

Life Skills:

Life skills prepares students physically and mentally for the integration of their physical, psychological and social faculties so that they can live in harmony with oneself and with those around. The purpose of Life Skill programmes is to empower them to lead a stress-free life with the ability to balance work and other personal activities without any difficulty.

Name of the Program: Blood Donation Camp**Date: 21/8/2018**

A Blood donation camp which was open to both faculty and students was conducted by the Leo Club on 21- 08- 2018 in collaboration with MGR Medical College, Government Royapettah General Hospital, Adyar Cancer Institute and TTK VHS Medical Chennai. More than 276 members came forward to donate their blood.

**Student Donating Blood**

Name of the Program: Blood Donation Camp

Date: 02/08/2017

The Rotaract Club members initiated the year's activities with a blood donation camp for staff and students. The camp was conducted in collaboration with Govt. Royapettah, MGR university, Adyar Cancer Institution, IOG (Government Hospital for women and children). The purpose of the camp was to inspire the second and third year students of the college to donate blood for those in need in the hospitals. The event was successful with 490 students coming forward to donate blood.



Student Donating Blood

Name of the Program: Blood Donation Camp

Date:22/7/2016

The Rotaract club of the college organized a blood donation camp on campus on 22 July 2016. About 328 students of the college donated blood. The college sent 106 pints of blood collected to the Cancer Institute (WIA), 114 to Govt. Royapettah hospital and 108 to Govt. Stanley hospital.



Student Donating Blood

Name of the Event: Blood Donation Camp & Health Camp

Date: 02/09/2015

A Blood donation camp was conducted on 2nd September 2015 by the Leo club & Rotaract club in collaboration with Adyar cancer hospital.



Student Blood Donor

Name of the Program: Blood Donation Camp

Date:02/09/2014

A Blood Donation Camp was inaugurated by Lion K Narendra Babu on 2nd September 2014. In his address he praised the college and the club for the initiative taken to conduct blood donation camps to help those in need at emergency situations.



Student donating blood in the Blood Donation Camp



Hospital staff along with the college faculty getting ready for the blood donation camp

Name of the Program: HEALTH CAMP**Date: 29/08/2018**

As part of extension activity, the Rotaract club organized a Health Camp on 29th August 2018. Dr. Amaresh from Fortis Malar Hospital, Dr. Sivaprakasham from Smilez Dental Centre, Dr. Henry and Dr. Pradeepa Devi from M.N. Eye hospital and a technician Mr. Naveen from Apollo Hospitals assisted in conducting the Health Camp successfully.



Dr. Joseph Durai, Principal during the eye check up

Name of the Program: Eye Camp

Date: 19/07/2017

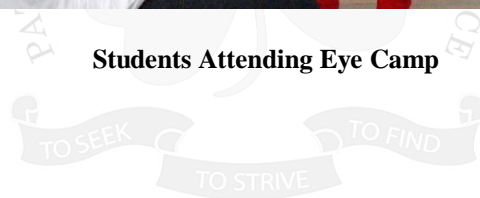
Leo club gives significant importance to health in and around the campus. A free Eye check up camp was held on 19th July, 2017. Rev. Bro. Johnson Rex Dhanabal, graced the occasion with his presence. Dr. M Nishanth, Clinical Director, HOD, Cornea and Reflective Services of M.N. Eye hospital addressed the staff and students on eye care and safety practices to protect one's vision. More than 450 participants had registered.



Students Attending Health Camp



Students Attending Eye Camp



Name of the Program: Free Dental camp

Date: 25/07/2016

Leo club of the college organized a free dental camp for the students on 25/7/2016. Dr. Senthil MDS along with his team attended the camp and rendered dental check-up services. A huge number of students from all the departments responded.

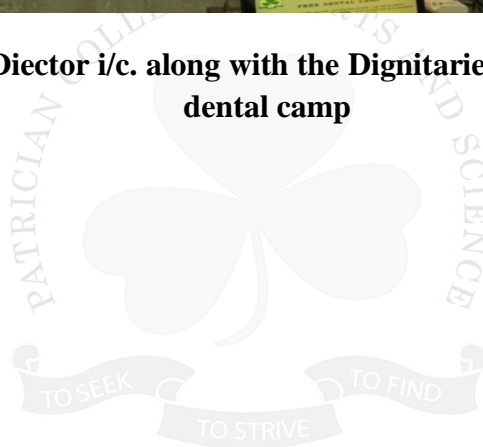


TO STRIVE

Dental Camp



Bro. O.J. Joseph, Director i/c. along with the Dignitaries during the inauguration of the dental camp



Name of the Event: Health Camp

Date: 20/2/2016

Rotaract Club organized one-day Health Camp on 20 February 2016 for providing free medical examination to the students of the college



Students attending health camp

Name of the Program: First Aid Training

Date: 1st, 2nd & 3rd December 2014

On 1st, 2nd and 3rd December **First aid training program** was organized for first year students. Mr. Subramaniam, First Aid Trainer of IRCS, Tamilnadu branch gave the training for the 514 students who attended the program.

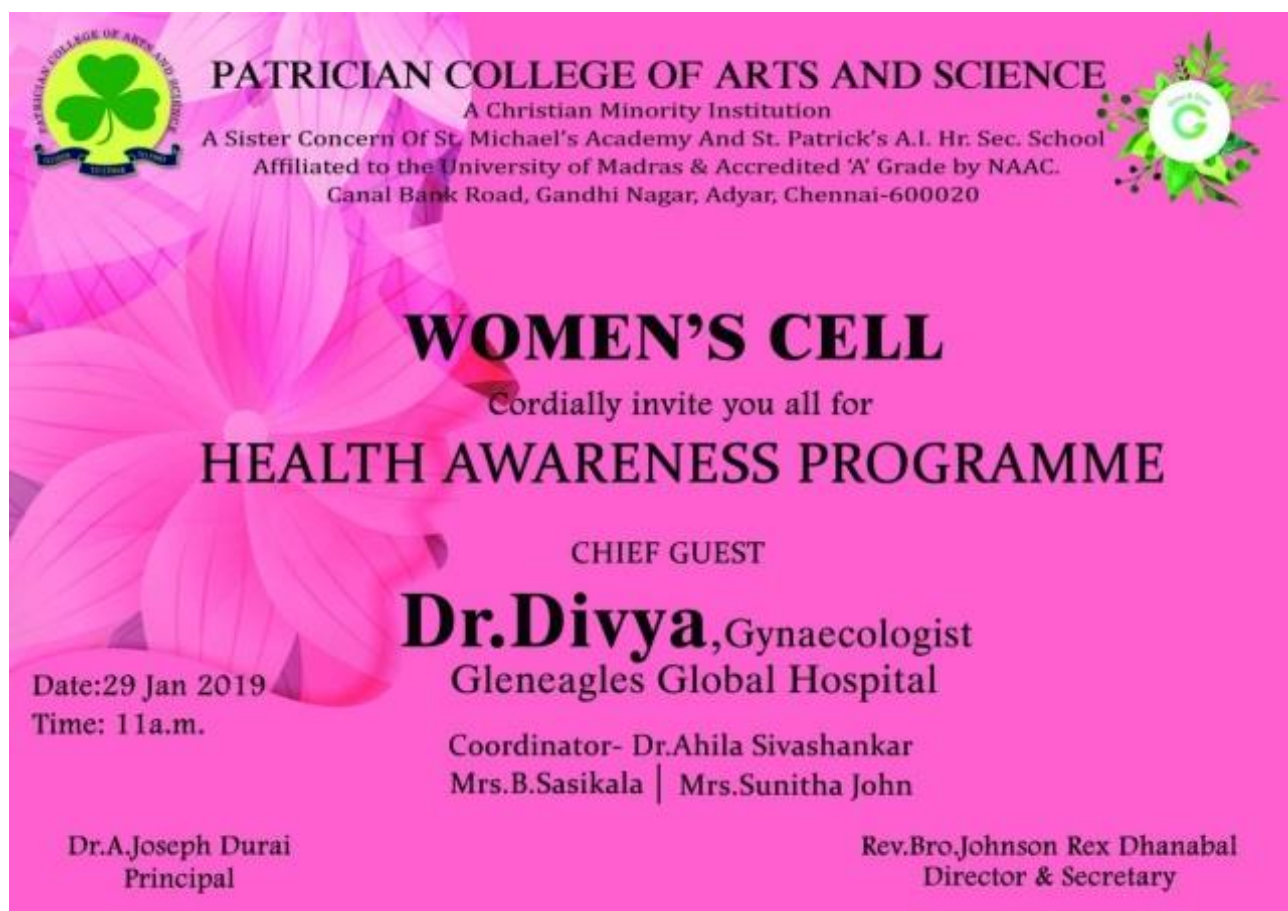




Mr. Subramaniam, First Aid Trainer interacting with the students

Name of the Program: Health Awareness Program

Date: 29/01/2019

The Women's cell organised a Health awareness program for the women students on 29 January 2019. Dr. Divya, Gynaecologist, Gleneagles Global hospital was the Resource Person. She addressed the students on general health issues and precautionary measures to be taken by women.



 **PATRICIAN COLLEGE OF ARTS AND SCIENCE**
A Christian Minority Institution
A Sister Concern Of St. Michael's Academy And St. Patrick's A.I. Hr. Sec. School
Affiliated to the University of Madras & Accredited 'A' Grade by NAAC.
Canal Bank Road, Gandhi Nagar, Adyar, Chennai-600020 

WOMEN'S CELL
Cordially invite you all for
HEALTH AWARENESS PROGRAMME

CHIEF GUEST
Dr.Divya, Gynaecologist
Gleneagles Global Hospital

Date: 29 Jan 2019
Time: 11 a.m.

Coordinator- Dr.Ahila Sivashankar
Mrs.B.Sasikala | Mrs.Sunitha John

Dr.A.Joseph Durai
Principal

Rev.Bro.Johnson Rex Dhanabal
Director & Secretary

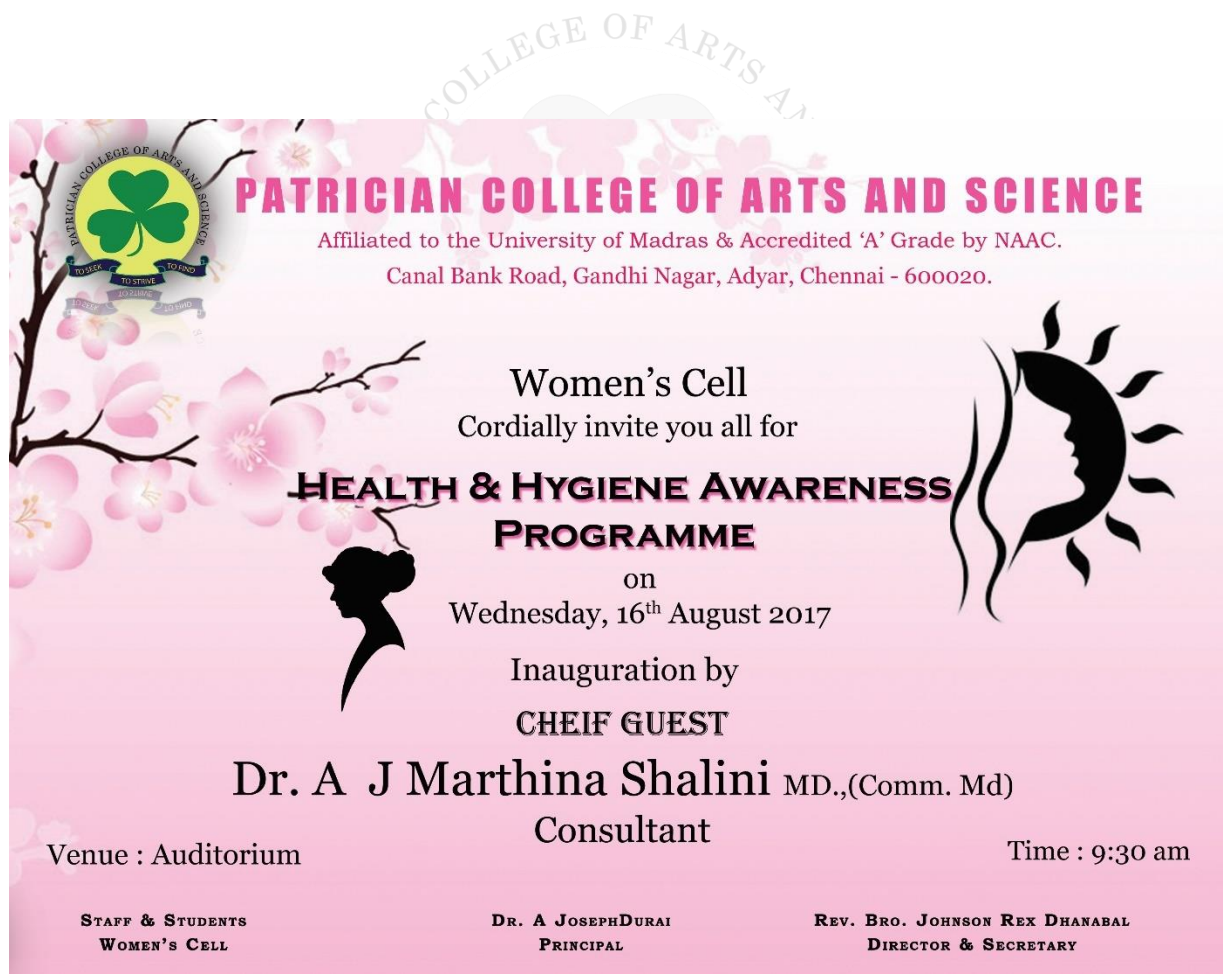


Dr. Divya, Gynaecologist, Gleneagles Global hospital, addressing the students on women health

Name of the Program: Health and Hygiene Awareness Health Camp

Date: 16/08/2017

The Women's cell organized a "Health and Hygiene Awareness Health Camp" on 16th August 2017. Dr. A J Marthina Shalini MD., (Comm.MD), consultant gave valuable insights and guidance to all women students on health and hygiene and nutritional diet awareness. Dr. Anitha and Dr. Mahinren Shaw from MGR Medical Institution, Guindy, Physicians attended on the women students individually.



PATRICIAN COLLEGE OF ARTS AND SCIENCE
Affiliated to the University of Madras & Accredited 'A' Grade by NAAC.
Canal Bank Road, Gandhi Nagar, Adyar, Chennai - 600020.

Women's Cell
Cordially invite you all for
HEALTH & HYGIENE AWARENESS PROGRAMME
on
Wednesday, 16th August 2017
Inauguration by
CHEIF GUEST
Dr. A J Marthina Shalini MD.,(Comm. Md)
Consultant

Venue : Auditorium
Time : 9:30 am

STAFF & STUDENTS
WOMEN'S CELL

DR. A JOSEPH DURAI
PRINCIPAL

REV. BRO. JOHNSON REX DHANABAL
DIRECTOR & SECRETARY



Women Cell Faculty and Students with the Medical Team

Name of the Program: Women & Health

Date: 21/2/2015

On 21st February 2015 a seminar was organized for third year women students on the theme '**Women and Health**'. Dr. Rani Pandian, Assistant Health Officer, Department of Birth & Death, Chennai Corporation addressed the students on general health issues of women.





Dr. Rani Pandian, Assistant Health Officer, Department of Birth & Death, Chennai Corporation addressing the students on general health issues

Name of the Program: Dengue Awareness**Date: 21/8/2018**

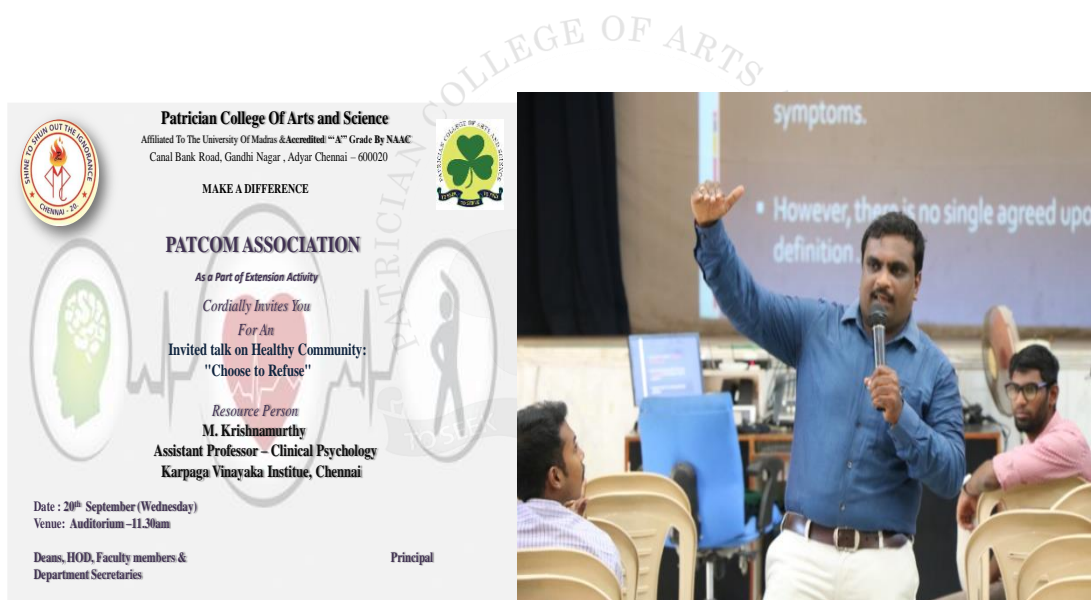
On 9th October 2018 Rotaract club of the college conducted an invited talk on “Dengue Awareness”. The talk was delivered by Dr. K. Gopala Rathinam, Senior Entomologist, (Research), Central Malaria Laboratory, Chennai, along with his team about the threats posed by mosquitoes the precautionary measures to be taken and the medical aid to be sought if affected.



Dr. K.Gopala Rathinam, Senior Entomologist, (Research), Central Malaria Laboratory, addressing the students on Communicable diseases

Name of the Program: Choose to Refuse**Date: 20/09/2017**

As part of extension activity, the Pat Com Association organized a seminar on “Choose to Refuse” on 20th September 2017. Mr. M. Krishnamurthy, Assistant professor, Karpaga Vinayaga Institute was the resource person. He shared his thoughts on physical and mental health and how to manage stress for a healthier lifestyle. The importance of exercise, yoga and the potential threats in our daily food intake was also highlighted. He made the students aware of the consequences of processed and packaged foods. He concluded stating “it is the individual who has to choose to refuse the bad and take only good”.

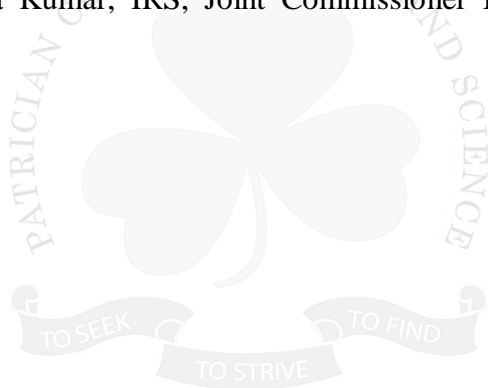


Mr. M. Krishnamurthy, Assistant Professor, Karpaga Vinayaga Institute interacting with the students.

FITNESS PROGRAMMES

2018-2019

In view of the physical fitness of individuals, the Department of Physical Education of the college conduct Physical Fitness Training Programmes every year with the guidance and supervision of experts. A fitness training programme on Aerobics was conducted from 10th to 14th September 2018 for 40 Girls and 30 boys were trained by the Aerobic Trainer and Choreographer, Mr.Selva. U. The overall training programme was supervised by Mr.M.Arulmurugan, Physical Director and Dr.P.Sathiyavathi, Physical Directress. The trained students performed aerobics during the 18th Sports Meet and was greatly appreciated by the Chief Guest, Mr.V.Nandha Kumar, IRS, Joint Commissioner Income Tax Aayakar Bhavan, Chennai.





Aerobics performed by trained students during the 18th Annual Sports Meet

2017-2018

Keeping in mind the strengthening of the body and mind, a fitness programme on Aerobics was conducted from 18.01.2018 to 02.02.2018. 100 students participated in this training programme. They were trained by an Aerobic Trainer and Choreographer, Mr.Selva.U; Chennai. The training was successfully completed by the students. The trained students performed the aerobics on 17th Annual Sports Day which was greatly appreciated both by the Chief Guest of the day Shri M.TAMIZH VENDAN, IRS, Joint Commissioner of Customs, Chennai, and the spectators. The overall training programme was supervised by Mr.M.Arulmurugan, Physical Director and Dr.P.Sathiyavathi, Physical Directress.



Aerobics performed by Boys during sports meet



Aerobics performed by Girls during sports meet

Gymnastics

GYMNASTICS & PYRAMIDS:

The students were trained in Gymnastics and Pyramid formations by W.SIMON, Chennai. They performed the gymnastic postures and pyramid formations during the 17th Sports Meet.



Pyramids formation by Boys



Pyramid formation by Boys



Pyramid formation by Girls



Pyramid formation by Girls



Pyramid formation by Girls

2016-2017

Students were given training on several fitness programmes and martial arts.

Aerobics training for 100 students from 09th to 23rd September 2016 by Aerobic Trainer Mr. EDWIN, Queen Mary's College for Women, Chennai-600004.

- Training on **Taekwondo-Martial Art** for 3 students.
- **Fencing** for 7 students and
- Training in **Rhythmic Gymnastics** for 110 students by Mr. W. Simon

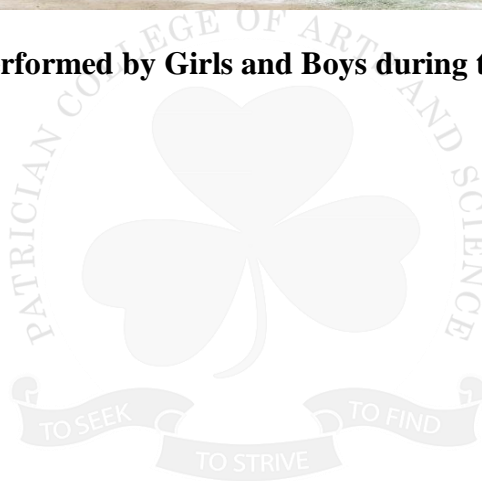
The students performed all these arts for the 16th Annual Sports Day, which was very much appreciated by the chief guest of the day **Dr.A.M. Moorthy, Vice Chancellor, Tamil Nadu Physical Education and Sports University, Chennai.**

The overall training programme was supervised by Mr.M.Arulmurugan, Physical Director and Ms...P.Sathiyavathi, Physical Directress.





Aerobics performed by Girls and Boys during the Sports Meet





Taekwondo



Fencing demo by students



2015-2016

A fitness programme on Aerobics was conducted by the Department of Physical Education of the college from 06th to 21st August 2015. 150 students participated in this training programme. They were trained by an Aerobic Trainer Mr. EDWIN, Queen Mary's College for Women, Chennai-600004. The training was successfully completed by the students.

120 students were given training in Gymnastics by Mr. W.SIMON, Chennai. The training programmes were coordinated by Mr.M.Arulmurugan, Physical Director and Ms. P.Sathiyavathi, Physical Directress. The students performed Gymnastics and Aerobics on 22nd August 2015- 15th Annual Sports Day, which was witnessed by the chief guest of the day Major Sandeep Singh, Chennai who appreciated the performers.



Aerobics performed by both Men and Women



Aerobics performed by both Men and Women



Pyramid Formation by Boys

2014-2015

In order to encourage the students to involve in extra-curricular activities to keep their body fit and healthy, the Department of Physical Education, had arranged for gymnastic oriented training on Pyramid Formation. The training was conducted from 20th to 22nd August 2014.

50 students participated in the training, which was given by the expert Mr.W.Simon, Chennai. Mr.M.Arulmurugan, Physical Director and Ms...P.Sathiyavathi, Physical Directress were the coordinators for the whole training programme. After completion of the training, the students performed the pyramid formation on the 14th Annual Sports Day – 20th August 2014. Dr. Mrs. Grace Helina, Vice Chancellor of Tamil Nadu Sports University who was the chief guest of the day appreciated the students and also Mr. Justes Antony, Inter National football player, the guest of honour of the day witnessed the same and appreciated the students.



Pyramid Formation by Boys



Pyramid Formation by Girls



Pyramid Formation by Boys



Pyramid Formation by Boys