



Sakthi Nagar  
01.02.2025.

*/News LetterPress Report*

**AWRENESS PROGRAM ON HYGIENE AND NUTRITION**

On behalf of the Youth Red Cross (YRC), a comprehensive health awareness program and mini health checkup were organized on 1st February 2025. The event aimed to promote health consciousness and educate students and staff on the importance of hygiene and nutrition.

During the forenoon session, a mini health checkup was conducted, benefiting a total of 150 students and 20 staff members. The health checkup included assessments of blood oxygen levels, blood pressure, height- weight (BMI calculation), eye checkup and pulse rate. The thorough examination provided participants with valuable insights into their health status and encouraged proactive well-being practices.

In the afternoon, an awareness program on hygiene and nutrition was held in the meeting hall. The session was graced by the presence of our esteemed Principal, **Dr.S.Senthilarasu**, and our Director, **Dr. K. R. Muthuswamy**. The event's chief guests were **Dr. A.Suresh**, Founder of Subi Hospitals & Series, Senior Surgeon Assistant at the Primary Health Centre, Athani, and **Mr. K. Gunasekaran** from the Primary Health Centre, Athani. Their expert insights and advice on maintaining personal hygiene and adopting nutritious dietary habits were highly informative and inspiring.

The program witnessed active participation from first-year YRC volunteers, who eagerly attended and engaged in the sessions. Their involvement showcased a commendable spirit of service and eagerness to spread health awareness within the community.

Overall, the event was a significant success, fostering health awareness and equipping attendees with essential knowledge for a healthier lifestyle. The YRC extends heartfelt gratitude to all the dignitaries, healthcare professionals, volunteers, and participants for making this initiative impactful and memorable.







**SAKTHI POLYTECHNIC COLLEGE**  
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**SAKTHI NAGAR – 638 315**

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Sakthi Nagar  
27.03.2025.

*/News LetterPress Report*

**YRC PROGRAM – PHYSIOTHERAPY CHECK -UP**

**YRC Programme – Physiotherapy Check-up Camp at Koothampondi Village**

The Youth Red Cross (YRC), in collaboration with the National Service Scheme (NSS), successfully organized a **Free Physiotherapy Check-up Camp** for the residents of **Koothampondi village**. The event was aimed at promoting health awareness and providing physiotherapy consultation to the rural community, especially for individuals experiencing musculoskeletal and joint-related issues.

The check-up camp was held with the active participation of expert physiotherapists **Dr. Arumugasamy** and **Dr. P.B.M.A. Dhass** from **Sivasakthi Hi-Tech Physiotherapy Hospital, Oricheri**. Their valuable service and dedication to community health were deeply appreciated by all. During the camp, around **150 villagers** availed themselves of the consultation and received personalized advice and guidance for managing their physical health problems.

The doctors conducted thorough examinations and provided suggestions on posture correction, exercises, and preventive measures to improve the overall well-being of the attendees. The camp also emphasized the importance of early diagnosis and physiotherapy for long-term health benefits.

This initiative by YRC and NSS not only created awareness about physiotherapy and its role in daily life but also strengthened the spirit of service and social responsibility among the student volunteers.

