

# THE VERACIOUS

VOLUME 4 | ISSUE 3 | JULY-SEPTEMBER 2023

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## ESPERANZA

On 12th August, 2023 Rotaract club of Saveetha college of physiotherapy, sponsored by Rotary club of Royapettah, RID 3232 , came up with a bang ,on its 7th installation ceremony ESPERANZA , excited for a new beginning



## LUXE LEARN

The project Luxe Learn was done on 18th August via google meet, where the club members learnt various techniques for poster designing and editing. This club service project helped the editing team bring in new recruits into the editorial society of RCSCPT.

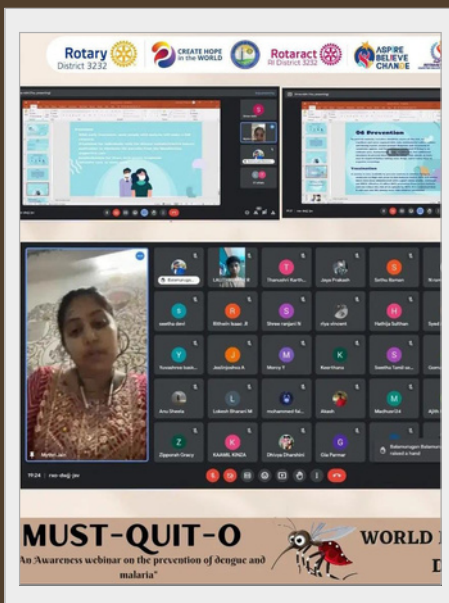
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## CLICKZZZ ON !

The project Clickzzz On! was done on 19th August via Google meet, where the club members shared their own pictures of happy moments with their club mates. This project emphasized the importance of sharing good vibes and making others happy.



## MUST-QUIT-O

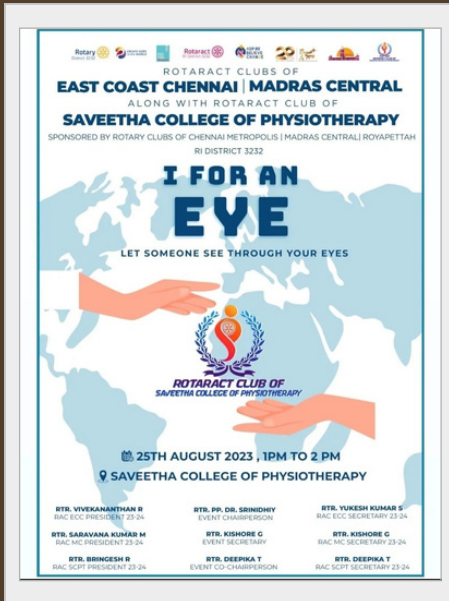
The project Must-Quit-O was done on 20th August via google meet. Rtr. Mythri Jain was the speaker of the day who gave orientation about the preventive measures for dengue and malaria. This was a community service project where the participants were given awareness on being safe and leading a healthy life.

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## I FOR AN EYE

Rotaract Club of Saveetha College of Physiotherapy, along with Rotaract club of Madras Central and Rotaract Club of East Coast Chennai conducted 'I FOR AN EYE' - an eye awareness session at Saveetha College of Physiotherapy on 25th August, 2023. Over 100 participants took part in the session and pledged to be eye donors. The awareness session was held during the National Eye Donation fortnight (August 25th - September 8th, 2023). The session gave a clarity about the procedures involved in eye donation and broke the myths about it.



## FETCH 'N' CHEW

The project Fetch N Chew was done on 30th August, on account of international dog day, where the club members feed the street dogs as an act of compassion for all stray dogs. This community service project filled the hungry dogs with love and food.



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## SPRIGZ

The project Sprigz was done on 4th September in the college campus, where 110+ plant saplings were distributed to the club members and faculties of SCPT. This community service project helped our environment grow more greener.

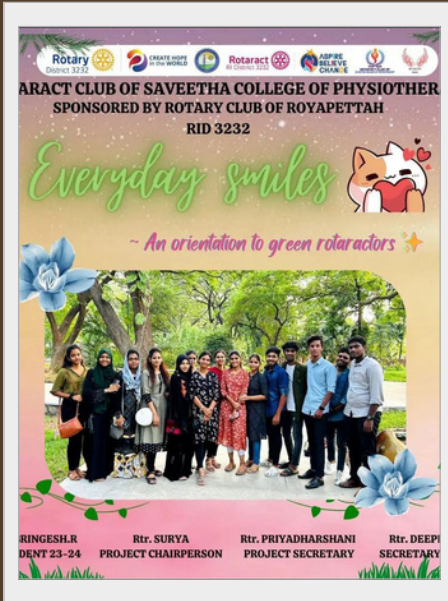


## GURU BRAHMA GURU DEVO

The project Guru Brahma Guru Devo was done on 5th September in SCPT campus, where the club members distributed chocolates and personalized gifts to the teaching staffs of Saveetha College of Physiotherapy. This was a club service project where new memories were created and loads of love were shared.

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## EVERYDAY SMILES

The project Everyday Smiles was done on 9th September at semmozhi poonga, where the club members introduced the green rotaractors about the club projects. This was a club service project where the new members learnt about the benefits of projects to the society.

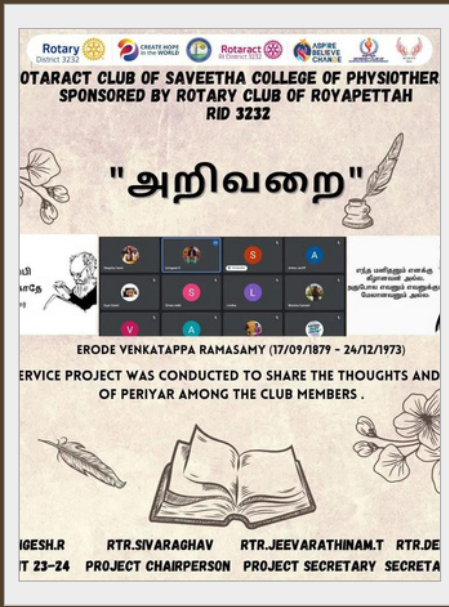


## KARPI

The Rotaract Club of Saveetha College of Physiotherapy along with Rotary Club of Ambattur and Rotary International District 3232 took part in Karpi, India's largest book donation drive. We donated over 50+ books. It took place in Phoenix Market City on 9th to 10th September, 2023.

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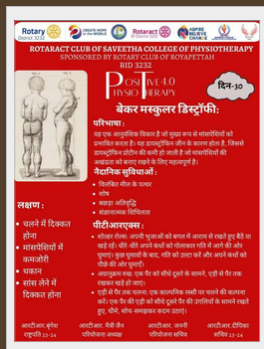
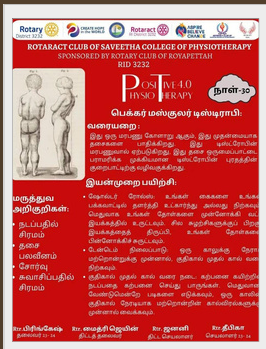
## ARIVARAI

The project Arivarai was done on 17th September, on account of 130th birthday of Erode Venkatappa Ramasamy also know as Thanthai Periyar, via google meet, where the club members shared the thoughts and quotes of Periyar. This club service project reminded members of his excellence in his line of work.



## PT 4.0

Our signature project **POSITIVE PHYSIOTHERAPY 4.0** is an online campaign about innovative physiotherapy techniques for common medical conditions. This year we have come up with 3 language posters for better awareness. We have successfully completed 30 days of the project (1st September - 30th September).



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## POEM

In the age of Kali,  
I still believe in solace  
Of love honestly and trust!

And it's not anyone's fault,  
As the stories of love,  
Enticed me to the core!

There comes the unconditional love,  
Where lord shiva waited and waited,  
For millions of yugs to marry the goddess Parvati,

Goddess Parvati an epitome of beauty, grace and intelligence,  
Known as the mother of the world,  
Was Goddess sati in her previous Incarnation,

She fought for her love,  
Proved her love,  
And over and over won the hearts of lord shiva!

Then comes the another example of love,  
My favourite lord Krishna,  
Who thought to worship love,

Radha! The goddess of love,  
Who loved Kanha unconditionally,  
Never got the chance to reunite with him,

Yet they love and love,  
Telling the world,  
Love doesn't requires jurisdictions!

Here comes the another tale,  
Where goddesses Rukmini,  
Love Krishna without seeing him even once,  
The love showed the purity of souls!

There comes the story of adipurush - The lord Rama,  
Who was in love with his wife Sita,  
So abundantly that they set examples of waiting and longing in  
love!

Our literature have always given the various form of love,  
In such a way that,  
Ram Sita became SiyaRam, Krishna and Radha became  
RadhaKrishn!

The Veds, Purans literature have always spread love,  
In different forms of love stories,  
And the depth of love!

I being in Kalyug,  
Still believes that love can solve everything!  
Hope the all the love is being blessed on everyone

- Mythri Jain

## PHYSIO FACTS

Physiotherapy is excellent at helping people prepare their bodies for surgery and fully recover from surgical procedures.



Individuals who would like to make their surgery experience a good one should consider engaging in pre - and post-operative rehabilitation with a licensed Physiotherapist.

## UPCOMING EVENTS

### • VIDHAI

**This project aims at planting saplings in local villages**

### • SAFETY FIRST

**A project of providing safety box to construction workers of Saveetha University**

### • THE GIVING JOURNEY

**This project aims at providing stationary essentials to students of government schools**

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## TALENT HUB



**Rtr. ARUL SELVAN. R**  
**BPT 2nd Year**

- **Second place in the 2017 Thanjavur District Breast Stroke** conduct by the Sports Development and Authority of Tamil Nadu.
- **First place in the 2018 Thanjavur District Breast Stroke** conduct by the Sports Development and Authority of Tamil Nadu.
- **Third place, district-level in the Dr. Abul Kalam Memorial Swimming Trophy of breast stroke.**
- **Second place and a cash prize of ₹800 for district level swimming in the Chief Minister Trophy of breast stroke.**
- **First Place in 100mts swimming at the Thanjavur-Puthukottai-Nagapattinam division for breast stroke.**
- **Second Place in 50mts swimming at the Thanjavur-Puthukottai-Nagapattinam division for breast stroke.**
- **Second place in group dance for State Level Culturals** conducted by Sri Ramachandra Institute of Higher Education and Research.
- **Third place in long jump for Athletics State Level Physio** conducted by Sri Ramachandra Institute of Higher Education and Research.
- **Second place in relay for Athletics State Level Physio** conducted by Sri Ramachandra Institute of Higher Education and Research.
- **He is a District Level Kabaddi Player and has also been selected as an representative for Saveetha University, All Over India.**