



SRI RAMACHANDRA

INSTITUTE OF HIGHER EDUCATION AND RESEARCH

(Category - I Deemed to be University) Porur, Chennai



STUDENT COUNCIL AND STUDENT CLUBS 2022-2023

A FLASH BACK

Index

1. Dean of Students and Team

2. Meet the Student Council 2022-2023

3. Editorial Board

4. Student Council Events

5. Student Club Events

- Chess Club
- Dance Club
- Debate Club
- English Literary Club
- Fitness Club
- Green Friends Club
- MedHOPE
- Medical Quiz Club
- Music Club
- Photography Club
- Quiz Club
- Rotaract Club
- Tamil Club
- Theatre Club
- Yoga Club

6. Message from the Council



Dr Anandan S
Dean-Students
Professor-Dermatology, SRMC & RI

It is very heartening to see this compilation of activities of the student council and student clubs for the year 2022-2023. The student council and the clubs are very active on the campus and work hard to organize interesting and innovative activities on campus. These activities bring together students from different programs and allow them to pursue their hobbies and interests.

I must mention here about the constant support and encouragement from our respected Chancellor and Pro Chancellor to all the events organized by the student council and wholeheartedly thank them on behalf of the students and my own behalf.

Congratulations to the outgoing student council and welcome to the new council.
My best wishes to the students.



Dean of Students and Team



Dr K Balaji Singh
Dean- Medical College
Professor - General Surgery, SRMC & RI

It is indeed a proud moment for us today as we get this book ready by the student council. I would specially mention the effort put in by the assistant deans and associate dean-students, who work in perfect harmony with the student council, guiding them in every step, yet letting them take the major decisions. A special appreciation to the student council members who coordinate with all the students on the campus.

We are definitely seeing a lot of talent on campus now. As the Dean of Students till 2022, it was a great experience for me to interact with the student council and all the students.

Dr Leena Dennis Joseph
Associate Dean- Students
Professor - Pathology, SRMC & RI

I am very happy and proud to see this compilation of activities by the student council and student clubs in 2022-2023. This compilation is showcasing the hard work put in by the student council and the various clubs of SRIHER. These activities have enhanced their leadership skills and their ability to work in perfect teams. These have also played a major role in the holistic development of the students and in shaping their personalities. I congratulate the student council 2022-23 for their excellent work.

I thank Dr Balaji Singh and Dr Anandan S for all their support and encouragement for the student activities.

I also invite the faculty and staff of SRIHER to join the clubs and encourage the students in their activities.

Welcome to the student council 2023-24 and wishing them a great year ahead!



Dean of Students and Team



Dr. R Chandru
Assistant Dean- Students (SRMC & RI)
Associate Professor - General Surgery,
SRMC & RI

It's my pleasure to extend my heartfelt appreciation to the former student council members of our university for their unwavering dedication and commitment towards enhancing the student experience. Their ability to effectively listen to the concerns and aspirations of their fellow students, while actively working towards addressing them, has been instrumental in creating a vibrant and supportive environment on campus. The various clubs and activities conducted by them have been well planned and organized for the betterment of fellow students and have fostered a spirit of active engagement and collaboration.

Dr. A. Manikandan
Assistant Dean-Students (SRMC & RI)
Associate Professor - Biochemistry,
SRMC & RI

Student Council 22-23 was an amazing team to work with. All students were active and enthusiastic in working for all the university events. The cooperation between them was extraordinary. They stepped in whenever they were needed. Their work in Esperanza organizing the crowd was really appreciated. Congratulations to the outgoing council and welcome to the new council!



Dean of Students and Team



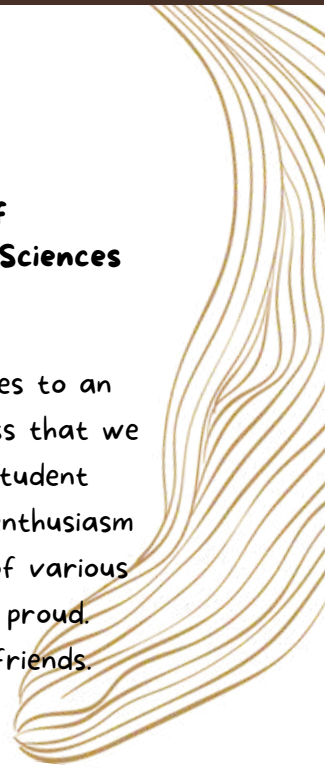
Dr K Vignesh
Assistant Dean- Students
(Faculty of Dental Sciences)
Professor & Head, Department of
Orthodontics, Faculty of Dental Sciences

Dear Friends,
As yet another academic year comes to an end, it's with fondness and happiness that we look back at the activities of the student council for the year gone by. The enthusiasm and energy on display in the form of various student club activities have left us proud. Best wishes to all our dear young friends.

Dr Lakshmi Venkatesh
Assistant Dean – Students
(Faculty of Allied Health Sciences, Faculty
of Audiology & Speech Language Pathology
& Faculty of Occupational Therapy)
Associate Professor, SRFASLP

It is an absolute delight to see this compilation of student activities conducted by the student council and the student clubs in **2022-2023**. Both the council members and the board members of the clubs have worked hard to organize a myriad of events for the students on campus. All the activities showcase excellent team work, enthusiasm and energy.

The extra-curricular activities contribute to the vibrant campus atmosphere and bring students from different programs together. It's been a privilege to work with the council and the clubs through the year. Best wishes to all!



Dean of Students and Team

Dr A Seethalakshmi
Assistant Dean - Students
(Faculty of Nursing and Faculty of Management)



Enhancing the student's potential in team activities, leadership, organizing events and working as a group is one of the objectives of the student's council. Education within health care settings requires a lot of effort, despite the clinical and curricular workload the student council strives to be a platform for showcasing the individual talents. Appreciation goes to each member of the student council **2022-23** and the students for their participation and encouragement of each other in the performance of extracurricular activities which leads to their overall development within an enriching environment provided by SRIHER(DU).

Dr R Sumitha
Assistant Dean - Students (Faculty of
Biomedical Sciences and Technology,
Faculty of Public Health)
Assistant Professor, Faculty of
Biomedical Sciences & Technology

I take this moment to appreciate the student council (**2022-2023**) batch for their great efforts in organizing the council activities meticulously and conducting various club events as a team. Congratulations on the outstanding outcome and my best wishes to all.



Dean of Students and Team



Dr J Srikanth
Assistant Dean – Students
(Faculty of Pharmacy, Faculty of
Physiotherapy & Faculty of Sports & Exercise
Sciences)
Associate Professor, Faculty of Pharmacy

I am indeed privileged to network with the Student council 2022-2023 batch. The team work, commitment and dedication are the key factors of this council members. They organized the events through the formation of various sub committees which was an essential feature of building leadership qualities. I bid adieu to the council members through this forum and wish them good luck & success in their future endeavors.



Meet The Student Council

2022-23



Jhai Kiran
President



N. Neha
Vice President 2022



Fida Mansha
Vice President 2023



Niharika P
General Secretary



Vardhini V
Treasurer



Anjali Mishra
Library Secretary & Editor



Bhenny Rahul
Library Secretary & Editor



MS Arjun Maharaj
Sports Secretary



Monika S
Sports Secretary



Nishita Sharon
Cultural Secretary



B.Stanley Joseph
Cultural Secretary



Meet The Student Council

2022-23



Smera Hari
Member



Monica Vasan
Member



Anamikha Y Raj
Member



Anirudh Kumar
Member



Santhosh A
Member



Durairajan RA
Member



Sree P
Member



Suhail Hassan
Member



Sai Sruthi K
Member



Aakash S
Member



Merin Reji
Member



Jessica Janet
Member



Meet The Student Council

2022-23



Sai Renuka
Member



Claudius Reby
Member



Mercy Senthil
Member



M Sundaram
Member



Indu SV
Member



Lakshitha P
Member



Jooshika DK
Member



Roshini S
Member



Md. Siddique L
Member



Harshitha M
Member



Sreepriya VS
Member



Sourav S
Member



Meet The Student Council

2022-23



Mark Dyson
Member



Harirajan S
Member



Keerthana D
Member



Aarthi B
Member



Balakeerthiga
Member



Gokul A
Member



Abirami LN
Member



Harini AS
Member





Student Editors

- Abhirami LN
- Anamikha Yeshwanth Raj
- Anjali Mishra
- Fida Mansha
- Harshitha M
- Jhai Kiran K
- Jooshika DK
- Mercy Senthil
- Mohammed Siddique L
- Niharika Praveen
- Sai Sruthi K
- Smera Hari



Faculty coordinator

- Dr Lakshmi Venkatesh

Student Council Events



A look back into the host of events that the Student Council members organised and participated in during the term 2022-23.



Investiture Ceremony

The Student Council of 2022-2023 were inducted in an enthusiastic investiture ceremony on 4th July 2022 at the Seminar Hall, SRMC. The Associate Dean of Students, Dr. Leena Dennis Joseph, welcomed the gathering with a short address. The event recognized the exemplary contributions of the student council 2021-2022 led by Ms Salikaa Lakshmanan.

Dr PV Vijayaraghavan (Vice Chancellor), Dr Mahesh Vakamudi (Dean of Faculties) and Dr K Balaji Singh (Dean of Students) graced the event.



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*Inauguration
of
THE
STUDENT
COUNCIL
2022-2023*

*4th July
2022*

Seminar Hall
2pm - 4pm

The President of Student Council 2022-2023, Mr Jhai Kiran introduced the council members as they received the badges.



Sriher Triathlon

The Student Council for 2022-2023 joined hands with the Student Council 2021-2022 to organize the annual SRIHER Triathlon on 17th July 2022. The Triathlon 2022 was organized to spread awareness about childhood cancer. This was a five-leg relay event, in which a total of 600 faculty members and students formed teams and participated. The highlight was the obstacle course, which was a major challenge along with cycling and running.

Dr Aarathy Kasturiraj, international skating champion and alumnus of SRIHER was the chief guest of the event. Many cancer survivor children also participated in the event and were felicitated by the Chief Guest.

Dr. K Balaji Singh, Dean of Students, and Dr. Dhaarani from the Pediatric Hemato-oncology department addressed the gathering. Dr. Leena Dennis Joseph, Associate Dean of Students, and the Assistant Deans for Students also joined the event. The event was very well appreciated and all participants enjoyed the RUN FOR A CAUSE.



Independence Day 2022



The student council and the music club of SRIHER actively participated in the 76th Independence Day celebrations, 15th August 2022 held on campus. The event began with a small ode to Pingali Venkayya. Our respectable Chancellor hoisted the flag which was followed by a soulful rendition of some well-known patriotic songs by the music club members. Students from the Department of Occupational Therapy, the winners of the patriotic singing competition, performed their winning song. The Chancellor felicitated the winners of the "Selfie with Tiranga" contest and "Poster-making" competition.

Faculty from colleges across the campus, student council members, NSS and NCC volunteers and students attended the event.

Drug Awareness Pledge during Esperanza 2022



Students, faculty and staff took the pledge on "Drive against Drugs" on 15th August 2022 during the inaugural ceremony of the Esperanza, 2022, the annual cultural festival of SRIHER in the august presence of Chancellor and Vice Chancellor.

Mr. Jhai Kiran, President, Student Council and Mr. Tanaya, Vice President of the Esperanza 2022 administered the Pledge, "Say yes to Life, NO to drugs" to all the students. This activity was conducted as part of several activities on campus in line with the State level Awareness Programme against drugs among students as per the directions of the Department of Higher Education, Government of Tamil Nadu.



Esperanza 2022-Sports

Esperanza 2022, the annual intra-university sports competitions were held from 22nd July to 13th August 2022 within the university premises.

The sporting events were inaugurated on 22nd July 2022 by Thiru H M Jayaram IPS, ADGP, Home Guards in the presence of Dr. P V Vijayaraghavan, Vice-chancellor and Dr. Balaji Singh, Dean Students. The inauguration ceremony included a march past by the 17 participating teams and the torch rally by the leading sports persons on campus. A range of sports including outdoor major sports, outdoor minor sports, indoor sports, and track & field events were conducted. A total of 4 indoor and 14 outdoor sports were conducted. The entire event including the finals for football, volleyball, throwball and basketball conducted under the floodlights brought back the fun and spirit of sporting events on campus after a break of two years due to the pandemic.



Esperanza 2022-Culturals

The highly awaited university level student cultural extravaganza was inaugurated on 15th August 2022 by our honourable chancellor, Thiru VR Venkatachalam in the Main Auditorium. The week-long event kicked off with the release of the Caduceus magazine in the presence of Vice-chancellor Dr. P.V Vijayaraghavan.



The cultural spanned 6 days from 15th – 20th August 2022, including 3 days of minor events followed by 3 days of major events. Minor events included different competitions such as painting, poem writing, gaming, cooking, etc. Three major events were conducted including Mr & Ms SRIHER, the 'Game of Tones' music competition, and the 'Rhapsody' dance competition. Motta Maadi Music, a live music band entertained the students on the fourth day. Several luminaries from the field of cinema and arts graced the event and encouraged the student participants.



SRIHER x Bournemouth

Student council members interacted with the visiting students from Bournemouth University, UK on 21st July 2022. The session was attended by Dr. K. Balaji Singh, Dean of Students, Dr. Leena Dennis Joseph, Associate Dean of Students, Prof. Narasimman Swaminathan, Vice Principal SRFAS, Dr. G. Gayathri, Assistant Professor, Dept of Clinical Nutrition along with Mr. Jhai Kiran, President of Student Council and the student council members from the Department of Clinical Nutrition and Occupational Therapy.



The Bournemouth students shared their experience in Chennai and at SRIHER. They also shared their views about the availability of physicians in the UK and the interaction of patients with doctors in the UK.



TEACHER'S DAY



The Student Council of the year 2022-23 conducted the Teacher's Day event on 5th September, 2022 in the side auditorium. The theme for the event was "Retro - Back to the 90's". The idea behind this theme was to take the teachers on a little trip down their memory lane. A variety of stalls were put up. The council conducted a dance program. A large group of faculty participated in the teacher's day event and had a great time with the competitions and events.



University Convocation and Graduation-2022

The Convocation ceremony and the Graduation ceremonies for students of different constituent faculties of SRIHER were held on the 8th, 10th, and 12th of October 2022. The Student Council actively volunteered in the events and facilitated the reception of the guests and helped students and their families with seating arrangements. The volunteers also helped out at the Alumni booths with the arrangement and distribution of the kits to the graduating students.



UG Orientation



All the student council members participated in the orientation programs conducted by their respective departments for the undergraduate students joining the 2022-2023 batches. The council members introduced the freshers to the various student clubs on campus and the activities conducted by the student council.

The members also gave an orientation to the various facilities available for students on campus.

UG Orientation

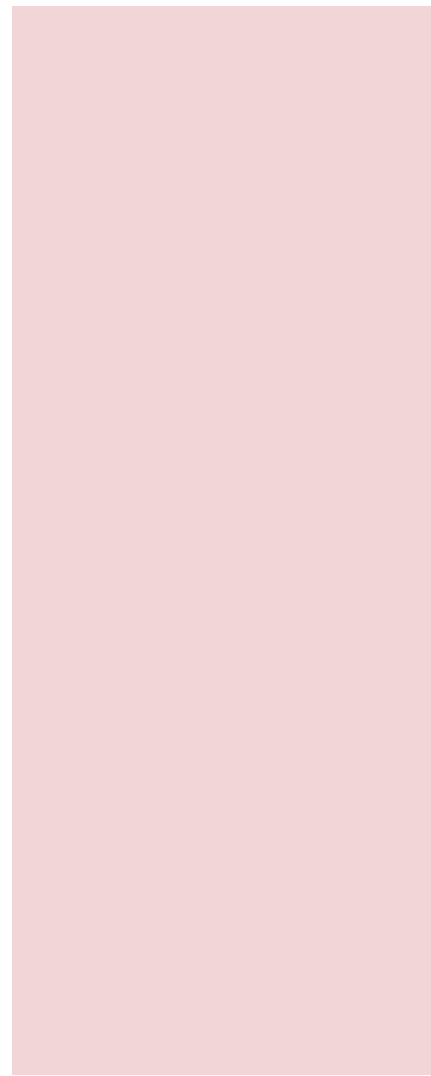
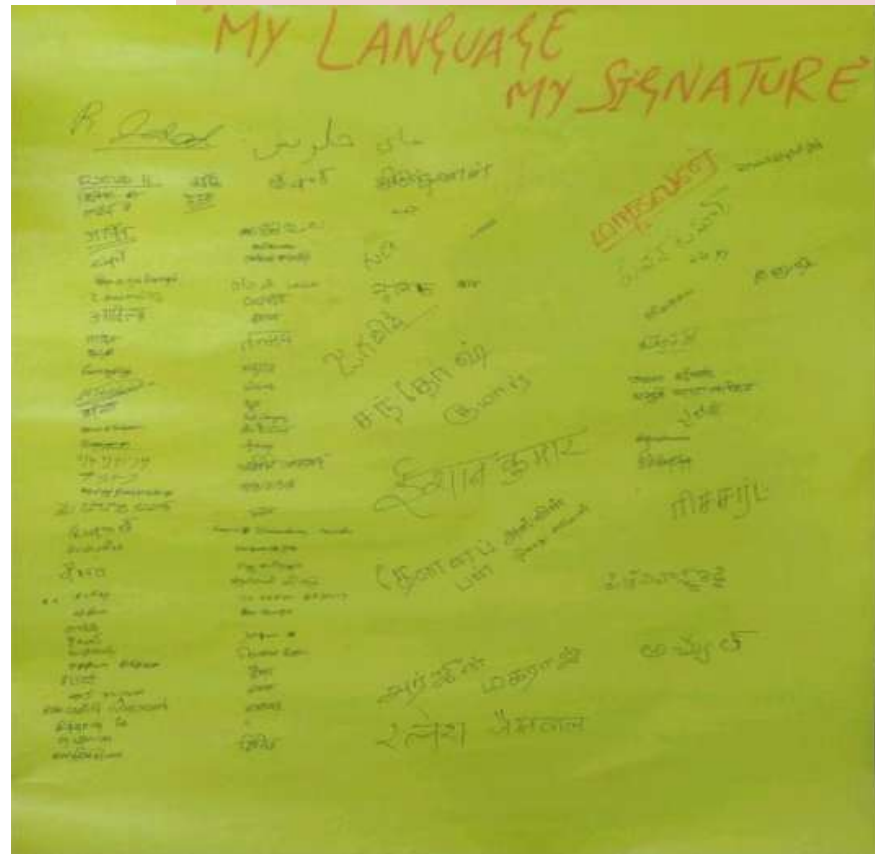
On November 14, 2022, the inauguration of the academic session for the MBBS and BDS batches 2022-23 took place in the main auditorium from 9 a.m. to 12 p.m. At the reception, parents and freshers were greeted by members of the student council. Dr. S. Anandan, dean of the medical college, gave the briefing, and Dr. C. Ravindran, dean of the dental college, gave the dental college briefing. Dr. Balaji Singh, dean of the students, then spoke about the institution's rules and regulations.



Bharatiya Bhasha

Utsav

Bharatiya Bhasha Utsav, a language festival was celebrated in our university on 11th December 2022. Students from different states of India participated to enlighten the importance of their mother tongue. A signature campaign was organized and the participants were asked to sign on it in their mother tongue .



Chennai Runs



The students, faculties and student council members of SRIHER actively participated in the marathon "Chennai Runs" for a noble cause for the treatment of pediatric cancer. The "Chennai Runs", a charity run, was organized by Madras Round Table I in aid of Mahesh Memorial Pediatric Oncology Centre on 11th December, 2022 at Olcott Memorial High School Ground , Besant Nagar Chennai.

There were four race categories: 21K, 10K, 5K, and 3K. All the races were a refreshing and amazing experience for our students, who put all their efforts into the race and at the same time enjoyed the moment. Despite the heavy rains, there was more joy and energy among the



Clothes Donation Drive

During the month of November 2022, students from IIT - Madras reached out to collaboration with SRIHER on a social campaign to create awareness among students on sustainable fashion. The campaign's mission was to carry out collection drives for used clothes. The response from the students was overwhelming and several faculty members also joyfully contributed to the donation boxes which were placed across the campus. On Monday, December 19th, 2022, the students from IIT - Madras arrived to collect the donated items. Around 10 students arrived; they joined us for our Christmas program and spoke on stage about their campaign and Shastra, IIT- Madras.



Christmas Celebrations: JOIE DE NOEL



The Student Council conducted the major Christmas Day event - JOIE DE NOEL on 19th December 2022 in the main auditorium between 1-4 pm. Various stalls were put up by SRIHER Student Clubs as part of the event and students from across the campus gathered for the event.

Entry into each stall required a token of ₹10 and the proceeds from every stall were given to charity. Both onstage and off stage events were held as part of the event.



Drive against Drug Awareness:

Announcement of the Avadi Triathlon



The officers of the Avadi Police Commissionerate visited the SRIHER campus and met with the students of SRIHER in the seminar hall on 29th March 2023 to raise awareness about the drive against drugs campaign. The upcoming Avadi ITF Tri and Duathlon happening in April 2023 was announced by the officers with the message of "Lets get high on sports and not on drugs".

Mr Arjun, Sports secretary of the student council welcomed the officers and Dr Anandan, Dean Students encouraged the students to register for the upcoming triathlon and duathlon events.



Avadi Triathlon

The student council members actively volunteered in the conduct of the Avadi ITF Triathlon-2023 competition conducted by the Avadi Police Commissionerate on 14th April 2023 in the SRIHER campus. The event was conducted in association with the Indian Triathlon Federation and Chennai Runners Club. The Minister of Youth Welfare and Sports Development Shri Udhayanidhi Stalin flagged off the swimming, cycling and marathon competitions, and introduced jerseys emblazoned with drug addiction prevention and awareness slogans.

The Director General of Police, Mr. C. Sylendra Babu, presided, and Avadi Police Commissioner Mr. Sandeep Rai Rathore and other officers were also present on the occasion.



Little Drops Old Age Home Visit

The student council members visited the Little Drops Old Age Home on 6th April 2023. The council donated the funds raised through the Christmas celebrations on campus to the organization and spent quality time with the elderly at the Home. The council members also donated 12 dustbins of three different colours and three boxes of gloves as requested by the organization.



University Convocation and Graduation-2023

The student council team actively volunteered as part of the organizing team of the 35th convocation of SRIHER on 12th April 2023 and the two graduation ceremonies held on 13th April 2023. The council members welcomed the families of their friends who were graduating and helped with the seating of the students and families.



Student Council Volunteering at NAAC Sponsored Conference

The student council members volunteered for the organization of the NAAC sponsored conference on Health Professional Education - National Education Policy 2022 organized at SRIHER on 25th June 2023. The members assisted at the registration counters and provided assistance to the attendees of the conference.



Student Club Events

With the energetic revival of student clubs this past year, council members and their respective club boards oversaw several fun and innovative events, bringing a splash of colour to college life.



Chess Club

Student Council Representatives

Merin Rose Reji (B.Tech
CSE - AIDA 3rd Year)

Aakash S (B.Tech CSE -
AIML 3rd Year)

Committee Members

Chairman: Mr. Bagath,
(MBBS, Final Year)

Secretary:
Ms. Hiranmay I,
(B.Sc. Hons- Medical microbiology & Applied
molecular biology, 3rd Year)



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Christmas stall

The SRIHER chess club organized a stall for 'Joie de Noel', the Christmas event on 19th December 2022. The stall had two types of events: 'paisa double' and 'gift box'.

Paisa double was a blitz game, in which the participant played against one of our university players and the winner was given back the doubled money. We had one winner for that event.

The Gift box was about solving puzzles in 5 minutes. The participants who got to solve all the puzzles in 5 minutes were given gifts. In total, the stall collected 58 tokens.





Chess Club - Online Tournaments

Many online tournaments were conducted during the months of March, April and May.

3+0 • Blitz • Rated
3/3 rounds • Swiss
20 seconds between rounds

Sriher Chess

Entry requirements:
Play your games

by Hiranmayikumar
19 Apr 2023, 19:10

Chat room

VK_Night ok

Round 2 will start soon.
Round 2 started.
Round 3 will start soon.
Round 3 started.
Tournament completed!

Please be nice in the chat!

1 Hiranmayikumar

Tournament complete

Average rating	1522
Games played	6
White wins	67%
Black wins	33%
Draws	0%
Byes	0%
Absences	0%

[View all 3 rounds](#)

- [Download TRF file](#)
- [Download all games](#)
- [Download results as NDJSON](#)
- [Download results as CSV](#)

[Swiss API documentation](#)

Hiranmayikumar

Pratice tournament 1 2023

1-7 / 7

nishaant10x7 1914?	1	1	1	1	-	4	9
VK_Night 2143	1	1	0	1	1	4	8
Hiranmayikumar 1524	0	1	1	0	1	3	3
HarlthaHTG 1270?	1	0	0	1	1	3	2
itz_adzz_here 986	1	0	1	0	0	2	0
Subbu1729 1990?	0	0	0	0	0	0	0
shroov 1500?	0	-	-	-	-	0	0

5+0 • Blitz • Rated
5 / 5 rounds Swiss • Swiss
30 seconds between rounds

Sriher Chess

Entry requirements:
Play your games

by Hiranmayikumar
Apr 2023, 19:20

Chat room

Round 3 started
Round 4 will start soon.
Round 4 started
Round 5 will start soon.



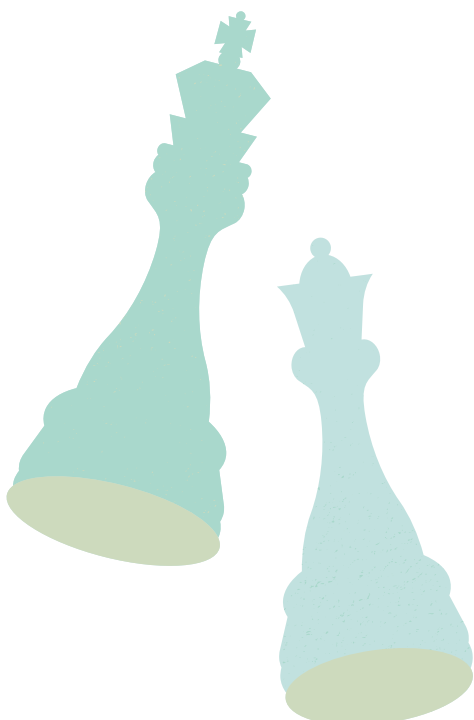


Chess Club - offline Tournaments

The chess club also conducted regular meeting sessions and tournaments on campus.



KING PIN



Dance Club

Student Council Representatives

Ms. Sai Renuka
(BMS 2nd Year)

Ms. Jooshika
(Applied Psychology 2nd Year)

Mr. Meenakshi Sundaram R
(BPT Final Year)

Ms. Abirami L N
(BOT 3rd Year)

Committee Members

*President - Mr. Dinesh Kumar P
(Final Year BPT)*



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FLASH 22 - Flashmob part 02

A dance flashmob was organized by the dance club on 15th November 2022 at the SRIHER basketball ground. It took place from 4:30 - 5:45 pm. The event had three choreographers performing their choreography along with their crew from the club members who voted for the respective choreography. The SRIHER Dance Club members across departments exhibited their talents. The teams were given two weeks for practice, which led to mind-blowing and power-packed performances. The event was a roaring success with the audience enjoying it as much as the club members. The event had to be postponed several times due to the rains. However, the end result was definitely worth the wait!





Dance Club @ Christmas Celebration

A special performance was organized by the dance club to boost up the Christmas celebrations on 19th December 2022. The crowd responded with enthusiasm as the dance ended the day-long event on a perfect note.



DANCE CHARADES - GAME STALL

The Dance club set up a stall on 19th December 2022 as a part of the Christmas celebrations, to engage the students and participants of the event. All profits made were donated to charity donation by the Student Council.

DANCE CLUB PRESENTS

DANCE CHARADES

DATE: 19TH DECEMBER, 2022 TIME: 12 PM - 2 PM VENUE: AUDITORIUM

This is a stall where you can showcase your dancing skills

Rules: 1. 2 - 3 participants per team
2. One player will be provided with headphones, and the other will have to guess the song.
3. Any language songs will be given. No lip movement.
4. 3 songs will be played. you will be rewarded Rs.20 if you guess all of them right !!

FOR MORE DETAILS

NAVITYAA - 9003293998
VARSHA - 7010680307
CHANDRALEKHA - 93608 46010

ENTRY FEE : RS. 10

The poster features a dark red background with white and gold text. At the bottom, there are several small, stylized Christmas trees. The text is arranged in a clear, organized manner, providing all necessary details for the event.





Western Dance Workshop

The dance club conducted a group western-dance workshop with the help of guests from The Osypians Dance Crew. The event took place on 27th January in the university Cricket Turf. About 20 participants took part in the workshop which lasted from 4:30 pm to 6:30 pm.



Dance Club

o o o o

Dance Club @ the RANORA

The SRIHER University dance crew took part in RANORA, a cultural fest organized by Jeppiaar Institute of Technology. They competed in the group dance event on the 21st March, 2023, and bagged the first prize winning a cash prize worth Rs.10,000.

The SRIHER crew consisted of 15 members led by the dance club president Dinesh Kumar (BPT). The members were selected after conducting two rounds of auditions. The crew practiced for a month to take part in the upcoming inter-college competitions. This was the first win which is definitely going to be followed with more trophies and praise to the crew and the university.



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Dance Club @ ATHLON 2023

The Dance Club participated in the inter-collegiate cultural event conducted by SRM college Ramapuram on 03.04.2023. The team won the first prize and won the overall championship trophy along with the music club of SRIHER.

Dinesh Kumar (BPT) and his dance crew won first place in group dance, winning the overall championship trophy.



Debate Club

Student Council Representatives

Ms. Anjali Mishra
(MBBS CRRI)

Ms. Niharika Praveen
(MBBS CRRI)

Ms. A S Harini
(B. Optometry 3rd Year)

Committee Members

*Chairperson - Ms. Mukta Gupta
(MBBS Final Year)*

*Vice Chairperson - Mr. Chetan Jain
(BPT 2nd Year)*

*Secretary - Ms. Charis Vasanthini V
(MBBS 3rd Year)*

*Creative Heads - Mr. Sanjay Sundar
(BOT 2nd Year)
- Ms. D.G. Geethanjali
(Clinical Nutrition 1st Year)*

*Public Relations Head - Ms. Swathi Srinivas
(MBBS 3rd Year)*





Block and Tackle

The debate club organised its first event under the newly elected board members - "Block and Tackle" - on 17 November 2022 from 4 PM to 5 PM at Demo Hall 4, Medical College building. The event started with board member introductions and an orientation to the event and its rules. Participants chose topics based on assigned numbers, covering subjects like Putin, Netflix shows, and cloning ethics. They had 1 minute to prepare and 1 minute to speak, while judges engaged in discussions. Participants showcased their creativity and smooth transitions between perspectives. The event ended after 60 minutes, with board members as the final speakers.



Joie De Noel:

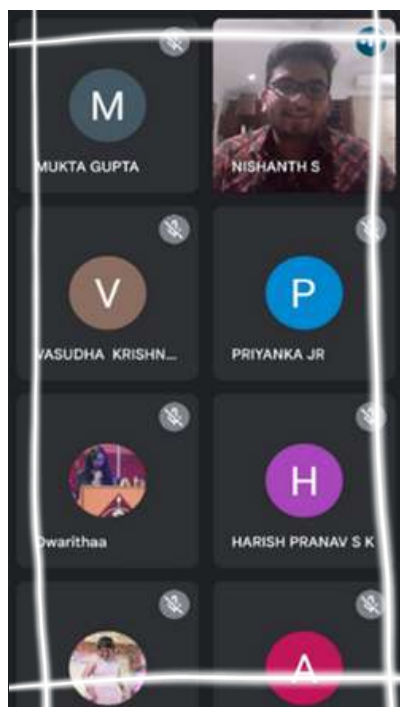
The Student Council gave the debate club an opportunity to set up a stall for the Christmas event - Joie De Noel - on 19 December 2022 at the Main Auditorium. The Board Members organised three events namely, Stack the Cups, String the Beads and Hand Painting. The participants showed great enthusiasm to complete the challenge, volunteers were incredibly helpful for arranging and organising the event. While judges engaged in discussions. Participants showcased their talents. The event ended on a positive note as 50% of the revenue collected was donated to charity. Participants gave positive feedback and expressed interest in future debate club events.



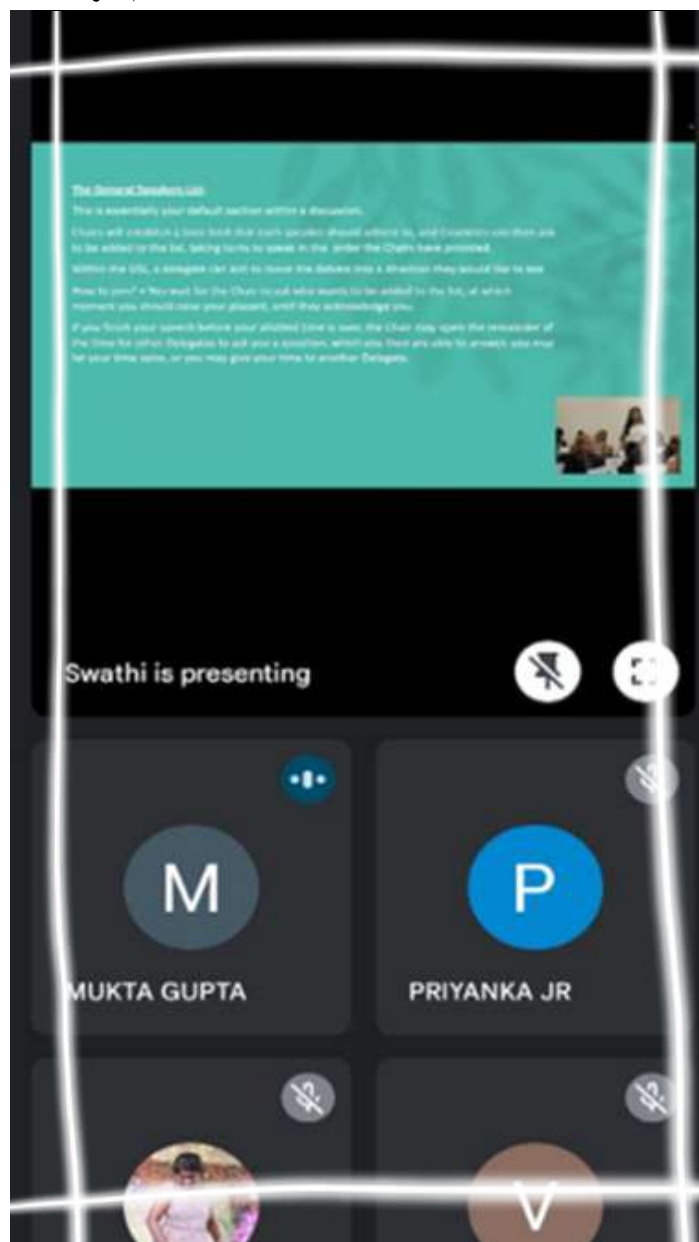


M.U.N Workshop

To encourage the debate club members to participate in various MUNs, the debate club board members organized an online induction session on MUN and its basics on 5 February 2023 at 6 PM. The workshop commenced, focusing on the main objectives of introducing club members to the world of Model United Nations (MUN). The chairperson explained the purpose of the workshop, the available committees, and the MUN procedures. Experienced board members also shared their insights. Nishanth S, a phase 3 MBBS student, shared personal experiences and tips on organizing, chairing, and participating in MUNs. A Q&A session provided further clarification to attendees. Positive feedback was received, indicating increased understanding of MUN and enthusiasm for future debate club events.



Mr. Nishanth from Phase 3 MBBS, sharing his experiences on being a part of various MUNs





Its Debatable

The Debate Club board members organised a conventional debate on the topic of "Commercial Surrogacy in India - exploitation of the vulnerable or a scope for economic development?" on 9 March 2023 from 4-5 PM at Demo Hall 4, Medical College building. Speakers received the motion in advance and their stance was assigned on the event day. The moderator explained the rules, and each speaker had 3 minutes to present their arguments, followed by rebuttals. The debate showcased thorough research and preparation, offering diverse perspectives on the emotional and social aspects of commercial surrogacy. The audience participated with feedback and questions. The judgement declared commercial surrogacy as an exploitation of the vulnerable. Positive feedback and suggestions were received, generating enthusiasm for future debate club events.



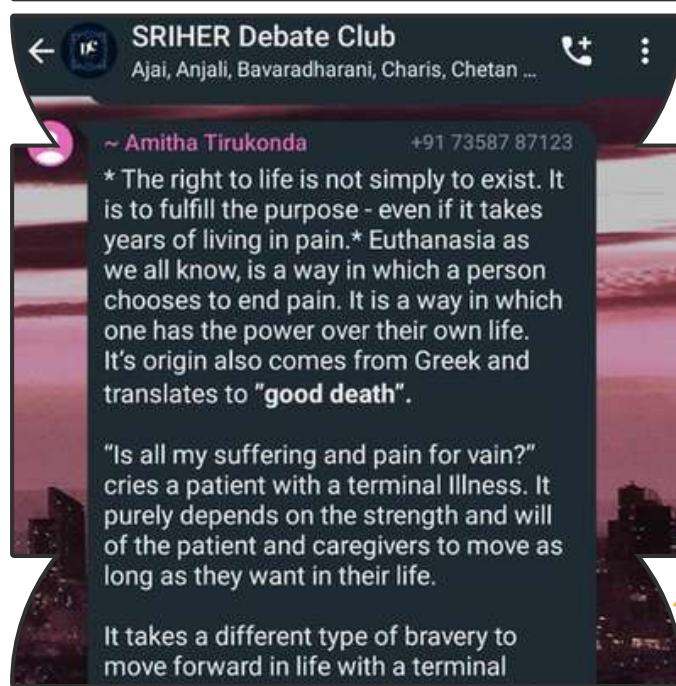
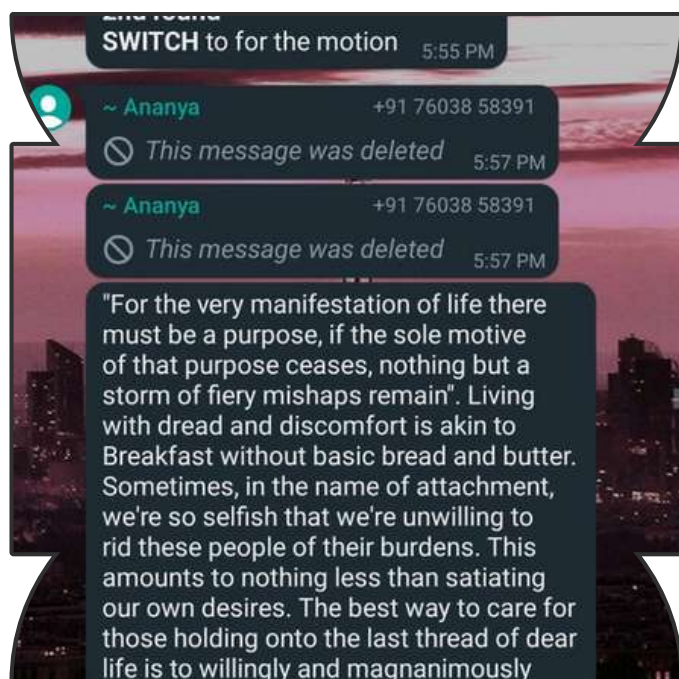
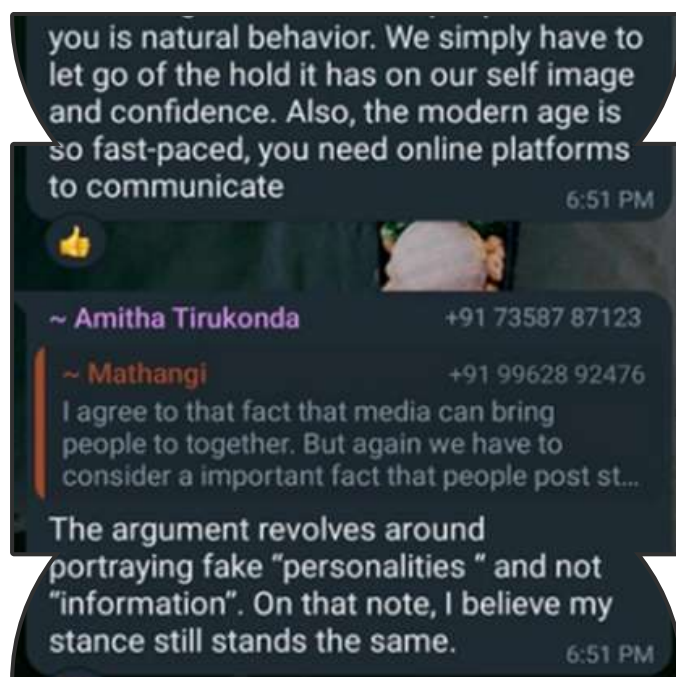
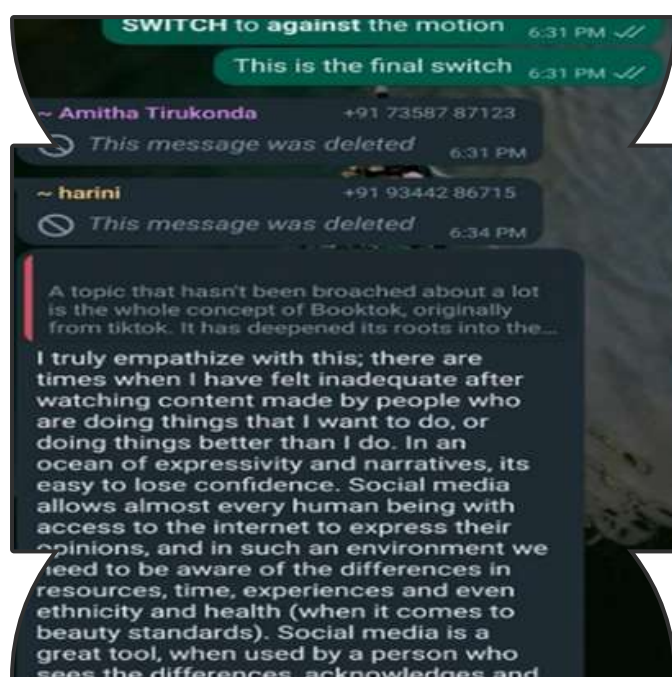
The board members along with the participants of the event





WhatsApp Debate

The debate club board members devised a "WhatsApp Debate" format, allowing members to participate remotely on 1 April 2023, from 6-7 PM. The event comprised three rounds of speaking for and against the motion, with 10-minute intervals and a subsequent rebuttal round. The motion focused on social media as a platform for false personalities. Participants presented thought-provoking arguments, exploring the multifaceted aspects of social media. Topics ranged from its positive impact on mental health to the concealment of true identities. The rebuttal round encouraged healthy discussions and inquiries into fellow speakers' viewpoints. Winners were announced for the best speaker in-favour, against, and for the rebuttal, with additional special mentions.





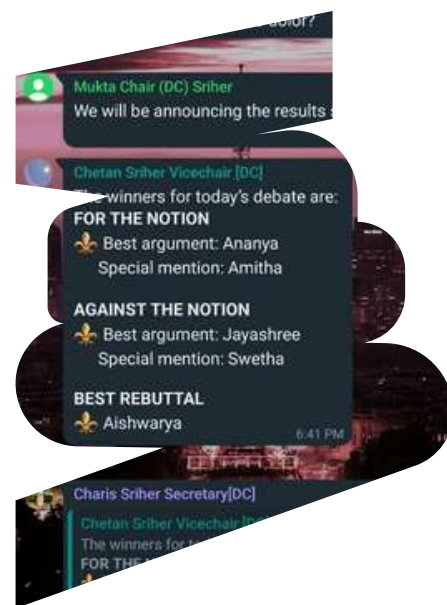
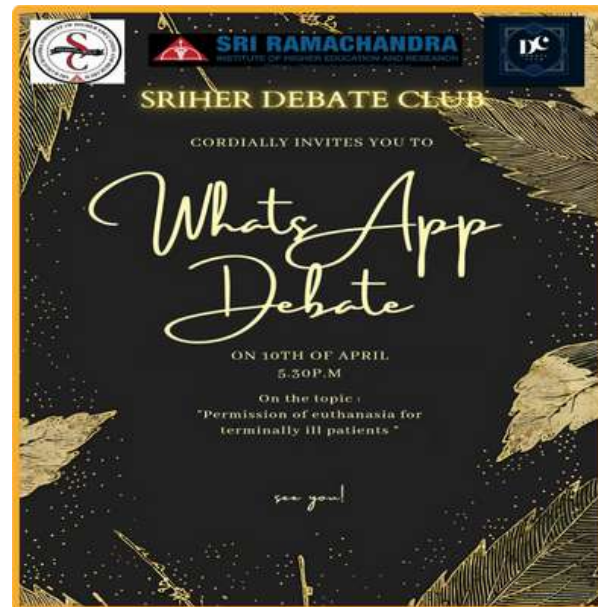
2 WhatsApp Debate

The enthusiastic response from debate club members led to the planning of the second edition of the WhatsApp Debate on 10 April 2023 from 5:30 PM to 6:30 PM. The board brainstormed and selected the topic of "Permission of Euthanasia for terminally ill patients," challenging speakers to present their arguments from various perspectives. Despite concerns about its medical orientation, speakers from different departments showcased diverse views, including medical, ethical, and financial aspects. Two rounds of arguments were followed by a thought-provoking rebuttal session, delving into patient and caregiver perspectives. Winners were announced, and feedback from members expressed interest in future editions of the debate.

Creative Head Election

The SRIHER debate club board appointed a new creative head following the resignation of two previous members. An announcement was made, inviting interested candidates to apply for the position. Around 20 candidates showed their interest and participated in online interviews conducted on 20 April 2023 from 6 PM by the board members and student council representative. During the interviews, candidates were asked about themselves, their motivation for applying, and the ideas they could contribute to the club. The board was impressed by the diverse perspectives and creative thinking displayed by the candidates, making the selection process challenging.

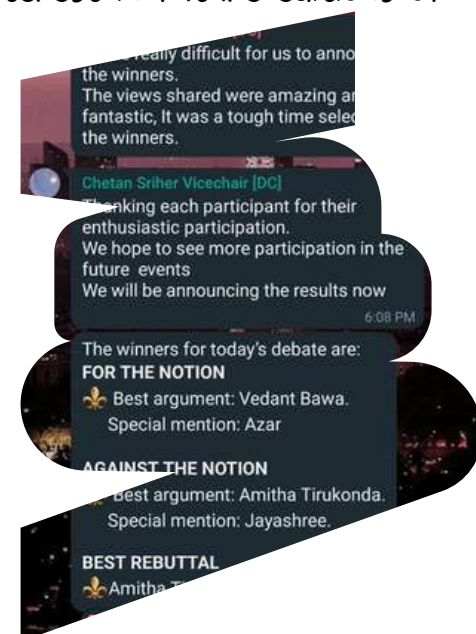
After careful deliberation, Sanjay Sundar from the Department of Occupational Therapy was chosen as the new creative head. Sanjay's impressive portfolio of digital art and previous event posters stood out. The board and club members warmly welcomed Sanjay, excited to see the artistic direction he will bring to the club.





Impromptu Talks

The enthusiastic response from debate club members led to the planning of the third edition of the WhatsApp Debate. The board brainstormed and selected the topic of "Human rights is a hindrance to justice" challenging speakers to present their arguments from various perspectives. Despite concerns about its constitutional orientation, speakers from different departments showcased diverse views, including ethical and financial aspects. Two rounds of arguments were followed by a thought-provoking rebuttal session, delving into patient and caregiver perspectives. Winners were announced, and feedback from members expressed interest in future editions of the debate.



English Literary Club

Committee Members

President:

Ms. Vaimitra Govindaraj
(MBBS, 3rd year)

Vice President:

Mr. Anders Spencer
(BOT, Intern)

Treasurer:

Mr. Santhosh Kumar S
(MBBS, Intern)

Secretaries:

Ms. Swathi Srinivas
(MBBS, 3rd year)

Ms. Muskan Vats
(MBBS, 4th year)

Mr. Harishraj Ravichandran
(BPT, 2nd year)

Organizing heads:

Ms. Sanjana Senthil
(MBBS, 4th year)

Ms. Kanishtha Riya
(BDS, Intern)

Creative Directors:

Mr. Tathagata Bhattacharyya
(BDS, 4th year)

Ms. Rasika A
(MBBS, 3rd year),

Ms. Shreya Thakur
(MBBS, 4th year)

Student Council Representatives

Ms. Nishitha Sharon X
(MBBS, Intern)

Ms. Sree P
(B Pharm, 4th year)



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Halloween Story Writing Competition

The ELC announced an exclusive story-writing competition to its club members to commemorate Halloween and horror stories from 5th-11th November 2022.

A common writing prompt was provided to the contestants to build their stories. The word limit was 500 and the judging criteria were creativity, grammar and coherence. The results were announced on the 13th of November and the top three contestants received the prizes pictured.

The Winners:

1. Ms Nagaeswari (MBBS, 1st year)
2. Ms Vivien Cheryl Ramsey (BDS, 3rd year)
3. Ms Rakshitha N M (AHS, 2nd year)




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The Christmas Ballad- Online Poetry Competition

The ELC announced an annual Christmas poetry competition on 10th December 2022. The highlight of this year's competition was a pictorial prompt depicting an elderly gentleman on a lonely Christmas Eve. The participants were encouraged to explore the depths of thoughts and emotions flowing through the mind of the gentleman in the picture and pen a poem within 150 words. The entries were judged by Dr Cynthia Milton, from the English Department.

THE ENGLISH LITERARY CLUB IS PLEASED TO PRESENT
The Annual Christmas Poetry Competition!



Blank Christmas

Bearing in mind the above pictorial prompt, pen a poem within 150 words exploring the depths of thoughts and emotions flowing through the mind of a person on a lonely Christmas eve.

RULES:

- No plagiarism
- 1 person = 1 entry

FOR QUERIES, CONTACT:
HARISHRAJ: 73387 53729
SANTHOSH: 88706 69122

LAST DATE FOR SUBMISSION: DECEMBER 2022



The top 3 entries:
Ms Swetha Srinivasan
(MBBS, 1st Year)
Ms Shruti D
(BPT, 3rd Year)
Ms Sruthi Kalaiselvan
(BASLP, 3rd Year)

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ELC Christmas Event Stall

The ELC Christmas Stall Event was organized on the 19th of December as part of the university-wide Christmas event held at the auditorium. The stall was manned by five members of the English Literature Club who volunteered enthusiastically. The stall was based on the game "Heads Up", a guessing game in which the holder of the iPad has to guess what word is shown on it based on the clues provided by the other contestant standing opposite them.



Players played in teams of two against each other to win a small prize, a bouncy ball in this case. Players could choose from a variety of topics, and everyone who participated received complimentary candy. There was also a special round with the topic "Footballers" where contestants had to guess 10 footballers in 60 seconds. The winners stood to gain two biographies of Messi as a prize, however, no duo could win the round, though some came close.

The stall saw around 160 participants throughout the event, making it a very successful event overall.





Valentine's Day Poetry Writing Competition

The ELC conducted a poetry competition on the occasion of Valentine's Day. It was open to entries from the 13th to the 17th of February 2023. The theme for the competition was: "A Commemoration of Love". Participants were encouraged to write about love, in any of the many forms it might take for them.



Entries were submitted via Google form and a separate popularity prize was launched in order to encourage participants to put their poetry out into the world as well. The entry with the highest number of likes on the ELC Instagram page was declared the winner of the popularity prize.

The Winners:

- 1st Place: Ms Vartika (BPT, 4th year)
- 2nd Place: Ms P. Mahalakshmi (BBA, 1st year)
- 3rd Place: Ms Yamini Maran (MBBS, 1st year)
- Popularity Prize: Ms Kirutheeswaran R (BBA, 2nd year)



Women's Day Slogan Competition

To mark the occasion of Women's Day, the English Literary Club hosted a college-wide slogan writing competition between 13th to 15th March 2023. The slogans had a word limit of 10 words. The entries were very graciously judged by Prof. Leena Dennis Joseph.



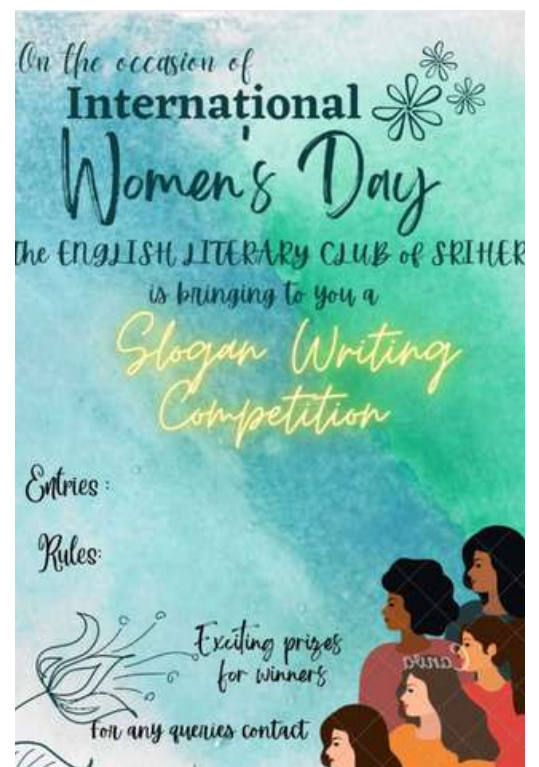
"Break barrier, shatter the norm, uplift women, create a storm"

Mr Kirutheeswaran S (BBA 2nd year)



"Women's oppression is an obstacle, empowered women can create a miracle"

Ms Shwetha (MBBS 1st year)





Volunteer Outreach Initiative in Creative English for Students (VOICES)

The VOICES program is a collaborative activity of the English Literary Club of SRMC and NSS, SRIHER. It is planned as a program that will run throughout the year to teach Government School students basic English reading, writing, and most importantly, speaking skills. Each class is for a total of two hours, during which the student volunteers from the ELC teach the school students according to the lesson plan prepared for them with the assistance and input from the faculty at Dept of English, SRIHER.



The VOICES programme serves as a platform on which the school students can improve their English skills and learn how to perform basic actions such as writing sentences and speaking without grammatical errors. Its main goal is to equip these students to face situations in which English skills may be required in the future.



Classes are planned and conducted easily and understandably. Worksheets are distributed to help reinforce the concepts learned, and the last half hour of each lesson is devoted to a game. Those who participate, answer the questions/ perform the task correctly are rewarded.



In total, four sessions were conducted at the Parivakkam Middle School.

- Session one- "A Day in the Forest" - 17th February 2023
- Session two- Nouns and the proper usage of "A, AN and THE" - 7th March 2023
- Session three- "Verbs and Pronouns" - 27th March 2023
- Session four- Lesson " A Day in the Forest" -22nd June 2023

Plans are underway to expand the reach of the VOICES programme and possibilities of raising funds to establish small libraries for the schools are being explored.



Name: _____ Date: _____

Verbs

Underline the verbs in each sentence.

1. The children ran to their classroom.
2. We went to the library.
3. The teacher read the book out loud.
4. Everybody sat quietly.
5. Sue played outside.
6. The musician beat his drums.
7. The horses were eating hay.
8. He paid for the bread.
9. The rainbow was shining.
10. The snail slowly crawled.



Fitness Club

Student Council Representatives

Ms. Monika S
(B.Sc. Sports and Exercise Science, 3rd year)

Mr. Sourav S
(B.Sc. Sports and Exercise Science, 3rd year)

Mr. Suhail
(B.Sc. Nursing, 4th year)

Committee Members

Mr. Yugendhar.D *(B.Sc. Sports and Exercise science, 3rd year)*

Ms. Anushree Srikanth *(B.Sc. Sports and Exercise Science, 2nd year)*

Mr. Thawfiq Suhail *(B. Tech Computer Science Engineering Cyber Security and IoT, 4th year)*

Ms. Haasya Ravikumar *(B.Sc. Sports and Exercise Science, 1st year)*

Ms. Ida Blessy *(B.Sc. Respiratory Therapy, 2nd year)*

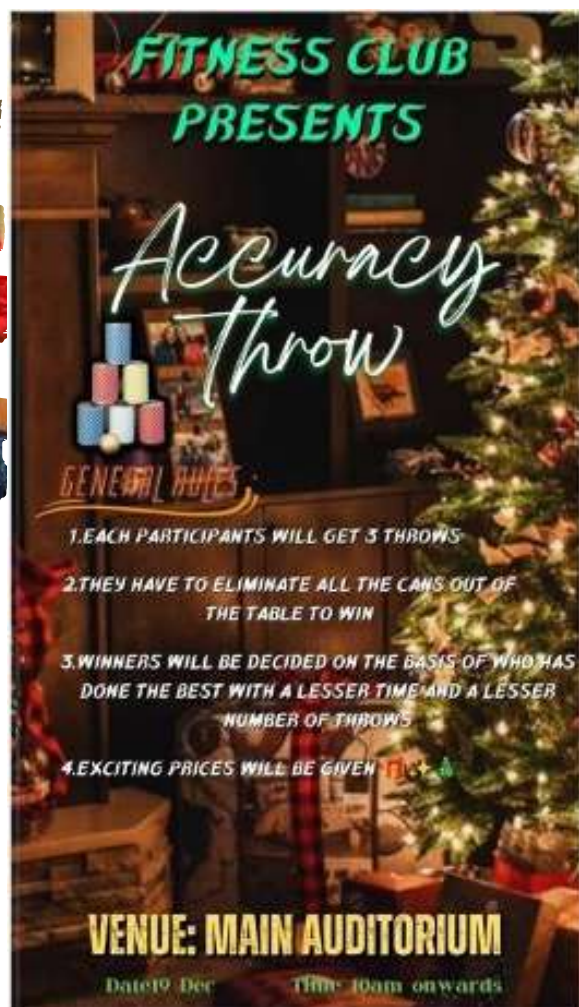


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JOIE DE NOEL ACCURACY THROW!

The SRIHER Fitness club organized an event named 'ACCURACY THROW' on the occasion of Joie De Noel on the 19th of December from 10am to 4pm. The club saw more than 300 participants on that day and everyone enjoyed playing the game. The game was to eliminate all the cans within 3 throws and nearly 9 people did it as it was way challenging to eliminate all the cans.

Every participant enjoyed playing the game very much and the rushing number of participants made it even more challenging. All the members of the fitness club maintained a good decorum in bringing out the event and executing it to the audience as well.



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FITFINITY

This event was organized by the fitness club, it was all about doing isometric exercises and holding those exercises for a longer period of time. The participants had to do a number of exercises for each upcoming level. The exercises change for each level and it keeps getting more challenging for the participants to compete. In each round 2 participants get eliminated if they fail to hold the exercise and the rest of the participants get to go to the next level.

Exercises kept changing for each level. For the 1st round the participants had to squat hold, for 2nd round it was push up hold, for 3rd round it was glute bridge where they had to raise one leg after 90 secs, for 4th round it was boat hold.



Fitfinity Girls Winners:

1st - Annie Chelsea J (B.Tech Computer Science Engineering - Cyber Security and IoT, 4th Year)

2nd - Chitra (B.Sc. Sports and Exercise Science, 1st Year)

3rd - Tharni (B.Sc. Sports and Exercise Science, 3rd Year)

Fitfinity Boys Winners:

1st - Nandha (B.Sc. Sports and Exercise Science, 3rd year)

2nd - Anton (B.Sc. Sports and Exercise Science, 3rd year)

3rd - Rethick Pavan.S (B.Tech Computer Science Engineering - Cyber Security and IoT, 4th Year)

○○○○ RACE IT OUT!!

This event was conducted by the fitness club on the 6th of April in the football ground behind the auditorium. This was a duo event where there had to be a pair of participants taking part. First player had to do a set of workouts which was shuttle run, hurdle jump and a 200m run. After the 1st player completed their workout, the 2nd player had to do push-up walk, carry and run and a 200m run to complete their workout. The winner was based on timing. There were about 6 teams for boys and 4 teams for girls. This turned out to be a fun event for all as they had to push themselves to reach the minimum time limit. It was held between 4.30 pm to 6 pm. Winners were awarded 400 rs per team and runners were awarded 200 rs per team.



Race it out Winners:

Girls

1st - Harshitha and Harshini (B.ASLP)

2nd - Vinodini and Haripriya (B.Sc. Clinical Nutrition)

Boys

1st - Arun and Puviarasan (AHS)

2nd - Ruban Azeria and Sarthak (B.Sc. Sports & Exercise Science)

Green Friends Club

Student Council Representatives

Mr. Arjun Maharaj
Intern, MBBS

Ms. Indu S V
3rd year, BBA

Mr. Bhenny Rahul A
3rd year, BBA

Ms. Lakshitha P
Intern, B. Sc (Hons) Medical
Microbiology and Applied
Molecular Biology

Committee Members

President
Mr. Bhagath Srinivasan - Intern, MBBS

Vice - President
Ms. Manasa M - 3rd year, MBBS

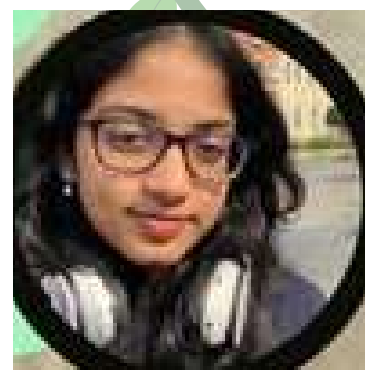
Secretary
Aishwarya Vedam - 3rd year, MBBS

Deputy Secretary
Mr. Thillai N S - 3rd year, MBBS

Treasurer
Ms. Joshikha Madhav - 4th year, MBBS

Communication/ Digital Head
Ms. Evangelin - 3rd year, MBBS

Deputy Treasurer
Ms. Kripa K - 2nd year, MBBS

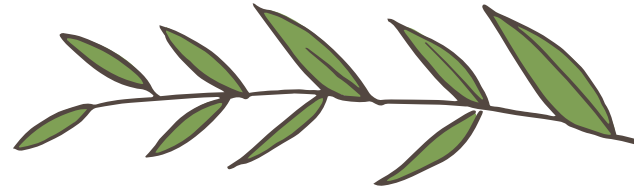




Blood Donation Drive

The Green Friends Club in conjunction with SRIHER and the Sri Ramachandra Blood Bank conducted a blood donation drive on 14th June 2023 to commemorate 'World Blood Donor Day'. The drive was conducted in the Seminar Hall, Medical College from 8 am to 3 pm. There were 4 teams for registration, floor management, certification, and refreshments. A certificate and a keychain were given as a token of appreciation to all the donors.

A total of 115 units of varied blood groups were collected and stored successfully by the end of the drive.



MedHOPE

Student Council Representatives

Ms. Smera Hari Viswanathan
(MBBS, Final Year)

Ms. Claudis Reby E
(3rd Year, Faculty of Biomedical Sciences)

Mr. Gokul.A
(Intern, Faculty of Occupational Therapy)

Student Coordinates

Mr. Niranjana R
(MBBS Intern)

Ms. Jahnvi Srinivas
(MBBS Intern)



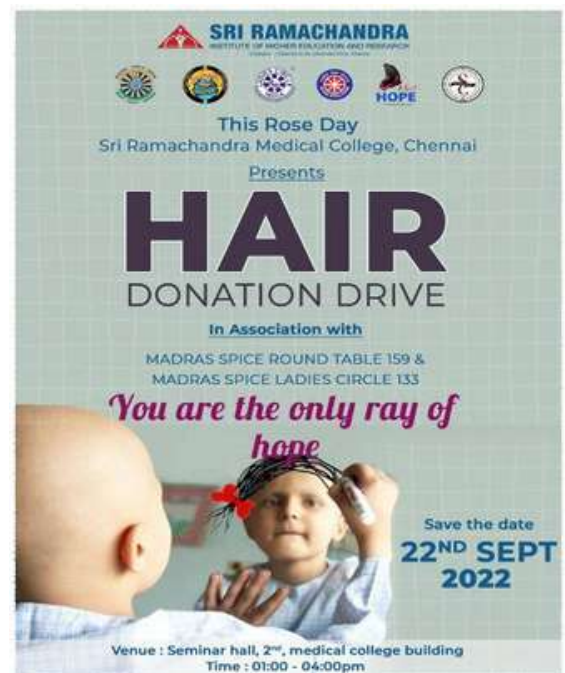
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Rose Day 2022

The Medhope Organisation, National Service Scheme, Madras Spice Round Table and Madras Spice Ladies Club came together to organize a hair donation drive on Rose Day 2022. This event was organized to raise awareness and support our little warriors. The professionals from Studie'o 7, a Hair Salon, were invited to cut and style the hair of the donors. Close to 100 donors from the SRIHER family donated their hair and made a difference in the lives of countless little warriors battling cancer.



"Super" donors pose for a picture.



A candid moment with our Vice Chancellor sir



With Dr Julius Scott

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R-AIIM 2022

The first R-AIIM conference, an exclusive post-MBBS career guidance program, was organised by MedHOPE in association with SRIHER, on Sunday, 13 November 2022. Under the guidance of Dr Julius Scott, MedHope student representatives- Ms Jahnvi Srinivas, Mr R Niranjana (final year MBBS students), Ms Smera Hari (3rd-year MBBS student) and students from 3rd year MBBS organized this event.



The " Dream Team"!



Speakers :



"A Full house session"

There were nearly 126 delegates from SRMC & RI and as many as 51 delegates from other medical colleges. Snippets of some feedback from participants are given below:

"Really good knowledge of how health systems around the globe function."

"Insight into how the processes are for residents overseas."

"Knowledge, roadmap, guidance."

"Personal experiences were easily correlated"

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Joie De Noel

The Medhope Club of SRIHER organized an exciting game stall for the Christmas Day Celebration event - Joie De Noel. The game event was called "DRAW IT OUT". Around 53 teams participated in the event. The volunteers from the Medhope Club made this event a joyous and remarkable one. Overall, the event was a huge success.



Our cheerful volunteers from 1st year MBBS posing for a picture

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Meeting Padmashri Dr Kamal Hassan





LeaDr 2023



LeaDr - Leading with Compassion for a Healthier Tomorrow is a comprehensive session highlighting the importance of strong leadership in healthcare. The event was conducted on 17 June 2023. Eminent speakers from our college and various other institutes, hospitals and specialities discussed the various aspects of leadership in a healthcare setting. The event was organized by Dr Usha Vishwanath, Professor, Department of Obstetrics and Gynaecology, SRIHER and Dr Julius Scott, Professor & Head, Department of Pediatric Hematology & Oncology, SRIHER, along with student coordinators from MedHOPE.

The Speakers & their topic of discussion;

Dr Smita Praveen: Leader- from an Academic Institute Perspective

Dr Arun Seshachalam: Leader- from a Corporate Hospital Perspective

Dr N Shalini: Women Leaders in Healthcare- Challenges & its Uniqueness

Overall, it was an illuminating experience for the students who attended the event.



Medical Quiz Club

Student Council Representatives

Ms. Vardhini Venkatesh
MBBS - Intern

Ms. Jessica Janet S
B.Sc., Respiratory Care Technology - Intern

Committee Members

President

Ms. Sanjana V - Final year, MBBS

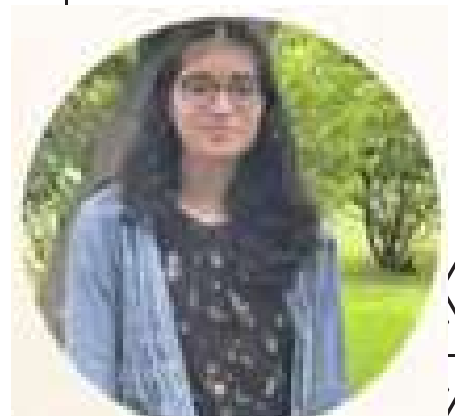
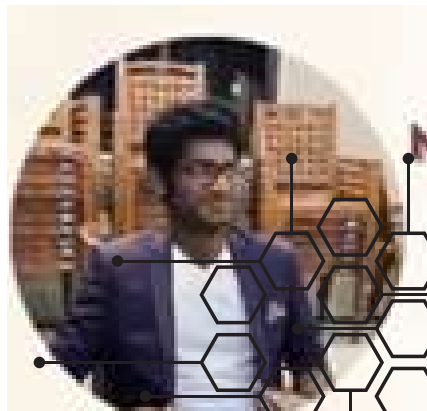
Secretary

Mr. Ganesh Karthikeyan - 3rd year, MBBS

Members

Ms. Maanasa M - 3rd year, MBBS

Ms. Vaatsalya B - 3rd year, MBBS

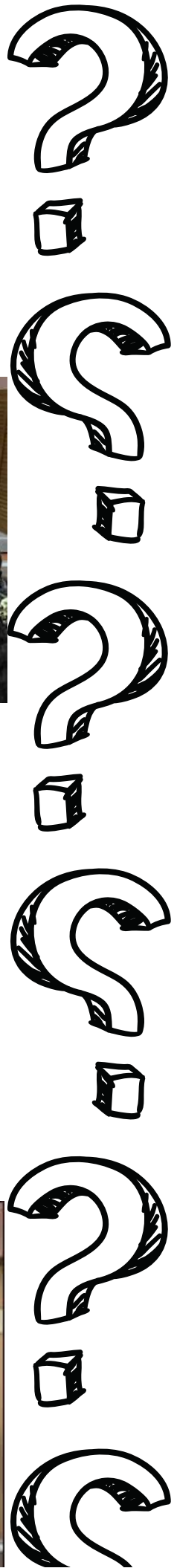




COGNITARE

The meet was the first offline meeting of the Medical Quiz Club held on 27th September 2022 after the Culturals, Esperanza 2022 and Optimus 2022. The team met at 4 pm in the Pathology demo hall in the medical college block. In view of internal assessments being held for two batches of MBBS, the strength of participation was lesser than usual. .

The Cognitare quiz was conducted in four parts comprising a total of 25 questions. The rounds included identification of clinical case syndromes, clinical case diseases, radiology questions and connections. Overall, the event went smoothly and students were able to learn in an interactive manner while still enjoying themselves.



Music Club

Student Council Representatives

Ms. Monica Vasan T.S
4th year, MBBS

Mr. Stanley Joseph B
3rd year, BSc. Cardiac technology

Ms. Jessica Janet S
Intern, BSc. (Hons) Respiratory therapy

Ms. Roshini S
4th year, MSc MRIT

Committee Members

Chairperson - Ms. Madhumitha K.
(3rd year BSc. Clinical Nutrition)

Vice-Chairperson - Ms. Thanisha R
(3rd year, BBA Hospital & Health Management System)

Secretaries:

Ms. M.Shreya
(1st year B.Sc. Applied Psychology)

Ms. Priyadharshini V
(2nd year BDS)

Ms. Swetha R
(3rd year MBBS)

Creative Director

Ms. Janavi
(3rd-year MBBS)

Mr. Madhavan M A V
(1st year BSc. Applied Psychology)

Mr. Devrath Mukherjee
(4th yr MBBS)



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Jamming Session

On 2nd December 2022 (Friday), the Music club conducted a session for auditions for the Christmas event followed by a brief jamming session. This took place at the common hall in the medical college building. Around 30-35 students from various courses joined the session. All members were encouraged to give their performances for the audition. They were given a time limit of 1-1.5 minutes to give their performance. All the board members together selected a small group for the Christmas event.



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Music club at Christmas celebrations

On 19th December, 2022, the Christmas day celebrations took place at the Main auditorium of the college campus from 12 - 4pm. As a part of the music club, there were four stalls set up for the students. Decorations and arrangements were made by the council members of the club. Each stall focussed on a fun game based on music. The stalls were: 1. Translated song guessing 2. BGM guessing 3. Yenna paada soladhe 4. Connexions. 300+ students from various departments of the college took part in these games. A token of Rs.10 was collected from each participant to support upcoming events of the music club. A musical stamp was stamped on every person's hand who participated to encourage them. Gifts in the form of chocolate were also given to those who found all the answers in the games.



Music club at Christmas celebrations

The music club also gave a performance in the Christmas celebrations on the stage.



SRIHER Marghazhi Music Fest

A Margazhi musical fest was conducted in SRIHER on 6th January 2023. It was a fest conducted to sing and play devotional and Carnatic songs in praise of the Almighty. The art of celebrating Margazhi originates from the Bhagavad Gita worshipping Lord Krishna. He is also known as 'karmugil kannan' which depicts the dark rainy clouds seen in the month of Margazhi.

The participants sang devotional songs and played musical instruments like veena. The music club board members actively participated in the organization of the event and also performed in the event. Members included Madhumitha - Chairperson, Thanisha - Vice-chairperson and Shreya - Secretary.



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SRIHER FLASH BAND '23

This was the first time that SRIHER experienced such a massive musical street style event. The event was anchored by Mr. Anders Spencer. This event included the following sessions:

Vibe time - The band members sang a mashup of melody songs from the tamil language with musical instruments like piano, guitar, clapbox and flute.

Beatboxing - Performed by the participants without the use of any musical instruments. Played the music through vocal percussion.

Open mic - Many students from various departments passionately came forward to showcase their talents through singing, rapping etc.



Music Club

Board member's performance - The mashup of songs from various languages like English, Hindi, Malayalam, and Tamil was performed by the board members

- Madhumitha - Chairperson
- Thanisha - Vice-Chairperson
- Swetha, Shreya - Secretaries
- Devrath, Janavi and Madhavan- Creative directors

Fast beat songs - Performed by the SRIHER band and included songs from Tamil language

Sing-along and vibe time - The spectators joined with the participants and enjoyed the evening by singing along, dancing, and cheering up.

Overall, the students enjoyed the evening. Many positive feedback was received about the event.



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Music Club @ Ranora - Inter-college cultural programme

The students of SRIHER took part in "Ranora", an inter-college cultural programme conducted by the Jeppiaar Institute of Technology, Sunguvarchathiram on 21st March, 2023.

The SRIHER band "Octavias" took part in the group singing event and bagged the first prize along with a cash prize worth Rs.12,000.

Participants of the band included the following:

- 1.Madhumitha - BSc Clinical nutrition, 3rd year
- 2.Sarmistha-BMS, 2nd year
- 3.Natarajan - Pharm D, 2nd year
- 4.Delwin - BOT, 2nd year
- 5.Timothy - BSc Nursing, 1st year
- 6.Bowas - BOT, 2nd year
- 7.Jayashree - BSc Clinical nutrition, 3rd year

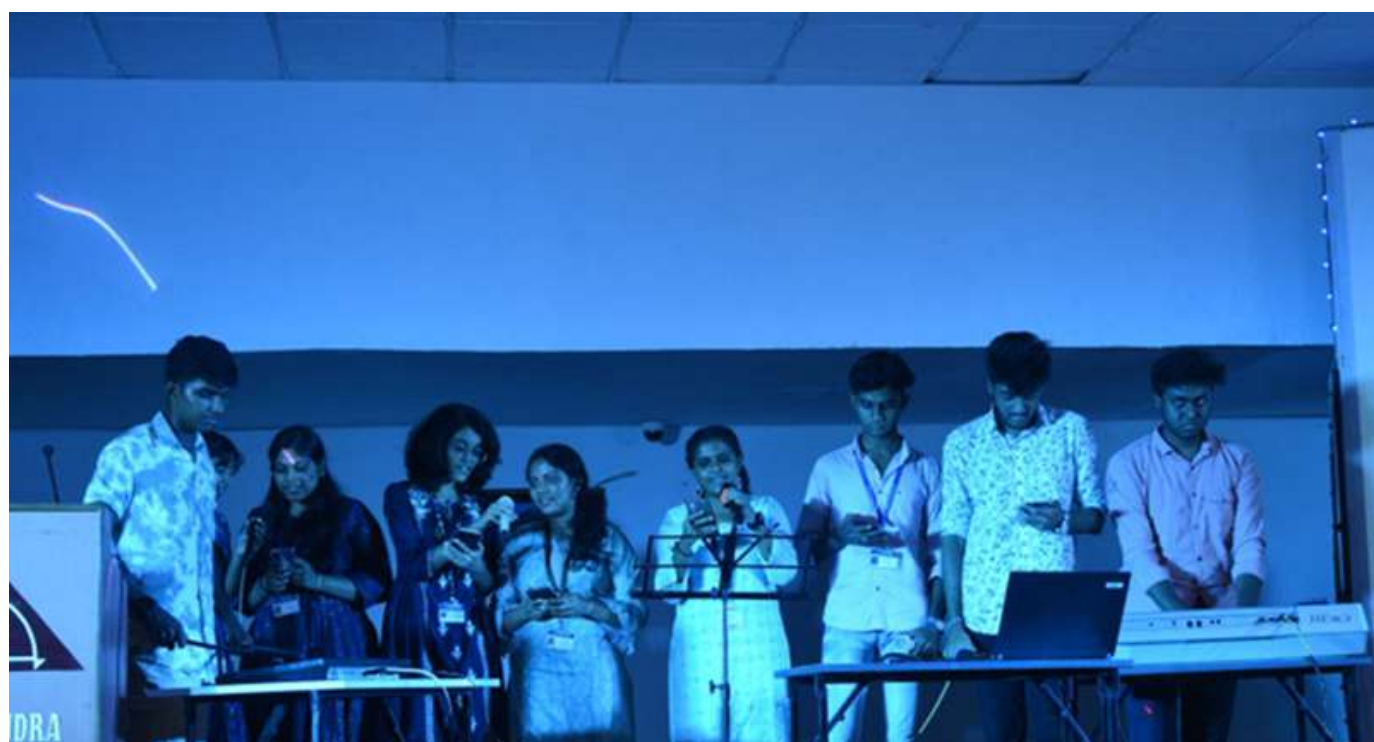
Natarajan, Pharm D student won the first prize, and Bowas, BOT student was the runner up in the solo singing event. The music club continues to win accolades for our university.





International Music Day - June 2023

International Music Day was celebrated on campus on 21st June 2023. The music club participated actively in the event and gave the host performance. Dhanvanthraj gave a solo performance and duet performances were given by Madhumitha and Natarajan, and Gayathri and Anders Spencer. Faculty and staff from various departments participated in a joyful celebration of music and melody.



Photography Club

Student Council Representatives

Mr. Mohammed Siddique L
(B.ASLP, 3rd Year)

Ms. Harshitha M
(B.ASLP, 2nd Year)

Board Members

Mr. Vergil Jose
(B. Sc.Nursing, 2nd year)

Mr. Rishikesh Swaminathan
(B. Tech AI-ML, 3rd year)

Ms. Malavika Manikanda
(B.Sc Hons Biomedical Medical Sciences, 1st year)

Mr. Bharath Vignesh
(MBBS, 3rd year)

Mr. Satheesh
(BBA Hospital & Health System Management, 2nd year)

Mr. Ram Kumar
(B.Sc TCM, 4th year)

Mr. Sashank
(MBBS, 3rd year)



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Selfie with Tiranga

Selfie with Tiranga competition was organized from the 1st to 5th August 2022. This event was part of the celebrations of Azadi Ka Amrut Mahotsav and Har Ghar Tiranga call given by the Ministry of Culture, Government of India. Nearly 150 entries were received online through a google form. Six entries were selected as the top entries by the photography club. These selected entries were posted on the official Instagram page of the photography club. All participants were also encouraged to submit their entries on the government webpage.



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Winners



**Mr. Satheesh S,
BBA**

**Ms. Faheema. M,
BPT**

**Mr. Nitish Srinivasan,
BOT**

**Ms. Haripriya
Sargunan, B.Sc.
Clinical Nutrition**

**Ms. Boomika K,
BOT**

**Ms. Shekinah Felcy J,
Occupational Therapy**



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Joel De Noel Photobooth

The photography club actively participated in the 19th of December 2022 Christmas celebrations. About 45 to 50 people used the photo booth to take pictures and keep memories of the lively event. The ideal attraction for the stall was a Christmas-themed template with three pictures of our customers smiling. Throughout the day, the committee members took photos of visitors to our stall, which was crowded with people. When faculty and students got their pictures taken, the photo booth managed to collect the most tokens of all the stalls set up for the event. The photo booth was unquestionably a huge success, bringing a smile to the faces of everyone who used it.



SRIHER PHOTOGRAPHY CLUB | SRIHER PHOTOGRAPHY CLUB



SRIHER PHOTOGRAPHY CLUB | SRIHER PHOTOGRAPHY CLUB

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Cityscapes Photography Contest

The photography club hosted a photography contest in the month of February 2023. The theme 'Cityscapes' encouraged amateur and experienced photographers to capture the essence of a city, the lights, and the streets in a picturesque manner, putting their creativity and skills to test. The contest saw some incredible responses and a variety of entries were received which ranged from busy views to fresh metropolis clicks. A total of 38 entries were put under the critiquing of the 'photography club committee' who judged the pictures based on creativity and editing competency. A total of four winners were chosen and their stellar clicks are displayed below.



1st Place- Mr. Akshitha Arunkumar, Data science



2nd Place - Sunil Kumar



3rd place-Mr. Gokul, B Pharm



4th place-Ms. Mariyam Shakira,BMS

Quiz Club

Student Council Representatives

Mr. Anirudh Kumar S
3rd year, MBBS

Ms. Anamikha Yeshwanth Raj
3rd year, MBBS

Committee Members

PRESIDENT

Mr. Vishnu Aravind - Intern, MBBS

VICE - PRESIDENT

Mr. Karthik Raaja - 3rd year, B.Sc(Hons) Cardiac Technology

CREATIVE DIRECTOR

Ms. Sujitha U - 3rd year, B. Sc (Hons) Cardiac Technology

SECRETARY

Ms. Swathi - 3rd year, MBBS





CINEMA QUIZ : RS. 120

A fabulous RS 120 cinema quiz was organized on 7th July 2022 by the quiz club in Medical Block, Lecture Hall-3. It was open for all the students and faculty of the University. The event was conducted in both online and offline mode. The hosts for the evening were the ever enthusiastic quiz club board members including Vishnu Aravind, President and Karthik Raja, Secretary.

Nearly 25 people participated in offline mode and an additional 20 members participated through online mode via google meet. On the whole, 20 questions were asked and the answers graded based on the right answers and the duration given to each question.

The team from final year MBBS (Karthika, Samyuktha, Vanchinathan) came first followed by the team from second year AHS - Cardiac technology (Rithik, Jerusha, Sharmi, Pooja).





WELCOME FRESHERS (QUIZ NIGHT)

A marvelous quiz night for the MBBS freshers batch and other members was organized by the quiz club on 1st December 2022. It was open for all the students and faculty members of the University. The questions were completely based on Current affairs, Indian History, Cinema and Literature, General Trivia and Sports. Nearly 25 members participated including the undergraduate and postgraduate students and faculty members from our university. This quiz was based on an infinite bounce method. Each round consisted of 5 questions and each question was given a time of 30 seconds to answer. On the whole, 25 questions were asked and the answers graded based on the right answers and the duration given to each question. The event was wrapped up by discussing the answers for the questions which brought a smile on everyone's face and the winners were announced. After a very challenging battle, the team B from first year MBBS were placed first and they were awarded the monthly rolling trophy. Another team D from quiz club was placed second (Runner up) and both the teams made the competition interesting with joy.

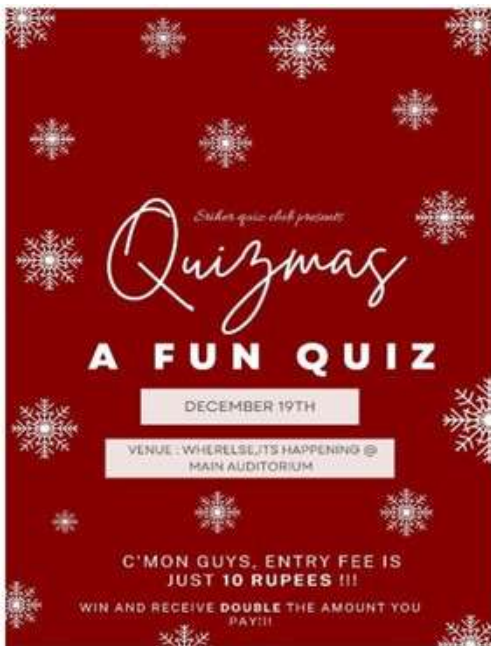


QUIZ CLUB



QUIZMAS

Quizmas, was the game stall put up by the quiz club in the Christmas event on 19th December 2022. Categories were decided by a spinning wheel and 5 questions were asked on the topic. If the participant answered correctly they were given their token back. The stall recorded the highest number of participants - 100. More than 15 participants won their tokens back.



THURSDAY QUIZ HOUR

An online quiz "Thursday Quiz Hour" was conducted on 23rd March 2023. There were 10 participants and the quiz was conducted in 2 rounds of 8 and 10 questions. All the participants answered well and a discussion was held before the meet came to a close.



QUIZ CLUB



QUIZ TIME

A general quiz was conducted on 13th April 2023, in the Pathology Demo Hall, Medical Block, SRIHER. 25 participants were divided into 4 teams and 3 rounds were conducted with a total of 25 questions. Team 4 won the monthly rolling trophy.

After the quiz, the logo of the club and the e-certificate prototype for the club was launched.



Rotaract Club

Student Council Representative

Ms. Mercy Joy Rebekah S
(4th year, BPT)

Committee Members

President:

Ms. Sukshum Saproo
(3rd year, B.Sc Clinical Nutrition)

Vice President:

Ms. Shree Sruthi E
(1st year, M.Sc Psychology)

Secretary:

Mr. Kiran Thulasiraman Reddy
(2nd year, B.Sc Applied Psychology)

Joint Secretary:

Mr. Arun Subramanian
(1st year, B. Sc Medical Microbiology & Applied Molecular Biology)

Treasurer:

Mr. Siddhant Raj Das
(3rd year, MBBS)

Club Service Director:

Ms. Pooja Tejasvi
(2nd year, MBBS)

Community Service Director:

Ms. Velvizhi S
(4th year, BASLP)

Professional Service Director:

Ms. Lekhana Ramachandran
(4th year, MBBS)

International Service Director:

Ms. Rida Hussain Thavalam
(3rd year, MBBS)

Sergeant at Arms:

Mr. Bagath Srinivasan Balaji
(4th year, MBBS)

Editorial Board Head:

Mr. Srinivasaragavan
(3rd year, B. Sc TCM)

Public Relations Officer:

Mr. Thamarai Selvam Ekambaram
(3rd year, B.Sc TCM)



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Rotaract Club - Installation Ceremony

August 9th, 2022, marked the installation of the new board members of the Rotaract Club of SRIHER. The ceremony was conducted in the Dental Auditorium. The outgoing members were honored. The Stalwartz Star was awarded to the President, Ms. Sukhshum, and the outgoing Secretary, Ms. Maanvi, followed by the induction of the new board members.



"Banner Launch"

The Guests of Honour

- Vice-Chancellor, Dr P V Vijayaraghavan
- District Governor - Rtr. Nandakumar
- District Annette Representative- Ant. Dr Shilpa Bothra
- District Rotaract Representative - Rtr. Gowtham Raj.



President
Ms Sukhshum Saproo



Outgoing Secretary
Maanvi Suresh

Raksha Bandhan Celebrations

Members of the Rotaract Club visited the coast guard station at Meenambakkam, St. Thomas Mount to celebrate the tradition of Raksha Bandhan on 13th August 2022.



Rakhis were tied to the officials to reinforce and signify the bond with those who guard us during emergencies.

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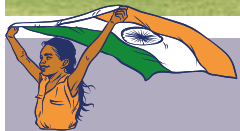
Independence Day- Tiranga March



Volunteers from NSS, NCC, and the Rotaract Club of SRIHER participated in the Tiranga March conducted by Rotaract Club on campus on 15th August 2022. The march was flagged off by our Chancellor, Shri V R Venkatachalam handed the national flag over to Rtr. Bagath Srinivasan Balaji led the march around the SRIHER campus.



The Vice-Chancellor flagging off the Tiranga March



Tiranga March

75
Azadi Ka
Amrit Mahotsav



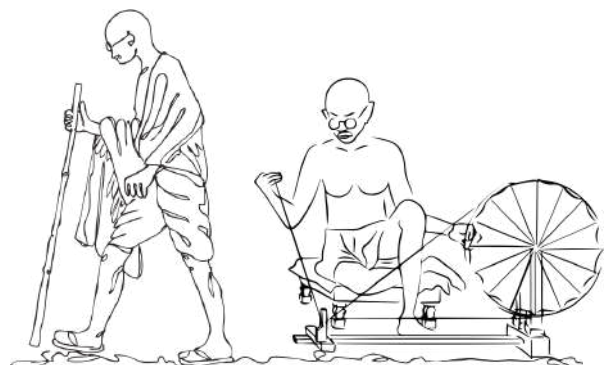
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Gandhi Jayanthi Celebrations- Poetry Competition

The Rotaract Club conducted an online poetry competition on October 2nd, 2022 to mark Gandhi Jayanthi celebrations. The theme of the poetry writing competition was "Sacrifice". There were a total of seven participants.

The Winners:

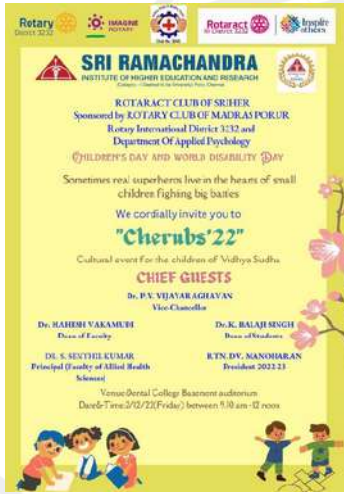
- 1st prize- Mr Rahall S (BPT)
- 2nd prize- Ms Sameera Fathima M (Bsc. Applied Psychology)
- 3rd prize- Ms Amirdhavarshini V (BSc Hons BMS)



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CHERUBS - 2022

'Cherubs' a cultural event was organized by the Rotaract club for the children at Vidya Sudha, Sri Ramachandra learning center for children with special needs in view of Children's Day and World Disability Day on 2nd December 2022.



The children were felicitated and given gifts as a token of appreciation.



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Rotaract Club- Christmas Stall

The Rotaract club took part in the university Christmas event 'Joie De Noel' held on 19th December 2022.



The Rotaract club set up a game stall 'Holiday Cup Pong'. The students were given two attempts in each round and the winners were given prizes.

A total of 237 tokens were collected. The stall was run enthusiastically by volunteers from the Rotaract club.

Tamil Club

Student Council Representatives

Mr. Harirajan S
(B.Sc TCM CRRI)

Ms. Bala Keerthiga M L
(B.Optomety CRRI)

Ms. Keerthana D
(B.Sc TCM 3rd Year)

Ms. Aarthi B
(B.Sc Clinical Nutrition 2nd Year)

Committee Members

Ms. Sangeetha
(B.Sc (HONS) AHS Urology Technology CRRI)

Mr. Devaharish S
(B.Tech CS & MED 3rd Year)

Ms. Sonali
(B.Sc TCM 3rd Year)

Mr. Thamarai Selvam
(B.Sc TCM CRRI)

Ms. Vethavigashini
(B.Sc (HONS) BMS 2nd Year)

Ms. Devi Priya
(B.Tech AI & DA 3rd Year)

Mr. Kamalesh
(BBA Final Year)

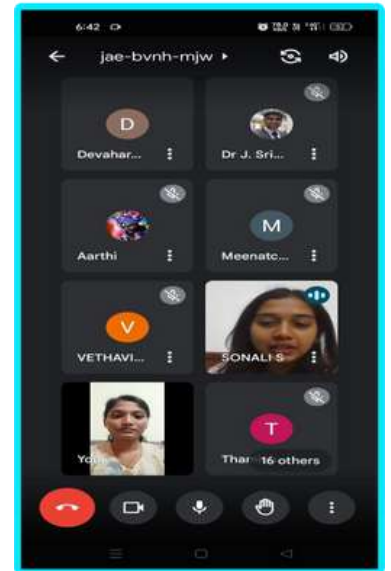
Mr. Bharathapriyan D
(B.Sc (HONS) BMS 4th Year)



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Tamil Club Online Meeting

The first Tamil club meeting was conducted through online platform (G Meet) on 24/11/2022 between 6-7pm. Dr. J. Srikanth (Assitant Dean - Students) and Dr. H. Thamizhchelvan (HOD - Oral Pathology) joined and encouraged and gave more ideas for future development of club to our committee members.



Tamil Club Offline Meeting



The Tamil club had its first offline meeting on 21st December 2022, at demo hall-I medical college block. The meeting began with the introduction of all new board members and many ideas were discussed by the club and committee members for future events.

Christmas Event Game Stall

During christmas celebration (Joie de Noel) 19/12/2022 a game stall was put up by the Tamil club committee members and volunteers of Tamil club with a fun game called "KAILA PANDHU VAAI LA LANDHU". Nearly 80 students participated and enjoyed the games.



Come & Join Us!
It is our pleasure to invite you to our Tamil club stall.

Kaila pandhu vaa la landhu

THE ENTRY FEE WILL BE **10/-** BE

RULES AND REGULATIONS

- Each participant will be given 60secs which will be split up into 2 rounds (30 secs each)
- A Tamil tongue twister will be given, which they have to recite without any errors balancing a ball on a bat all throughout that 1 minute.

FOR CONTACT:
SANGEETHA 6382823061
DEVAHARISH 9159220703

Winners will be rewarded with Rs.20/- and a chocolate





Mupperum Vizha'23

The Tamil club celebrated three different special occasions including Mahakavi Subramaniya Bharathiyar's 140th Birthday, the National Youth Day and Pongal Celebrations together as a grand event on 12th January, 2023 at the Central library Auditorium. The Chief Guest, Shri G. V. Selvam, Vice President of Vellore Institute of Technology made the day special by his "Youth Motivation" Speech.

Various online competitions were also conducted under the encouragement and guidance of our dean- students and faculties through the hard work of the Tamil club committee members. The winners of the different competitions are given below:

Poetry competition: BHARATHIYAR ULAGAM

WINNER – V.Bhuvann B.Tech (3 rd year)

RUNNER – S. Swetha MBBS (1st year)

Essay competition: THE PONGAL FESTIVAL IN TAMIL CULTURE

WINNER – A. Hansi Joshiyaa BPT (2nd year)

RUNNER – S. Mary vigashini B.Sc., Cardiology Technology (3 rd year)

Slogan competition: YOUTH's MOTIVATION

WINNER – J. Sujan kumar BPT (2nd year)

RUNNER – S. Swetha MBBS (1st year)

ஸ்ரீ இராமச்சந்திரா
உயர் கல்வி & ஆரம்ப சிகிச்சை
உடன் இணைந்து
தேசிய சிந்தனை கழகம்
மூலப்பெரும் விழா -2023

1) மகாகவி சம்பரமணியர் பரத்யார் 140ஆம் பிறந்தநாள்
2) தேசிய இளைஞர் தினம்
3) பிங்குல பண்டிகை

தேதி: ஸ்ரீ கபலிநாடு வகுப்பம் மாண்புமிகு திங்கள் 28ஆம் நாள் (12.01.2023) நேரம்: 12:15 pm to 2:45 pm
இடம்: பங்காண்டி கழக மைய தளம், அரங்கம்

12:15 - 12:20 PM	திருமகிசிறல் இறை வணக்கம், ஸ்ரீ இராமச்சந்திரா கீதம் & தயிற் தாய் வாழ்த்து
வரவேற்புரை	செல்வி. ச. சங்கீதா 10:00 மணிக்கு ஸ்ரீ இராமச்சந்திரா பெருமூலம் கலந்து அறிவிப்பில் கலந்து
தலைமை உரை	டாக்டர் பி.வி.விஜயராகவன் தலைமை உரை ஸ்ரீ இராமச்சந்திரா உயர் கல்வி மற்றும் ஆரம்ப சிகிச்சை
கருத்துரைகள்	12:25 - 12:35 PM செல்வி. ப. தங்கவேலு தலைமை உரை ஸ்ரீ இராமச்சந்திரா பங்காண்டி கலந்து
வாழ்த்துரை	12:35 - 01:00 PM செல்வி. ச. சங்கீதா 10:00 மணிக்கு ஸ்ரீ இராமச்சந்திரா பங்காண்டி கலந்து
சிறப்பு விருந்தினர் அறிவுரை	01:00 - 01:05 PM மதிப்புமிக்க ம. கொ. சி. இராஜேந்திரன் தலைமை உரை ஸ்ரீ இராமச்சந்திரா பங்காண்டி கலந்து
சிறப்பு விருந்தினர் உரை	01:10 - 01:35 pm மதிப்புமிக்க ஹி.வி. செல்வம் தலைமை உரை ஸ்ரீ இராமச்சந்திரா பங்காண்டி கலந்து
நன்றியுரை	01:35 - 01:40 PM செல்வி. ம. வேலிமணி 10:00 மணிக்கு ஸ்ரீ இராமச்சந்திரா பங்காண்டி கலந்து

தேசிய கீதம்
அனைவரையும் அன்புடன் வரவேற்கிறோம்





International Mother Language Day Celebration

The Agal Tamil Mandram, the Tamil club organized the "International Mother Language Day" for the year 2023 on 6th March 2023 from 10.30 to 12.45pm at Dental College Basement Auditorium. The "International Mother Language Day" is a celebration to promote linguistic and cultural diversity and multilingualism. The Chief Guest of the day was Dr. N. Panchanatham, Former Vice-Chancellor of Tamil Nadu Teachers Education University (TNTEU). The Chief guest delivered a speech on *The Pride of Mother Tongue* and inspired the students.

ஸ்ரீ இராமச்சந்திரா
உயர் கல்வி & ஆராய்ச்சி நிறுவனம்

&
தேசிய சிந்தனைக் கழகம்
அகில பாரத பிரகரா பிரவாஹன் தமிழகக் கிளை நடத்தும்

சர்வதேச நாய்மொழி தினம்
மாநாடுபாஷா திவல்

தேதி: ஸ்ரீ கபலித்து வரலும் மாசித் திங்கள் 22ஆம் நாள் (06.03.2023)
இடம்: பல் மருத்துவக் கல்லூரி அடித்தள ஆடிட்டோரியம் **நேரம்:** 10.00 முதல் 12.30 வரை

நிகழ்ச்சி நிரல்

இறை வணக்கம், ஸ்ரீ இராமச்சந்திரா கீதம் & தமிழ்த்தாய் வாழ்த்து

வரவேற்புரை செல்வி. ச. சங்கீதா B.Sc., சிறுநீரகவியல் ஸ்ரீ இராமச்சந்திரா களாதார அறிவியல் கல்லூரி

தலைமை உரை மருத்துவர் திருமதி உ.மா சேகர் M.D., DCP, துணை வேந்தர் ஸ்ரீ இராமச்சந்திரா உயர் கல்வி மற்றும் ஆராய்ச்சி நிறுவனம்

கருத்துரைகள் மாணவர்களின் சிற்ப்புகள் அவ்வாறு தாய்மொழியில்

பாராட்டுரை மருத்துவர் பி. வி. விஜயராகவன் M.Ch, DNB, FRCS முன்னாள் துணை வேந்தர் ஸ்ரீ இராமச்சந்திரா உயர் கல்வி மற்றும் ஆராய்ச்சி நிறுவனம்

வாழ்த்துரை திருமிகு ம. கொ. சி. இராஜேந்திரன் மாநில ஒழுங்கிணைப்பாளர், தேசிய சிந்தனைக் கழகம் (அகில பாரத பிரகரா பிரவாஹன் தமிழகக் கிளை), சென்னை

சிறப்புரை முனைவர் திருமிகு என். பஞ்சநாதம் முன்னாள் துணை வேந்தர் தமிழ்நாடு ஆசிரியர்கள் கல்வியியல் பல்கலைக்கழகம் (TNTEU) சென்னை

நன்றியுரை செல்வன் கு. கோகுல் BDS (நான்காம் வருடம்) ஸ்ரீ இராமச்சந்திரா பல் மருத்துவக் கல்லூரி

தேசிய கீதம்

நிகழ்ச்சி ஒழுங்கிணைப்பாளர்கள்: மருத்துவர் ஹெச். தமிழ்ச்செல்வன் M.D.S டுரல் மருத்துவ ஸ்ரீ இராமச்சந்திரா பல் மருத்துவக் கல்லூரி
மருத்துவர் ஜெ. ஸ்ரீகாந்த் M.Pharm, Ph.D. துணை டுரல் மருத்துவ ஸ்ரீ இராமச்சந்திரா மருத்தியல் கல்லூரி





ANDHADHI'23

The Agal Tamil Mandram organized the "ANDHADHI '23" in association with the dance club, music club, theater club and photography club, SRIHER on 28th June 2023 between 1.45 to 4.30pm at the University Side Auditorium. It was a mini cultural fest to celebrate the 3rd year anniversary of the Agal Tamil Literary Club. Dr. P. V. Vijayaraghavan, former vice chancellor, SRIHER spoke on the development of the Tamil Literary Club on campus. Dr. H. Thamizhchelvan delivered the presidential address on the importance of Tamil language.

The chief guest, Shri. Venkatesh Ramakrishnan, a Chennai based historian, novelist and heritage enthusiast spoke on "the pride and growth of Tamil language and Chennai city". The chief guest felicitated the board members Ms. Sangeetha, Mr. Deva harish, Ms. Devi Priya, Mr. Gokul, Mr. Thangakumaran and Mr. Kamalesh with a trophy. The following cultural activities were conducted.

- Duo classical dance performed by Ms. Preethi, BOT and Ms. Dhanvantha, B.Sc. Clinical Nutrition.
- Solo Semi-Classical Dance performed by Ms. Samyuktha, BDS.
- Solo Contemporary Dance performed by Ms. Sakthi Varsha, BASLP.
- Group Music performance by the team "OPTADIA".
- Group Fusion Dance performed by Dance club, SRIHER.
- Group Folk Dance performed by the Ms. Anju Lakshmi, Ms. Monisha, Ms. Soundarya, Ms. Subhiksha, Ms. Rithica, Ms. Punugoti Jahanavi, Ms. Dharshini Priya, Ms. Harshavardhini, Ms. Iniya from the department of B.Sc. Clinical Nutrition.
- Dramatic Skit performed by the Theatre club, SRIHER about the Tamil literary club.





ஸ்ரீ இராமச்சந்திரா

உயர் கல்வி & ஆராய்ச்சி நிறுவனம்

அகல் தமிழ் இலக்கிய மன்றம் வழங்கும்

அந்தாதி' 23

தேதி: ஸ்ரீ சுபகிருஷ்ண வகுஷம் ஆனித் திங்கள் 13ஆம் நாள், திருவள்ளூர் ஆண்டு 2054 (28/06/2023)
இடம்: பஸ்கலைக்கழக ஆப்டி.டொரியம் நாள்: புதன் கிழமை நேரம்: 1.45 முதல் 4.25 வரை

நிகழ்ச்சி நிரல்

01.45 - 01.50 PM	இறை வணக்கம், ஸ்ரீ இராமச்சந்திரா கீதம் & தமிழ்த்தாய் வாழ்த்து
வரவேற்புரை 01.50 - 01.55 PM	செல்வி. ச. சங்கீதா B.Sc., சிறுவர் கல்விப்பள்ளி, ஸ்ரீ இராமச்சந்திரா மருத்துவக் கல்லூரி தலைவர் - அகல் தமிழ் இலக்கிய மன்றம்
தலைமை உரை 01.55 - 02.05 PM	மருத்துவர் தமிழ்ச்செல்வன் M.D.S புலகுதல்வர் ஸ்ரீ இராமச்சந்திரா பஸ் மருத்துவக் கல்லூரி
பாராட்டுரை 02.05 - 02.15 PM	மருத்துவர் பி. வி. விஜயராகவன் M.Ch, DNB, FRCS முன்னாள் துணை வேந்தர் ஸ்ரீ இராமச்சந்திரா உயர் கல்வி மற்றும் ஆராய்ச்சி நிறுவனம்
வாழ்த்துரை 02.15 - 02.25 PM	மருத்துவர் டி. ஆர். முரளிதாசன் MD, DM, FACC, FESC பொசிடீயர் & துறை தலைவர், இலக்கிய மன்றம் ஸ்ரீ இராமச்சந்திரா உயர் கல்வி மற்றும் ஆராய்ச்சி நிறுவனம்
விருந்தினர் அறிமுகம் 02.25 - 02.30 PM	செல்வன் கு. கோகுல் BDS (நாள்மலம் வட்டம்), ஸ்ரீ இராமச்சந்திரா பஸ் மருத்துவக் கல்லூரி குதன்மை ஆலோசகர் - அகல் தமிழ் இலக்கிய மன்றம்
சிறப்புரை 02.30 - 02.40 PM	திருமிகு வெங்கடேஷ் ராமகிருஷ்ணன் சென்னைப் பேரரசுத் தலைவர்தொழில்நுட்ப, தாவரவியல் மற்றும் பாரம்பரிய ஆலோசகர்
நன்றியுரை 02.40 - 02.45 PM	செல்வன் ஸ்ரீ. தேவதாரிஷ் B.Tech CS & MED, ஸ்ரீ இராமச்சந்திரா பொறியியல் கல்லூரி துணைத் தலைவர் - அகல் தமிழ் இலக்கிய மன்றம்
02.45 - 04.20 PM	கலை நிகழ்ச்சிகள்
04.20 - 04.25 PM	தேசிய கீதம்



Theatre Club

Student Council Representatives

Ms. Sreepriya V S
(B.Sc. Clinical Nutrition 3rd year)

Ms. Mercy Joy Rebekah S
(Bachelor in Physiotherapy 4th year)

Mr. Muthanandham Santhosh A
(BDS Intern)

Committee Members

Ms. Hevanthika A
(B.Sc. Clinical Nutrition 2nd year)

Mr. Kamalesh D
(BBA Hospital and Health System Management 3rd
year)

Ms. Sri Raksha
(B.Tech CSE AI and DA 2nd year)



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First meeting - November 2022

The first theatre club meeting for the year 2022-2023 was held on 21st November (Monday) at Pathology Demonstration Hall No 4, from 4-5 pm. The meeting began with the introduction of the committee members, President Ms. Hevanthika (B.Sc. Clinical Nutrition 2nd year), Vice President Kamalesh D (BBA Hospital and Health System Management 3rd year), and the Secretary Sri Raksha (B.Tech CSE AI and DA 2nd year). The ideas were discussed for the Christmas event and the volunteers were called and encouraged for the quick and sudden act. A few pictures of the meeting are attached below. The session was enjoyed by the students.



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Theatre Club meeting - December 2022

The theatre club had its second official meeting on 8th December 2022. The students gathered in Common Hall, First Floor, Medical College, SRIHER. The club members introduced themselves and an impromptu game was conducted. Chits were placed in a box with scenarios written on it. Students picked up one chit each and enacted the scenario mentioned in that chit. The Cosplay event's theme was announced for the Christmas event and names were collected from students who were interested in participating in the stage performance. The Board members got suggestions from the club members regarding the meetings.



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Christmas event - Cosplay and game stall by Theatre Club

The theatre club took part in the Christmas event (Joie de Noel) which was held on 19th December 2022 in the main auditorium. Our theatre club displayed a game stall and performed cosplay as a stage event. In the game stall, the club displayed two types of games which were Balloonomania (balloon dart) and pick a path (hopscotch). The students gathered in the stall and enjoyed taking part in the games. The winners were given return gifts as well which were BTS badges.

For the stage event, the theatre club members performed cosplay. The theme chosen for the cosplay was "Bollywood & Kollywood Day". The theatre club members dressed up like their favourite Bollywood/Kollywood characters and showed up to the event. Selected members made a ramp walk on the red carpet and did a little performance on the stage.



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Acting Competition



The theatre club organized an online acting competition from 1st Jan 2023 to 14th Jan 2023. The theme of this competition was life – emotions, and scenarios that have made a huge impact on one's life. Participants were expected to record a video with a duration of 30s – 1 minute with the apt script, dialogues, background, and costumes. A maximum of 3 theatre club members can enact together in a video. Based on the criteria, the videos were shortlisted by the board members, and the winners were finally announced on 16th Jan 2023 on the SRIHER Student Council Instagram handle. The first prize was bagged by Mr. Arvind Krishnakumar (CSS 3rd year). Then the first runner-up position was bagged together by Mr. Gokul (BOT 4th year) and Mr. Anders Spencer (BOT 4th year). And the second runner-up position was bagged by Mr. Rahul.



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Theatre Club meeting - March 2023

The theatre club had its third official meeting on 27th March 2023, in the medical block, pathology department demonstration hall number 4 from 4 pm to 5 pm. Further interaction took place with the club members and innovative ideas were shared regarding the events. Club members came up with creative ideas which added productive inputs to the planning. The theatre club decided to take part in the Tamil new year celebration event organised by the Tamil club. And also, the theatre club has planned to organise an event in collaboration with the Music, Dance and Photography club. In short, the meeting was majorly about event announcements and discussions regarding the events.





Script writing competition

The Theatre Club has proposed to produce a Short Film in the month of May, and in order to ensure a successful outcome, the first step in the process was to procure a script for the short film. Consequently, the Theatre Club organised a Scriptwriting competition, which was held from 11th April 2023 to 24th April 2023. This competition provided a platform for all script writers who were members of the Theatre Club to showcase their writing skills. Additionally, the Theatre Club announced that the winner's script would be selected for the short film production. The theme for the short film was "Sacrifice," and all submissions were required to adhere to this theme. The Theatre Club's board members, in accordance with specific criteria, evaluated all the scripts submitted by the members.

Mr. Aadhavan (second-year, B.Tech CSE Cybersecurity and IoT, Engineering) submitted the winning script. As a result, Mr. Aadhavan's script was officially chosen as the final script for the short film shooting.



SRI RAMACHANDRA
INSTITUTE OF HIGHER EDUCATION AND RESEARCH
(Category - I Deemed to be University) Forur, Chennai

SRIHER Theatre Club

Short film

For Script writers

MOVIE TIME

last date for submission
24th April 2023

Sacrifice
Theme

Send your scripts related to **Sacrifice** theme.
Best script from that will be selected for a **short film** opportunity.
student's life based scripts are much appreciated.

Send us your script through WhatsApp
Hevanthika : 73054 84884
Kamalesh : 9952362773
Sri Raksha : 99405 36939



Auditions



The Theatre Club has proposed the production of a Short Film project for the month of May. On May 22nd, 2023, the club organized auditions in both offline and online modes. The offline auditions took place in the pathology hall of the medical block from 4 pm to 5 pm. This physical venue provided a conducive environment for aspiring actors and actresses to demonstrate their acting skills. Simultaneously, an online audition was conducted via Google Meet from 7 pm to 9 pm, offering convenience and accessibility to participants. The judging panel consisted of the Theatre Club's board members, along with the scriptwriter and director of the short film. With numerous talented individuals competing, the selection process was undoubtedly challenging. Nonetheless, after careful consideration, a selected few were chosen for specific roles in the short film. The club's board members and the entire team involved in the production are looking forward to the next stages of development and production with great anticipation and enthusiasm.



Yoga Club

Student Council Representative

Ms. Sai Sruthi. K
B.Sc. Nursing, 4th year

Committee Members

Chairperson

Mr. Srinivasa Ragavan V S
Intern Bsc. TCM

President

Ms. Hephzibah R
4th year, BPT

Vice - President

Ms. Jananee K K
4th year, BPT

Creative Head

Mr. Siddhanth B
2nd year, B.Tech AIML

Secretaries

Ms. Lehak Agarwal
4th year, MBBS

Ms. Vaishnavi Gudipalli
4th year, MBBS

Event Managers

Ms. Deepa Priya S
2nd year, BASLP

Ms. Haritha
1st year, AHS

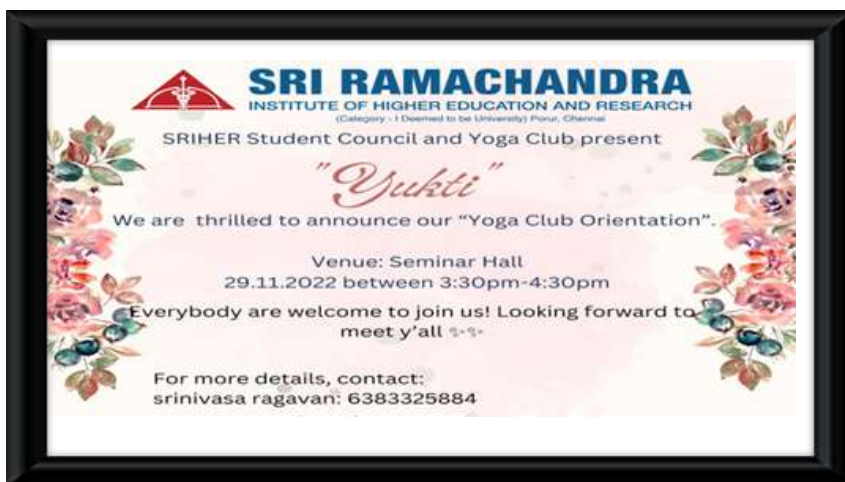


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Yukti

The yoga club conducted an event "Yukti" on 29/11/2022 at the seminar hall, 2nd floor, medical college, SRIHER. The event began with a welcome address given by Vaishnavi 3rd year MBBS, and Siddhanth 1st year Engineering. This was followed by yoga asanas performed by participants, led by Haritha 1st year AHS. Sai Sruthi, the student council member, and Srinivas the president of the yoga club were instrumental in organizing this event.

A talent show was conducted wherein participants performed asanas of their interest. The event concluded with a vote of thanks delivered by Manasvini, 1st-year, Applied Psychology.



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Yukti – BSc.Nursing students

A yoga awareness session was organized for the 1st year Nursing students by the yoga club members on 4/3/2023.

The event started at 8:30 A.M. with an introductory session to give an insight into the club activities and the importance of yoga. Several asanas was demonstrated and students practiced along with our demonstrator Haritha. It was conducted in two rounds with a batch of 50 students each.

We wrapped up the session with a mind game to strengthen the mind via the recollection technique.

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Yukti –BPT students

The "Yukti" program was initiated by the yoga club members of the SRIHER yoga club to make the students of SHRIHER aware of yoga practice in daily life and explain about healthy lifestyle.

This Yukti session was conducted on 18/3/23 at 1pm with around 10 to 15 students from the Faculty of Physiotherapy. The volunteers from the Yoga Club demonstrated the Surya Namaskar and selected asanas for the group.



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Joie De Noel - Toss and Pose

As part of Christmas Day Celebrations (Joie De Noel), the SRIHER YOGA CLUB conducted a game called TOSS AND POSE on 19/12/2022. In this game, each participant had to toss a ball into the basket. Each basket had chits with the names of yoga poses written on them. A total of five tossing chances were given. If the participant succeeded, the participant had to do the yoga pose written in the chit from the basket.

The participant was rewarded if he/she did the pose. The participants enjoyed the game. The main objective of TOSS AND POSE was to encourage participants to become more active and fit in a more entertaining way. Yoga can be a really good beginning to one's fitness journey.





Outreach Initiative - Session I

The yoga club members and the NSS volunteers headed to Banaveduthottam, a village in Poonamallee taluk on 7th March 2023 to teach Yoga to government school students (6th std - 10th std). This program was initiated by the Yoga Club and the NSS team of SRIHER to make school students aware of yoga practice and to explain about healthy lifestyle. The program was supervised and coordinated by Dr Archana. B from Dept. of Pathology, SRMC, SRIHER.

The program commenced around 9:30 A.M with an introduction, and a few games, conducted to gain the attention of all the students. The program continued with om chanting, stretching, and a few asanas including the following:

- Tadasana
- Vrikshasana
- Baddha Konasana
- Balasana
- Sethubandhasana
- Savasana

This was followed by Brahmari Pranayama and Nadi Shodan Pranayama. We wrapped the session with yoga nidra, and students were also given orientation on mental and physical health. All students were also given a pamphlet that had pictures of the asanas that were demonstrated in the session to encourage them to practice later also.





Outreach Initiative - Session 2

This was the second in the series of outreach activities conducted by the yoga club members in collaboration with NSS, SRIHER. The yoga club members and NSS volunteers headed to Banaveduthottam village in Poonamallee taluk again on 27th March 2023 to teach yoga to the government school students (7th std and 8th std). This program was initiated by the Yoga Club and the NSS team of SRIHER to make the students aware of yoga practice and to explain a healthy lifestyle.

The program began with an introduction and a few icebreaker games were conducted. The yoga club members then performed a few Stretches, Surya Namaskar, and a few Asanas which are mentioned below:

- Tadasana
- Setubandhasana
- Dhanurasana
- Baddha konasana
- Vrikshasana
- Savasana

The session came to an end with performing yoga Nidra, and students were also oriented about mental and physical health



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Outreach Initiative - Session 3

The yoga club members and NSS volunteers went to Govt Adi-Dravidar Welfare Higher Secondary School at Kolappancheri, Thiruvallur district on 15th June 2023 to teach yoga. The program started at 9:30 AM with an introduction to Yoga followed by some stretching exercises and performing several asanas. The session ended with students performing the Bhramari pranayama and Dhyana.



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Outreach Initiative - Session 4

The outreach program of the Yoga club in collaboration with the NSS volunteers headed to the government school at the Banaveduthottam village in Poonamallee taluk again on 23rd June 2023.

The students from grades 8th and 9th actively participated in the practice of the yoga asanas demonstrated by the yoga club volunteers.





Yogasana Federation of India

Ms. D. Haritha, 1st-year AHS student and a board member of the yoga club won the 4th place, in the 47th Senior National Yogasana Sports Championship, a national-level meet organized by the Yoga sports association of Rajasthan at Pali (Rajasthan) in the month of March.



SRIHER Health Week

The SRIHER yoga club volunteers participated in the SRIHER health week by demonstrating Yoga to staff members of SRIHER on 20/5/23. Nearly 30 staff members participated from various departments including clinical pharmacy, nursing, trauma care, etc. Various asanas were demonstrated including the following :



- Utkatasana
- Paschimottanasana
- Bhujangasana
- Pavanamuktasana
- Setu Bandhasana
- Savasana
- Nadi Shodhan Pranayama

There was a wonderful discussion on mental wellness through Yoga and the different techniques from yoga to handle stress.

SRI RAMACHANDRA
INSTITUTE OF HIGHER EDUCATION AND RESEARCH

"SRIHER HEALTH WEEK"
18TH MAY – 25TH MAY

YOGA AND MEDITATION - 3 PM – 4 PM	MUSIC
18-05-2023 - YOGA FOR PHYSICAL & MENTAL HEALTH 19-05-2023 - YOGA FOR CONCENTRATION TECHNIQUES 20-05-2023 - YOGA FOR MEMORY TECHNIQUES 22-05-2023 - YOGA FOR EMOTIONAL MANAGEMENT 23-05-2023 - YOGA FOR SPINE STRENGTH 24-05-2023 - YOGA FOR PELVIC MUSCLE STRENGTH 25-05-2023 - YOGA FOR GLOWING SKIN	As a Initiative for Balanced health, Music classes are starting from 18 th May, 2023 (2 nd and 4 th Friday of every Month)
COUNSELLING -	
MENTAL	PHYSICAL

Fitness is not about being better than Someone else...Its about being better than You used to be... It is our Immense Pleasure to support you for your happy life with both Physical and Mental health Counselors... For Counseling Contact :



Yoga Summer Camp

The yoga club members volunteered to be part of the summer camp being organized for the children with special needs at the Vidya Sudha, Sri Ramachandra Learning Centre for Children with Special Needs.

A session on Yoga was held every day from 8:00 am to 10:30 am as part of the camp from 15/05/2023 to 19/05/2023. The volunteers taught the children some simple asanas that are mentioned below:

- Tadasana - Tree pose
- Padahastasana - Forward bend pose
- Baddha Konasana - Butterfly pose
- Parvatasana - Mountain pose
- Bhujanagasana - Cobra pose
- Bidalasana - Cat pose
- Balasana - Child pose
- Makarasana - Crocodile pose
- Savasana - Relaxed pose





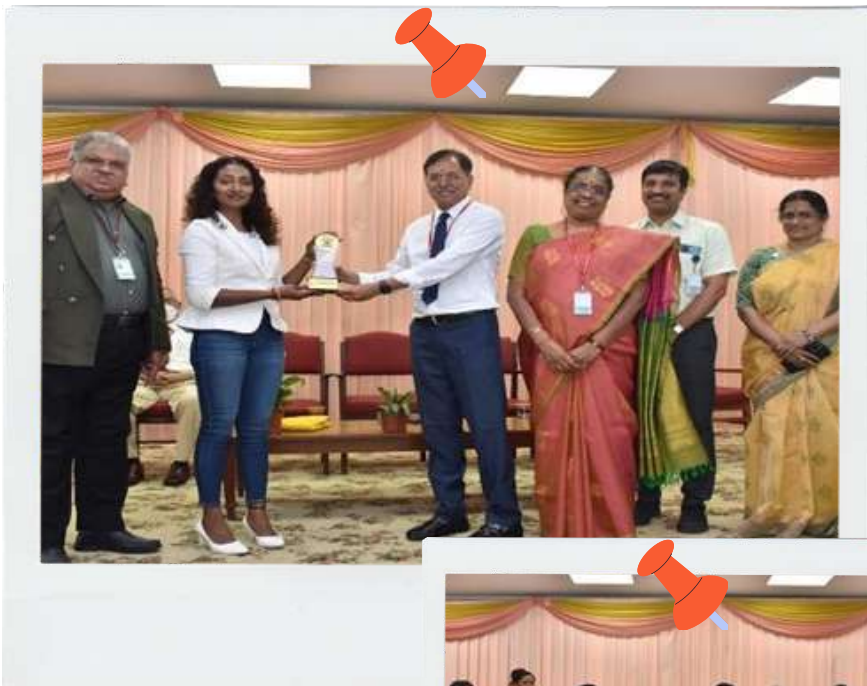
International Yoga Day 2023

Yoga club members collaborated with the Department of Mind Body Medicine and participated in the organization of International Yoga Day on 21st June 2023.

The first event involved the demonstration and performance of the Common Yoga Protocol Yoga by the students of SRIHER from 8.15 to 9 am. The yoga club volunteers Srinivasa Ragavan, Sandhiya, and Haritha participated in the demonstration led by Dr. Manimekalai and Dr. Vijayalakshmi.

This was followed by a special program from 10.30-12.30 pm. The Chief guest for the event was YOGA KALAIMAMANI Dr. Kavitha Mohan, Founder- Aum Yoga Studio.

An asana challenge was given to the students and prizes for the winners of tadasana and vrikshasana challenge were given by the chief guest. The yoga club members participated in solo and group performances of yoga demonstrations in this event.



Messages from the Council

The best thing that happened in 2022. This is an experience you wouldn't get anywhere else! Blessed with the best bunch of people. Would give anything to relive this tenure again ❤️

However hectic this year may have been, I would still choose to be in this council with you all, even a thousand times over!

Being a part of the council comes with a huge responsibility and having an awesome team surely makes it fun!!
Wishing the new council a great year ahead!

Felt proud to be a part of the council and had a great experience! Future members, work in unity to organise events and have a happy tenure!

A PLATFORM WHERE YOU CAN EXPRESS YOURSELF!

Had a great time as Cultural Secretary with this beautiful council. Learned a lot. Esperanza and Joie de Noel were my favourite events during my tenure! My advice to the upcoming council is to be sportive and participative in every event! ☆☆☆

HAD THE BEST BUNCH OF PEOPLE TO WORK WITH, TO DANCE WITH, TO PAINT WITH, ALL THE FUN PARTS AND THE NOT-SO-FUN PARTS TOO. ALWAYS GOING TO BE A CORE MEMORY! ~ANJALI

Messages from the Council

Council is the best thing that ever happened to me. Lovely people, lovely deans. My heart felt a bliss which continued for a year and something I never wanted to miss. I wish the best for our team!
~Sai Shruthi

The council can be intimidating - its a lot of responsibility on your shoulders, but I assure you it'll turn out to be something far better than what you pictured in your mind. The only advice I would give is to make sure everyone in the council feels included and make friends with as many people as possible. Having friends in the council can really be the difference between your experience being sweet or sour.

Not bad,
would recommend

Being in the student council is a great opportunity and experience - you get to learn a lot from your team. You actually improve your leadership skills! The Christmas event was my favourite. My advice - always improvise! Be involved and available for every single event, it will definitely add more colours to the student council!

I personally didn't think this tenure would go this well and that I would make these many friends. I had so much fun organising the Christmas event in particular. For future council members I would like to say take part in as many events and meetings as possible! It will make the experience more fun for sure.

Messages from the Council

One constant thought in my mind during all the events was to not let myself or my people pitch in our money for any expenses, and I think this thought was manifested. Kudos to my team for making it happen!

Getting selected as a council member was one of the best moments of my life. This journey has given me immense opportunities to enhance my leadership qualities and helped my personal growth as well. Organising various events was the most exciting part of it which taught me the art of team work and communication. And here, today, my journey comes to an end with a bag full of memories and friends for good.

“

Simply the best thing that happened to me in college, conducting Night Culturals and Altius gave me immense pleasure to reboot something that was long lost.
Your sports secretary,
M S Arjun Maharaj

I will dearly miss the times where I used to get OD and enjoy the time outside of the lecture hall for "official purposes". This is one feature of my tenure that I'll never get back. Adios OD. Also, it's nice to be important but it's more important to be nice.
~ Jhai Kiran

A YEAR IN THE COUNCIL PASSED BY INCREDIBLY QUICKLY, BUT I WILL REMEMBER IT FOREVER. THE EQUAL PARTS OF WORK AND FUN WERE UNLIKE ANY OTHER. I'LL ALWAYS BE KEEPIN' IT GENERAL!



