



INFANT JESUS

COLLEGE OF ARTS AND SCIENCE FOR WOMEN



MULAGUMOODU

We have conducted the following programmes in the Academic year 2022-2023 and the reports and photos attached here .

Name of the programmes:

World breastfeeding week

International Youth day

75th Independence SuthanthiraThinaAmuthaPeruvizha
Festival

August 15th Independence day Programme

Free Medical camp

Awareness programme about Physical and Mental health



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YOUTH RED CROSS CLUB

**Report on the Awareness Programme held by the YRC of IJCASW
On
Importance of Breastfeeding Associated with World Breastfeeding Week**

Breastfeeding is the most effective natural way of blessings to humanity to ensure child health and survival. Though, nearly two out of three infants are not entirely breastfed at least for the recommended 6 months, a rate that has not enriched even for the last two decades. The theme for World Breastfeeding Week 2022 is “Set Up for Breastfeeding: Educate and Support.” Hence there occurs a necessity to give an awareness to the present young generation. The Youth Red Cross Club of IJCASW, under the guidance of Ms.M.S.Jiji, the Coordinator of YRC, planned to commemorate the World Breastfeeding Week that is from August 01, 2022 to August 07, 2022.



Programme on World Breastfeeding Week

The Youth Red Cross Club of IJCASW honoured the World Breastfeeding Week by conducting an awareness programme for the II Year UG Students, under the notion “Importance of Breastfeeding” on August 08, 2022 in the College Auditorium.



Prayer Song by IJCASW Choir



Welcome Speech by Ms. D. Rejin Rose, Asst.Prof of Mathematics

The programme started around 10.50 a.m. with a prayer song sung by IJCASW Choir. Ms. D. Rejin Rose, Asst.Prof of Mathematics delivered the welcome address and it was followed by the felicitation by the principal of the College Dr. C. Arul Mary Thangam.



Felicitation by the principal of the College Dr. C. Arul Mary Thangam



Talk by the chief guest Ms. Nirmala Mary (Sector Health Nurse, Palliyadi)

Next the programme moved towards the awareness oration which becomes the core session of the event by the chief guest Ms. Nirmala Mary (Sector Health Nurse, Palliyadi)

The chief guest's oration centred around three following concepts:

- Reasons for Breast Cancer.
- The need for Breastfeed.
- Reasons for inadequate milk secretion and ways to improve it.



Her talk also centred on the effects of modern food practices adopted by the growing youngsters and life style. The chief guest also stressed that, since breast milk provides all the energy and nutrients that the infant needs for the first months of life, every mother is responsible to care themselves from their young age.



The chief guest concluded her oration by pointing out the importance of Breastfeeding and about the wrong opinion towards breastfeeding among the young mothers of this generation. Thus she stated that women who breastfeed also have a reduced risk of breast and ovarian cancers. The volunteers of YRC and the gathered students had actively participated in this programme. The programme came to an end by 11.50 a.m., with the Vote of thanks delivered by

Dr.M.Shyamala Devi Thankachi, Assistant Professor of Chemistry.



Vote of thanks delivered by Dr.M.Shyamala Devi Thankachi, Assistant Professor of Chemistry.



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A Report on India's 75th Year of Independence as

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Celebration on August 10, 2022.

Independence Day is inevitably a proud moment for every Indian to celebrate it with great honour. Independence Day which is celebrated throughout India and every corner of the country irrespective of caste, creed and religion.



On the occasion of prior to the Independence Day IJCASW commemorated India's 75th year of Independence as 75th Independence Day “SuthanthiraThinaAmuthaPeruvizha Festival” celebration on August 10, 2022.

The event started at 12. 25 p.m. with the invocation of God's blessings by followed by the welcome address by, Dr.S.N.Sindhu, Assistant Professor of English, welcomed the gathering. The Principal introduced the guest of honour Dr. S. Subramania Pillai. Former Principal, Member Senate and Member Syndicate, ManonmaniamSundaranar University, Tirunelveli.



The guest of honour and gave a motivational Independence Day speech by sharing valuable historical information and importance of independence in our life. The chief guest, as a renowned personality expressed his views by captivating to their patriotic spirit and urging them to take pride in being an Indian and fulfilling one's duty with a sense of responsibility. The chief guest highlighted the significance of the day and how youth can actively involve in bringing



achange in the society. Also, he highlighted the characteristics of a youth by stating so he hinted at howit can make youth a successful person, a leader or a role model in the society.



The audience comprised of 200 students from various departments. The programme ended with a formal Vote of Thanks by Ms. N. Jeni, Assistant Professor of English at 1. 20 p.m.



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A Report on the International Youth Day Celebration

The International Youth Day is celebrated on August 12, every year in order to recognize the efforts of the world's youth in enhancing the global community. It also aims to nurture the ways of the growing youth by becoming more actively involved in making positive contributions to their communities.



Youth Red Cross (YRC) of Infant Jesus College of Arts and Science for Women celebrated the International Youth Day on August 12, 2022 at IJCASW Auditorium.



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A Report on India's 75th Year of Independence Day Celebration

Independence Day was celebrated with great enthusiasm and patriotic fervour on 15th August, 2022 in the college ground with the staff and students to mark the 75th year of freedom from the British rule.



On this special occasion, the programme started with flag hoisting by the Secretary and the Principal. Our secretary emphasized the role of youth today as the true wealth of a country. The students of IICASW recited our National pledge.



Rev.Sr. Francis.P.Nevis, the secretary of our College hoisted the National Flag




Undertaking the Indian Pledge


The joy of Independence Day was also recognized during the working hours of our college on after which our National flag was hoisted and our National Anthem was sung by the students of IJCASW. Thereafter, the Principal of our college shared the joy of the harmonious moment. This was followed by a musical execution by the College choir by their patriotic songs that awakened everyone's feelings towards the nation. Indeed, it was a day of joy, a day to love and respect our country and make it a better place for Indians to live and experience the freedom, peace and unity in diversity.



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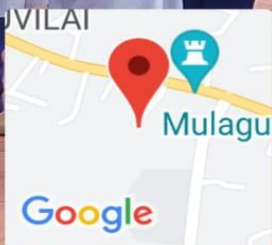


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A Report on One Day Medical Camp held by the YRC and NSS Unit

Collaboration with Rethna Memorial Hospital

The Youth Red Cross Club and the NSS Unit of IJCASW, under the guidance of Ms.M.S.Jiji, Physical Directress, the Coordinator of YRC and Dr.Prabha, Assistant Professor of Tamil, the Coordinator of NSS Unit, in collaboration with the Rathna Memorial Hospital conducted a one day free medical camp in the premises of IJCASW on November 11, 2022.

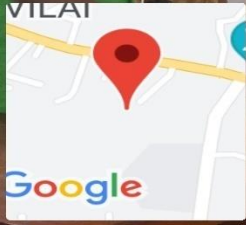
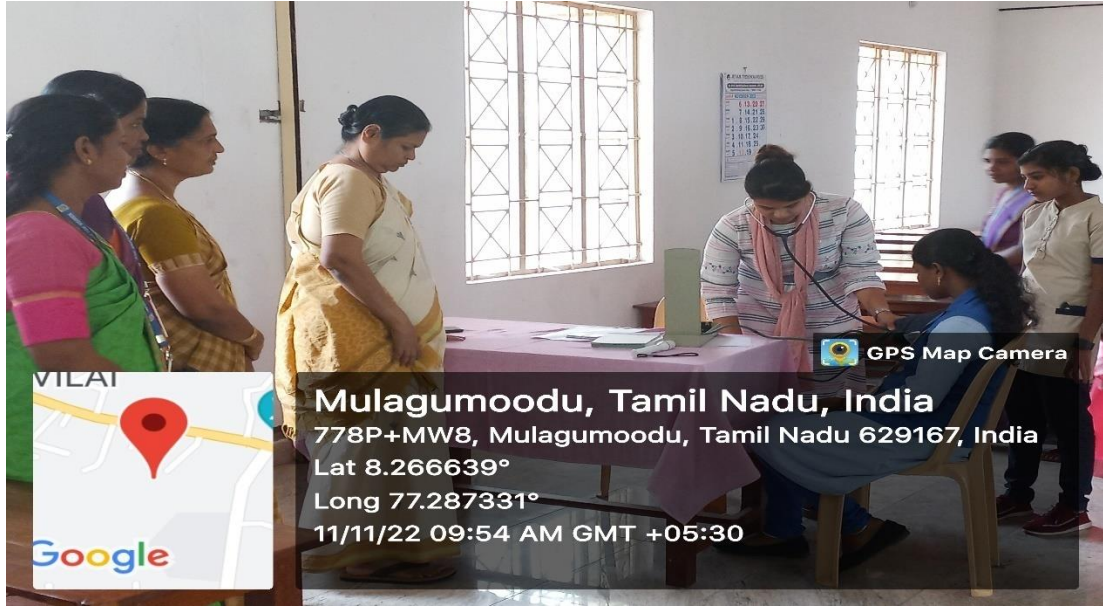


The programme started around 9.30 a.m. with a formal welcome speech delivered by Dr.Prabha, Asst.Prof of Tamil, and was followed by the felicitation by the principal of the College Dr. C. Arul Mary Thangam. Around 400 numbers of students were involved in the camp. Next the

programme moved towards the main schedule with the forwarded agenda of the Medical Camp, by Rev.Sr. Francin P Navis, Secretary.

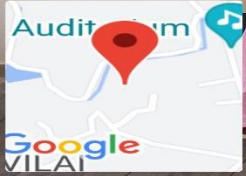
Dr.Adheena, General Physician provided the general check-up like checking the haemoglobin count of the students, checking the blood pressure, giving general check and gave consultations for them. Further a free treatment for required people based on diagnosis report from doctors at the camp. The programme came to its end by 3.15 pm.





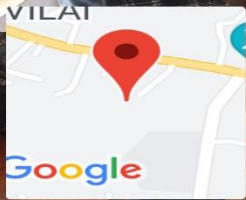
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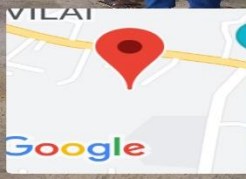


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INFANT JESUS COLLEGE OF ARTS AND SCIENCE FOR WOMEN,
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A Report on the awareness programme on mental and Physical health

The awareness programme was conducted on 28/03/2023 at IJCASW seminar hall.

The programme started at 1.40p.m .Welcome address by Ms.Bindhu (Assistant professor of Computer Science).



Dr.G.Rose Deepthi (Associate Professor,HOD,Department of
Psychiatry)

,Dr.S.Sanju (Assistant Professor Department of Forensic medicine and

Toxicology) and Dr.S.M.SayaSri(PG SCHOLAR,Department of
Homoeopathic Repertory) from SARATHA KRISHNA

HOMOEOPATHIC MEDICAL COLLEGE ,Kulasekharam, Kanniyakumari.

The chief guest on the occasion. They gave a motivational talk on the importance of mental and physical health.



Dr.Rose Deepthi talks about mental health of the students. She focused On how to reduce the stress and what are the methods to release the stress.





Then Dr.Sanju talks about the physical health. How to maintain for our physical health and how to improve the physical health.



Finally Dr.Saya Sree talks about the general ideas to the students.

Around 95 (I UG) students from various departments participated in the programme. The programme came to an end with vote of thanks delivered by Ms. M.S. Jiji, YRC coordinator at 3.00 p.m.