



SETHU INSTITUTE OF TECHNOLOGY

An Autonomous Institution, Accredited with 'A++' grade by NAAC
(Affiliated to ANNA University, Chennai and Approved by AICTE- New Delhi)
(Recognized by UGC under section 2(f) & 12 (B) of UGC Act, 1956)

**Pulloor - 626 115, Kariapatti,
Virudhunagar District, Tamil Nadu, India.**



SIT HALE AND HEALTHY CLUB





SETHU INSTITUTE OF TECHNOLOGY

Approved by AICTE, New Delhi and affiliated to Anna University, Chennai

Accredited by NAAC || An Autonomous Institution

B.E. MECH,CSE,ECE,EEE & B.Tech. IT Accredited by NBA Under Washington Accord (Tier – I)

Pulloor, Kariapatti – 626 115



Proc.No. 59/ SIT/ Administration / 2023-24

Date: 26.09.2023

SIT HALE AND HEALTHY CLUB

VISION

- To create a community where every individual is empowered to lead a hale and healthy life, and our students inspire and support each other in achieving their health and fitness goals.

MISSION

- To promote and enhance the health and well-being of our students through education, physical activity, and a supportive community. We strive to provide a platform where students can learn, grow, and thrive in their pursuit of a healthier lifestyle.

OBJECTIVES

- To create a supportive and open environment where students can discuss mental health concerns, stress management, and coping strategies
- To assist students in making positive lifestyle changes by promoting healthy eating habits and guidance on balanced diets, portion control and meal planning.
- To build a sense of community and support among students, fostering social connections that contribute to overall well-being

Our club is committed to:

- Providing access to valuable health education resources.
- Creating awareness among the students about the WHO official days
- Encouraging regular physical activity and fitness for all fitness levels.
- Fostering an inclusive and supportive environment.
- Promoting mindful nutrition and balanced diets.
- Advocating for mental health awareness and self-care.
- Engaging in charitable activities to extend our impact beyond our membership.

Convener: Mrs.R.Nageshwari, HoD/Biotechnology

Co-Conveners: Mrs.P.L.Praveena, Asst. Prof/Biotech

Mrs.K.Anitha, Asst. Prof/Biotech

Mr.S.Kannadasan, Asst. Prof/EEE

Mr.S.Arun inigo, Asst. Prof/CSD

PRINCIPAL

Copy to: Chairman/CEO/JCEO/Director(Administration)/Director (R&D)
All HODs
Convener/Members
File



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SIT HALE AND HEALTHY CLUB

PROGRAMS ORGANIZED

Sl.No.	Event	Date
AY- 2023-2024 (EVEN)		
1.	Health Awareness and Blood Donation Camp	20.12.2023
2.	Fitness Talk	06.01.2024
3.	Poster Designing Contest	03.02.2024
4.	Medical Health Camp for Enhancing Women Welfare	15.03.2024
AY 2024-2025 (ODD)		
5.	General Medical Camp for Drivers & Conductors	19.09.24

Academic Year
2023-2024
(EVEN)

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SIT HALE & HEALTHY CLUB

in Association with
NSS Units & Nallor Kuzhu



Organizes

Health Awareness and Blood Donation Camp



Chief Guest



Dr. Pradeepa, MBBS
RBSK Medical officer,
Mallankinar, Kariapatti.

Dr. V. Yasodhamani, MBBS, DPH,
Deputy director of health services,
Viruthunagar.

Mr. C.P. Ravi
Organizer
Nallor Kuzhu.

PATRONS

Mr.S.Mohamed Jaleel, Founder & Chairman
Mr.S.M.Seeni Mohaideen, CEO
Mr.S.M.Seeni Mohamed Aliar Maraikkayar, JCEO
Mrs.S.M.Nilofer Fathima, Director – Administration
Dr.S.M.Nazia Fathima, Director - R & D
Dr.A.Senthil Kumar, Advisor
Dr.G.D.Siva Kumar, Principal
Dr.R.Tamilselvi, Dean/BT,BME &CHEM



Venue: Auditorium



Date: 20.12.2023

Time: 11.00 AM

CONVENORS

Er.R.Nageshwari, HOD/BT
Er.S.Kannadasan, AP/EEE
Dr.B.Karthikeyan, AP/EEE

COORDINATORS

Er.S.Arun Inigo, AP/CSD
Er.PL.Praveena, AP/BT
Er.K.Anitha, AP/BT



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SIT HALE & HEALTHY CLUB

Report on “Health Awareness and Blood Donation Camp”

Date: 20.12.23

Venue: Auditorium

SIT Hale & Healthy Club organized “Health Awareness and Blood Donation Camp” on 20th Dec’23, in association with NSS Units and Nalloor Kuzhu. The inauguration of the medical camp was done and Er.R.Nageshwari, HoD (i/c BT) welcomed the gathering. Dr.V.Yasodhamani, Deputy Director of Health Services, Virudhunagar gave felicitation address and Dr.Pradeepa, RBSK, Medical officer; Mallankinar delivered a talk on “Health and awareness among girls”. Medical camp was also organised. Over 100 students from SIT took part in the camp. General health check-up, including anaemia was checked in the camp. Many students volunteered and donated blood. Medical counsellor gave individual counselling for students based on the medical report.

Photos



Inauguration of Health Awareness and Blood Donation Camp



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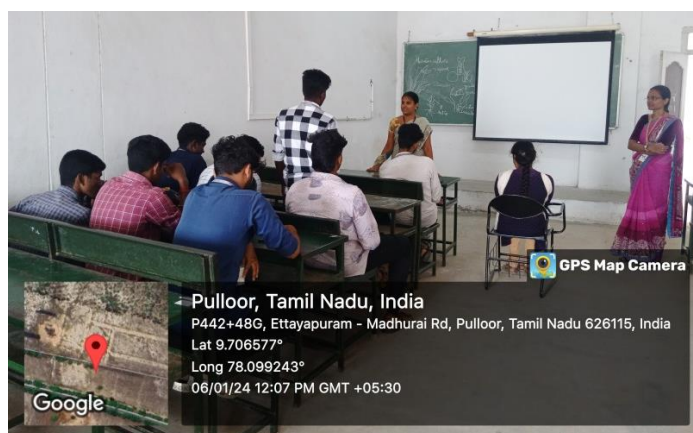
SIT HALE & HEALTHY CLUB

REPORT ON FITNESS TALK

Date: 06.01.2024

Venue: BT03

SIT Hale & Healthy Club organized “**FITNESS TALK**” on 6th Jan’24. Introduction about the club and its motto was discussed among the students of various departments. Convenor, Er.R.Nageshwari, presided the entire event and gave a felicitation talk about youth fitness and health among students. Er.K.Anitha, also delivered lecture on junk Vs healthy habits that has been practiced among people and its effects in generations. Session was interactive and students took part actively in the event. They also gave suggestions on club activities and its promotion among students. Third year students had the session in the forenoon and second years in the afternoon.



Er.R.Nageshwari, HOD/Department of Biotechnology, delivered a lecture



Er.K.Anitha, Assistant professor, Department of Biotechnology, delivered a lecture



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SIT Hale & Healthy Club

Poster designing Contest on "FITNESS"

Date: 03.02.2024

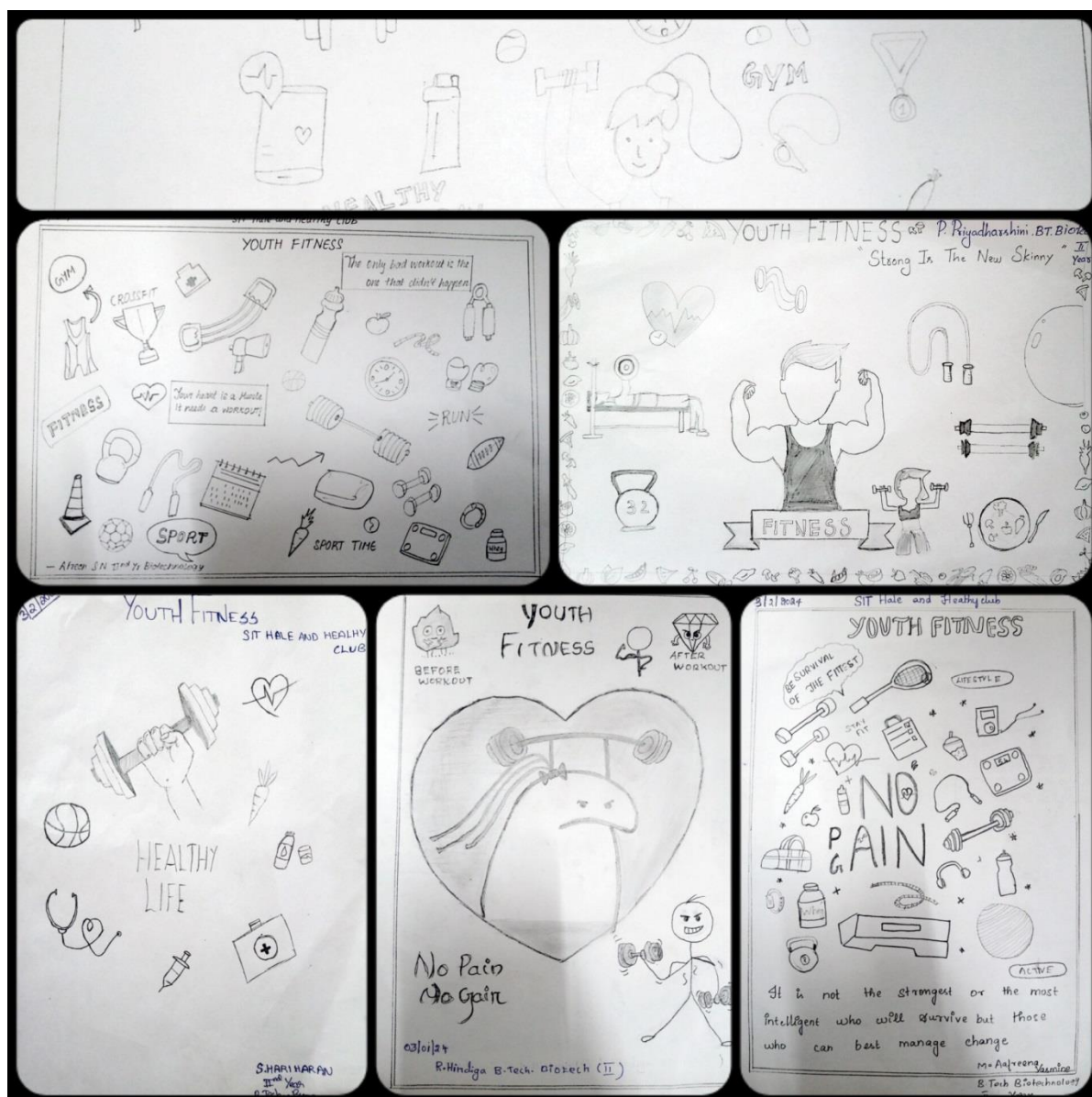
Venue: Biotech Seminar Hall

Poster designing Contest on "FITNESS" was organised by the club on 03.02.2024 at Biotech Seminar Hall. Second- and third-year students were provided with same title and were asked to design posters in a sheet. 6 students participated in the event from third years and 5 from second years. It was thought provoking and students expressed their creativity in posters and designs. Ms.Sushmitha from third year and Ms.Priyadharshini from second year bagged the prizes.

Photos



Students active Participation & Designed Posters



Posters Designed by II-year students



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SIT HALE & HEALTHY CLUB

in Association with

Nallor Kuzhu & Aishwaryam Trust



Organizes

Medical Health Camp for Enhancing Women Welfare

மகளிர் நலம் காக்க மருத்துவ முகாம்

Guest of Honors

Mr. C.P. Ravi

Organizer,
Nallor Kuzhu.

Dr. R. Balagurusamy, MBBS

Chairman, Managing Trustee,
Aishwaryam Trust, Madurai.

Dr. B. Haripriya, MBBS

Dr. C. Nithya Prabha, MBBS
Dr. K. Dharanya, MBBS

PATRONS

Mr.S.Mohamed Jaleel, Founder & Chairman

Mr.S.M.Seeni Mohaideen, CEO

Mr.S.M.Seeni Mohamed Aliar Maraikkayar, JCEO

Mrs.S.M.Nilofer Fathima, Director - Administration

Dr.S.M.Nazia Fathima, Director - R & D

Dr.G.D.Siva Kumar, Principal

Dr.R.Tamilselvi, Dean/BT,BME &CHEM

Venue: Auditorium

Date: 15.03.2024

Time: 10.00 AM

CONVENORS

Er.R.Nageshwari, HOD/BT

COORDINATORS

Er.S.Kannadasan, AP/EEE

Er.S.Arun Inigo, AP/CSD

Er.PL.Praveena, AP/BT

Er.K.Anitha, AP/BT



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SIT HALE & HEALTHY CLUB

Report on “Medical Health Camp for Enhancing Women Welfare”

Date: 15.03.24

Venue: Auditorium

SIT Hale & Healthy Club organized “Medical Health Camp for Enhancing Women Welfare” on 15th March, 2024, in association with Nalloor Kuzhu & Aishwaryam Trust. Over 100 girl students from SIT took part in the camp. The inauguration of the medical camp was done and Er.R.Nageshwari, (HoD/BT) welcomed the gathering. **Dr. Haripriya** delivered a talk on “Women Welfare” and **Dr. Nithya Prabha** interacted with the students and provide a wonderful session on “Menstrual Hygiene”. Medical camp was also organised. General health check-up was done and important suggestions were given to the students in the camp. The camp was very useful and thought provoking.

Photos



Inauguration of Medical Health Camp



Felicitation by Er. R. Nageshwari, Convenor, SIT Hale & Healthy Club



Guest speech by Dr. Balagurusamy, Chairman, Aishwaryam Trust



General Health Checkup for girl students

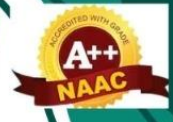


Discussion about menstrual hygiene to girl students

Academic Year
2024-2025
(ODD)



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SIT HALE & HEALTHY CLUB

Organizes



GENERAL MEDICAL CAMP FOR DRIVERS & CONDUCTORS

Guest of Honors



Dr. Dhaksana MBBS., with team, Kariapatti
Dr. Vaigunth, NCD DPO, Virudhunagar

19 Sep'24

Venue: Biotech Lab

Time: 11.00 AM



Chief Patron

Mr. S. Mohamed Jaleel, Founder & Chairman

Patrons

Mr.S.M. Seeni Mohaideen, CEO

Mr.S.M. Seeni Mohamed Aliar Maraikkayar, JCEO

Mrs. S. M. Nilofer Fathima, Director - Administration

Dr. S.M. Nazia Fathima, Director - R&D

Dr. G. D. Sivakumar, Principal



Conveners

Er. R. Nageshwari, HoD/Biotech

Dr. Muthu Chozhai Rajan, HoD/Agri

Coordinators

Er. P.L. Praveena, AP/BT

Er. K. Anitha, AP/BT

Er. S. Vanaja, AP/BT



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SIT HALE & HEALTHY CLUB

Report on “General Medical Camp for Drivers & Conductors”

Date: 19.09.24

Venue: Biotech Seminar Hall

SIT Hale & Healthy Club organized “General Medical Camp for Drivers and Conductors” on **19th September, 2024**. The inauguration of the medical camp was done and **Er.R.Nageshwari**, HoD (i/c BT) welcomed the gathering. **Dr. Dakshana, MBBS & Dr. Vaigunth, MBBS** with their team conducted General health check-up for the drivers and conductors of Sethu Institute of Technology. Over 50 drivers and conductors from SIT took part in the camp. The blood pressure and eye sight were checked during the medical camp and doctors suggested some general health practices. The camp was incredibly helped the drivers and conductors.

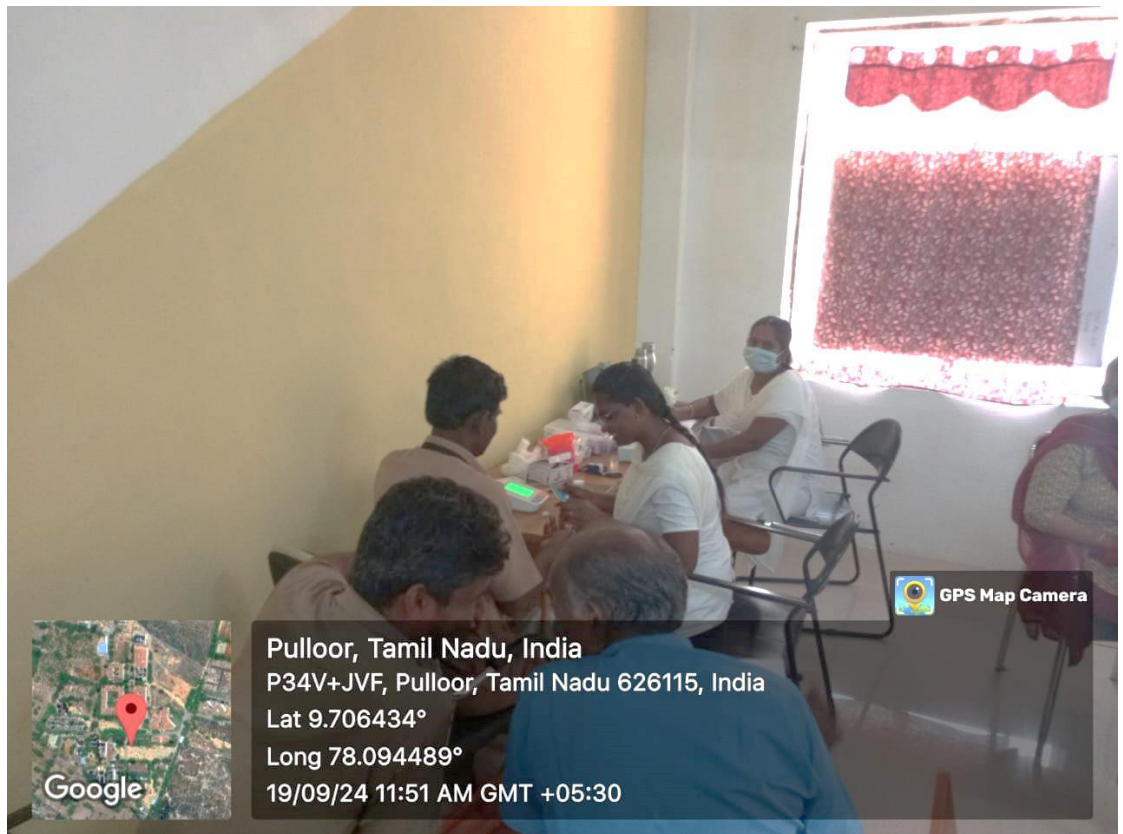
Photos



Inauguration of Medical Health Camp



General health check-up



General blood test done for drivers and conductors



Eye check- up and health suggestions given by the doctors and their team