



DON BOSCO COLLEGE

Accredited B++ Grade by NAAC with CGPA 2.92

Athiyaman Bypass Road, Sogathur Post, Dharmapuri 636 809

Phone : 94436 04446, 94436 04447

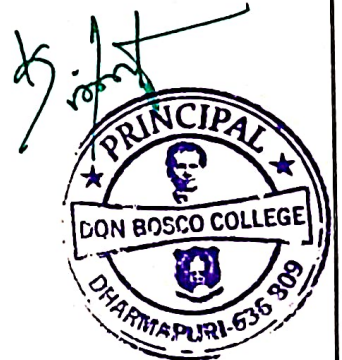
E-mail : dbc155@live.in Website : www.dbcdharmapuri.edu.in



HEALTH CARE COMMITTEE

(2024-2025)

Orientation Programme Report





DON BOSCO COLLEGE

Accredited B++ Grade by NAAC with CGPA 2.92

Athiyaman Bypass Road, Sogathur Post, Dharmapuri 636 809

Phone : 94436 04446, 94436 04447

E-mail : dbc155@llve.in Website : www.dbcdharmapuri.edu.in




CIRCULAR

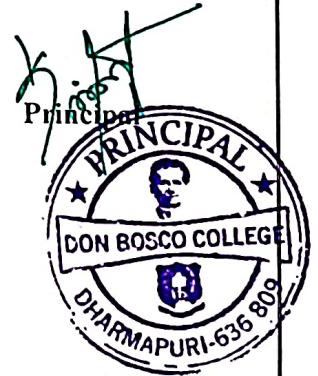
Date: 05.10.2024

The meeting of the Health Care Committee was proposed on 07.10.2024 at 2.00 p.m in Room No 008. All the Health Care Committee members are requested to attend the meeting without fail. The agenda of the meeting was as follows:

- Even semester program
- Orientation program
- Health based program
- Importance of hygiene
- Life skill program


Coordinator


Vice Principal





DON BOSCO COLLEGE

Accredited B++ Grade by NAAC with CGPA 2.92

Athiyaman Bypass Road, Sogathur Post, Dharmapuri 636 809

Phone : 94436 04446, 94436 04447

E-mail : dbc155@live.in Website : www.dbcdharmapuri.edu.in



2024-2025

MINUTES OF THE MEETING

Date: 07.10.2024

Time: 02:00 P.M

Venue: Room No. Room No 008

Health Care Committee held a meeting on 07.10.2024 at 02:00 P.M in Room No 008.

The following points were discussed in the meeting.

- To give orientation to girl students on general discipline, health and hygiene and Women's Empowerment.
- To present motivational videos.
- Nutrition weight for married & unmarried girl students.
- To conduct Issue based program
- To conduct life skill program
- To conduct women's day celebration

Members Present:

S.NO	NAME	SIGNATURE
1.	S. Regina Mary (Coordinator)	
2.	K. Nathiya	
3.	R. Poongothai	
4.	S. Vithya	
5.	C. Saranya	
6.	R. Thirusakthi	

Coordinator

Vice Principal

Principal



DON BOSCO COLLEGE

Accredited B++ Grade by NAAC with CGPA 2.92

Athiyaman Bypass Road, Sogathur Post, Dharmapuri 636 809

Phone : 94436 04446, 94436 04447

E-mail : dbc155@ilve.in Website : www.dbcdharmapuri.edu.in




2024-2025

Action Taken Report

As discussed in the meeting held on 12.10.2024 the following points has been executed.

- Program for girl students have been given in odd semester.
- Orientation was given to girl students on general discipline, health and hygiene and how to overcome daily challenges for girls' students.
- All the UG and PG girl students benefited from the life skill programs conducted by the committee.


Coordinator


Vice Principal





DON BOSCO COLLEGE

Accredited B++ Grade by NAAC with CGPA 2.92
Athiyaman Bypass Road, Sogathur Post, Dharmapuri 636 809
Phone : 94436 04446, 94436 04447
E-mail : dbc155@llve.in Website : www.dbcdharmapuri.edu.in



Girls Orientation Program On Health and Hygiene

Aims

The aims of our Health Care committee is to taking care of students when they are physically not well. We also provide students health needs. Apart from this we aims at

- Providing integrated health services to meet people's health needs throughout their lives.
- Addressing the broader determinants of health through multisectoral policy and action.
- Involving individuals and families when designing care models.
- Redesigning primary care services and structures.


In addition, primary health care aims to empower individuals, families and communities to take charge of their own health

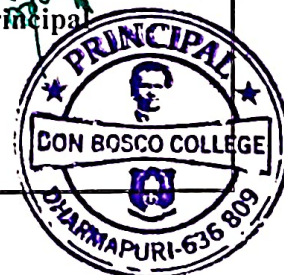
Objectives

The objectives of the girls orientation program are designed to provide guidance on effective strategies for overcoming the various daily challenges that female students encounter. The program aims to equip girls with the necessary skills and knowledge to navigate the different hurdles they may face in their educational journey. By participating in this program, girls will have the opportunity to enhance their problem-solving abilities and resilience, enabling them to thrive academically and personally. Through a combination of workshops, discussions, and activities, the program will foster a supportive and empowering environment where girls can share experiences, learn from each other, and build a strong network of peers. Overall, the program seeks to empower girls to face challenges with confidence, determination, and a positive mindset, ultimately helping them reach their full potential.


Coordinator


Vice Principal


Principal





DON BOSCO COLLEGE

Accredited B++ Grade by NAAC with CGPA 2.92

Athiyaman Bypass Road, Sogathur Post, Dharmapuri 636 809

Phone : 94436 04446, 94436 04447

E-mail : dbc155@lve.in Website : www.dbcdharmapuri.edu.in



HEALTH CARE COMMITTEE Report on Orientation Programme for Girls Students

Topic: HEALTH AND HYGINE

Date: 09.10.2024

Venue: Bosco Hall

Time: 12:50 pm to 1:35 pm

Health Care Committee meticulously organized an enlightening orientation programme specifically tailored for female students on the auspicious date of 9th October 2024 at the esteemed DB Hall. Commencing the event with a soulful prayer song set a serene and welcoming tone, paving the way for V. Blessy, a distinguished scholar pursuing her II MA English, to deliver a heartfelt and inspiring welcome address. It was indeed an honor for the attendees to be graced by the presence of Mrs.S.REGINA MARY, the revered Coordinator of the Health Care Committee and the esteemed Dean of girls, who graced the occasion as the Chief Guest.

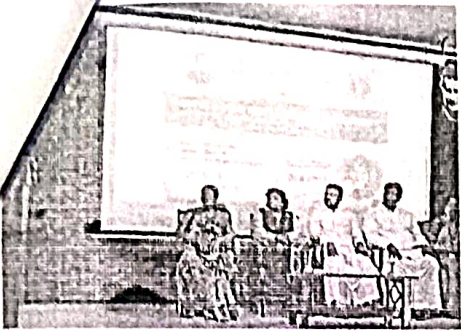
The sessions proceeded seamlessly under the expert guidance of Dr. P. Neela, an accomplished life coach, author, counselor, and the visionary founder & CEO of the prestigious Bodhizen Academy. Dr. P. Neela's rich experience and profound wisdom illuminated the minds of the students, imparting invaluable insights and practical knowledge. The session was meticulously curated to empower young girls with the essential tools to overcome the myriad challenges they face on a day-to-day basis. Dr. P. Neela's profound discourse on effective time management strategies and nurturing personal growth resonated deeply with the eager audience, equipping them with practical tips and techniques to navigate life's complexities with confidence and grace.



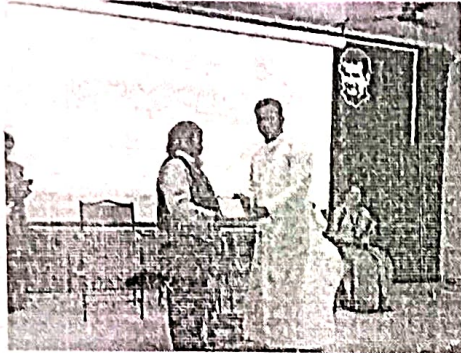


DON BOSCO COLLEGE

Accredited by B++ Grade by NACC with CGPA 2.37
Athiyaman Bypass Road, Sogathur Post, Dharmapuri - 636 809,
Phone: 04436 04446, 94436 0447
E mail: dbc155@live.in, Website: www.dbcdharmapuri.edu.in.



WOMEN'S WELFARE, HEALTH CARE AND PRO-LIFE COMMITTEE HOW TO OVERCOME DAILY CHALLENGES FOR GIRLS STUDENTS & HEALTH AND HYGIENE



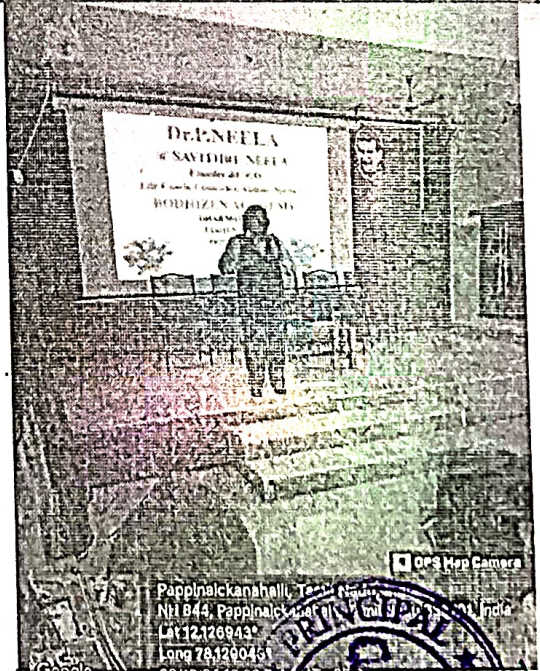
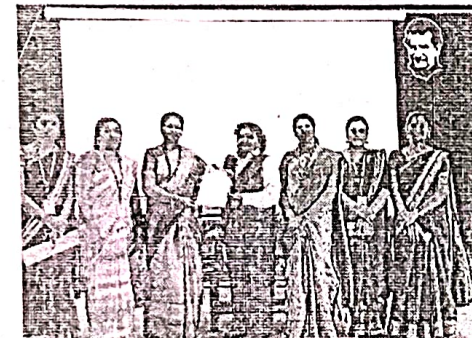
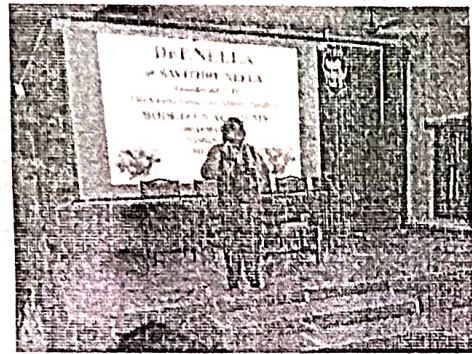
Date : 09.10.2024
Venue : Bosco Hall
Time : 12:00 pm to 1:35 pm

RESOURCE PERSON



Dr. P. NEELA

M.Sc., M.A., MBA, Ph.D., DCG
Founder Cum CEO, Life Coach, Author
Counselor & International Trainer



GPS Map Camera
Pappinackanahalli, Tamil Nadu, India
Mangudi, No 1/197, Pappinackanahalli, Tamil Nadu 636705, India
Lat 12.118831°
Long 78.129747°

GPS Map Camera
Pappinackanahalli, Tamil Nadu, India
NH 844, Pappinackanahalli, Tamil Nadu 636705, India
Lat 12.126943°
Long 78.129046°

S. Devi
Coordinator

Alexander
Vice Principals



K. K.
Principals



DON BOSCO COLLEGE

Accredited B++ Grade by NAAC with CGPA 2.92

Athiyaman Bypass Road, Sogathur Post, Dharmapuri 636 809

Phone : 94436 04446, 94436 04447

E-mail : dbc155@llve.ln Website : www.dbcdharmapuri.edu.ln




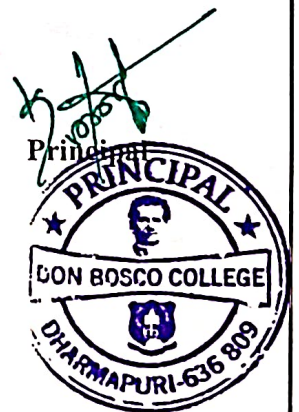
OUTCOMES

Girls Orientation Program On How to Overcome Daily Challenges For Girls Students

The outcomes of the girls' orientation program focus on equipping female students with the essential skills and strategies needed to effectively navigate and overcome the various challenges they face on a daily basis. Through this program, girls are provided with a supportive environment where they can develop their confidence, problem-solving abilities, and resilience. By participating in the program, students gain valuable insights and practical tools to help them overcome obstacles such as academic pressure, social issues, and personal setbacks. This initiative empowers girls to embrace their strengths, build self-esteem, and cultivate a positive mindset that enables them to thrive in both their academic pursuits and personal lives. The program aims to create a community of empowered young women who are equipped to handle the challenges of school and life with grace and determination. They are very happy to know how to live life. Everyday how to eat and what to eat to live a long life.


Coordinator


Vice Principal





DON BOSCO COLLEGE

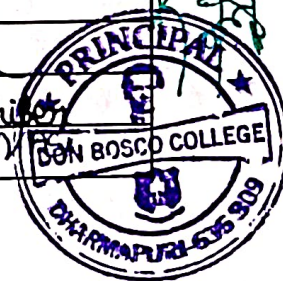
Athiyaman Bypass Road, Sogathur Post, Dharmapuri 636 809

Phone : 9443604446, 9443604447

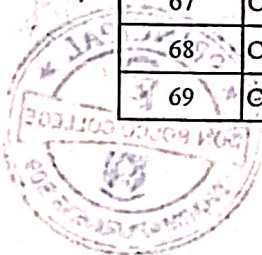
E-mail : dbc155@live.in Website : www.dbcdharmapuri.edu.in



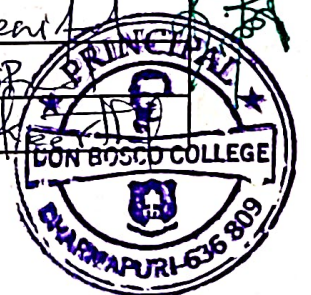
S.no	Roll Number	Academic Class	Full Name	SIGN
1	24UEN004	I BA ENG A	JENIFER R	Jenifer R
2	24UEN001	I BA ENG A	PRADEEPA G	G. Pradeepa
3	24JMC001	I BA JMC - DPM	AKSHAYA MERLIN	Akshaya Mer.
4	24JMC002	I BA JMC - DPM	PUNITHA D	D. Punitha
5	24UTA019	I BA TAMIL	JOTHIKA V	Jothika V
6	24UTA011	I BA TAMIL	KAVIYA S	Kaviya S
7	24UTA027	I BA TAMIL	NADHIYA D	Nadhya D
8	24UBA032	I BBA	GOPIKA G	Gopin G
9	24UBA006	I BBA	MALAVIKA R	Malavika R
10	24UBA030	I BBA	SALA V	Sala V
11	24UBA031	I BBA	SHALINI K	Shalini K
12	24UCA044	I BCA A	DEEPA D	D. Deepa
13	24UCA050	I BCA A	DHATCHAYANI K	Dhatchayani K
14	24UCM019	I BCA A	FRANCHIENA M	Franchiena M
15	24UCA061	I BCA A	KALAIYARASI P	-
16	24UCA065	I BCA A	KEERTHI C	C. Keerthi
17	24UCA016	I BCA A	PRINCY GLADISE J	J. Princy
18	24UCA062	I BCA A	RUBIGA M	M. Rubiga
19	24UCA019	I BCA A	VEENA M	Veena M
20	24UCA017	I BCA A	VINITHA P	Vinitha P
21	24UCM039	I BCOM	ASHWINI E	Ashwini E
22	24UCM001	I BCOM	KARTHIKA E	-
23	24UCM017	I BCOM	MARIYANISHA L	Mariyanisha L
24	24UCC010	I BCOM CA	AABAVANA G	Aabavana G
25	24UCC054	I BCOM CA	ANUSIYA A	Anusya A
26	24UCC059	I BCOM CA	ARUNA A	Aruna A
27	24UCC049	I BCOM CA	GAYATHRI S	S. Gayathri
28	24UCC061	I BCOM CA	GOPIKA A	Gopin A
29	24UCC001	I BCOM CA	HEPSHIPA JOY	R. Joy
30	24UCM026	I BCOM CA	JANANI J	Janani J
31	24UCC030	I BCOM CA	JENIFER S	S. Jenifer
32	24UCC058	I BCOM CA	JERINA S	JERINA S



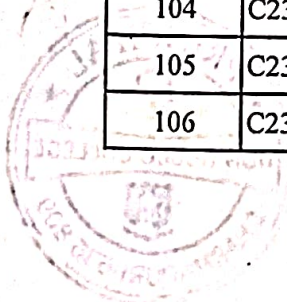
33	24UCC060	I BCOM CA	SUSMITHA P	Susmitha P
34	24UCS051	I BSc CS A	JAMUNA D	Jamuna D
35	24UCS031	I BSc CS A	MUTHULAKSHIMI V	Muthulakshmi V
36	24UCS043	I BSc CS A	RAMYA P	Ramya P
37	24UCS017	I BSc CS A	RESHMA M	Reshma M
38	24UCS037	I BSc CS A	SOFIYA F	Sofiya F
39	24UCS021	I BSc CS A	SUBASHINI S V	Subashini S.V
40	24UCS048	I BSc CS A	SUGANYA D	Suganya D
41	24UCS034	I BSc CS A	UMA I	Oma I
42	24UPH005	I BSc PHYSICS	RAKSHANA. S SUBRAMANI. M	Rakshana S.
43	24UPH004	I BSc PHYSICS	RESHMA A	Reshma
44	24PMA001	I MSC MATHS A	ARCHANA K	Archana K
45	24PPH001	I MSC PHY	KAVIYA R	Kaviya
46	24PSW005	I MSW	HARINI G	Harini
47	24PSW007	I MSW	ILAVARASI S	Ilavarasi S
48	24PSW003	I MSW	KOWSALYA S	Kowsalya S
49	24PSW009	I MSW	PRIYANKA R	Priyanka R
50	C23UG155ENG011	II BA ENG A	BOIHING TOUTHANG N	Bohing N
51	C23UG155ENG012	II BA ENG A	CHINNEIGOI KHONGSAI M	Chinneigo M
52	C23UG155ENG013	II BA ENG A	KARSIYA METTILDA A	Karsiya A
53	C23UG155ENG014	II BA ENG A	LIVIYA G	Liviya G
54	C23UG155ENG015	II BA ENG A	PRABA S	Praba S
55	C23UG155ENG016	II BA ENG A	THARNISHA T	T. Tharnisha
56	C23UG155JPM029	II BA JMC - DPM	DHANALAKSHMI M	Dhanalakshmi M
57	C23UG155JPM030	II BA JMC - DPM	GUNASUNDARI V	V. Gunasundari
58	C23UG155JPM031	II BA JMC - DPM	PRIYADHARSHINI M	M. Priyadharshini
59	C23UG155TAM031	II BA TAMIL	INDHU P	Indhu P
60	C23UG155BAD028	II BBA	KIMNUNNEM KIPGEN H	Kimnunnem Kipgen
61	C23UG155BAD029	II BBA	TAMILARASI K	Tamilarasi K
62	C23UG155BAD030	II BBA	TINNGAITHENG L	Tinngaitheng L
63	C23UG155CAP076	II BCA A	DEBORAH K	K. Deborah
64	C23UG155CAP077	II BCA A	KEERTHIGA DHARSHINI M	Keerthiga Dharshini M
65	C23UG155CAP078	II BCA A	KRITHIKA R	Krithika R
66	C23UG155CAP079	II BCA A	MONIKA K	Monika K
67	C23UG155CAP080	II BCA A	NITHEESWARI S	Nitheswari S
68	C23UG155CAP081	II BCA A	PAVITHRA S	Pavithra S
69	C23UG155CAP082	II BCA A	RINALIYONA I	Rinaliyona I



107	C23PG155SOW018	II MSW	BENITA TIGGA	Benita Tigga
108	C23PG155SOW019	II MSW	FLORA KONGADI	Flora.K
109	C23PG155SOW020	II MSW	JENIFER A	Jenifer A
110	C23PG155SOW021	II MSW	KAVI V	V.Kavi.
111	C23PG155SOW022	II MSW	LAKSHMI K	Lakshmi.K
112	C23PG155SOW023	II MSW	LOURDHUMERCY J	Lourdhumercy J
113	C23PG155SOW024	II MSW	PARKAVI P	Parkavi P
114	C23PG155SOW025	II MSW	RIYA LAKRA	Riya.L
115	C23PG155SOW026	II MSW	TERESA KERKETTA	Teresa
116	C22UG155ENG027	III BA ENG A	ABINAYASRI S	S. Abinaya
117	C22UG155ENG028	III BA ENG A	DIVYA DHARSHINI E	Divyadharshini.E
118	C22UG155ENG029	III BA ENG A	RAMYA S	S. Ramya
119	C22UG155JPM041	III BA JMC - DPM	ABINAYA R	R. Abinaya
120	C22UG155JPM042	III BA JMC - DPM	MYRTLE LOVELY	M. Myrtle lovely
121	C22UG155JPM043	III BA JMC - DPM	UDHAYASRI K	K. Udhaya
122	C22UG155JPM044	III BA JMC - DPM	VARNA PRIYA A S	V. Priya A S
123	C22UG155TAM055	III BA TAMIL	ANITHA M	M. Anitha
124	C22UG155TAM056	III BA TAMIL	DEVADHARSHINI M	M. Devadharshini
125	C22UG155TAM057	III BA TAMIL	DHANASRI M M	M. Dhanasri
126	C22UG155TAM058	III BA TAMIL	DIVYA M	M. Divya
127	C22UG155TAM059	III BA TAMIL	GEETHA M	M. Geetha
128	C22UG155TAM060	III BA TAMIL	GOPIKA S	S. Gopika
129	C22UG155TAM061	III BA TAMIL	KAVITHA K	K. Kavitha
130	C22UG155TAM062	III BA TAMIL	PAVITHRA S	S. Pavithra
131	C22UG155TAM063	III BA TAMIL	POOJA R	R. Pooja
132	C22UG155TAM064	III BA TAMIL	RAMYA S	S. Ramya
133	C22UG155TAM065	III BA TAMIL	THILAGAVATHI M	M. Thilagavathi
134	C22UG155BAD043	III BBA	ANCY RIYASHINI A	A. Ancy
135	C22UG155BAD044	III BBA	JAYANTHI VICTORIYA J	Jayanthi
136	C22UG155BAD045	III BBA	JENIFER P	Jenifer
137	C22UG155BAD046	III BBA	VAITHEESWARI M	Vai theeswari
138	C22UG155COM038	III BCOM	DEEPIKA J	J. Deepika
139	C22UG155CCA050	III BCOM CA	DHIVYA V	V. Dhivya
140	C22UG155CCA051	III BCOM CA	GAYATHRI R	R. Gayathri
141	C22UG155CCA052	III BCOM CA	JENIFER A	A. Jenifer
142	C22UG155CCA015	III BCOM CA	KAVIPRIYA M	M. Kavipriya
143	C22UG155CCA053	III BCOM CA	KEERTHANA A	A. Keerthana



70	C23UG155CAP083	II BCA A	RUBIKA DEVI S	Rubika.
71	C23UG155CAP085	II BCA A	VAISHNAVI M	Vaishna
72	C23UG155COM017	II BCOM	MAHALAKAHMI M	Mahalakshmi
73	C23UG155COM018	II BCOM	NIRMALANISHI L	Nirmala.
74	C23UG155COM019	II BCOM	NIVEDHA B	Nivedha.
75	C23UG155CCA050	II BCOM CA	DHARSHINI M	Dharshini
76	C23UG155CCA051	II BCOM CA	INFANTASWETHA J	Swetha.
77	C23UG155CCA052	II BCOM CA	JAYAPRADHA N	Jaya Pradha
78	C23UG155CCA053	II BCOM CA	KEERTHIGA K	Keerthiga.
79	C23UG155CCA055	II BCOM CA	VAISHALINI R RAYAPPAN	Vaishalini
80	C23UG155CHE045	II BSc CHE A	KOKILA M	Kokila.
81	C23UG155CHE046	II BSc CHE A	RANJANI M	Ranjani
82	C23UG155CHE047	II BSc CHE A	SRIJA	Srija.
83	C23UG155CSC080	II BSc CS A	ABIRINDA MERCY A	A. mercy
84	C23UG155CSC081	II BSc CS A	ANJEL MISTIKA A	Anjel
85	C23UG155CSC082	II BSc CS A	APOORVA P	P. Apoorva
86	C23UG155CSC083	II BSc CS A	LATHIFA ANJUM L	L. Lamy
87	C23UG155CSC085	II BSc CS A	PASTINA J	J. Pastina
88	C23UG155CSC086	II BSc CS A	RASIKAPRIYA G S	R
89	C23UG155CSC087	II BSc CS A	RUBASRI G	Ruba.
90	C23UG155CSC088	II BSc CS A	SWETHA C	Swetha.
91	C23UG155MAT003	II BSc MATHS A	POORNIMA S	P. Poornima
92	C23PG155ENG011	II MA ENG	BLESSY V	Blessy
93	C23PG155ENG013	II MA ENG	NISHA M	Nisha
94	C23PG155COM014	II MCOM	JEEVITHA K	J.
95	C23PG155COM015	II MCOM	KOCHUTHRESIA S	Kochuthresia
96	C23PG155COM017	II MCOM	MARIYA K	Mariya K
97	C23PG155COM018	II MCOM	SUGAMATHI M	Sugamathi
98	C23PG155CHE010	II MSC CHE	MAGESHWARI N	Magethwari
99	C23PG155CSC013	II MSC CS	SALAMMAL K	Salammal.
100	C23PG155CSC014	II MSC CS	SOWMIYA M	Sowmiya.
101	C23PG155MAT004	II MSC MATHS A	ARUNA G	G. Aruna.
102	C23PG155MAT005	II MSC MATHS A	ELAKIYA A	A. Elakiya
103	C23PG155MAT006	II MSC MATHS A	RAJALAKSHMI P	P. Rajalakshmi
104	C23PG155MAT007	II MSC MATHS A	REVATHI T	Revathi
105	C23PG155MAT008	II MSC MATHS A	VENMANI N	Venmani
106	C23PG155SOW017	II MSW	ANUPRIYA S	Anupriya



144	C22UG155CCA054	III BCOM CA	MAHALAKSHMI P	Mahn
145	C22UG155CCA023	III BCOM CA	POOVARASANI T	Poovarasani T
146	C22UG155CCA056	III BCOM CA	SARULATHA S	Sar. S
147	C22UG155CCA057	III BCOM CA	SHAMILI S	Shamli S
148	C22UG155CCA059	III BCOM CA	TAMILARASI J	T. Tamilarasi
149	C22UG155CCA060	III BCOM CA	THASKIN S	Thaskin S
150	20UCC3349	III BCOM CA	VIJAYALAKSHMI J	Vijayalakshmi J
151	C22UG155CCA062	III BCOM CA	YOGAPRIYA E	E. Yogapriya
152	C22UG155CHE075	III BSc CHE A	DEVI SHREE P	Po. Devishree
153	C22UG155CHE076	III BSc CHE A	DHIVYADHARSHINI M	M. Dhivyadharshini
154	C22UG155CHE077	III BSc CHE A	ENIYA A	A. Eniya
155	C22UG155CHE078	III BSc CHE A	JASMINE JEEVA A	A. Jasminejeva
156	C22UG155CHE079	III BSc CHE B	JOYSE C	C. Joyse
157	C22UG155CHE080	III BSc CHE B	KALAIYARASI T	T. Kalaiyarasi
158	C22UG155CHE081	III BSc CHE B	MONICA G	G. Monica
159	C22UG155CHE082	III BSc CHE B	SHARMILA S	S. Sharmila
160	C22UG155CHE083	III BSc CHE B	VEERAMMAL R	R. Veerammal
161	C22UG155CSC080	III BSc CS A	ABINAYA M	Abinaya M
162	C22UG155CSC081	III BSc CS A	DEIVANAI V	Deivanai V
163	C22UG155CSC082	III BSc CS A	EVANJALI M	E. M. Evanjali
164	C22UG155CSC083	III BSc CS A	GOWRI P	P. Gowri
165	C22UG155CSC084	III BSc CS A	RAMYA S	S. Ramya
166	C22UG155CSC085	III BSc CS A	RITHIKA A	A. Rithika
167	C22UG155CSC086	III BSc CS A	SHALENECHARU A	A. Shalenecharu
168	C22UG155CSC088	III BSc CS A	SWETHA S	S. Swetha
169	C22UG155MAT013	III BSc MATHS A	KEERTHANA G	G. Keerthana
170	C22UG155PHY009	III BSc PHYSICS	JUDITH G	G. Judith

171 C22UG155COM039 III B-COM S-GLCI

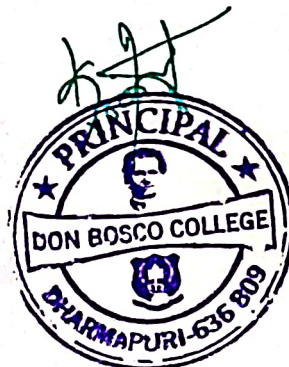
S-Elci

172 C22UG155SCHE074 III B.Sc.che A-Deepika

D. A

173 C23PG155SDW027 MBW-II vakamathi.c

Vakamathi.c



I.UMA
T.B.SC.CS 'A'
10.10.2021

PERSONAL EMPOWERMENT

- * Recognize and challenge negative self-talk
- * Focus on strength and accomplishment.
- * Seek other help need.
- * Celebrate successes and progress
- * This point are I observe from
Dr. P. Neela Mam

CONFIDENCE

Self Awareness:

- * Strength, Weakness

- * Yesterday class is useful to give.
- * That mam convey the messages very easily.
- * We easily use to understand.
- * Dr. P. Neela mam is very good and patience person.
- * Finally. The class was very useful to give.

feedback.

V. Muthulakshmi

I-BSC-CS

10.10.2024

PERSONAL EMPOWERMENT:

- * focus on strength and accomplishment
- * set boundaries and prioritize self care
- * Seek when help need
- * Celebrate successes and progress
- * This point are I observe from Dr. Sneela mam.

CONFIDENCES

Self-Awareness: we must have a self awareness because girls are so emotional

- * That mam easily told that how to overcome that difficult situation and problems
- * That mam told how to be manage the time and how to use the times
- * But we know already that point but some more points are useful for us.
- * finally the class was very useful

Feedback

D. SUBIANYA
I-B.SC-C.S
10.10.2024

PERSONAL EMPOWERMENT:

* Focus on strength and accomplishment

* Set boundaries and prioritize Self-care.

* Seek when help need

* Celebrate successes and progress.

* This point are I observe from

Dr. P. Neela mam.

CONFIDENCE:

Self-Awareness:

We must have a self-awareness because girl are so emotional.

That mam easily told that how to overcome the difficult situation and problems.

That mam told how to be then manage the time, and how to use the time

But we know already, that point but some more points are useful for us.

And making new friends and maintaining relationship from high school.

Finally, the class was very useful for us, and that mam is so kind.



DON BOSCO COLLEGE

Accredited B++ Grade by NAAC with CGPA 2.92

Athiyaman Bypass Road, Sogathur Post, Dharmapuri 636 809

Phone : 94436 04446, 94436 04447

E-mail : dbc155@live.in Website : www.dbcdharmapuri.edu.in



HEALTH CARE COMMITTEE ACADEMIC YEAR 2024 – 2025



Dr. K. ANAND MBA., M.Phil., Ph.D.
PRINCIPAL
DON BOSCO COLLEGE,
DHARMAPURI-636 809.



DON BOSCO COLLEGE

Accredited B++ Grade by NAAC with CGPA 2.92

Athlyaman Bypass Road, Sogathur Post, Dharmapuri 636 809

Phone : 94436 04446, 94436 04447

E-mail : dbc155@live.in Website : www.dbcdharmapuri.edu.in



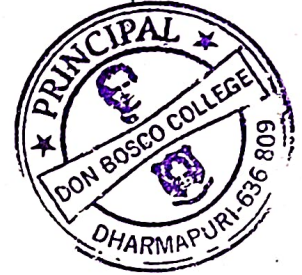
05.08.2024

CIRCULAR

Health Care Committee is going to organize a Basic Life Support Programme on 06.08.2024 for UG First Years Boys in Bosco Hall from 12.30pm to 1.30 pm.

Health

K. J. S.
Principal 29/8/24





DON BOSCO COLLEGE

Accredited B++ Grade by NAAC with CGPA 2.92

Athiyaman Bypass Road, Sogathur Post, Dharmapuri 636 809

Phone : 94436 04446, 94436 04447

E-mail : dbc155@ilve.in Website : www.dbcdharmapuri.edu.in



HEALTH CARE COMMITTEE

Date: 06.08.2024

Venue: Bosco Hall

Time: 11.am to 01:35 pm

Chief Guest

Ms. Dr. Arun Prakash, DNB,

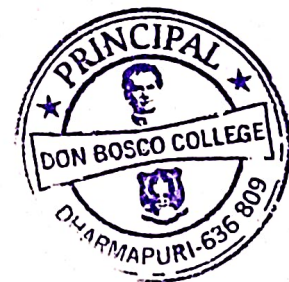
Orthopedic Surgeon

Programme

1. Introduction
2. Prayer song
3. Welcome Address
4. Felicitation
5. Speech by Resource person
6. Speech by principal
7. Vote of thanks


COORDINATOR


29/8/24
PRINCIPAL





DON BOSCO COLLEGE

Accredited B++ Grade by NAAC with CGPA 2.92

Athiyaman Bypass Road, Sogathur Post, Dharmapuri 636 809

Phone : 94436 04446, 94436 04447

E-mail : dbc155@live.in Website : www.dbcdharmapuri.edu.in



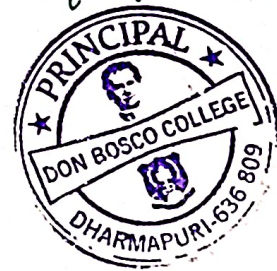
HEALTH CARE COMMITTEE

WORK ALLOTMENT

S.NUM	STAFF NAMES	DEPARTMENT	SIGNATURE
1	S.REGINA MARY	ENGLISH	
2	S.JOTHI SHEEBA	COMPUTER SCIENCE	
3	NATHIYA	COMPUTER SCIENCE	
4	VIDHYA	COMPUTER SCIENCE	
5	C.SARANYA	ENGLISH	
6	THIRUSAKTHI	BBA	

COORDINATOR

23/5/24
PRINCIPAL





DON BOSCO COLLEGE

Accredited B++ Grade by NAAC with CGPA 2.92

Athiyaman Bypass Road, Sogathur Post, Dharmapuri 636 809

Phone : 94436 04446, 94436 04447

E-mail : dbc155@ilve.in Website : www.dbcdharmapuri.edu.in



HEALTH CARE COMMITTEE REPORT

Date:06.08.2024

Venue : Bosco Hall

Time : 11:00 Am to 01:35 pm

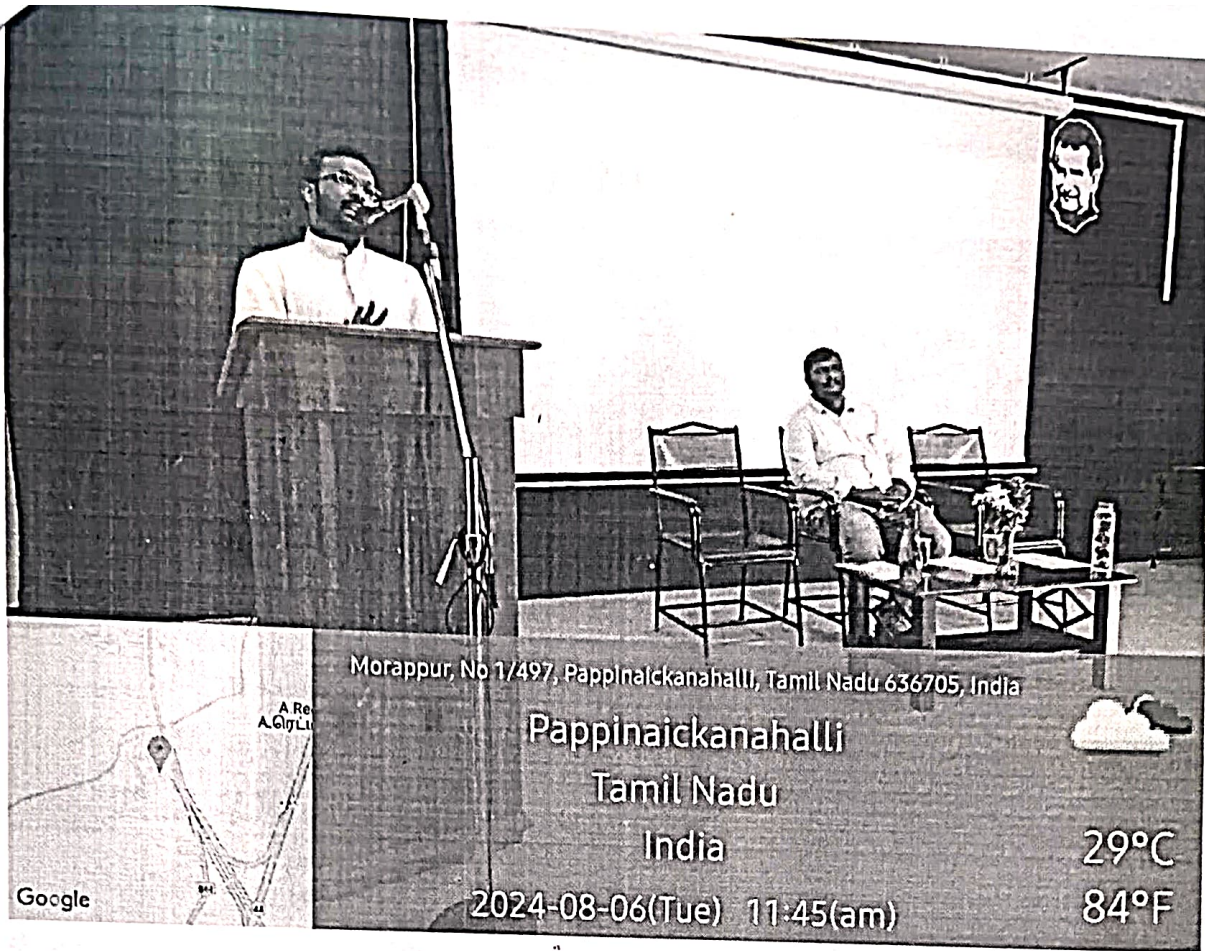
Report on Basic life support programme

On August 6, 2024, the Health Care Committee organized a Basic Life Support (BLS) programme, which began with a heartfelt prayer song that set a reflective tone for the event. Following this, Anto Josva. delivered the welcome speech, warmly greeting the participants and emphasizing the critical importance of life-saving skills in today's society. During the felicitation ceremony, Dr. Arun Prakash S.D., DNB Ortho, was honored for his dedication and expertise in promoting road safety and first aid education.

The Principal, Dr. Anand then addressed the gathering, reaffirming the institution's commitment to fostering a safe and well-informed community. Following the Principal, the Vice Principal, Rev. Fr. Christopher Alexander SDB shared a few words, emphasizing the importance of integrating life-saving training into regular educational activities and commending the Health Care Committee for their efforts. Dr. Arun Prakash SD, DNB Ortho, then delivered the keynote speech, offering a comprehensive session on road safety measures and essential first aid techniques, complete with live demonstrations. The programme concluded with a vote of thanks by Naveen Kumar, who expressed deep gratitude for Dr. Prakash's invaluable contribution and acknowledged the participants' enthusiastic engagement throughout the session.


COORDINATOR





Morappur, No 1/497, Pappinaickanahalli, Tamil Nadu 636705, India

Pappinaickanahalli

Tamil Nadu

India

2024-08-06(Tue) 11:45(am)

29°C

84°F



Morappur, No 1/497, Pappinaickanahalli, Tamil Nadu 636705, India

Pappinaickanahalli

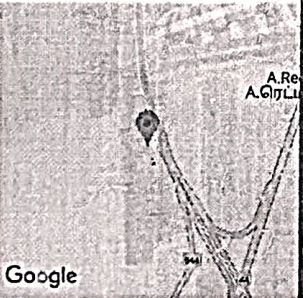
Tamil Nadu

India

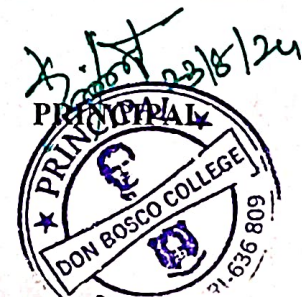
2024-08-06(Tue) 12:10(pm)

30°C

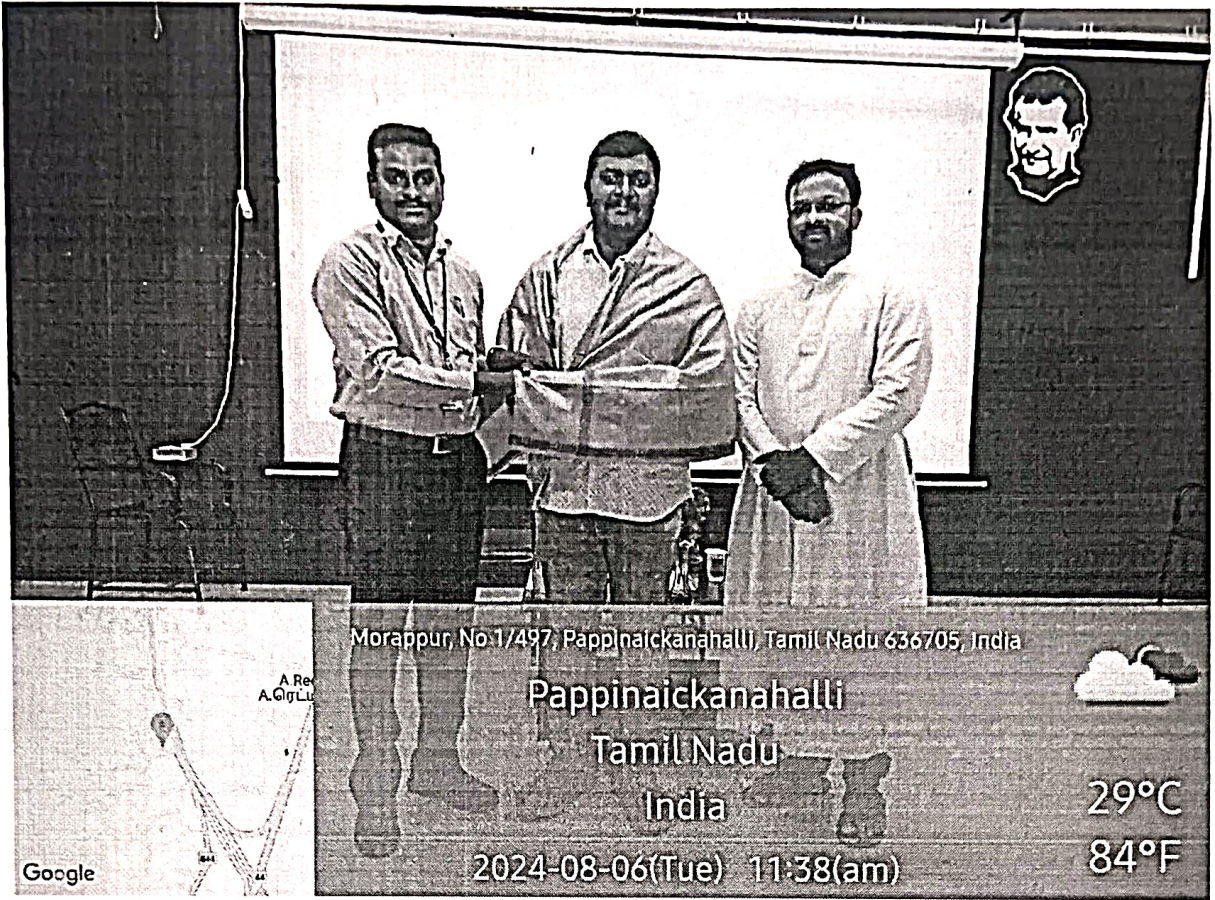
86°F



S.P.
COORDINATOR



PHOTOS



K. [Signature]
23/5/24

PRINCIPAL
DON BOSCO COLLEGE
DHARMAPURI-636 809

Bone & Joint Week 1st August to 7th August 2024 - BLS Training Proforma

Name of Trainer:

Mobile No:

Email:

Place of Training

Address:

City:

Total No of Participant:

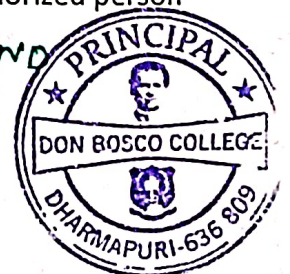
S. No	Name	Age/Sex	Mobile No	Signature
1)	Poovendhan.P	20	7904006123	P. Poov.
2)	Deepak . R	19	6382231349	Deepak
3)	poovarasan . M	17	8012703604	Poov.
4)	S.Vignesh.	17.	9843165559	S.V.
5)	M. Thangarasu	17	9080646465	M.Th
6.	S. Subash	17	9566999721	S.Sub
7.	G. Arulkumar	18	8048788215	G.Ar
8	V.SURESHRAJ	17	7010294680	V.Suresh
9.	Y. Henry John Britto	20	9677802841	y.kunjohnbritto
10.	M. Sasiathanan.	17.	8438412014.	M. Sasi
11	R. JAMARATHANAN	17	9751506611	R. Ja
12	R. Ravi	17	8025151242	R. Ravi
13.	v. vishva	19	9092970432	v.vishva
14.	m. sabari	18	9345953381	m. sabari
15.	A - Norul Islam	18	9043628398	A. Norul
16.	K. S. Pradyumnakrishna	17	4345730210	K.S.
17.	M. Deepak	17	9344330848	M. Deepak
18.	S. William Shakespeare	18	7339210753	S. William
19.	K. Gowtham.	24	6382235259	K. Gowtham.
20.	M MURALI	18	9384990703	M. Murali
21	ywaraj.M	17	9092589679	M. ywaraj
22.	Prathap.P	20	9065224217	P. Prathap.
23	Lakshmanan kumar.S	20	7904440268	Lakshmanan
24	S.P. Nareesh	28	7339066424	S.P. Nareesh
25	s. Sasi Kumar	17	7708019010	S. Sasi Kumar
26.	D. Narayanan	18	6383753351	D. Narayanan
27	N. Damesha	17	6374389823	N. Damesha
28	K. Thirunadhikarasi	17	9080002917	K. Thirunadhikarasi
29.	M. ARULSIVASABATHI	18	9047833910	M. ARULSIVASABATHI
30.	S. Thyagar	18	9384245497	S. Thyagar
31.	H. MANI RANJAN	17	9443223294	H. MANI RANJAN

Signature of Trainer

Signature of Principal/Authorized person

Name:

Dr. S. ANAND



Handwritten signature and date: 05/08/24

Bone & Joint Week 1st August to 7th August 2024 - BLS Training Proforma

Name of Trainer:

Mobile No:

Email:

Place of Training

Address:

City:

Total No of Participant:

S. No	Name	Age/Sex	Mobile No	Signature
01	N. Tamilarasan	17	9788657875	N. Tamilarasan
2.	T. yogasundhar	17.	9025311883	T. yug
3.	Cs. vedhavan	17	9952187621	Cs. vedhavan
4	M. Nandhakumar	18	9787017623	Nand
5	R. Aravind	18	9360925616	Aravind
6.	K. Javed Ainalha	17	9003851306	K. Javed Ainalha
7	S. Prasanth	18	8610942714	S. Pr
8.	M. Mukeshkumar	19	7550367955	M. Mukeshkumar
9.	K. Jayaswanya	21	9444186667	K. Jay
10.	M. Nikith	29	7826075509	M. Nikith
11.	S. Vijayarman	19	9715569142	S. Vij
12.	A. GUNA	20	8148232142	A. GUNA
13.	S. Bharath	19	8810630903	S. Bharath
14.	R. velu	19	7010623531	R. velu
15	S. Sugmathan	17	6380849422	S. Sugk
16	K. Vijay	17	7904047228	Vijay. K
17	C. Nuseen Kumar.	17	7373297344	Nuseen KV
18	K. Karthick	17	88011871116	K. Karthick
19	C. Praveen kumar	18	9597592165	C. Praveenkumar
20	P. Thirupathi	18	6384209270	P. Thirupathi
21	S. Harish	17	8526116520	Harish
22)	m. Araven	20	9344632627	Araven
23)	S. Pichikumar	18	9361760074	Pichikumar. S
24)	A. Jalpithi	18	8728292175	A. Jalpithi
25.	E. Aravind	18	9123531671	E. Aravind
26	B. Bharath	18	7339592377	B. Bharath
27.	M. Aravind	18	9363913226	M. Aravind
28	P. Prakash	17	7010007587	P. Prakash

Signature of Trainer

Signature of Principal/Authorized person
Name: Dr. K. Aravind



Bone & Joint Week 1st August to 7th August 2024 - BLS Training Proforma

Name of Trainer:

Mobile No:

Email:

Place of Training

Address:

City:

Total No of Participant:

S. No	Name	Age/Sex	Mobile No	Signature
1.	K. ANBU	19	9342070392	K. Anbu
2.	P. Chuan Basia	18	9244681015	P. Chuan
3.	T. Yydbharathi	18	7092574958	T. Yydbharathi
4.	T. Swaya	18	8925241693	T. Swaya
5.	S. Arun	18	9790846366	S. Arun
6.	N. V. SHANU DHARAN	18	9944556802	N. V. SHANU DHARAN
7.	P. Kumbharanthan	18	9025641325	P. Kumbharanthan
8.	M. Geeseshwaran	18	9942467467	M. Geeseshwaran
9.	P. Bharath	18	9080589166	P. Bharath
10.	R. Syed Faiz	18	9361714558	R. Syed Faiz
11.	S. Dhanush	20	9361796595	S. Dhanush
12.	M. Vishal	19	6374622182	M. Vishal
13.	R. Ashok	18	8248721774	R. Ashok
14.	S. Thirunavukarasu.	18	960036942	S. Thirunavukarasu.
15.	S. Praveen	19	7358995995	S. Praveen
16.	M. Saruja	18	8838582818	M. Saruja
17.	A. Pashpa Kumar	18	8098351936	A. Pashpa Kumar
18.	M. S. Anil Jayath	17	9342832377	M. S. Anil Jayath
19.	G. Barath	17	7904637740	G. Barath
20.	E. P. Kalaiivanan	17	9790011449	E. P. Kalaiivanan
21.	DINESH. B. R	18	7418051882	DINESH. B. R
22.	Madhan kumar. M	17	9489890237	Madhan kumar. M
23.	Chandru. M	18	8838628435	Chandru. M
24.	Abishek. M	18	6374716544	Abishek. M
25.	S. Dinoshkumar	19	9952248924	S. Dinoshkumar

Signature of Trainer

Signature of Principal/Authorized person
 Name: Dr. K. ANAND



Bone & Joint Week 1st August to 7th August 2024 - BLS Training Proforma

Name of Trainer:

Mobile No:

Email:

Place of Training

Address:

City:

Total No of Participant:

S. No	Name	Age/Sex	Mobile No	Signature
1	M. Suryanathan	17	9788325491	M. Suryanathan
2	R. Ragul	18	9342592634	R. Ragul
3	M. Yadhavan	18	8072881615	M. Yadhavan
4	G. Ragith	17	9360530025	G. Ragith
5	S. Tamil Selvan	18	9994956847	S. Tamil Selvan
6	V. Lokeshwaran	18	867411702	V. Lokeshwaran
7	P. Ragan	18	8078799669	P. Ragan
8	V. Tamilarajan	17	92603582911	V. Tamilarajan
9	M. Curesh	18	7639003565	M. Curesh
10	K. Sri Ranjith	17	9566355977	K. Sri Ranjith
11	V. Manishwaran	17	8637405230	V. Manishwaran
12	R. SAKTHI	18	8838665495	R. SAKTHI
13	M. Naveen Kumar	17	9361106849	M. Naveen Kumar
14	K. Rohith	18	9363119036	K. Rohith
15	C. Parupathi	18	7550372525	C. Parupathi
16	S. Prince Nithin	18	9604908297	S. Prince Nithin
17	A. SAMUEL	18	7810069952	A. SAMUEL
18	Sharanan	17	9750051120	Sharanan
19	P. Manivel	17	9342516713	P. Manivel
20	Naveen Kumar - D.	17	6381140713	Naveen Kumar - D.
21	B. Divakar	17	75585194	B. Divakar
22	M. Kumarajan	18	9597968859	M. Kumarajan
23	K. Pavan Kumar	18	9786587162	K. Pavan Kumar
24	M. Karuna moorthy	18	9843822390	M. Karuna moorthy
25	S. Dhandabani	18	9342808200	S. Dhandabani
26	V. Praveen	17	9025306775	V. Praveen
27	G. Manikandan	17	7904100630	G. Mani Karan
28	S. Kalirajan	17	9710356764	S. Kalirajan
29	M. Vijayarathna	17	7010281820	M. Vijayarathna
30	E. Ponnaragu	17	6369225381	E. Ponnaragu
10	A. Rajesh	18	9363912039	A. Rajesh

Signature of Trainer

Signature of Principal/Authorized person

Name:

DR. K. ANAND

