

# **ROTARACT CLUB OF JSS COLLEGE OF PHARMACY, OOTY**

## **ACTIVITY REPORT- 2018-19**

### **1. NUTRITION AWARENESS PROGRAM- REPORT**

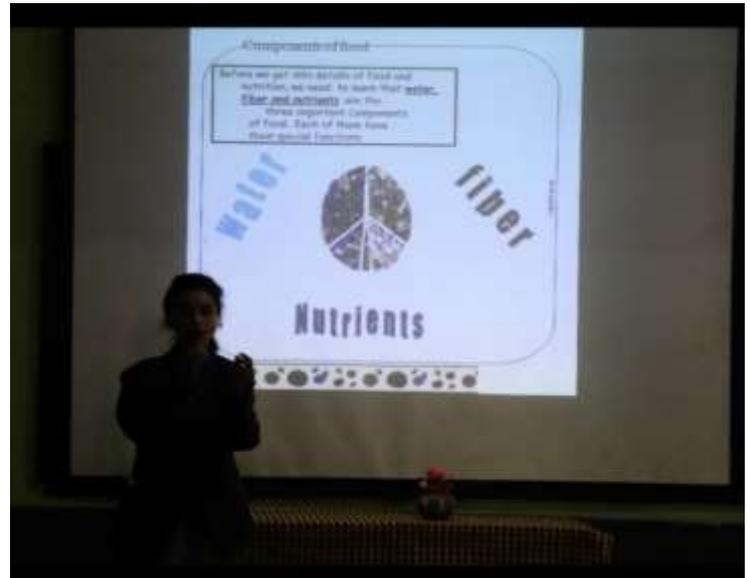
The first week of September month is being observed as the National Nutritional Week every year by the government of India, Ministry of Women and Child Development. In this regard, under the guidance and support of the Rotary club of Niligiris West; The Principal Dr. S P Dhanabhal, Rotaract Advisor Dr. M Sureshkumar & the faculty members, the Rotaract club of JSS College of Pharmacy, Ooty (JSSCPO) organised a Nutrition awareness program on the 5<sup>th</sup> of September at the Panchayath Union Matriculation School, Odaikaadu.

The Rotaractors were warmly welcomed by students of the PUMS school and inaugurated the program by invoking the blessings of the almighty at around 10:00 a.m. The Head Mistress of the school Ms. Shobha and Mr. Vishwas H N, Lecturer, JSSCPO addressed the gathering of 150 vibrant school students. The platform was then taken over by Ms. Bhavatharini P A, President of the Rotaract Club of JSSCPO who elucidated about nutrition and health which encompassed the significance and functions of macro & micro nutrients, malnutrition symptoms etc. It was a very interactive and an informative session, following which the children were engaged in "My Healthy Plate" activity where they designed their portion plate.

Mr. T Sudharshan, Secretary of the Rotaract Club then described about the junk food and its hazards and ascertained the reduction of junk food from the day to day diet of the children. Ms. Aiswarya Baiju & Ms. Grace Thomas amused by instructing aerobics to the kids. Mr. Keerthi Kishan & Ms. Hemalatha Vasudevan elaborated to the students about the significance of physical activity, life style disorders & hand washing skills respectively. The students were then stirred to make sandwiches out of fresh vegetables and consume them, after which dates, nuts and stationaries were distributed to the children. Height, weight and BMI were calculated for all the students. They were asserted about the importance of nutrition for a virtuous physical & mental health and

growth. Program concluded at 1:30 p.m with optimistic & encouraging feedback and vote of thanks.

This activity was very educative and worthwhile for the school students and a great start for the Rotaract club of JSSCPO.







## **2. ORGAN DONATION SYMPOSIUM - REPORT**

The Rotary Club of Nilgiris West, JSS College of Pharmacy, Ooty and the MOHAN Foundation, Chennai collaboratively organised the Organ Donation Awareness Symposium which was held on 24<sup>th</sup> August 2019 at the Auditorium in JSSCP, Ooty. The event was graced by the chief guests, Rtn. Dr. Anil Kumar, Assistant Governor District 3202 and The Regional Coordinator Rtn. Mr. Senthilkumar who along with the other guests of honour inaugurated the symposium at around 10: a.m. by lighting the lamp as a symbol of knowledge. The dynamic President of the Rotary Club, Nilgiris West Dr. V Balasubramaniam welcomed the vibrant registered delegates of about 400 who encompassed the Rotarians and Innerwheelers, Rotaractors from Good Shepherd Finishing School and JSS College of pharmacy, Ooty, Interactors from Good Shepherd International School, students from CSI college of Engineering and JSS College of Lifesciences and other Invitees. Following which Ms. Bhavatharini, the President of the Rotaract Club off JSSCPO, Dr. M Sureshkumar, Rotaract advisor of JSSCPO, other dignitaries and guests addressed the gathering.

The occasion was adorned by the release of the Rotary club of Nilgiris West's monthly bulletin SPECTRUM and the first copy of it was received by the Principal of JSSCP, Ooty, Dr. S P Dhanabal who then delivered his key note address. Dr. Vivekananda Shanmugam, a renowned liver transplant surgeon from Chennai, rendered an eye-opening address on organ donation and splendidly answered all the questions raised by the audience. The dais was then taken over by Ms. Ishwarya from Mohan foundation, Chennai who elaborated on the current despair scenario of our nation in the context of organ donation and inculcated the minds of the listeners with various aspects of organ donation and the urge to rise the number of donors. Psychiatrist Dr. Shivadharshini explained to the gathering about several psychological facets of organ donation. Rtr. Ms. Pranidhi Jain, President of the Rotaract club of GSFS and Interactor. Mr. Vignesh B Past President of the Interact club of GSIS effectively gave their feedback. The event concluded with the vote of thanks by Mrs. Geetha Srinivasan, Past President of the Rotary club, Nilgiris West.

An intense and a more focused course "Angels of change" was conducted for the pharmacy students of JSSCPO from 2:30 p.m. to 8.30 p.m. by the Mohan Foundation, Chennai, in which Ms. Ishwarya, Ms. Ranjini from Mohan Foundation and transplant coordinator Mr. Nishanth, government hospital Coimbatore trained 40 participants on the sensitive issues of Organ Donation and gave away the certificates. At the end of the training, about 30 students came forward to pledge as organ donors which vindicated the success of the course.

The Symposium was a vivid initiative to impart the message of organ donation to the public of Nilgiris.

