

A.D.M COLLEGE FOR WOMEN (AUTONOMOUS) , NAGAPATTINAM.

ROTARACT CLUB

ELECTION OF OFFICE BEARERS

Rotaract Club of A.D.M College for Women,Nagapattinam conducted a meeting on 22.2.2021.

Co-ordinator Mrs.M.Prabavathy spoke about the aim of the club and its service to the society .

Office bearers for the academic year 2020-2021 was elected.

OFFICE BEARERS FOR THE ACADEMIC YEAR 2020-2021

1.PRESIDENT: B.Nandhini Kumari, II B.Sc Mathematics

2.SECRETARY: D.Kalaivani, I B.Sc Mathematics

3.VICE-PRESIDENT: S.Sudha, II B.Com(A)

4.JOINT SECRETARY:P.Selva Meena, II B.Com(SF)

5.TREASURER: S.Logitha, II B.Sc(CS)

BOARD OF DIRECTORS

1.CLUB OF SERVICE: G.RUBA, I B.Sc Mathematics

2.COMMUNITY SERVICE: K.Abinaya, I B.Sc Mathematics

3.VOCATIONAL SERVICE:R.Parimala Devi, I B.Sc Mathematics

4.INTERNATIONAL SERVICE:J.Subhasree, I B.Sc Geology

5.SERGEANT AT ARMS: A.Saranya , I B.Sc Geology

6.PUBLIC RELATION OFFICER: S.Jaseela , I B.Com(SF)

Co-ordinators:

1.Mrs.M.Prabavathy

Assistant Professor of Mathematics

2.Miss.P.Udhaya

Assistant Professor of Mathematics



ROTARACT CLUB

IMPORTANCE OF YOGA



Rotaract Club conducted Youth Development Programme on “Importance of Yoga & Naturopathy for Adolescence Girls ” on 24.02.2021 at 12 p.m in the college premises. Dr. B.Poonkuntran BNYS, Assistant Medical Officer, Yoga & Naturopathy Dept, Govt. Medical College Hospital, Nagapattinam was the Chief Guest and Speaker on that day. He delivered about benefits of Yoga and Natural food to be taken for good health of adolescence girls. Mrs.M.Prabavathy, Assistant Professor of Mathematics, Co-ordinator of Rotaract Club proposed welcome address. Dr.R.Anbuselvi Principal(i/c) of the college delivered Presidential address.

The Chief guest in his address explained the role of Youth in the Society. He displayed power point slides depicting food items and their nutrient contents. He highlighted the exercises, Yoga poses, foods to be taken and illness of junk foods especially to Adolescence girls. He explained his duty as Yoga and Naturopathy Doctor in the Medical center. Rotaract Club students attended the programme. They interacted with the Chief Guest and cleared their doubts in the question session. Totally 58 students got benefited in this programme. Mrs P.Hameetha Begum, Assistant Professor of Mathematics proposed vote of thanks. The programme came to end with National Anthem at 01.30 p.m.