



# THE VERACIOUS

EXPLORING THE TRUTH

ROTARACT CLUB OF  
SAVEETHA COLLEGE OF PHYSIOTHERAPY

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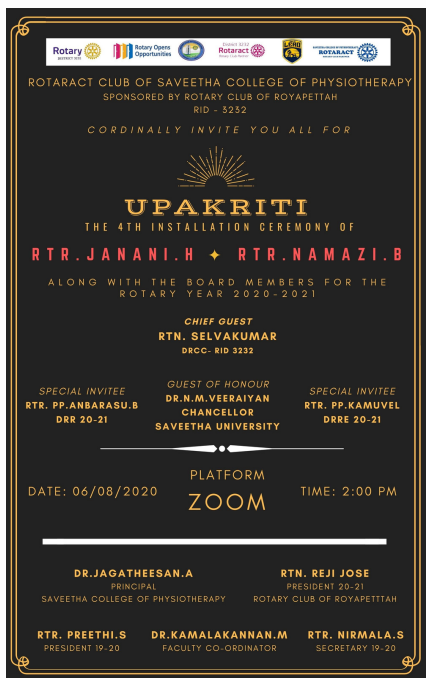


## THE RCSCPT INSTALLATION

### “UPAKRITI”

**Chennai:** The year 2020-2021 was started by the installation ceremony held on 6th of August at 2 pm on zoom platform. The installation ceremony was graced by the chief guest Rtn. Selvakumar DRCC RID 3232. Our guest of honour Dr. N M Veeraiyan, Chancellor of Saveetha university, Special invitees Rtr. PP. Anbarasu.B and Rtr. PP. Kamuvél, along with Rtr. Janani.H and Rtr. Namazi.B and other Rotaract board members for the year 2020-2021. The collar of the president was handed over to Rtr. Janani .H by Immediate Past President Rtr. Preethi.S . The installation ceremony was coordinated well and new board members were introduced for the upcoming year.

It was also honoured by Saveetha College of Physiotherapy Principal Dr. Jagatheesan.A, President of Rotract club of Royalpettah Rtr.Reji Jose and our faculty co-ordinator Dr. Kamalakannan. M. The ceremony ended with lots of wishes and blessings for the upcoming year.



### “VERACIOUS”

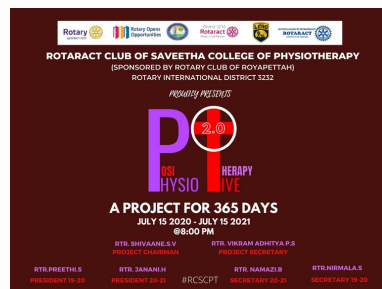
The word "VERACIOUS" refers to "speaking or representing the truth."

RCSCPT is happy to launch our first newsletter 'The VERACIOUS' which will be updated quarterly

## The Positive Physiotherapy 2.0

An initiative started to spread awareness on the illness, diseases, syndromes and ailments. It's a 365 days project that is conducted from July 15th 2020 to July 15th 2021. All the Rotarians release the poster at 8:00 pm IST every day on their various social media account.

The project chairman Rtr. Shivaane S.V and the project secretary Rtr. Vikram Adhitya P.S has done a great work with the posters.



## VITHAIPPOM VALARPPOM:



An initiative taken by our parent club Rotary Club of royapettah with a motto of making mother earth greener by joining hands of all the clubs under vithaippom valarppom project conducted on 27th September 2020 from 8 am to 10am at muneeswarar temple in korattur lake, Chennai



# VIDHAI

It is a project to protect and conserve plants by planting them near their house so that, they can nurture them properly for the nature and for ourselves. It's a project to save our mother earth and to take responsibility towards the Mother Nature. It was started on ozone day 16th September 2020.

# KNOT THE TREE



The project was commenced between 3rd to 9th August 2020, where all the interested Rotaractors were requested to tie rakhi to the tree, click picture while doing so and tag the project initiators @rcpunerenaisance.

## THE FESTIVAL OF LORD GANESHA: THE ACTIVITIES

It was a gracious occasion to know about the joint initiative on the ISD project where the 9 clubs from Group 4 joined hands with the District Rotract Council 2020-2021 in celebrating Ganesh chaturthi by gifting it to 3141 DRR. The lord ganesha idol was gifted and courier to 3141 DRR Rtr. PP. OJAS JOSHI by the ISD Rtr. Khyati.



## OF DAILY LIVING (ADL) :

On the occasion of world physiotherapy day, the ADL project was conducted in the remembrance of the physiotherapy and it commenced on 13th September 2020, all the club members explained different exercises to enhance the knowledge of the people and to create awareness on how important the exercises are in daily life. All the videos and explanation were posted on the instagram official handle @rc\_scpt.

## A GLIMPSE OF 2019-2020

## VENDAM PLZ



The project VENDAM PLZ was held on march 08th Sunday on behalf of Women's Day and our project Co-chairman Rtr Janani H. The main moto of this day is to give awareness of women's safety in the society.

## TURTLE WALK

Turtle walk is a project about saving a sea turtle by collecting the eggs and fertilizing it with some medicine to grow without abolition of their eggs.

The Co-Chairman for our Project Finding Turtles is Rtr.Roop Kumar,

No of beneficiaries - 120peoples

## IRAIVI



It was an initiative to teach children about safe and unsafe touch and is to mainly avoid such situations and raise a voice whenever they feel that they are being harassed. This project taught them about the good touch and bad touch

## THULIR



Our 1st individual project Thulir was done by all the newly joined club members of our college with our own interest and enthusiasm we planned to celebrate our new year in Solomon's children home by keep them interactive by playing games with them and cake cutting On this day we come up with a sponsorship VIYAN nursery and primary school by presenting them note books and stationary things about so many students are there in the home.Vice Principal of SCPT Dr.Pratap was also a part of the event





## VALIMAI

To celebrating pongal fest with the children's (25 members) by giving them notes and stationary things that was sponsored by Rtn.Srinivasan (Rotary club of Chennai Mitra ) and our Saveetha College Of Physiotherapy gave them guidance regarding stretching and activities of daily living to keep our health fit and TSNA The Sankara Nethralaya academy educated them about the importance of eye and Rotaract club of Vishwahita gave them a glance about yoga

## POSITIVE PHYSIOTHERAPY

Postive Physiotherapy is about an information of Physiotherapy conditions and facts ,which is useful for sports Persons , geriatric, pediatric, pregnant women's and young adults . The information about the condition regarding causes , prevention and some fitness facts also conveyed with the natural benefits. The information has been collected with the picture and as a poster it has been shared to every individuals as well as group sharp 8.00pm in the social medias. This project is went for 30days about 30 healthy and useful information regarding physiotherapy.This makes the people and the students to make benefits in the quarantine (base of covid 19 lockdown) on these days only social media's has been very active in state , with us Rac of Sindhi college has joined who has helped us in making posters of everyday content.This project reached many rotarians as a result District Rotaract Committee Chairman 19-20 addressed about this project in a Rotary function.



**AMMA** We RaC of Saveetha college of physiotherapy along with RaC Of East Coast Chennai & RaC of Sindhi college joined hands for Project AMMA. On behalf of celebrating the international mothers day we initiated a new project of collaging the old pic with your mother and recent picture with your mother and updating in social media's. The impact which we got is a Rotaractor from RID 3131 participated and gave a huge support for this project.



## TESTIMONIAL

This success of working together is always seen in the Rotract club of physiotherapy college! It's indeed exhilarating to see the young generation coming up with new ideas and projects towards the society and being responsible in all ways of ideal citizens and individual. This newsletter is a encouraging citation to them as well as to the university for their hard work and appreciation.



**DR. N.M. VEERAIYAN**  
CHANCELLOR,  
SIMATS



**DR. SAVEETHA RAJESH,**  
DIRECTOR ,  
SIMATS

It's not a surprise for me to see the wonderful work by our students who have always excelled in every field from academics to the club activities and now they give the proof of their excellence through this newsletter and that's indeed the hardwork and progress towards the excellency of the students and the university.

## SPECIAL TALENTS



**RTR. SHIVANEE. S. V**

Our Sergeant-at-Arms is a wonderful artist and an EMCEE



**RTR. MYTHRI JAIN,**

Our Director of International Service is a published author and writer.



**RTR. BRINGESH,**

Director of Community Service is a talented musician, and plays the keyboard well.

## UPCOMING EVENTS

### • FOOD WITH LOVE

THIS PROJECT PRIMARILY FOCUSES ON DISTRIBUTING HOME MADE FOOD PARCELS FOR THE POOR AND HOMELESS.

### • THANKS-GIVING TO THE HEROES

ON THE OCCASION OF THANKSGIVING DAY , WE FEEL PROUD IN THANKING THE COVID-19 HEROES ALL AROUND THE WORLD



# SURPRISE..SURPRISE...SURPRISE..

It's so exciting to inform that RCSCPT cultural and activities are going to be announced soon enough! So be prepared for more surprises!

## POEM

- MAYA ( MYTHRI JAIN)

IN THE FIELD OF THE UNSCULPTURED WORLD,  
SHE HATED THE FAÇADE OF LOVE.  
THAT'S WHEN THE DESTINY HAD DIFFERENT PLANS,  
TO RUPTURE THE HER HATRED ON THE WORLDS OF LOVE AND TRUST,  
THEY SAY THAT WHEN THE LIFE TEACHES IT SURPASSES ALL THE LEVELS OF  
EXTREMITY,  
THE UNIVERSE JUST STARTED TO TAKE THE CONTROL,  
THE ACTIONS OF IT WERE BEWILDERING AND ASTOUNDING,  
IT PLANNED TO GIVE HER THE WILDEST LIFE SHE HAS EVER LIVED,  
SO WHEN IT COMES TO HER LIVING SHE WAS THE MOST DISCIPLINED,  
AND WILDNESS WAS A KIND CLICHÉ!  
THERE CAME HIM IN HER LIFE,  
HE WAS A WRITER JUST LIKE HER,  
BUT UNLIKE HER HE WAS MASTER OF WORDS,  
TO MAKE ANYONE LOVE OR FRIENDS WITH HIM  
WAS A CREAM ON THE CAKE!  
HIS ENTRY WAS ARRANGED VERY SMOOTHLY BY THE DESTINY,  
WILL DESTINY MAKE A LOVE STORY OR A HEARTBREAK LESSON IN WILDNESS FOR  
HER?

TO BE CONTD.....

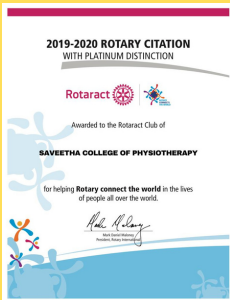


## PHYSIO FACTS

" EXERCISE CAN  
IMPROVE THE LOOK OF  
YOUR SKIN "

**Sweat releases dirt  
through your pores,  
which reduces acne  
and breakouts.  
Exercise improve the  
overall look of your  
skin.**

## AWARDS



### PLATINUM DISTINCTION :

The Rotaract Club of Saveetha college of Physiotherapy is highly honoured and overwhelmed to receive the 2019-2020 Rotary citation with Platinum Distinction.



### IRAIVI:

IRAIVI project reviewed the OUTSTANDING INTERNATIONAL SERVICE PROJECT initiated by rotaract club of east coast where all the young girls were taught about good touch and bad touch



### VAVEZ:

RCSCPT received the highest ticket collection award for the event vavez which was conducted with a motto of saving water. The amount was used to fit in taps in government schools. Vavez was also awarded the OUTSTANDING OUTREACH PROJECT in District awards 2019-2020



### VISIL:

VISIL project reviewed the OUTSTANDING JOINT PROJECT initiated by Rotaract club of Vishwaitha where many events and activities were conducted remembering the school days

