



THE VERACIOUS

EXPLORING THE TRUTH

ROTARACT CLUB OF
SAVEETHA COLLEGE OF PHYSIOTHERAPY

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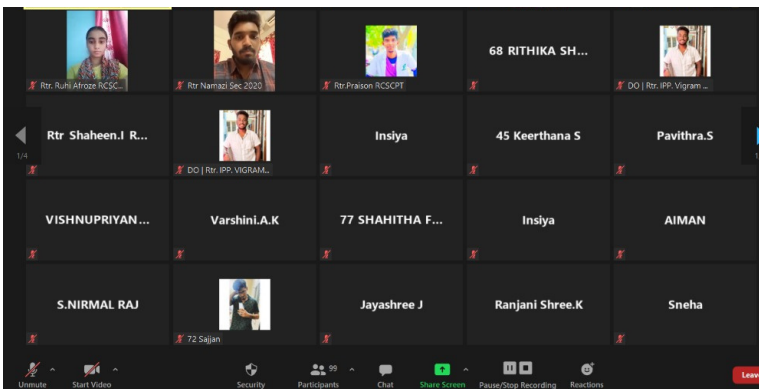
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POSITIVE PHYSIOTHERAPY 2.0

The Positive Physio project that was started July 15 2020 has reached its zenith of three hundred days on 10th of May 2021. We are proud of being able to work consistently for 300 days and we are very grateful of our two Rotractors Ms. Shivaane Vinoth and Mr. Vikram Adhitya P.S for their contribution in content making and editing of posters respectively for past 300 days. We also show our gratitude to Ms. Shaheen I for her punctual reminder to share the posters on the exact time.

BLOOMING STARS



We installed 15 new rotractors to our club on 18th April 2021. We welcome them with more delight and hope to carry the club to the next level with their ideas and skills. We hopefully bring out best in them and we expect them to shine fabulously.

MOTIVATION OF THE DAY!!



"If there is no struggle, there is no progress."

Frederick Douglass



U N S U N G

The project **unsung** was conducted on 21st of April 2021 to commemorate National civil service day. We invited Ms. Deeksha Jain IAS AIR 22 Joint Magistrate Mathura. It was an online session conducted on zoom platform at 2 pm. We had more than 100 audiences gracing the session. It was an inspirational session on leadership and hard work.



FRIENDSHIP BONDING

Club service project was initiated to improve the bonding between the club members. It was conducted in VR mall where all spent quality time with each to know more about themselves and form deeper bonds.



KINDNESS ATTRIBUTE - PHASE I



On 23rd April 2021 one of our members Rtr. Praison Cherub fed food to the stray dogs during the period of covid-19 situation. So they can be healthy and don't transmit any infection in the locality. This shows his kindness attribute towards the animals.

The phase 2 of this project will be initiated once the government relaxes the General lockdown that was imposed in Tamil Nadu



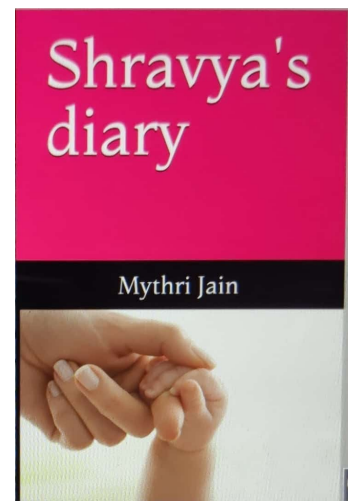


BILLICON CONTES

Our rotractor Ms. Haripriya is a fabulous author of the children's book 'Billicon contes' that has one the heart of many children and little kids around. She was also a part of an anthology name 'A human so rare' where she showed her poetry skills as her poem on humanity shines in the pages of the book. We are happy to have such great talents in our club.

SHRAVYA'S DIARY

Our rotractor Ms. Mythri Jain is an author and novelist and she has published her debut novel 'Shravya's Diary' on amazon platform. It is available in both kindle and paperback edition. She started her journey as a blogger and was also a part of an anthology called 'Divine thoughts' where her poems are published. We are proud to have such a great talent in our club.



5 REASONS WHY SWIMMING IS GREAT FOR YOUR MENTAL HEALTH

- 1 MINDFULNESS IN ACTION**
Rhythmical breathing, total immersion in the moment and a connection of mind and body - the perfect mindfulness ingredients and they all come included in every swim session!
- 2 ANXIETY UNDER CONTROL**
When you're in the water your body is relaxing, your mind is occupied with helpful thoughts and the rest of the world stops for a while. What a great antidote to thoughts and feelings that create anxiety.
- 3 MOOD BOOSTER**
It's hard not to feel great after a swim: The rush of endorphins, the feeling of relaxed and tired muscles and the sense of achievement from a job well done. This kind of regular mood boost is great for the soul as well as the heart.
- 4 SELF ESTEEM UPGRADE**
Staying confident in who we are requires regular focus. Every session in the pool provides valuable evidence for building your self esteem through getting fitter, stronger and ensuring your mind is connected to a body that you're proud of.
- 5 TIME OUT**
The world is a busy place. When you choose to swim, you choose to focus on moving at the pace you want to, rather than the pace the world dictates. Enjoy every moment of that time out - the time that you choose for you.

The psychological and physical benefits of 20 to 30 minutes of exercise three times or more a week, have been promoted for a long time. These general messages are great, but getting into the detail of the specific benefits of different activities is often more helpful. When it comes to swimming, the mental and physical benefits add up to a very worthwhile mix.

Let's start with the mental benefits. While everyone is rushing to plug into meditation apps to learn the power of mindful thinking as well as learning to breathe properly with various gurus,

POEM

- MAYA (MYTHRI JAIN)

Slowly and meticulously the universe
captivated her in his love,
That each day she craved more to be with
him,
If not she prayed for an extra breath with
him,
But the reality was still unaware,
He just thought she had crush on him and not
more than that,
Time played its game,
By making him busy that they hardly talked
with each other,
She also decided to overcome her feelings by
being busy,
She confessed many times yet she was
unable to get rid with it,
Destiny laughed at her innocence!
And she battled against her destiny,
She stopped using all the media where he
was available,
She started deleting him from her life,
Slowly but surely! Destiny couldn't digest the
fact of her winning!
So it played its other strategy!
It made him fall for her head over heels!
Will she still welcome him in her life or it will
end up as an unrequited love for him.

TO BE
CONTD.....



FUTURE PROJECTS

SOFT AWARE PHASE II

Soft aware phase II is an initiative to educate the teenagers about cyber security and their threats in the society. It will be conducted soon to create awareness about different aspects of social media security.



PHYSIO FACTS

Physiotherapy can help COVID-19 patients

Breathing exercise helps strengthening the respiratory muscles helping in reducing the severity of Covid-19

SINGLE SKILLS AND ATTRIBUTES DEVELOPMENT

Our Club had a basic idea to explore everyone's skills and abilities personally. So we took up the idea to initiate the activities to improve different facets of our members. We put forth an idea to initiate activities by each members.



ORATION SKILLS

On one such occasion one of our rotract members Rtr. Mythri Jain grabbed an opportunity to counsel 100 girls in her community about self-defence, healthy life, yoga and mental health for continuous 10 days and flourished her orational skills in a sophisticated way.