectives

- To spread awareness about basic first aid practices.
- To train participants on handling common medical emergencies.
- To build confidence in providing immediate care before professional help arrives.
- To promote a culture of health and safety awareness.

Program Highlights

- Introduction to First Aid: Importance and Scope
- CPR (Cardiopulmonary Resuscitation) – Demonstration and Explanation
- Handling cuts, burns, fractures, and choking
- First Aid for unconscious victims and those with seizures
- Emergency response procedures and Do's & Don'ts
- Q&A session with the trainer



Participation

- **Total Participants** : 90
- **Audience Type** : Students and Faculty
- **Trainer/Speaker** : Mr. P. Mohan, Joint Secretary, Indian Red Cross Society – Trichy District Branch, Founder – Youth Exnora International
- **Duration** : 4 hours

Feedback and Impact

- Participants found the session highly informative and practical.
- The interactive format kept attendees engaged.
- Several participants expressed interest in further health and safety training.
- The session encouraged individuals to be proactive in emergencies.

Conclusion

The Online First Aid Program was a successful initiative that provided valuable knowledge and hands-on tips for emergency care. It empowered participants to act effectively in crisis situations and highlighted the importance of first aid education in every household and workplace.

REPORT

EVENT NAME: MEGA VACCINATION CAMP

DATE OF EVENT: 12.09.2021

COLLABORATION: Government of Tamilnadu, Primary Health Centre, Samayapuram

A Mega COVID Vaccination Camp was successfully organized on 12.09.2021 at No.1 Tollgate, Trichy with the objective of accelerating the COVID-19 vaccination drive and ensuring maximum coverage among the eligible population. The initiative aimed to make vaccines more accessible, promote public health, and contribute to controlling the spread of the virus.

Objectives

- To vaccinate a large number of individuals efficiently and safely.
- To raise awareness about the importance of COVID-19 vaccination.
- To reach underserved communities and vulnerable populations.
- To contribute toward achieving herd immunity.

Camp Highlights

- Free COVID-19 vaccination for eligible individuals (1st, 2nd, and booster doses).
- On-site registration and pre-vaccination counseling.
- Observation and post-vaccination care area.
- Distribution of vaccination certificates.
- Awareness messages on COVID-19 safety protocols.



Statistics and Outcomes

- Total Beneficiaries Vaccinated: 550
- Doses Administered:
- 1st Dose: 550
- Medical Staff Involved: 3 Doctors, 5 Nurses, 10 Volunteers
- Target Age Group: 50+
- Vaccines Used: [Covaxin/Covishield]

Safety and Protocols

- All COVID-19 safety guidelines were strictly followed.
- Masks, sanitizers, and social distancing were maintained throughout.
- Emergency medical kits and ambulance services were kept ready.

Feedback and Response

- Public response to the camp was overwhelmingly positive.
- Beneficiaries appreciated the smooth organization and courteous staff.
- Several community members expressed gratitude for bringing the service closer to their homes.

Conclusion

The Mega COVID Vaccination Camp was a major success, marking a significant step forward in the fight against the pandemic. The collaborative efforts of healthcare workers, local authorities, and volunteers ensured safe and effective vaccination delivery to hundreds/thousands of individuals. The camp not only boosted immunity in the community but also strengthened trust in public health initiatives.