



ST. JOSEPH'S COLLEGE OF ARTS AND SCIENCE FOR WOMEN, HOSUR

Academic Year	2018-2019
Title	Yoga awareness programme
Date	21.06.2018
Venue	St. Joseph's College of Arts & Science for women
Students participants	20
Staff participants	02
Coordinators	Dr.D.BHUVANA & R.S. KARUNYA

Objectives:

To create the awareness about Yoga for

Report:

On June 21, 2018, St. Joseph's College (SJC) hosted a Yoga Awareness Programme, engaging 20 student participants. Held at the college premises, the event aimed to promote the benefits of yoga for physical and mental well-being. Participants were introduced to various yoga techniques and practices, emphasizing the importance of incorporating yoga into daily life for holistic health. Through this initiative, SJC underscored its commitment to promoting healthy lifestyles and fostering awareness about ancient practices that contribute to overall wellness.



D. B. J.
R. S. Karunya

Signature of the programme officer

S. Arockiarani

Signature of the principal

NSS PROGRAMME OFFICER
St. Joseph's College of Arts & Science For Women
SIPCOT, HOSUR - 635 126
Krishnagiri Dist.



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ST. JOSEPH'S COLLEGE OF ARTS AND SCIENCE FOR WOMEN, HOSUR

Academic Year	2018-2019
Title	Inththinai Aaduakalam
Date	16-07-2018
Venue	St. Joseph's College of Arts & Science for Women
Students participants	All the Students
Staff participants	02
Coordinators	Dr.D.BHUVANA & R.S. KARUNYA

Objectives:

To create the awareness about Inththinai Aaduakalam

Report:

On the 16th of July 2018, St. Joseph's College of Arts & Science for Women hosted the "Inththinai Aaduakalam" event. The event, aimed at celebrating Tamil culture and literature, featured various activities including poetry recitations, cultural performances, and interactive sessions. Held within the vibrant campus environment, the event provided students with a platform to showcase their talents and deepen their appreciation for Tamil heritage. Through engaging activities and spirited participation, the "Inththinai Aaduakalam" event successfully fostered a sense of community and cultural pride among the students of St. Joseph's College of Arts & Science for Women.



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Academic Year	2018-2019
Title	Blood donation Camp
Date	17-07-2018
Venue	St. Joseph's college of Arts and Science for Women
Students participants	50
Staff participants	02
Coordinators	Dr.D.BHUVANA & Dr.S.GEETHA

Objectives:

- To create the awareness about Blood donation

Report:

On July 17, 2018, St. Joseph's College of Arts and Science for Women hosted a Blood Donation Camp, which attracted the participation of 50 students. Held within the college premises, the event aimed to address local healthcare needs by facilitating voluntary blood donations. Organized with meticulous attention to safety and logistics, the camp provided a platform for students to contribute to the community's well-being while fostering a spirit of altruism and civic responsibility.



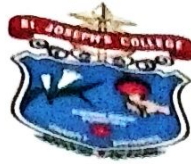
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Academic Year	2018-2019
Title	Dengue Awareness Programme
Date	04.07.2018
Venue	Begepalli
Students participants	10
Staff participants	02
Coordinators	Dr.D.BHUVANA & R.S. KARUNYA

Objectives:

To create the awareness about Dengue in Begepalli

Report:

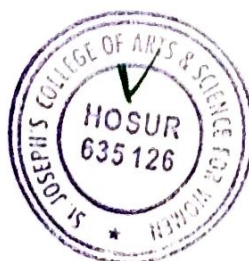
On July 4, 2018, a Dengue Awareness Programme was conducted in Begepalli, aimed at educating the community about the prevention and management of Dengue fever. The event saw the participation of 10 students, who engaged in disseminating crucial information regarding the symptoms, transmission, and preventive measures against Dengue. Through interactive sessions and educational materials, attendees were equipped with knowledge on eliminating breeding grounds for mosquitoes, practicing personal protection methods, and seeking timely medical assistance. The programme effectively empowered the local community to take proactive measures in combating Dengue, thereby fostering a healthier environment.



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ST. JOSEPH'S COLLEGE OF ARTS AND SCIENCE FOR WOMEN, HOSUR

Academic Year	2018-2019
Title	Awareness about Plastic free
Date	03.07.2018
Venue	Begepalli
Students participants	10
Staff participants	02
Coordinators	Dr.D.BHUVANA & R.S. KARUNYA

Objectives:

- To create the awareness about Plastic free

Report:

On March 7, 2018, an awareness session regarding the necessity of living plastic-free was conducted offline at Begepalli, engaging a group of 10 student participants. The session aimed to highlight the detrimental effects of plastic on the environment and promote sustainable alternatives. Various strategies to reduce plastic usage were discussed, emphasizing the importance of recycling, reusing, and opting for eco-friendly alternatives. The participants actively engaged in discussions, expressing their concerns about the escalating plastic pollution crisis and pledged to adopt more environmentally friendly habits. Through this initiative, the participants gained valuable insights into the urgency of addressing plastic pollution and committed to spreading awareness within their communities, fostering a more environmentally conscious society.



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