



SRI RAMACHANDRA
INSTITUTE OF HIGHER EDUCATION AND RESEARCH
(Category - I Deemed to be University) Porur, Chennai



Connexions

**STUDENT COUNCIL
AND STUDENT CLUB
ACTIVITIES**

**MARCH 2024 -
JUNE 2024**



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MESSAGE FROM DEAN-STUDENTS



SRI RAMACHANDRA

INSTITUTE OF HIGHER EDUCATION AND RESEARCH

(Deemed to be University)

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Dear Readers,

It is with immense pleasure that I present the third edition of our newsletter, capturing the vibrant activities and events organized by the Student Council and Student Clubs on our campus from March to June 2024.

The dedication and creativity displayed by our Student Council and clubs have been truly commendable. They have orchestrated a wide array of engaging and innovative events that have brought together students from diverse academic disciplines, fostering a strong sense of community and providing a platform for students to pursue and develop their individual interests and talents.

I would like to extend our sincere gratitude to our esteemed Chancellor and Pro Chancellor for their continuous support and encouragement towards all the initiatives led by the Student Council. On behalf of the entire student body, I express our heartfelt thanks to them.

Additionally, I wish to congratulate the Student Council of 2023-24 for their outstanding efforts in presenting this third edition of the newsletter. My best wishes go out to all our students as they continue to participate in and contribute to the enriching campus life.

Warm regards,

Dr. S. Anandan
Dr. S. ANANDAN
DEAN - STUDENTS
SRI RAMACHANDRA
INSTITUTE OF HIGHER EDUCATION AND RESEARCH
(Deemed to be University)
Porur, Chennai - 600 116.

Formerly known as Sri Ramachandra Medical College and Research Institute (Deemed University)

Accredited by NAAC with 'A***' Grade (CGPA 3.53)

Graded as 'Category-I University' by the UGC

NOTE FROM THE EDITORIAL TEAM

Dear SRIHER Family,

We are excited to present the third edition of "SRIHER CONNEXIONS," offering a glimpse into the dynamic events and accomplishments within our campus from March to June 2024. As the editorial team, it brings us great joy to share the inspiring stories of innovation, dedication, and togetherness that have colored our recent months.

This newsletter is more than just a recap—it's a celebration of our interconnected journey, weaving together the diverse experiences that shape our community. Through the various club activities, students from different disciplines come together, showcasing their talents and creating memorable moments. These interactions epitomize the essence of SRIHER as a collaborative and inspiring environment.

We extend our deepest gratitude to Dr. S. Anandan, Dean of Students, Dr. Leena Dennis Joseph, Associate Dean-Students, and all our Assistant Deans-Students. Your steadfast guidance and support are the pillars of our efforts. This newsletter is a reflection of the collective spirit that defines SRIHER, and we owe much of our success to your mentorship.

We invite all students, faculty, and staff to connect with the student council members and explore the vibrant club life on campus. Join us in celebrating the students who push boundaries, the clubs that spark creativity, and the faculty who offer unwavering support.

Enjoy reading and connecting!

Warm Regards,
Editorial Team,
"SRIHER CONNEXIONS"

EDITORIAL TEAM

LIBRARY SECRETARIES - STUDENT COUNCIL 2023-24

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Sakthivelayudham G

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Dr Leena Dennis Joseph (Associate Dean of Students)

Dr Lakshmi Venkatesh (Assistant Dean of Students)

WOMEN'S DAY CELEBRATIONS 2024

The Student Council of SRIHER in collaboration with SRCWA organized a personality development and menstrual hygiene program as part of the Women's Day Celebrations 2024 on March 5th at the Dental College Auditorium. With 200 female students from SRIHER in attendance, the program focused on raising awareness about menstrual hygiene and personality development. Esteemed speakers, including Dr. Usha Vishwanathan and Mrs. Regina, CEO of England Cafe, shared valuable insights that empowered the audience. The event concluded with a message of unity and progress, leaving a profound impact on women's empowerment and solidarity within the university community.

#SDG 3 - Good health and Well being

#SDG 5 - Gender Equality



GRAND CLUB MEETING

The Grand Club Meeting, held on April 15, 2024, from 4:00 PM to 5:00 PM at LH2 in the Medical College Block of SRIHER, brought together 106 participants, including student club board members and the student council. Organized by the Student Council and led by President Ms. Charis Vasanthini, the event aimed to foster connections among club members, unveil the "SRIHER Student Clubs Handbook," and introduce the second edition of CONNEXIONS magazine. Chief guests Dr. S. Anandan, Dean of Students, and Dr. Leena Dennis Joseph, Associate Dean of Students, delivered insightful speeches. The meeting also featured the unveiling of key publications and an interactive Q&A session, reflecting SRIHER's commitment to community, collaboration, and student development.

#SDG 17 - Partnerships for goals



L.I.P.I 2.0

MSAI conducted an event, L.I.P.I 2.0, on April 29th and 30th, 2024, in the Pathology Demo Room on the first floor of the Medical College Building. The event focused on enhancing medical students' understanding of history-taking in the local regional language, Tamil. The target audience included newly admitted medical students unfamiliar with Tamil. On the first day, students were provided with English-to-Tamil translations, quizzes, and worksheets to aid their learning. On the second day, students had the opportunity to interact with patients using their newly acquired language skills. Overall, the event aimed to promote knowledge of the regional language among medical students and help them improve their patient interaction skills by breaking down language barriers.

#SDG 12 - Responsible consumption and production



CARROM SHOWDOWN 2K24



The Carrom Showdown 2k24, held on March 11, 2024, at the Indoor Hall, was a successful event organized by the Carrom Club of SRIHER. Spanning from 8 AM to 6 PM, the event saw enthusiastic participation from students, faculty, and alumni. It featured Men's and Women's Singles as well as Doubles categories, all conducted according to ICF rules. Distinguished guests such as Prof. Raghuram P, Dr. J. Srikanth, and Dr. H. Thamizhchelvan graced the occasion. Winners, including Bharath M, Aafiya Jahan M, and Z. Mohamed Sameer, received recognition with trophies, medals, and certificates. The event encouraged students to actively participate in sports activities, including indoor games, by providing them with a platform to showcase their skills in carrom.

#SDG17 - Partnership for goals



KINGPINS - A CHESS TOURNAMENT

The chess enthusiasts of SRIHER enjoyed a thrilling day at the "Kingpins" Chess Tournament, organized by the SRIHER Chess Club to promote chess and showcase players' skills. The event began with a welcome address by Dr. C. Pushparani, Deputy Director of Physical Education, and ran from 9:30 AM to 3:30 PM. A total of 35 participants, both men and women, competed intensely.

The venue buzzed with concentration and strategic play, making each match captivating for all involved. At 4:00 PM, the tournament concluded with a valedictory ceremony featuring Dr. J. Srikanth, Assistant Dean - SRIHER, who inspired participants with his words. The "Kingpins" Chess Tournament was a success, celebrating chess and fostering community spirit.

#SDG17 - Partnership for goals



PARTICIPATION BY DANCE CLUB IN CULTURALS

In March, the Dance Club of SRIHER participated in numerous cultural events in and around Chennai. Their journey began at VIT Vellore (Rivera 2024) on March 1, 2024. They then proceeded to SSN College of Engineering (Instincts 2024) on March 7, 2024, followed by SRM Kattankulathur (MILAN 2024) on March 15, 2024, and concluded at REC (Recharge 2024) on March 23, 2024. Two notable achievements emerged: their performance at SSN (Instincts 2024) received special recognition, and their classical dance performance secured second prize at SRM (MILAN 2024). Active participation was observed from Dance Club members across various dance forums during these cultural events. The support extended by the board members and student council leaders was instrumental, aiding the club from rehearsals to transportation. The club delved into diverse dance forms, showcasing their choreography with finesse. Indeed, the students of SRIHER embraced the opportunities presented with their involvement in these cultural festivals with enthusiasm and courage.

Prize Winner: Varsha V. (Classical Dance, 2nd Place at SRM MILAN 2024)

#SDG17 - Partnership for goals



WORKSHOP AT VIDYA SUDHA SUMMER CAMP

On May 16th and 17th, 2024, the Dance Club of SRIHER, in association with Vidhya Sudha SUMMER CAMP, organized a two-day dance workshop for children aged 6-8 years. Led by the president of the Dance Club, the engaging sessions aimed to teach children dance techniques, coordination, and rhythm, fostering their creativity and self-expression. Beyond technical skills, the workshop also aimed to build confidence in the participants, encouraging them to perform in front of an audience. Through structured sessions and collaborative rehearsals, participants learned and showcased a choreographed routine, demonstrating their newfound skills and creativity. Overall, the workshop successfully provided a fun-filled environment while spreading the knowledge of dance.

#SDG 4 - Quality Education.

#SDG 3 - Good Health and Well-being

#SDG 10 - Reduced Inequalities



YOUTH PARLIAMENT: ONE NATION ONE ELECTION

The Youth Parliament: One Nation One Election, organized by NSS and Debate Club on March 6, 2024, convened a stimulating debate among 10 participants on the feasibility and implications of synchronized elections. The event aimed to foster critical thinking and civic engagement among students. It featured a compelling debate between teams advocating for constitutional amendments to streamline elections and those defending the principles of federalism. Vaimitra Govindaraj and Ashvin Kishore emerged as the best speakers. The Government team's arguments for constitutional amendments and synchronization led to their victory, highlighting the importance of informed debate and active civic involvement in shaping democratic processes. The event left a lasting impact, emphasizing the significance of informed debate and active civic engagement among participants.

#SDG 16 - Peace, Justice, and Strong Institutions

#SDG 17 - Partnerships for the Goals



CONVENTIONAL DEBATE

The Debate Club organized an event on April 4, 2024, to examine the feasibility and strategies for India to achieve its goal of becoming a \$5 trillion economy. The event focused on India's current economic landscape, growth trends, key sectors, and global economic challenges. Participants debated the government's strategies, including reforms aimed at boosting investment, enhancing manufacturing capabilities, and fostering innovation. The event also addressed external factors such as trade relations, geopolitical issues, and environmental concerns that could influence India's economic trajectory. This spirited exchange of ideas highlighted the complexities and challenges involved, leaving the question of achievability open for further examination.

#SDG 8 - Decent Work and Economic Growth

#SDG 9 - Industry, Innovation, and Infrastructure

#SDG 17 - Partnerships for the Goals



"BIG BROTHER GOES GLOBAL: ICT FOR SECURITY OR TOTALITARIAN CONTROL"

On February 5, 2024, the Debate Club of SRIHER hosted "Big Brother Goes Global: ICT for Security or Totalitarian Control" at the Pathology Demo Hall, 1st Floor, Medical College Building, from 4-5 PM. The event examined the role of Information and Communication Technology (ICT) in enhancing security and potentially curbing individual freedoms. Discussions centered on the influence of tech giants and surveillance practices in countries like China and Russia, highlighting the balance between national security and privacy. The debate concluded with a collaborative discussion, emphasizing the need for ongoing dialogue and critical examination of digital governance.

#SDG 9 - Industry, Innovation, and Infrastructure

#SDG 16 - Peace, Justice, and Strong Institutions

#SDG 17 - Partnerships for the Goals



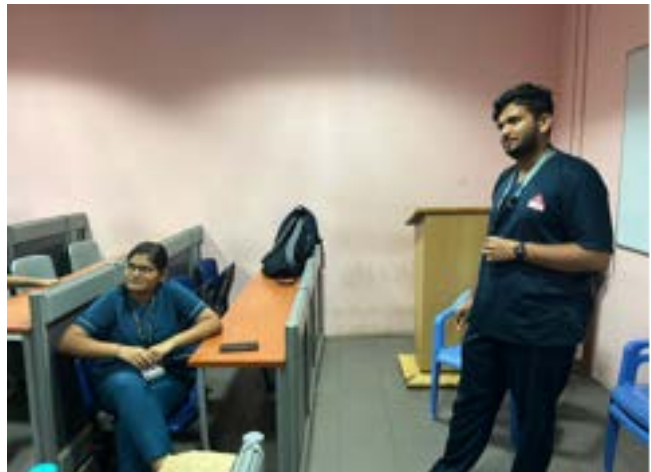
TUMULTUOUS THURSDAY: SHIPWRECK

On May 9th, 2024, the Debate Club conducted a "Shipwreck event" where participants argued for saving famous personalities in a sinking ship scenario. The event showcased quick thinking and persuasive skills. In the first round, participants passionately debated Junior NTR and Allu Arjun, highlighting their contributions to South Indian cinema. The next round featured discussions on Bollywood icons Priyanka Chopra and Shah Rukh Khan, focusing on Priyanka's international achievements and Shah Rukh's impact on Indian cinema and charity. The final round involved debates about Narendra Modi and Rahul Gandhi, exploring their political ideologies and leadership qualities. Overall, the event provided a platform for students to showcase their debating skills and think on their feet.

#SDG 4 - Quality Education

#SDG 5 - Gender Equality

#SDG 17 - Partnerships for the Goals

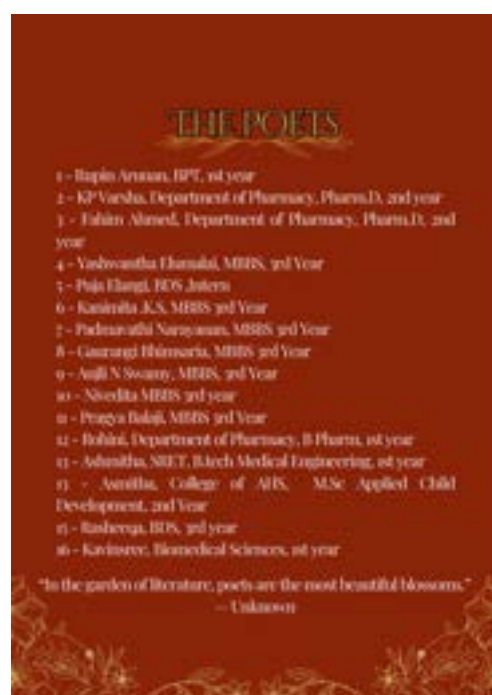
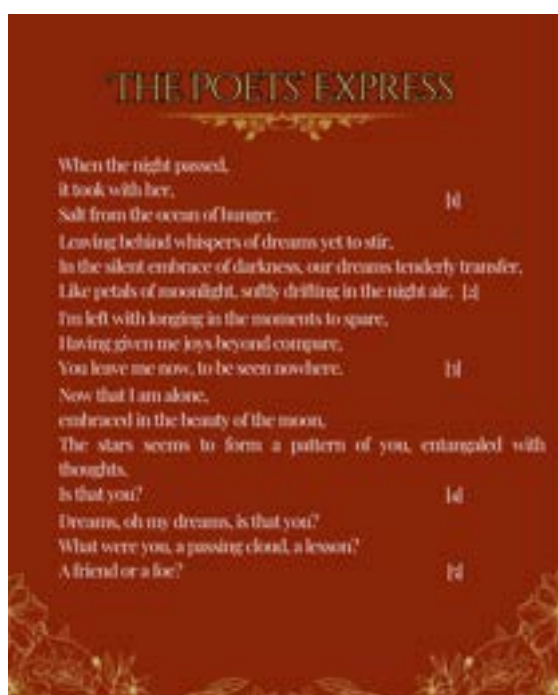
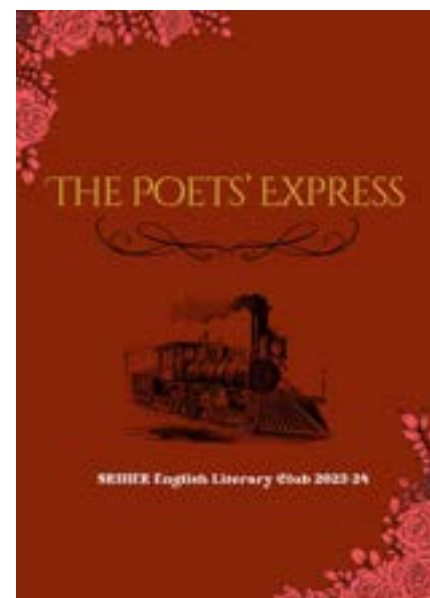


THE POETS' EXPRESS

On April 30th, the English Literary Club concluded "The Poets' Express" event, aimed at uncovering students' hidden talents and nurturing their literary skills. The event provided a platform for students to showcase their poetry prowess and engage with peers, fostering confidence and social adeptness. Spanning from April 10th to April 30th, 2024, the 20-day program saw enthusiastic participation from 16 club members.

While successful, areas for improvement include enhancing student interaction, diversifying outreach methods to include various poetic genres, and establishing forums for more participant engagement. Future events aim to expand outreach efforts, incorporate multimedia elements for enhanced presentation, and ensure interactive and engaging sessions for all participants.

#SDG 4 - Quality Education



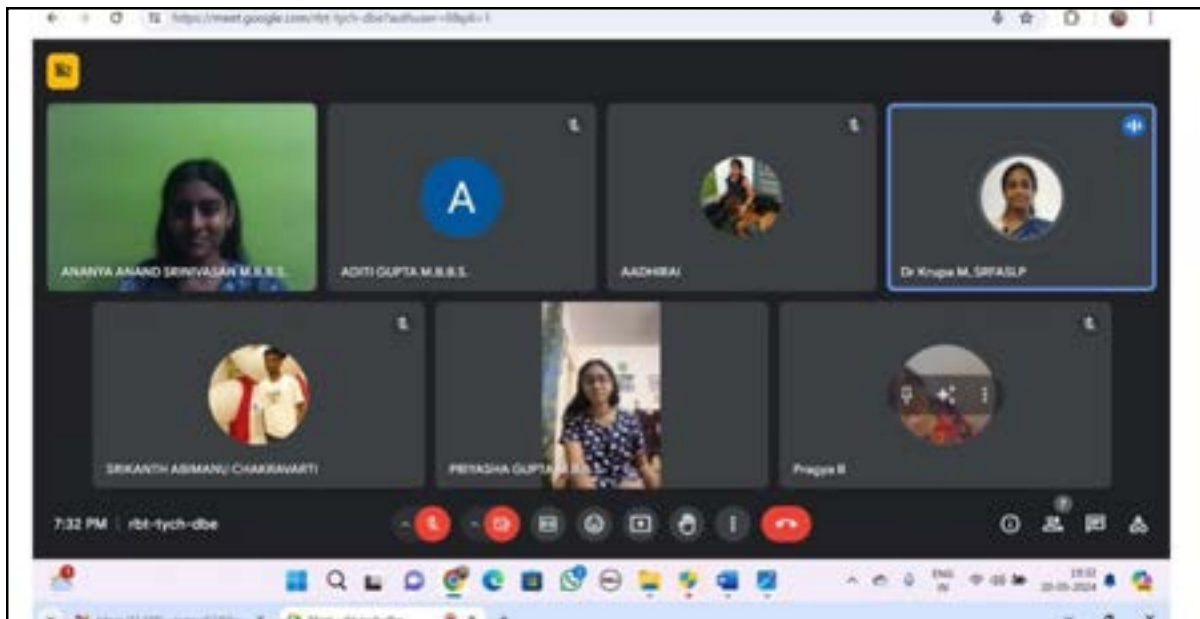
#SDG 4 - Quality Education

13

READ AND LEAD 7

The English Literary Club at SRIHER, organized the seventh "Read and Lead" session aimed to provide a platform for readers to share their enthusiasm for specific books. Held online via Google Meet, the event spans 1.5 hours and features a guest speaker along with special invitees. It focuses on addressing sustainable development goals and encourages participants to recommend books that offer language, humor, thrills, and valuable lessons. The event received positive feedback from all participants. The ELC Board encourages more individuals to join in and recommend books that enrich language skills, provide entertainment, and impart meaningful insights.

#SDG 4 - Quality Education



TUG OF WAR

The SRIHER Fitness Club organized the "Tug of War - Match Up" event on April 26, 2024, at the SRIHER Kabaddi ground from 4:00 PM to 6:00 PM. as many as 35 participants from various faculties competed in this strength-based contest. The event aimed to foster community engagement and physical development among students, as teams pulled on opposite ends of a rope to demonstrate teamwork and strategic planning.

The highlight of the event was the decisive victory of the WIZARDS team (Pharmacy) with the SRET team (Engineering) emerging as the runners-up. The tournament concluded with a valedictory ceremony at 6:00 PM, where the winners were honored and the spirit of sportsmanship was celebrated.

#SDG 3 - Good Health and Well-being



AUTISM AWARENESS ROLE PLAY

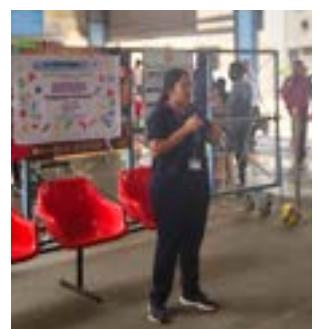
On April 30, 2024, the Green Friends Organization and Theatre Club, supported by dedicated student volunteers, organized an Autism Awareness event at the entrance of G Block. The event aimed to shed light on the challenges faced by individuals on the autism spectrum.

The event commenced with a heartfelt role-play featuring Maya, a young girl grappling with undiagnosed autism. This portrayal provided attendees with profound insights into societal misconceptions and personal struggles experienced by individuals with autism. Following the role-play, informative sessions led by student volunteers covered topics such as early detection, empathy, and practical ways to support individuals with autism.

The event concluded with a collective commitment from participants to extend support and understanding to all individuals, regardless of neurodiversity.

#SDG 3 - Good health and well being

#SDG 10 - Reduced inequalities



FOOD SAFETY AWARENESS CAMPAIGN

On June 7th, the Green Friends Organization conducted a successful Food Safety Awareness Campaign from 12 noon to 1 pm in the inpatient wards of G block, SRIHER, celebrating World Food Safety Day. The event aimed to educate attendees on safe food practices. Ten volunteers educated over 100 patients and their attendants on WHO's 5 keys to safer food: keeping clean, separating raw and cooked food, cooking thoroughly, maintaining safe food temperatures, and using safe water and raw materials. They highlighted proper hygiene, safe cultivation, food storage methods and the principle of 'Clean, Separate, Cook, Chill'. Colorful flyers and interactive discussions reinforced key messages. Volunteers received e-certificates for their dedicated efforts.

#SDG 3 - Good Health and well being



STORYTELLING PLAY DATE WITH CANCER WARRIORS

The Med Hope Club organized the 'Storytelling Play Date with Cancer Warriors' on April 5, 2024, at 4:00 PM in the Pediatric Oncology Ward, G Block, SRMC and RI. This event aimed to uplift young cancer patients through storytelling, interactive sessions, and a talent show. Volunteers and club board members engaged the children with heartwarming stories, dance activities, and party games, creating an atmosphere filled with joy and hope.

All participants in the talent show received gifts, marking the success of this initiative in leaving a lasting positive impact on the children and their families. The Med Hope Club looks forward to hosting more events like this in the future to continue bringing joy and support to those in need

SDG 3- Good Health and Well-being



CANCER SURVIVOR WEEK

The Med Hope Club organized a social media event for Cancer Survivor Week in June, aiming to raise awareness about cancer survivors among students and MedHope members. The event involved writing ups and photographs with cancer warriors, which were collected and compiled to be released regularly for the month. The event was a creative endeavor, with no volunteers leading the activities. The goal was to instill empathy and better involvement in this noble cause. The event was particularly inspiring for MedHope and the student community, and the organizers extend their gratitude to the faculties and creative students who submitted entries for this important cause.

#SDG 4 - Quality Education



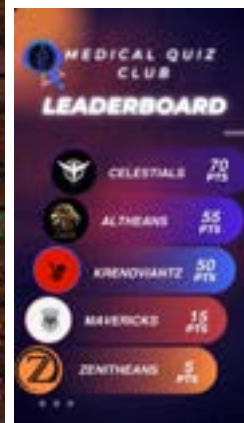
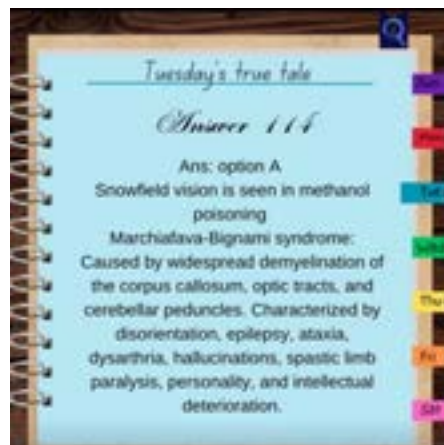
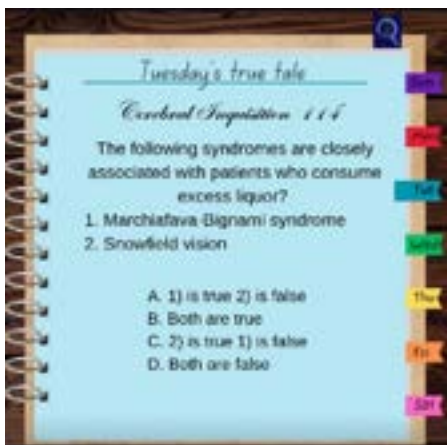
CEREBRAL INQUISITION

In March 2024, the Medical Quiz Club organized the “Cerebral Inquisition” event, drawing an impressive turnout of 375 participants who engaged in daily quizzes on WhatsApp and Instagram. The event aimed to boost participation across MBBS batches and promote learning through themed questions each day of the week. A significant milestone was reached with the completion of 100 questions, celebrated with a special themed question.

Featuring diverse themes, daily leaderboards, and recognition for top performers, the event successfully revitalized the club’s popularity and fostered a vibrant community of learning and camaraderie among students.

#SDG 4 - Quality education

#SDG 17 - Partnership for goals



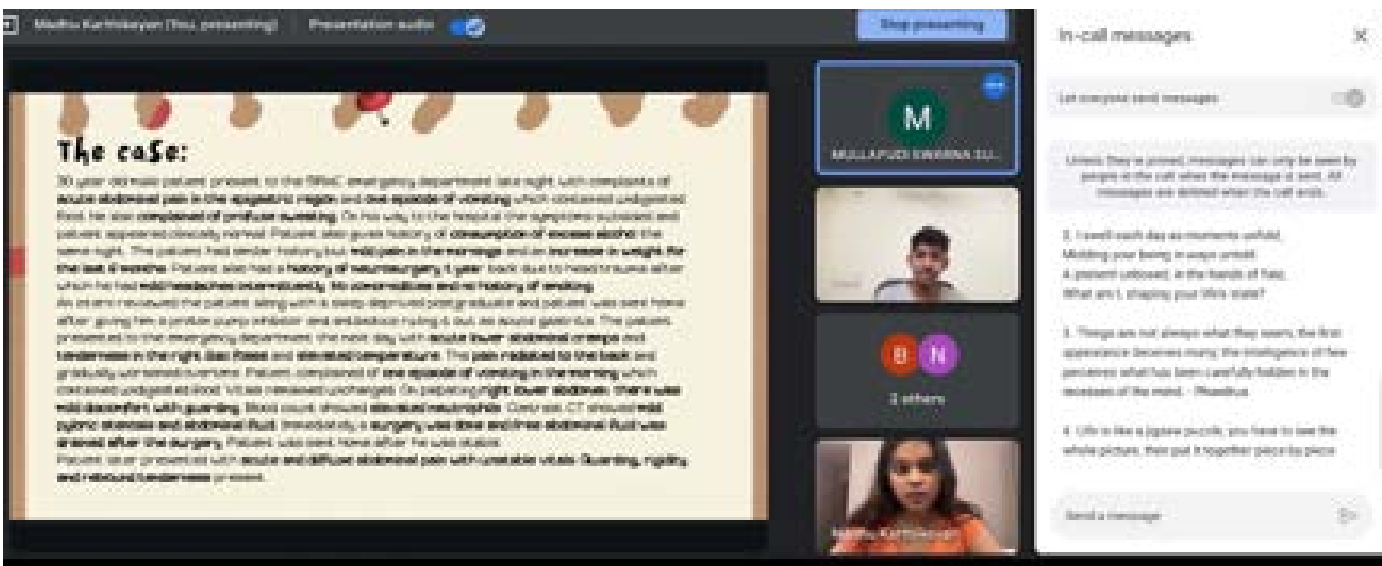
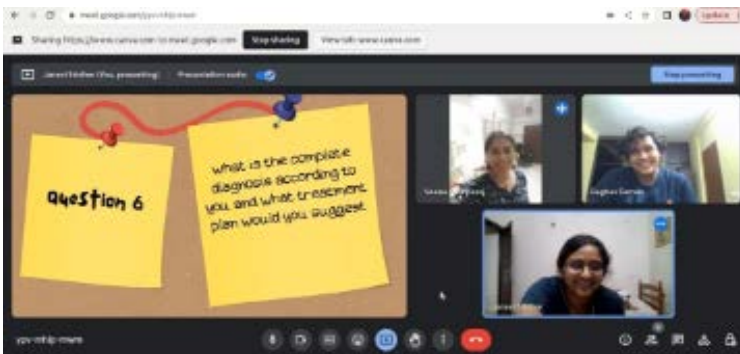
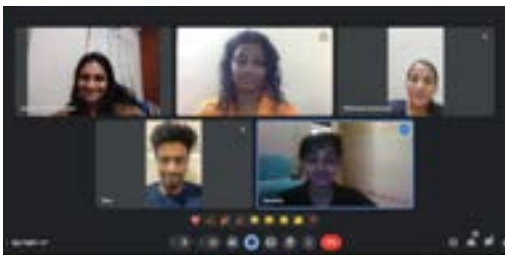
MEDESCAPES

On March 21, 2024, the Med Quiz Club of SRIHER organized an event called MED-ESCAPES in an online format. Participants engaged in unraveling a fictional medical case through a series of 6 questions. This challenge aimed to enhance students' problem-solving skills and provided an opportunity for teamwork.

Following the event, participants expressed high satisfaction, emphasizing the stimulating nature of the case and the dynamic quiz format. Many attendees also expressed a keen interest in similar events in the future, highlighting the success of MED-ESCAPES in engaging and challenging the medical student community.

#SDG 4 - Quality education

#SDG 17 - Partnership for goals



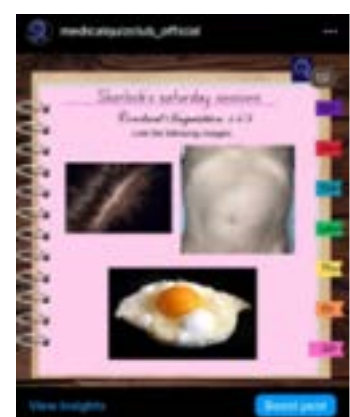
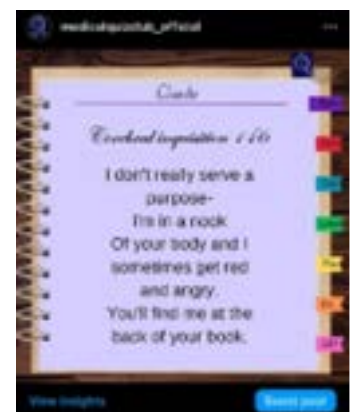
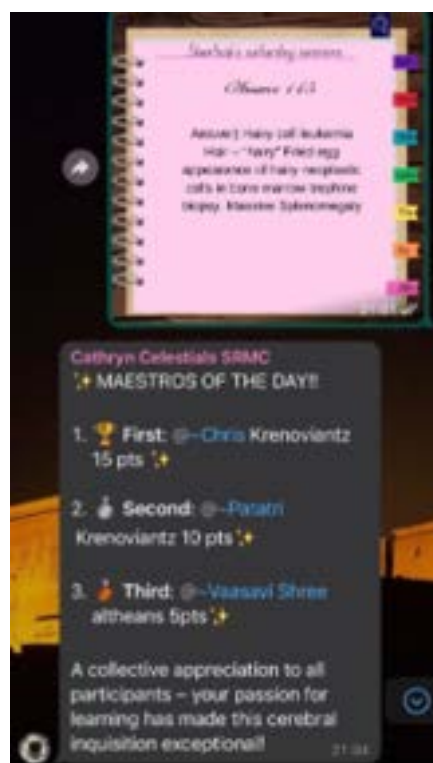
CEREBRAL INQUISITION

In April 2024, the Medical Quiz Club hosted "Cerebral Inquisition," an engaging daily online quiz event conducted via WhatsApp and Instagram. Featuring themed days such as Monday Mysteries and Sherlock Saturday Sessions, participants tackled a wide range of medical questions. A monthly leaderboard tracked batch performance, incentivizing consistent engagement, and "Cerebral Maestro" titles were awarded to the first correct responders.

The event garnered participation from 413 individuals and significantly revitalized the club's popularity due to its interactive format and opportunities for knowledge-sharing. Participants praised the quizzes for not only enhancing their learning but also fostering community engagement. "Cerebral Inquisition" successfully cultivated a dynamic learning environment that promoted camaraderie and active participation within the Medical Quiz Club.

#SDG 4 - Quality education

#SDG 17 - Partnership for goals



PINNACLE GRAND QUIZ

On May 7, 2024, the Medical Quiz Club hosted the "Grand Quiz for the Super 30" in Lecture Hall 5. This three-hour event featured 30 participants and was attended by 250 people. The quiz consisted of four rounds designed to test participants' medical knowledge: PictoMed, MedMayhem, Rx Rush, and The Ultimate Clinical Jeopardy Showdown. Moderation was handled by Dr. Rakchana, Dr. Sandhya Sundaram, Dr. Nidarshan, and Dr. Naveen Alexander.

Team C emerged as the winner, securing the first prize, with Teams A and B following closely. The event aimed to address Sustainable Development Goals (SDG) 4 and 17, receiving positive feedback for its engagement and enthusiasm from both participants and the audience alike.

#SDG 4 - Quality education

#SDG 17 - Partnership for goals



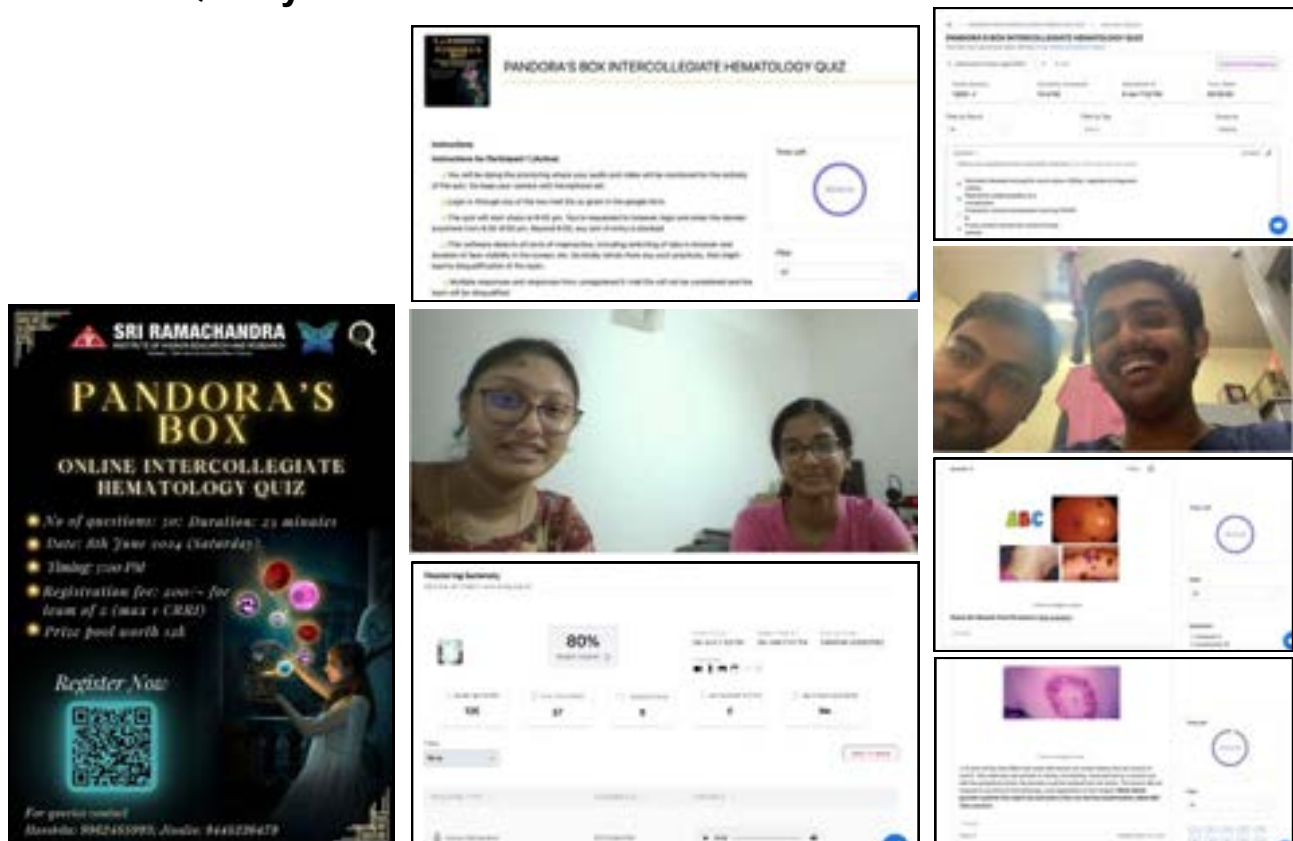
PANDORA'S BOX ONLINE INTERCOLLEGIATE HEMATOLOGY QUIZ

The Pandora's Box Online Intercollegiate Hematology Quiz, held on June 8, 2024, was a resounding success, attracting participants from prestigious institutions like Stanley Medical College, Madras Medical College, and Maulana Azad Medical College, along with several international entries. With 50 challenging questions to be answered in 25 minutes, students showcased their hematology expertise.

Stringent anti-cheating measures, including audio, video, and browser monitoring, ensured fairness. Winners received attractive rewards, with the first prize including 5000 and two free entries to the Optimus National Medical Conference.

Participants praised the quiz's quality, effective communication, and prompt query resolution, highlighting the meticulous organization. The seamless registration and timely provision of answer keys further emphasized the event's success.

#SDG 4 - Quality education



UNLEASH YOUR MUSICAL SPIRIT

On April 16th, 2024, "Unleash Your Musical Spirit" took place in the Pathology demo hall of the Medical College Block from 4 to 5 PM. Its aim was to nurture hidden talents within the music club members, fostering a supportive environment for expression. Students from diverse departments eagerly showcased their singing prowess across genres, fostering friendly competition. Participants harmonized on popular modern tunes, fostering enjoyment. The Music Club Board Members outlined upcoming events before the event concluded promptly at 5 PM.

#SDG 16 - Peace, Justice and Strong Institution

#SDG 17 - Partnership for the Goals



JAMMING SESSION

The Jamming Session occurred on Friday, May 10th, 2024, at the basketball court from 4 PM to 5 PM. This event aimed to create a therapeutic experience by involving members of the music club, lifting spirits, and providing a platform for participants to showcase their talents. Students from different departments eagerly volunteered, contributing to the vibrant atmosphere of the session.

Performances encompassed diverse genres and languages, fostering connections among attendees through music. The crowd exhibited enthusiasm for future events, which were briefly discussed before the session concluded at 5 PM

#SDG 16 - Peace, justice and strong Institution

#SDG 17 - Partnership for the Goals



WORLD MUSIC DAY

On June 21, 2024, the Music Club at SRIHER organized a band performance to celebrate World Music Day at the Side Auditorium from 2:30 pm to 5:30 pm. The event featured six solo performances by selected students and a performance by the university band. The event succeeded in showcasing the musical talents of both students and faculty of SRIHER. With over 100 attendees from various SRIHER colleges, the event provided a scintillating afternoon of music, making the celebration vibrant, memorable and a grand success.

#SDG 16 - Peace, Justice and Strong Institution

#SDG 17 - Partnership for the Goals



SHUTTERBUG

The SRIHER Photography Club's event "SHUTTERBUG" spanned three weeks with distinctive themes: "Monochrome" from March 17 to 22, "Holi" from March 24 to 29, and "Reflections" from March 31 to April 5, 2024. Organized by Vergil Jose, Harshit K, Adwaith Arun, Anjali N Swamy, Shoukath Ali, Satheesh S, and Shannen AB, this weekly online photography challenge aimed to foster creativity and camaraderie among club members.

Participants had six days each week to craft their submissions adhering to strict deadlines and weekly themes. Entries were evaluated by a panel of seven judges from the organizing team based on creativity, relevance, and originality, with winners promptly recognized for their outstanding contributions.

The event garnered enthusiastic participation, diverse submissions, and positive member feedback, underscoring its success in promoting artistic growth and community engagement. Looking ahead, the club plans to sustain such initiatives, integrating guest judges and expanding activities to further nurture creativity and collaboration within the photography community.

#SDG 17 - Partnership for the Goals

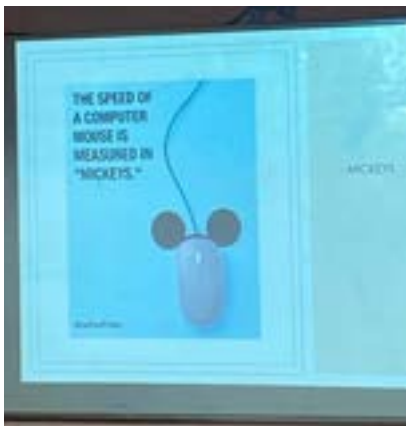


SUNSET SHOWDOWN

The Sunset Showdown, held offline on March 22, 2024, featured a quiz session hosted by Dr. Kavi MG from the Medical Oncology Department. Six faculties participated in pairs, answering questions for 100 points directly and 50 points for passed questions. The pairs worked well together, handling questions within the time limit and supporting each other. Dr. Kavi's facilitation encouraged engagement and productive discussion. One faculty pair emerged as the winners, praised for their strong knowledge of history. Participants appreciated the event's quality and looked forward to similar future engagements.

#SDG 4 - Quality education

#SDG 17 - Partnership for goals



FUN UNDER THE SUN

On May 13th, the Quiz Club held an exciting event called "Fun Under the Sun" at the pathology demo hall from 4pm to 5pm. Participants took part in quiz rounds covering general knowledge and specific subjects, promoting friendly competition and teamwork. The event ended with winners receiving chocolates to recognize their excellent performance. Overall, the event aimed to enhance students' intellectual skills, and it succeeded.

#SDG 4 - Quality education



TAN'S QUIBIDS QUIZ

Tan's Quibids Quiz, held on June 18, 2024, at SRIHER, combined a quiz competition with an auction format, promoting knowledge and strategic thinking. Participants bid with virtual currency to answer unseen questions, with clues given as bids reached one-tenth of the base value. Correct answers earned the bid amount, while incorrect answers lost it. The event, organized by the Quiz Club - SRIHER, was a success, engaging 10 participants. The unique format and dynamic approach created a memorable experience, and the Quiz Club aims to host more such events in the future.

#SDG 4 - Quality education



MENSTRUAL HYGIENE PROGRAM

On March 14, 2024, the Rotaract Club of SRIHER organized a menstrual hygiene program at RBANC Higher Secondary School. The event aimed to educate young girls in government schools about menstruation. Fifty participants attended, focusing on achieving sustainable development goals related to health, well-being, and quality education. The Rotary of Vadapalani and the Rotaract Club of SRIHER distributed menstrual pads to ensure the students had access to essential hygiene products. The event received positive feedback from both students and school staff. The collaborative efforts of the Rotaract Club, Rotary of Vadapalani, and Dr. Mathangi made a significant impact on menstrual hygiene education.

#SDG 4 - Quality education

#SDG 17 - Partnership for goals



SLEEP AWARENESS PROGRAM

On March 14th, the Rotaract Club of SRIHER, along with Dr. Mathangi, visited RBANC Higher Secondary School. They were warmly welcomed by members of the Rotary of Vadapalani. Dr. Tanaya, the club's Vice President, conducted an educational session on sleep hygiene, stressing its importance for well-being. Dr. Yashwanth also highlighted its impact during the event. The program was marked by engaging discussions and concluded with a sense of achievement. Participants left with valuable knowledge and encouragement.

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STATIONERY DONATION DRIVE AT SCHOOL

The Rotaract Club of SRIHER visited Ambattur Lions Club Middle School in K.K. Nagar to raise awareness about literacy and donate stationery items. The event included 160 students from classes 1 to 8 and aimed to support Sustainable Development Goal 4, which focuses on ensuring quality education for all. The Rotary Club organized a successful stationery donation drive, gathering over 500 items for the school. This initiative aimed to enrich educational resources and enhance the learning experiences of students.

During the event, Rotary Club members interacted with students, emphasizing the importance of education and its transformative impact. They encouraged students to pursue their educational aspirations and contribute positively to society. The commemoration of Rotaract Week at Ambattur Lions Club Middle School highlighted the club's dedication to promoting access to quality education.

#SDG 3 - Good health and well being

#SDG 4 - Quality education



FIRST DRR VISIT



On May 8th, 2024, the Rotaract Club of SRIHER conducted a District Rotaract Representative (DRR) visit to review projects and assess areas for improvement. The event, attended by 26 participants, aligned with Sustainable Development Goal 8: Decent Work and Economic Growth. Notable guests included Dr. Uma Shekar, Vice Chancellor of SRIHER, and Rtr. Essaki Shekar, District Rotaract Representative.



During the meeting, the Rotaract Club secretary delivered a comprehensive report detailing the club's activities and initiatives from the past six months. Emphasizing service and community engagement, the report underscored the club's dedication to making a positive impact. The gathering reflected the collective efforts of the Rotaract Club in striving towards meaningful contributions to the community.

#SDG 17 - Partnership for goals



WORLD BLOOD DONOR DAY

On June 14, 2024, the Rotaract Club, in collaboration with the MedHope Club, organized a successful blood donation camp at SRIHER Blood Bank to mark World Blood Donor Day. The event, which involved 80 participants and lasted 8 hours, aimed to raise awareness about the importance of blood donation. Participants underwent medical check-ups before donating blood, ensuring a safe process overseen by trained staff. The collected blood will aid hospitals and medical facilities in treating patients in need. The camp concluded with a celebration involving staff and volunteers, reinforcing the commitment to promoting voluntary blood donation within the community.

SDG 3 - Good health and well being



THE WORLD RECORD

On June 29, 2024, the Rotaract Club of SRIHER, in collaboration with Sethu Baskara Matriculation Higher Secondary School, Ambattur, Chennai, and the World Record Union, aimed for a world record. They held a large multidisciplinary health screening camp for children aged 8 to 15, covering over 550 students in one day. The camp spanning over 7 hours, featured the expertise of 10 diverse faculties including pediatrics, dental sciences, occupational therapy, physiotherapy, audiology, speech-language pathology, ophthalmology, mind-body and lifestyle sciences, clinical nutrition, and microbiology. After strict evaluation, Mrs. Sheriffah from the World Record Union officially declared the record and presented the certificate plaque to the President of the Rotaract Club, Rtr Arun Subramanian.

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TAMIL NEW YEAR & AMBEDKAR JAYANTI

On April 17, 2024, Agal Tamil Mandram organized a Tamil New Year and Dr. Ambedkar Jayanti event at the Central Library Harvard Auditorium. The gathering included 70 participants, including NCC cadets. The chief guest was Mrs. V. Insuvai, a retired professor, journalist, and Senate Member of Bharathiar University.

The event commenced with an invocation song and the Sriher anthem, followed by captivating classical performances. Dr. Thamizh Selvan, President of the Tamil Club, and Divyesh addressed the audience, emphasizing the significance of reading, life skills, and maintaining a positive outlook.

#SDG 4 - Quality education



WORLD THEATRE DAY CELEBRATION

On February 23, 2024, the SRIHER Theatre Club and SRIHER Music Club celebrated World Theatre Day at the Pathology Demo Hall, Medical Block, SRIHER in Chennai. The event welcomed 25 participants with a warm address. There was a presentation on the history and significance of World Theatre Day, fun activities like a questionnaire, and a jam session with singing performances by the Music Club. The event focused on celebrating global theatrical creativity and engaging the community. Participants shared their feedback, and the event successfully brought together students passionate about theatre and music.

#SDG 17 - Partnership for the goals



SHORT FILM & DRAMA AUDITION

On May 8, 2024, the SRIHER Theatre Club held a Drama Audition from 4:00 PM to 5:00 PM at Demo Hall 4, Medical Block. 16 participants showcased their acting abilities with the aim of securing roles in a university short film. The event commenced with welcoming remarks, an introduction to the short film and its director, followed by individual acting performances.

Despite the considerable talent displayed, which posed challenges in selecting cast members, the audition successfully identified potential actors and encouraged ongoing participation in the theatre club. The event concluded with the distribution of certificates and a speech by Chairperson Arvind K, highlighting the importance of community engagement and future opportunities in theatre.

#SDG 4 - Quality Education



REEL COMPETITION

The SRIHER Theatre Club held an online reel competition from May 15 to 30, 2024. Participants submitted reels showcasing their talent in acting, cinematography, and storytelling. The competition aimed to highlight creativity in theater and film. Four entries were received. Winners will be announced soon, and their reels will be featured on the club's social media. The event provided a platform for participants to share their passion and gain recognition for their skills.

#SDG 17 - Partnership for the goals



INTERNATIONAL YOGA DAY AND MENSTRUAL HYGIENE AWARENESS PROGRAMME

On June 20, 2024, the SRIHER Yoga Club celebrated *International Yoga Day* at Perambur Government Girls Higher Secondary School. The event aimed to promote women's wellness and menstrual hygiene and included teaching meditation and pranayama to help high school girls manage academic stress. Volunteers demonstrated various yoga asanas, including Surya Namaskar, Tadasana, and Bhramari Pranayama, which enhance concentration and body stability. The interactive session, attended by approximately 100 participants, concluded with pranayama and guidelines for practicing yoga correctly. The program ended with refreshments and a photoshoot, leaving both volunteers and students enriched by the experience.

#SDG 3 - Good health and well being



INTERNATIONAL YOGA DAY

On Friday, June 21, 2024, the IDY Yoga Committee and the SRIHER Yoga Club celebrated the International Day of Yoga. The event began with a yoga demonstration led by Dr. Vijayalakshmi and Dr. Manimegalai. Dr. Anitha Rani welcomed everyone to the event. Dr. D.C. Mathangi and Ms. Nanditha Guhan shared about the activities conducted by the Dept. of Mind Body Medicine and Lifestyle Sciences and Yoga Club respectively. Dr. Uma Sekar, Vice-Chancellor, SRIHER delivered the Presidential Address.

Dr. Nrithya Jagannathan, Director - KYM Institute of Yoga Studies graced the event as the chief guest and spoke on the importance of yoga. The logo for the SRIHER Yoga Club and a booklet on yoga for students was released in the event. Winners of various competitions held as part of the IDY celebrations received prizes from the chief guest. The event ended with yoga demonstrations, dance performances, and a vote of thanks by Dr. Archana.

#SDG3 - Good Health And Wellbeing



INTERNATIONAL YOGA DAY PROGRAM AND WOMENS WELLNESS

On Tuesday, June 25th, 2024, in celebration of International Yoga Day, the Yoga Club volunteers and NSS conducted a program at Poonamallee Girls Government High School to educate girls about women's wellness and hygiene, promoting the benefits of yoga for women. Arriving at 9:30 AM, the school welcomed the volunteers warmly. The volunteers introduced meditation and pranayama to help high school girls manage academic pressure. The session included exercises such as Surya Namaskar, Tadasana, Vrikshasana, and others, focusing on improving concentration and body stability. Students participated actively in three to four sessions for classes 10th to 12th. The event concluded with pranayama, refreshments, feedback, and a small photoshoot.

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