



THE VERACIOUS

EXPLORING THE TRUTH

ROTARACT CLUB OF
SAVEETHA COLLEGE OF PHYSIOTHERAPY

DR.KAMALAKANNAN.M
EDITOR IN CHIEF

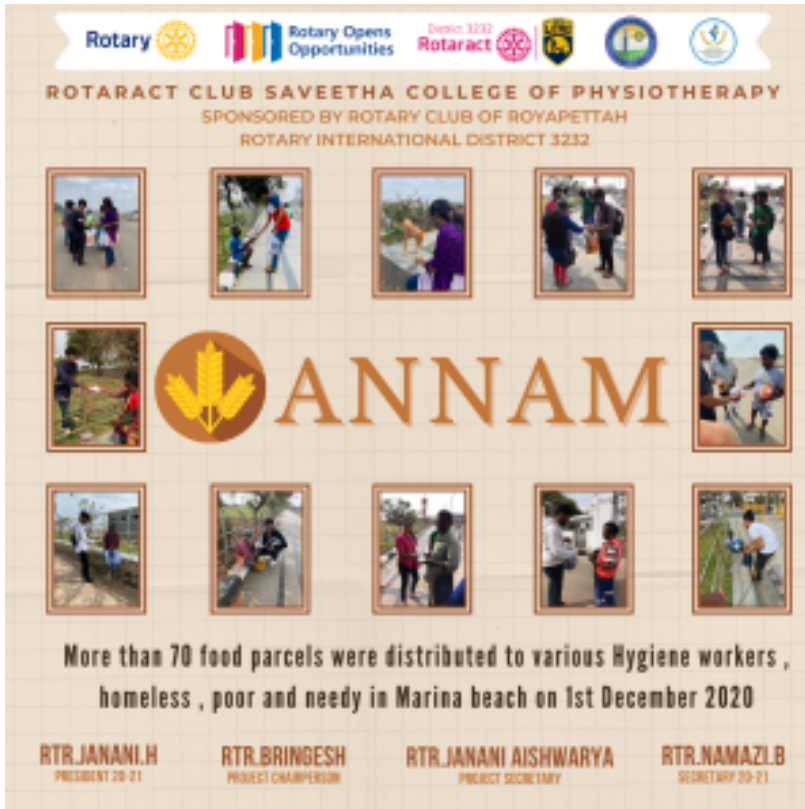
RTR. MYTHRI JAIN
EXECUTIVE EDITOR

RTR. JANANI.H
ASSOCIATE EDITOR

RTR. VIKRAM ADHITYA P.S
ART EDITOR



ANNAM



Chennai: This project foci was primarily on distributing more than 70 food parcels to various Hygiene workers, Homeless, Poor and needy on Marina beach. It was conducted on December 1 2020. The project chairman was Rtr. Bringesh. It was a great initiative to help the people out and give them a hope of love, security and humanity.

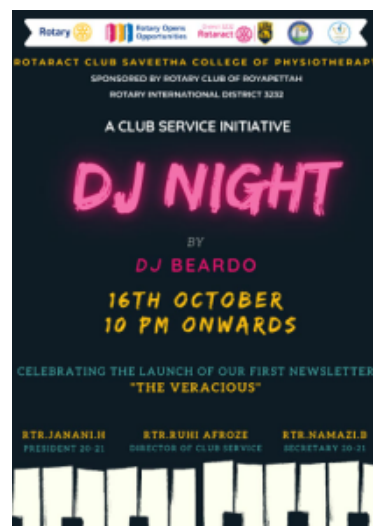
"VERACIOUS"

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

RCSCPT is happy to launch our second edition of our newsletter 'The VERACIOUS'

The DJ night was held on 16th October 2020, with a crowd of 50 people who participated in the celebration of the launch of our launch of first newsletter all the rotractors took a part in this celebration and honoured the moment. The project chairperson was Rtr. Ruhi Afroze. It was arranged by DJ Beardo

DJ NIGHT



MOTIVATION OF THE DAY!!

Don't wait for opportunity.
Create it!!!

A wise man will make
more opportunities than
he finds



FAMILY DAY OUT

The family day out was planned on December 1 2020. It was a club service initiative to get to know each other and discuss the upcoming projects and events. All were involved in fun events and a good picnic and many new upcoming projects were discussed. Many came with brilliant ideas on how to improvise and enhance upcoming projects to make it meaningful and successful.



SOFT-AWARE PHASE 1

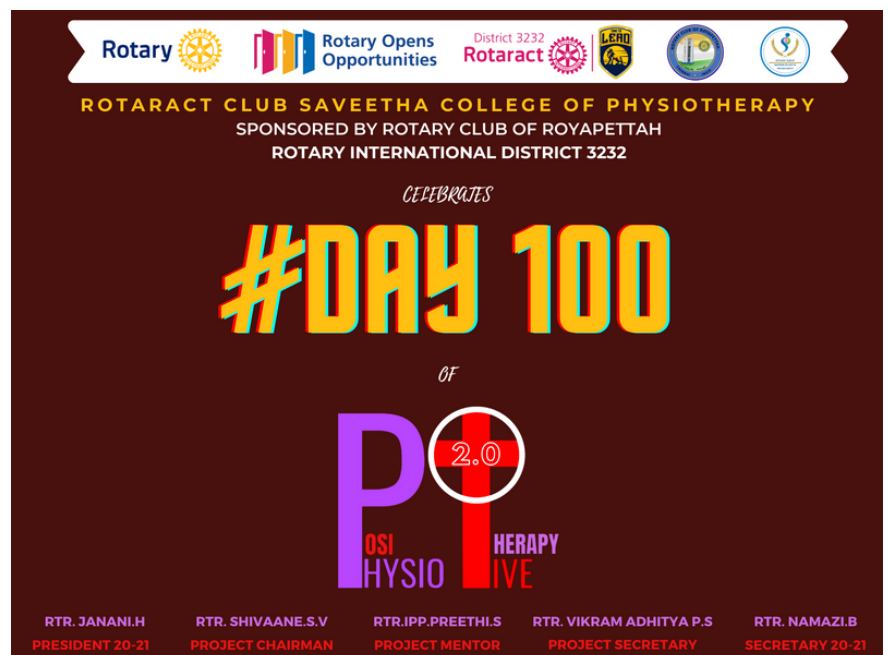
An initiative on spreading awareness on the worst side of social media and to safeguard the children from the potential cyber related crimes. More than 100 students took part from Prasan Vidya Mandir School - Chengalpattu. The project Chairman is Rtr. Mythri Jain. It was honored by Mr. Ravi Shankar head and president of K7 academy. The project gave us an idea of how to use the social media and internet safely and judiciously. It was held on 23rd December 2020.

Phase 2 of the SOFT-AWARE project is nearing its final preparation and soon will be executed on a grand manner.

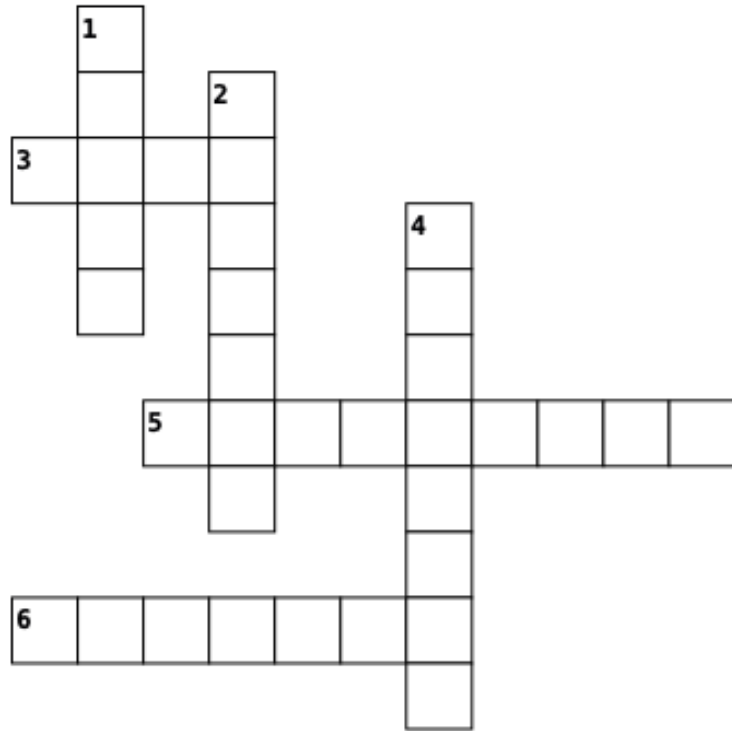
DAY 100 OF THE POSITIVE PHYSIOTHERAPY 2.0

An initiative started to spread awareness on the illness, diseases, syndromes and ailments. All the Rotractors release the poster at 8:00 pm IST every day for 365 days on various social media account. It was started on 15th July 2020 and will continue till 15th of July 2021. Our project chairman is Shivaane S.V.

The signature project of Rotaract club of Saveetha college of physiotherapy successfully completed 100 , 150 and 200 days milestone.



STRESS BUSTERS



Across

- 3. ONLY MAMMAL THAT CAN FLY
- 5. HAS THREE HEART
- 6. ANIMAL FOUND ONLY ON POLES

Down

- 1. LARGEST MAMMAL ON EARTH
- 2. LARGEST FLIGHTLESS BIRD
- 4. ANIMAL THAT CANT JUMP

HEALTH BENEFITS OF CYCLING

MENTAL HEALTH

Reduces anxiety and depression

HEART

Increased cardiovascular fitness

COORDINATION

Improved posture and coordination

WAISTLINE

Decreased body fat levels

MUSCLES

Increased strength and flexibility

JOINTS

Improved mobility



To be fit and healthy you need to be physically active. Regular physical activity can help protect you from serious diseases such as obesity, heart disease, cancer, mental illness, diabetes and arthritis.

Cycling is a healthy, low-impact exercise that can be enjoyed by people of all ages, from young children to older adults. It is also fun, cheap and good for the environment. Riding to work or the shops is one of the most time-efficient ways to combine regular exercise with your everyday routine. An estimated one billion people ride bicycles every day – for transport, recreation and sport.

POEM

- MAYA (MYTHRI JAIN)

Butterflies hovering and chimes tingling,
He slowly became her unsettled crush,
They talked over texts but longing to hear his
voice was in her head,
The destiny played her tabloids well,
Making her fall in love with an unseen
person,
As the magic of his spinning words were
undeterred,Capriciously career ambitious
she,
Settled scoring nerd he,
Opposites attract? Destiny marking its role in
this story!
Such a deep fall for love the destiny gave,
That she made up her mind to live with him
forever
,She put forth her feelings for him to get rid
of him,Though he gave a perplexed answer,
She tried to get away from him,Losing all the
battles with the destiny,
She lost herself in the unrequited love,
Will he understand the play of destiny and
fall in love with her or will the destined love
be a sacrificed pawn?

TO BE
CONTD.....

FUTURE PROJECTS

- THULIR 2.0
- RCSCPT CULTURALS
- SLUM EDUCATION PROJECT
- SOFT-AWARE PHASE 2



"Exercising improves brain performance"

Cardiovascular exercise helps create new brain cells. This enhances brainpower and brain activity.

ACHIEVEMENTS FEATHERS



- Boys singles runner up
- Girls singles runner up
- Girls doubles winner

AGNI SIRAGU CONTEST



Agni siragu was a short film contest conducted by RC Chennai Amethyst. We won two major awards OVERALL RUNNER UP & BEST ACTOR award in the competition

