

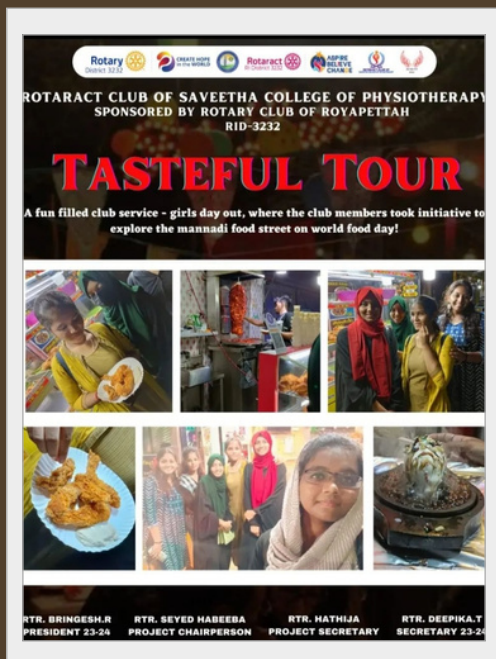
THE VERACIOUS

VOLUME 4 | ISSUE 4 | OCTOBER-DECEMBER 2023



SAFETY FIRST

The project Safety First was done on 5th October, in SIMATS, Thandalam, where the club members provided first aid kits to all construction workers. This community service project helped construction workers in ways that aided them with first treatment benefit.

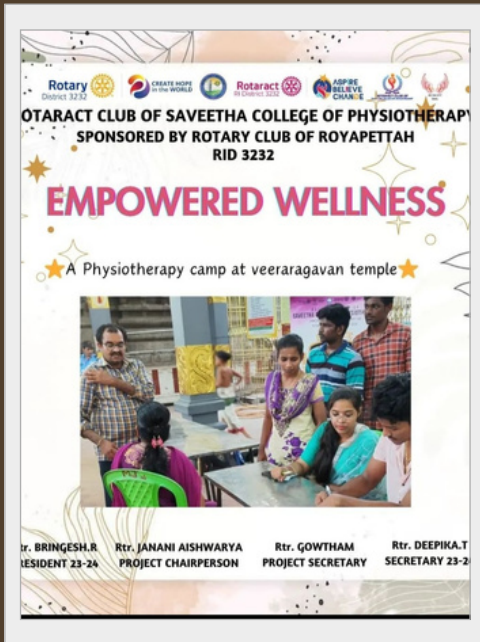


TASTEFUL TOUR

The project Tasteful Tour was done on 16th October, on account of world food day, where the club members explored the mannadi food street. This club service project was a fun filled girls day out.

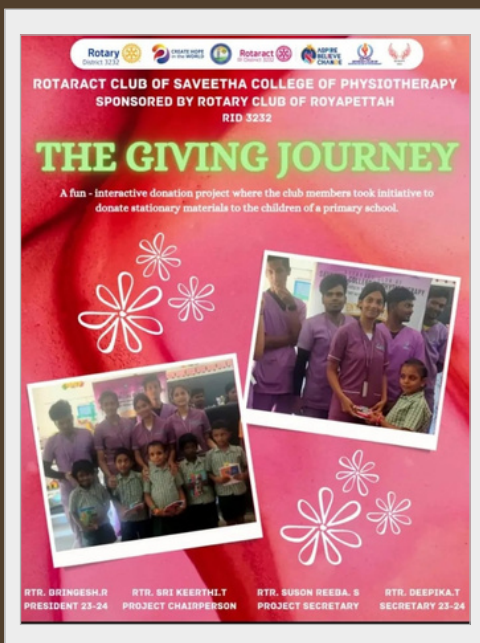
THE VERACIOUS

VOLUME 4 | ISSUE 4 | OCTOBER-DECEMBER 2023



EMPOWERED WELLNESS

The project Empowered Wellness was done on 18th October, at the Veeraragavan Temple, Thiruvallur, where the club members along with Dr. Senthil Kumar. S (assistant professor at SCPT) organised free physiotherapy camps. This community service helped devotees that visited the temple to learn more about their bodily pain

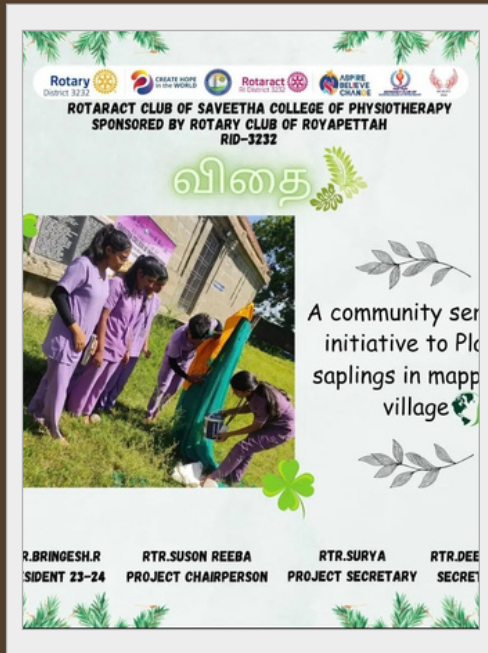


THE GIVING JOURNEY

The project The Giving Journey was done on 19th October, at government schools where the club members donated stationary materials to the children of primary school. This community service project helped children to move a step ahead in achieving their academic excellence

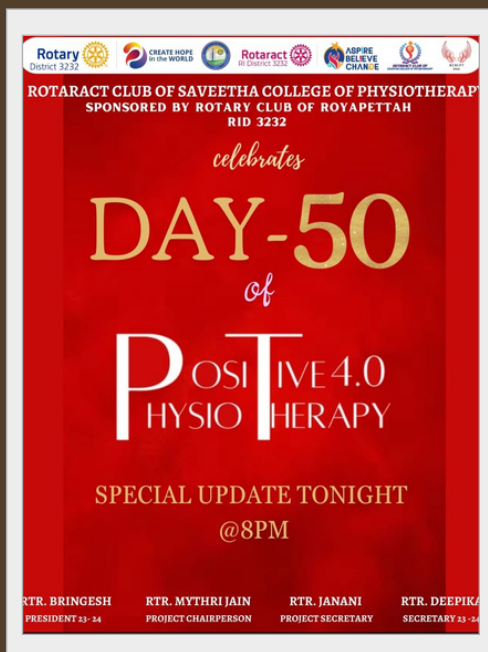
THE VERACIOUS

VOLUME 4 | ISSUE 4 | OCTOBER-DECEMBER 2023



VIDHAI

The project Vidhai was done on 24th October, at the mappedu village, where the club members planted saplings all around the village. This community service project helped villagers to breathe fresh air and care for the plants.



PT 4.0

50 DAYS OF

POSITIVE PHYSIOTHERAPY 4.0

On the 50th Day of our signature project PT 4.0 along with the collaborations of World Osteoporosis Day, brought the concept of video campaigning that explained the importance of regular exercise in prevention of osteoporosis.

THE VERACIOUS

VOLUME 4 | ISSUE 4 | OCTOBER-DECEMBER 2023

ROYAL LIFE SAVING ACHIEVEMENT AWARDS

Rotaract Club of Saveetha College of Physiotherapy brought the project ROYAL LIFE SAVING ACHIEVEMENT AWARDS which was done on 26th October, at Solai Hall in SMCH. This professional service project was to honour the unrecognized.

Awardees Names

- **Department of Plastic and Reconstructive Surgery, Saveetha Medical College and Hospital. "SMILE TRAIN"**
- **Captain Dr. Fatal Ahamed. M (4033 Field Hospital)**
- **Chief Guest - Rtr. Murali, President of Rotary Club of Chennai Metropolis 23-24**
- **Special Invitee - Rtr. PP. Sanjana David Varma, DRRE 23-24**



THE VERACIOUS

VOLUME 4 | ISSUE 4 | OCTOBER-DECEMBER 2023



ROTATIONAL AWARDS

These prizes were to given to one overall performer and one ace performer of the month. They were provided with trophies and certificate of appreciation for their hardwork and excellence throughout the month.

Awardees Names

- Overall performer - Rtr. Shreenidhi. P
- Ace performer - Rtr. Lokesh Bharani.M

PHYSIO FACTS

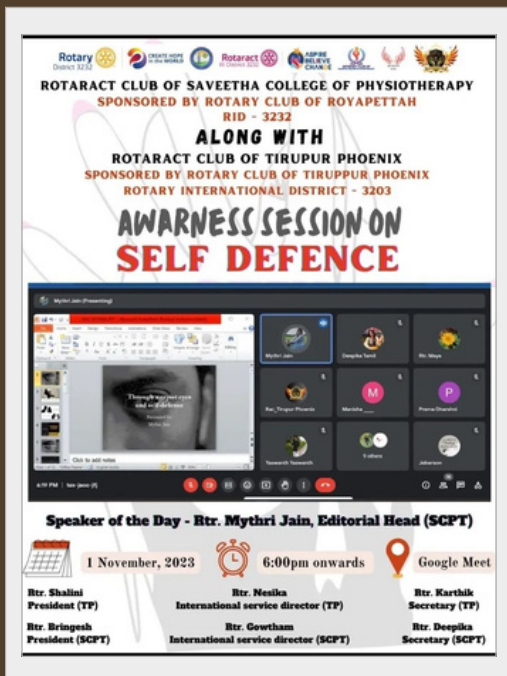
- Physiotherapists are more than willing to treat individuals who aren't in pain and have no health conditions in order to prevent future illnesses. Those who are simply interested in building their physical strength and endurance or becoming better athletes should feel free to work with a physiotherapist.

THE VERACIOUS

VOLUME 4 | ISSUE 4 | OCTOBER-DECEMBER 2023

AWARENESS SESSION ON SELF DEFENCE

The project Awareness on Self defence was done on 1st November, via google meet, where the Rotaract Club of Saveetha College of Physiotherapy along with Rotaract Club of Tirupur Phoenix joined hands to acknowledge the psychology of the attacker and taught us to defend ourselves. The speaker of the day was Rtr. Mythri Jain, Editorial Head of RCSCPT. This community service project helped people to be more aware of defending oneself from an abuser.

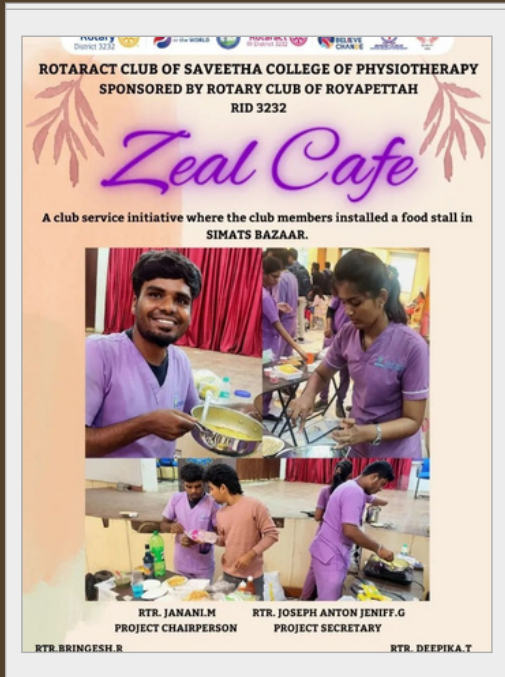


PHYSIO FACTS

- Physiotherapy is a drug-free treatment option. Certainly, a patient may participate in physiotherapy while on medications, but physiotherapists use drug-free, exercise-based remedies to treat a person's ailments.

THE VERACIOUS

VOLUME 4 | ISSUE 4 | OCTOBER-DECEMBER 2023



ZEAL CAFE

The project Zeal Cafe was done on 1st November, at the SIMATS BAZAAR, where the club members actively participated and installed a food stall.



ECO WRAP

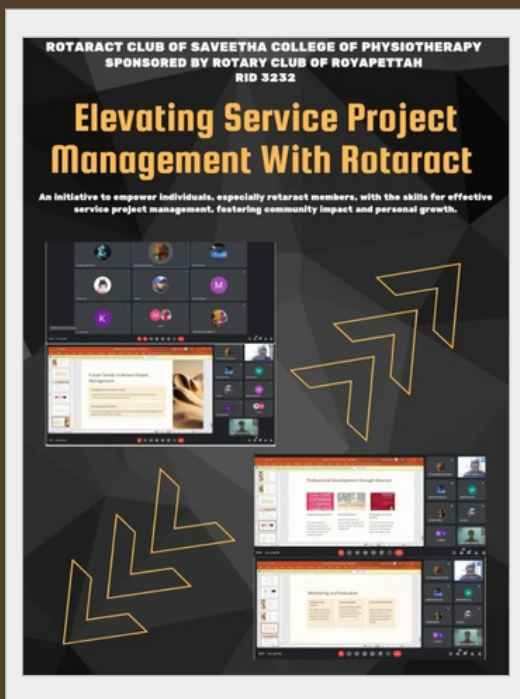
The project Eco Wrap was done on 3rd November, at Saveetha Allied Health Sciences Block, where the club members took initiative to make hand-made disposable envelopes for sanitary pads using old newspapers. This community service project

THE VERACIOUS

VOLUME 4 | ISSUE 4 | OCTOBER-DECEMBER 2023

ELEVATING SERVICE PROJECT MANAGEMENT WITH ROTARACT

The webinar on Elevating Service project Management with Rotaract was done on 4th November, via google meet, where the club members were empowered with the skills for effective service project management, fostering community impact and personal growth. This professional service project helped the fellow rotaractors to learn more about the advancing service project management and developmental skills



PHYSIO FACTS

- Physiotherapy benefits individuals with diabetes, cancer, muscle sprains and strains, sports-related injuries, all types of bodily pain, arthritis, and respiratory problems. This list is not exhaustive. It is a drug-free treatment option.

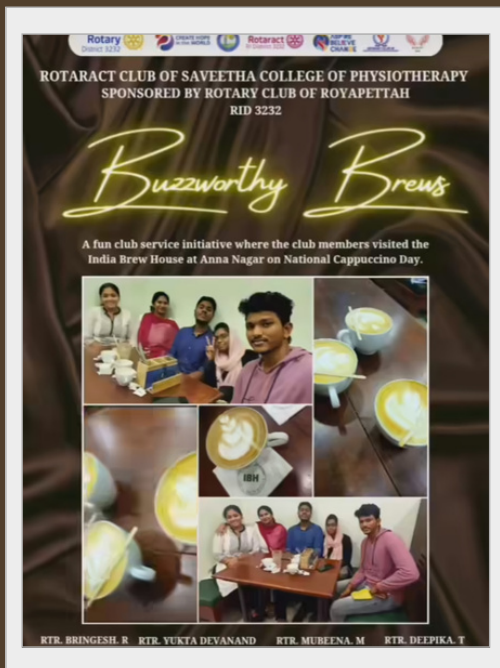
THE VERACIOUS

VOLUME 4 | ISSUE 4 | OCTOBER-DECEMBER 2023



THE SCOTCH FIRE

The project The Scotch Fire was done on 5th November, at Turf, where the club members took a fun initiative to spend time having a friendly match of football and cricket among themselves. This club service initiative was an interacting and an amazing memory to those fellow rotaractors

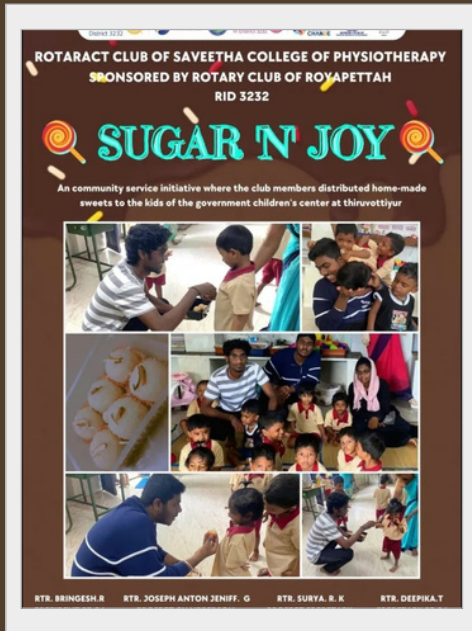


BUZZWORTHY BREWS

The project Buzzworthy Brews was done on 8th November, on account of National Cappuccino Day, where the club members shared a cup of cappuccino and some good memories at the India Brew House in Anna Nagar. This club service project helped the fellow rotaractors to bond and share thoughts with each other

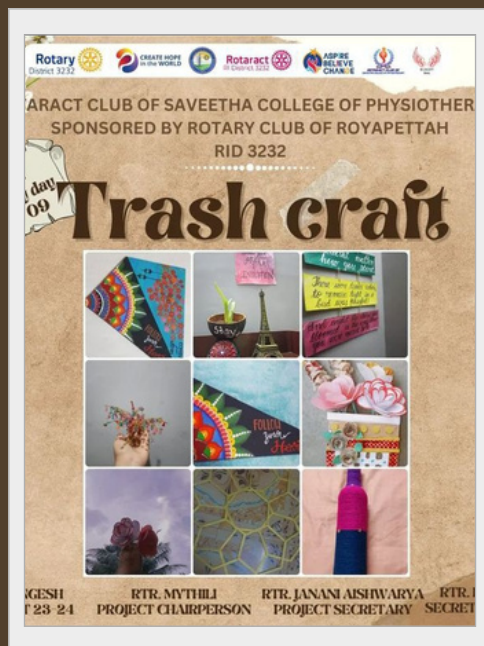
THE VERACIOUS

VOLUME 4 | ISSUE 4 | OCTOBER-DECEMBER 2023



SUGAR N JOY

The project Sugar 'N' Joy was done on 9th November, where the club members took initiative to share home-made sweets with the kids of The Government Children's Center at Thiruvottiyur. This community service project was done as a celebrating gesture for Diwali



TRASH CRAFT

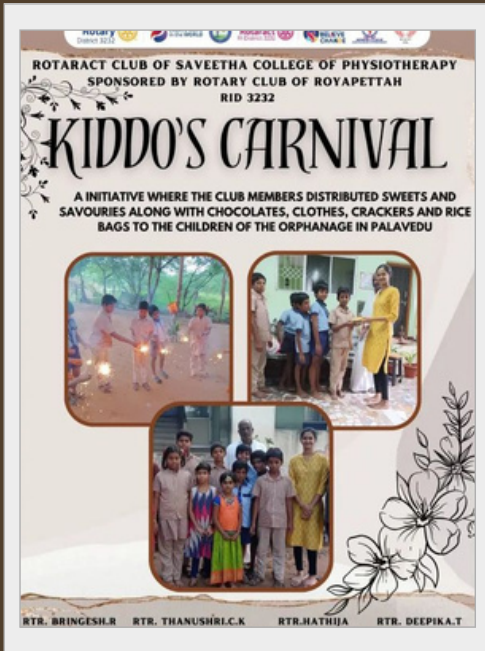
The Project Trash Craft was done on 9th November, on the account of World Usability Day, where the club members used waste materials to create iconic craft. This club service initiative was innovative approach for all fellow rotaractors.

THE VERACIOUS

VOLUME 4 | ISSUE 4 | OCTOBER-DECEMBER 2023

KIDDO'S CARNIVAL

The project Kiddo's Carnival was done on 11th November, where the club members took initiative to distribute sweets and savouries along with chocolates, clothes, crackers and rice bags to the children of an orphanage in Palavedu. This community service project was done on the occasion of Diwali.



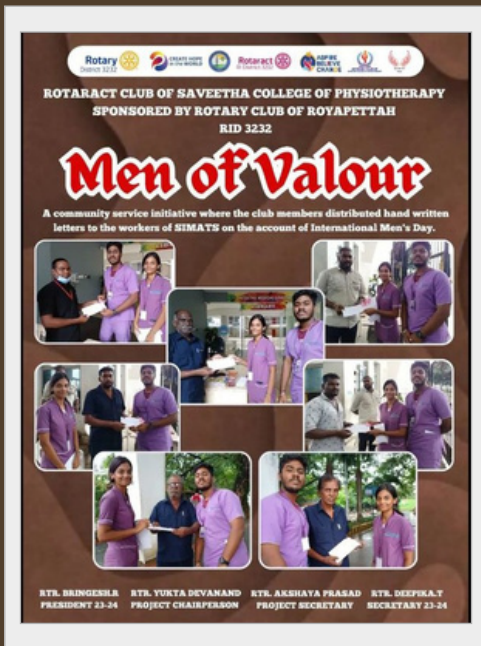
CROP CARNIVAL

The project Crop Carnival was done on 19th November, where the club members visited Farm Guru at Sholavaram. This professional service initiative helped fellow rotaractors to gain knowledge on farming techniques and agricultural life.



THE VERACIOUS

VOLUME 4 | ISSUE 4 | OCTOBER-DECEMBER 2023

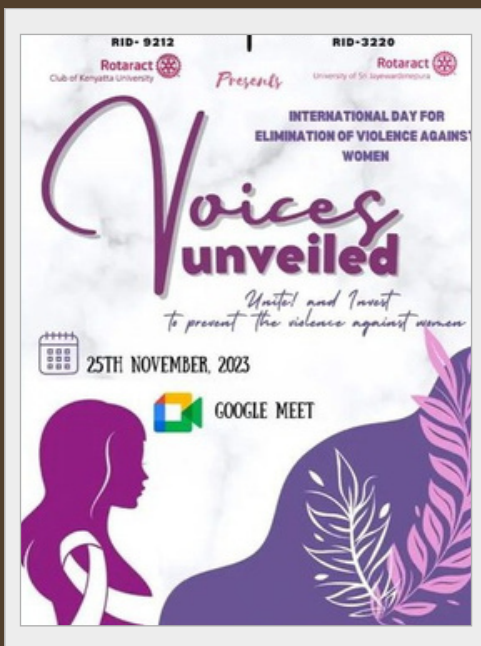


MEN OF VALOUR

The project Men of Valour was done on 19th November, on the account of International Men's Day, where the club members distributed hand-written letters to the workers of SIMATS. This community service initiative was done as a token of appreciation for their service.

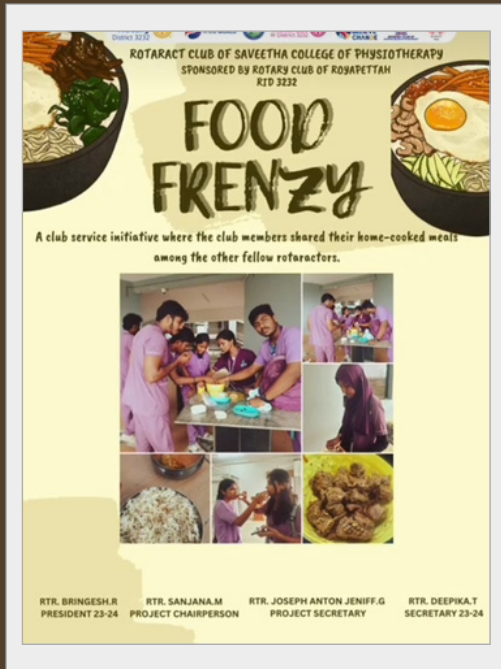
VOICES UNVEILED

RCSCPT along with RCUSJ and RCKU brought the project VOICES UNVEILED which was done on 25th November, on the account of International Day of Elimination of Violence Against Women, via Google meet. This international service initiative was done as an online awareness campaign for the elimination of violence against women.



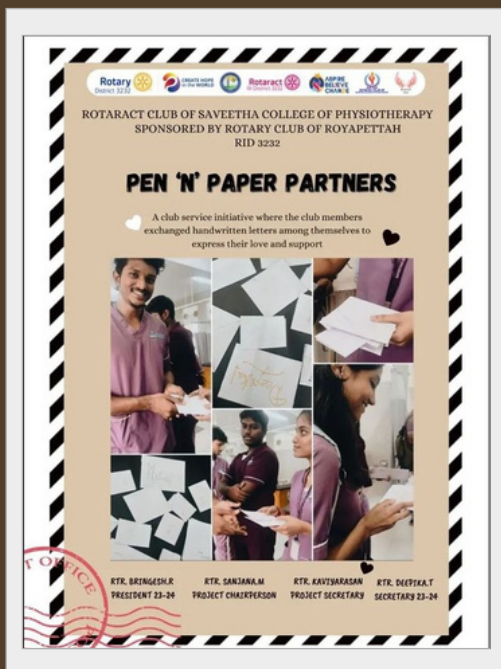
THE VERACIOUS

VOLUME 4 | ISSUE 4 | OCTOBER-DECEMBER 2023



FOOD FRENZY

The project Food Frenzy was done on 27th November, where the club members shared their home cooked meals among the other fellow rotaractors. This club service initiative was a interactive and fun-filled soveiner for the club members.



PEN 'N' PAPER PARTNERS

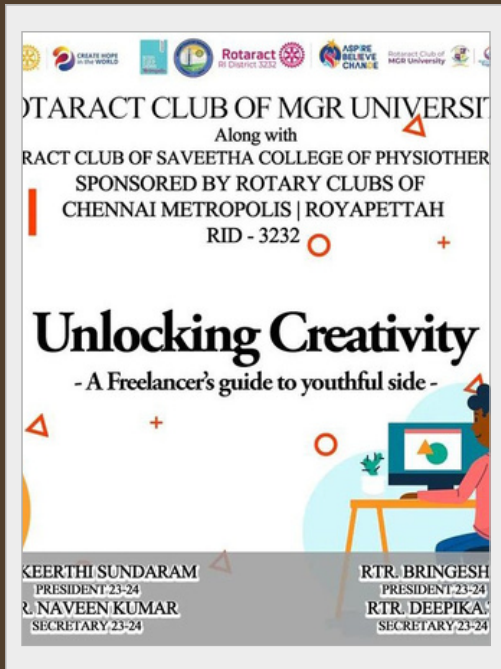
The project Pen 'N' Paper Partners was done on 28th November, where the club members exchanged handwritten letters among themselves. This club service initiative was done to express the love support among the club members.

THE VERACIOUS

VOLUME 4 | ISSUE 4 | OCTOBER-DECEMBER 2023

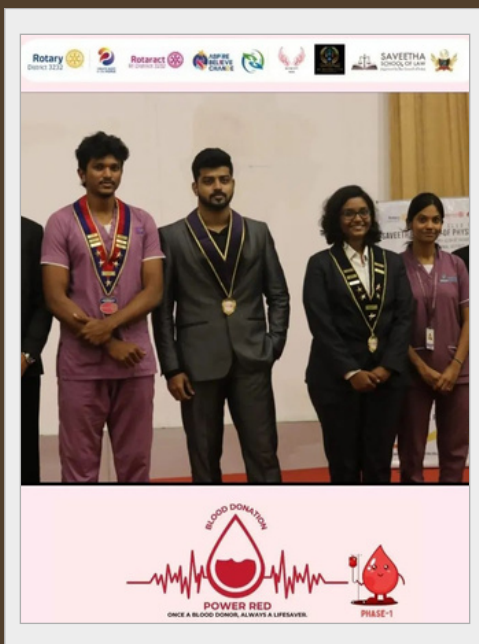
UNLOCKING CREATIVITY

Rotaract Club of Saveetha College of Physiotherapy along with Rotaract Club of MGR University, brought the project UNLOCKING CREATIVITY, which was done on 28th November, via google meet. This professional service initiative was done to empower youth to embrace side hustles during their academic journey and transform education into a launchpad for creativity and entrepreneurship.



POWER RED-PHRASE 1

Rotaract Club of Saveetha College of Physiotherapy brought the project POWER RED - PHASE 1. The project was done on 30th November and was emphasised on donating blood for those in need to help the community and save lives. The speaker of the day was Dr. Hariharan.



THE VERACIOUS

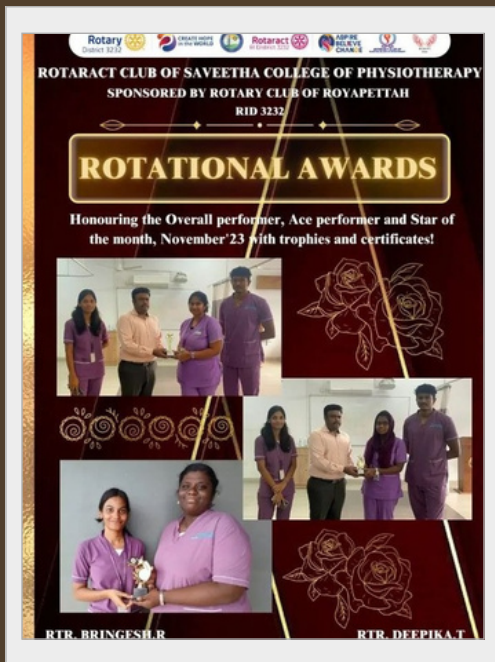
VOLUME 4 | ISSUE 4 | OCTOBER-DECEMBER 2023

ROTATIONAL AWARDS

These prizes were to given to one overall performer, one ace performer of the months October and November and one star of the month of November. They were provided with trophies and certificate of appreciation for their hardwork and excellence throughout the month.

Awardees Names

- Overall Performer - Rtr. Yukta Devanand
- Ace performer-Rtr. Mubeena. M
- Star of the Month-Rtr. Lirisha.M



UPCOMING PROJECTS

- Organ Revive - An Organ Donation Awareness Session
- Femella - Distribution of Sanitary Napkins
- Oral Care - Orientation on Dental Hygiene

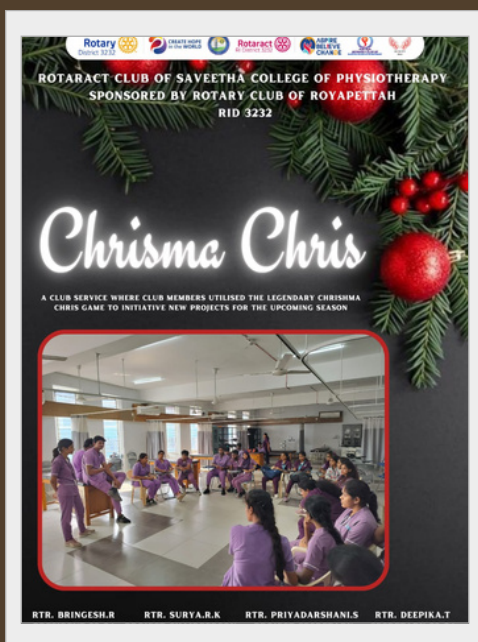
THE VERACIOUS

VOLUME 4 | ISSUE 4 | OCTOBER-DECEMBER 2023



HARVEST BRIDGE INITIATIVE

Rotaract Club of Saveetha College of Physiotherapy, brought the project HARVEST BRIDGE INITIATIVE, which was done on 1st December. This international service project was a fair share of culture between both the countries, where the clubs exchanged their agricultural methodologies through a videograph.



CHRISMA CHRIS

The project Chrisma Chris was done on 18th December, where the club members used the legendary chrisma chris game to initiate new projects for the upcoming season. This club service initiative was a productive knowledge for the forthcoming year.

THE VERACIOUS

VOLUME 4 | ISSUE 4 | OCTOBER-DECEMBER 2023



B2SD Back To School Days

Rotaract club of Saveetha college of physiotherapy, along with Rotaract club of DRBCCC Hindu college and other co-host clubs successfully hosted Back to School days - (B2SD) on 24th December, 2023 at A.R.K sports academy, Porur. Over 1000+ participants took part in the event out of which 140 registrations were from RaC Saveetha college of physiotherapy. Our members took part in sports and cultural events and have won various prizes.

- **Girls throwball - 1st place**
- **Girls kho kho - 2nd place**
- **Girls badminton - 1st place**

38 committee members volunteered from RCSCPT and received citations. The event was a grand success beholding memories to be cherished for.

THE VERACIOUS

VOLUME 4 | ISSUE 4 | OCTOBER-DECEMBER 2023

TALENT HUB



SETHURAMAN
1ST YEAR, BPT

- 4th place football which is been conducted by Crescent college.
- 3rd prize in football Gothe football league (German league).
- 2nd place in Falcon football tournament held at SDAT.
- 2nd place in district level swimming held at aquatic complex.
- Winner in football at Omega lalji international tournament.
- 1st place in Abacus moniessort school football tournament.
- Participated in football tournament which is held at YMCA college of physical education.
- First place on Decathlon Futsal championship.
- Participated in school level national tournament for football.