



**PONNAIYAH RAMAJAYAM INSTITUTE OF  
SCIENCE & TECHNOLOGY (PRIST)**

Declared as DEEMED-TO-BE-UNIVERSITY  
U/s 3 of UGC Act, 1956



S.NO	NSS ACTIVITY	DATE
1	BEST BLOOD DONOR AWARD (2023-2024)	2023
2	WORLD HEART DAY - WALKATHON REPORT	29.09.2024
3	NATIONAL UNITY DAY	30.10.2024
4	DIABETIC AWARENESS CAMP ON	14.11.2024
5	DRUG AWARENESS RALLY - REPORT	23.11.2024
6	REPORT ON ANTI-DRUG AWARENESS CAMPAIGN	26.11.2024
7	CONSTITUTION DAY	26.11.2024
8	BLOOD DONATION CAMP	23.01.2025
9	VOTERS RALLY	25.01.2025
10	ROAD SAFETY PROGRAMME	15.02.2025
11	CARDIOPULMONARY RESUSCITATION (CPR) AWARENESS PROGRAM,"	1.03.2025
12	FREE DENTAL CAMP FOR UNDERPRIVILEGED STUDENTS.	6.03.2025
13	CONSUMER AWARENESS RALLY	6.03.2025
14	WOMEN'S EMPOWERMENT AND NUTRITION PROGRAMME	6.03.2025
15	WOMEN'S EMPOWERMENT PROGRAMME	8.03.2025
16	"NANO FOREST" SEMINAR	21.03.2025
17	FREE MEDICAL CAMP FOR SCHOOL STUDENTS	27.03.2025
18	GENERAL HEALTH CAMP FOR UNDER UNDERPRIVILEGED RURAL PEOPLE	28.03.2025



**PONNAIYAH RAMAJAYAM INSTITUTE OF  
SCIENCE & TECHNOLOGY (PRIST)**

Declared as DEEMED-TO-BE-UNIVERSITY  
U/s 3 of UGC Act, 1956



### **Best Blood Donor Award (2023-2024)**

Donating blood is an essential and selfless service that preserves numerous lives each year. We cannot overstate the importance of having enough blood for medical treatment. To achieve this, PRIST, deemed to be a university, collaborated with Thanjavur Medical College to exhibit the relentless culture of voluntary blood donation through awareness programs and donation initiatives. In Continuous, PRIST University received the Best Blood Donor Award provided by the Honorable District Collector for the years **2023-2024** for the purpose of honoring its outstanding contribution to this noble cause.



**The NSS Coordinator, Dr. Manikandan, received a Best Donor Award from Honorable District Collector, Thanjavur, along with the Dean of Thanjavur Medical College.**



Certificate of Appreciation





**PONNAIYAH RAMAJAYAM INSTITUTE OF  
SCIENCE & TECHNOLOGY (PRIST)**

Declared as DEEMED-TO-BE-UNIVERSITY  
U/s 3 of UGC Act, 1956



## **World Heart Day - Walkathon Report**

World Heart Day serves as a potent reminder of the indispensable function that this organ plays in our general health. It's a chance to encourage and support one another in addition to focusing on heart health. In the business world, where deadlines, goals, and pressures can occasionally take precedence over our health, it is imperative that we acknowledge this day.

On September 29, 2024, PRIST University, NSS Cell, and Meenakshi Hospital Thanjavur jointly conducted health walks and held a 3-kilometer walkathon to raise awareness of heart disease. The walkathon campaign was organized by the NSS Coordinator along with invited Chief Deputy Inspector General of Police Thiru. Ziaul Haque I.P.S. in honor of World Heart Day. Participants gave tips for maintaining a healthy heart, reinforcing the importance of lifestyle choices in preventing heart disease, and overall, the function has been completed successfully, along with the valuable participants.

## Glimpses of the program



The walkathon was attended by our NSS coordinator along with Deputy Inspector General of Police Thiru.Ziaul Haque I.P.S.



PRIST University staff members and NSS volunteers actively participated in the walkathon.



Glimpses of the walkathon photo point.



Sample Certificate— that of Coordinator, NSS.





**PONNAIYAH RAMAJAYAM INSTITUTE OF  
SCIENCE & TECHNOLOGY (PRIST)**

Declared as DEEMED-TO-BE-UNIVERSITY  
U/s 3 of UGC Act, 1956



## **NATIONAL UNITY DAY**

The PRIST Deemed to be a university, the National Service Scheme conducted and observed National Unity Day at Vallam-Thanjavur for the purpose of commemorating the birth anniversary of freedom fighter Sardar Vallabhbhai Patel. However, volunteers from NSS performed several programs to emphasize the importance of national unity. Finally, every volunteer for the NSS participated in the oath-taking ceremony to ensure national unity.

### **“ NATIONAL UNITY DAY”**



Event Name: National Unity Day

Place: PRIST Deemed to be University

Date of the Event: 30.10.2024

Map: Latitud 10.72102° Longitude:

e: 79.04313°

**Volunteers took pledge**





**PONNAIYAH RAMAJAYAM INSTITUTE OF  
SCIENCE & TECHNOLOGY (PRIST)**

Declared as DEEMED-TO-BE-UNIVERSITY  
U/s 3 of UGC Act, 1956



## **Diabetic awareness Camp on 14.11.2024**

Date of the Event: 14-11-2024

Name of the Event: Diabetes Checkup Camp

Venue: PRIST Seminar Hall.

No. of staff participants: 250

### **A Report on the Diabetes Checkup Camp on World Diabetes Day**

Every year, November 14th is celebrated as World Diabetes Day. World Diabetes Day (WDD) was created in 1991 by IDF and the World Health Organization in response to growing concerns about the escalating health threat posed by diabetes. To achieve this, PRIST, the deemed-to-be University NSS Cell, along with Kamatchi Hospital Thanjavur, conducted a “Diabetes Check-up Camp” on 14th November 2024, on the occasion of “World Diabetes Day.” All the faculty, staff, and workers have been part of this program.

In 2006, the United Nations passed Resolution 61/225, making World Diabetes Day an official United Nations Day. Every year, we mark it on 14 November, the birthday of Sir Frederick Banting, who co-discovered insulin with Charles Best in 1922. WDD is the world’s largest diabetes awareness campaign, reaching a global audience of over 1 billion people in more than 160 countries. The campaign raises awareness about issues that are crucial to the diabetes community and maintains diabetes's prominent position in public and political discourse.

Dr. B. Kesava Moorthy, senior cardiologist from Meenakshi Hospital; Dr. G. Karthikeyan, senior dialectologist from Kamatchi Hospital, Thanjavur; and Dr. Killivalavan, senior dialectologist from Dr. Mohan's Diabetic Centre, contributed to the camp.



**COASTAL DIABETIC CLUB, THANJAVUR**  
**PRIST UNIVERSITY, THANJAVUR**



***World Diabetes Day-Nov.14***

*At Prist University, Conference Hall, On 14th Nov.2024 at 2.30 to 4.00 PM*

**DIABETIC AWARENESS**

**Dr. KARTHIKEYAN GOVINDARAJ**

DIABETOLOGIST SENIOR CONSULTANT

Srikamatchi Medical Center, THANJAVUR



**SECRETARY**

**Dr.B. Kesavamoorthy**

Senior Cardiologist,  
Meenachi Multipeciality Centre



**PRESIDENT**

**Dr. Karthikeyan Govindraj**

Senior Diabetologist,  
Srikamatchi Medical Center



**TRESURER**

**Dr. Killivalavan**

Senior Diabetologist,  
Dr. Mohan's Diabetic Center

**Doctors' Team Examines Our Staff's Health**



## **Drug Awareness Rally - Report**

As part of the extension activity, the NSS Cell of PRIST University organized a drug awareness rally in collaboration with the District Health Department in Thanjavur.

### **Aim and Objectives**

The goal is to raise awareness about drug abuse.

The aim is to strengthen action and cooperation in achieving the goal of a world free of drug abuse.

On November 23, 2024, PRIST deemed it appropriate for the university's personnel and students to stage a sizable rally from Thanjavur New Bus Stand and host an awareness rally for a world free of drug misuse. We organized these rally activities to commemorate the "Against Drug Abuse and Illicit Trafficking" event. These initiatives aimed to empower the community with knowledge and resources to combat the rising issue of substance abuse effectively. Our university's NSS Cell planned to take over the event in collaboration with the Thanjavur District Health Department. At most, the rally attracted about 300 participants.

Invited chief guest **Mr. Ganesh Kumar, district superintendent of police**, Thanjavur, flagged off the event. **Mr. Singaravelu, District Health Inspector, Thanjavur**, also participated in the event. **Hon. Vice-Chancellor Dr. T.V. Christy** delivered a keynote message titled "Together, let us amplify our efforts to combat the global drug problem, guided by the principles of science, compassion, and solidarity." Through collective action and a commitment to evidence-based solutions, we can create a world where individuals are empowered to lead healthy, fulfilling lives." This program was planned to raise awareness of the growing threat of drug addiction among young people. The march began at the Thanjavur New Bus Stand and proceeded down all major thoroughfares until it reached Bharath College. The program increased people's awareness of the health issues associated with drug abuse.

Everyone who witnessed the event greatly appreciated the program, which was effective in clearing the doubts raised by the public. Finally, we received feedback from the public stating that the program was good, informative, and effective in raising awareness.

## **Glimpses of the program**



**Mr. Ganesh Kumar, District Superintendent of Police, Thanjavur, and Mr. Singaravelu, District Health Inspector, Thanjavur, NSS Coordinator, participated in the rally.**





University staff members hold the awareness slogans against drugs during the rally.



Our university staff members and NSS volunteers actively participated in the rally.



**Thanjavur, Tamil Nadu, India**

**Q425+JWH, AVP Azhagammal Nagar, Thanjavur, Tamil Nadu 613005, India**

**Lat 10.750942°**

**Long 79.110276°**

**23/11/24 09:44 AM GMT +05:30**

**A section of NSS volunteers actively participated in the rally.**



**PONNAIYAH RAMAJAYAM INSTITUTE OF  
SCIENCE & TECHNOLOGY (PRIST)**

Declared as DEEMED-TO-BE-UNIVERSITY  
U/s 3 of UGC Act, 1956



## **REPORT ON ANTI-DRUG AWARENESS CAMPAIGN**

- 1. Name of the Activity** : Anti-Drug Awareness Week
- 2. Date of Activity** : 26-11-2024
- 3. Organized by/Name of the committee** : PRIST--NSS UNIT

### **Activity objectives**

1. Empower students to make informed decisions related to the use of alcohol and other drugs.
2. Emphasize an awareness of choice, personal responsibility, and understanding of consequences in deciding to use alcohol and other drugs.
3. Encourage the campus community to prevent alcohol- and drug-related incidents.

### **Report:**

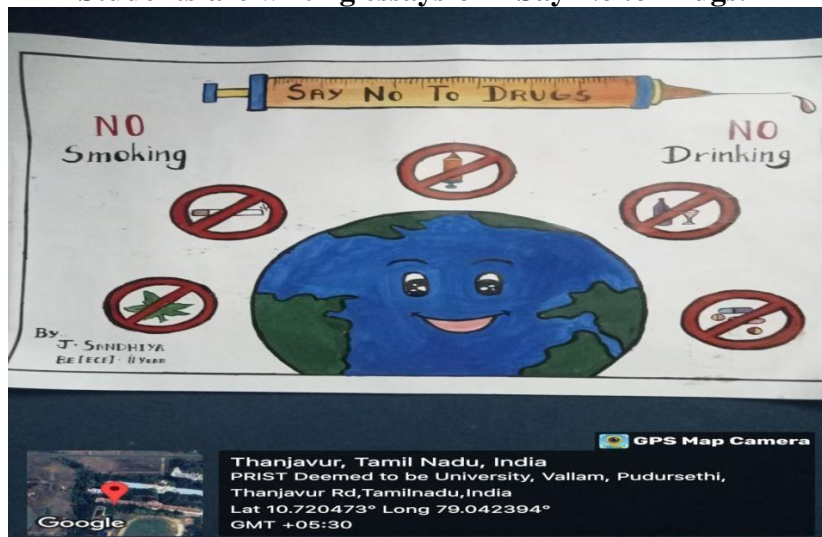
Under the auspices of NSS, our university held an anti-drug awareness week. Our NSS students who volunteered for the event participated in several activities, including painting, writing essays, and a slogan competition with the topic "Say No to Drugs." Our NSS program officer, Dr. Manikandan, displayed that poster on the university notice board to raise awareness among the students. In conclusion, Dr. T.V. Christy, the Honorable Vice Chancellor of PRIST University, stated that this program has a bigger duty to raise awareness of this issue, having inspired the aforementioned. The students presented awards to the winners. "Life is a priceless gift from God. You should avoid drug abuse and keep it proper. You should educate your friends about the issue as well," he said'.



## Glimpses of the program



### Students are writing essays on "Say No to Drugs."



### Students painted with the topic "Say No to Drugs."





Constitution  
Day 26  
November  
2024

## **PONNAIYAH RAMAJAYAM INSTITUTE OF SCIENCE & TECHNOLOGY (PRIST)**

### **Report on Celebration of 75<sup>th</sup> constitution Day**

Every year on November 26th, our nation celebrates Constitution Day (Samavidhan Diwas) to honor the adoption of the Indian Constitution. The Indian Constitution was ratified by the Constituent Assembly on November 26, 1949, and it became operative on January 26, 1950. This year, 2024, is the 75th anniversary of the Indian Constitution's adoption. To promote the values of the Indian Constitution and educate the academic community about its significance, Ponnaiyah Ramajayam Institute of Science & Technology (PRIST) celebrated Constitution Day on campus on November 26, 2024.

In his keynote address on the Indian Constitution's historical development, Hon. Vice-Chancellor Dr. T.V. Christy highlighted the document's inclusiveness and forward-thinking methodology. The Preamble to the Constitution was ceremoniously read out to all attendees at the various PRIST schools to kick off the ceremonies, reaffirming the dedication to upholding constitutional ideals.

The event's faculty coordinators emphasized the significance of Constitution Day and its applicability in modern-day India. Together, the students and faculty made a commitment to upholding the principles of the Constitution in both their personal and professional lives.

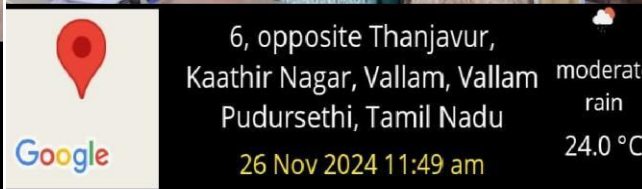
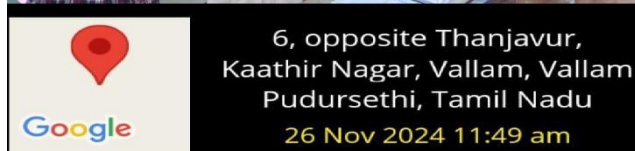
We also urged the academic and student community to make an E-Pledge by visiting the Ministry of Social Justice and Empowerment's website, <https://pledge.mygov.in/constitution-day-2024>.

Dr. R. Manikandan, NSS Coordinator at Ponnaiya Ramajayam Institute of Science & Technology in Thanjavur, successfully coordinated the celebrations, highlighting the importance of leadership in envisioning an environment where students are encouraged to engage actively in societal issues.

## Glimpses of the program



**A section of the faculty attendees**



**A section of students taking the constitution pledge**



**Sample e-Pledge Certificate—that of Coordinator, NSS.**





Sample e-Pledge Certificate—that of Coordinator, NSS.





**PONNAIYAH RAMAJAYAM INSTITUTE OF  
SCIENCE & TECHNOLOGY (PRIST)**

Declared as DEEMED-TO-BE-UNIVERSITY  
U/s 3 of UGC Act, 1956



---

## **Blood Donation Camp Report for PRIST Deemed to be University**

**Event Title:** Blood Donation Camp

**No of Units Donated:** 75

**Organized by:** NSS (National Service Scheme)

**Date:** [23.01.2025] **Venue:**

PRIST Deemed to be University

**Time:** 9.00 am to 1.p.m

**Collaboration with:** Thanjavur Medical College Hospital

### **Key Figures Present:**

- ✓ **Vice Chancellor:** Dr. T.V. Christy
- ✓ **Registrar:** Dr.Abdul Ghani Khan
- ✓ **CEO:** Dr. Venkata HRD
- ✓ **Dean:** Dr. Chinnappa (Arts & Science)
- ✓ **NSS Coordinator:** Dr. R. Manikandan

### **Overview:**

PRIST' University's National Service Scheme (NSS) successfully coordinated a blood donation camp on 23/01/2025 and collaborated with Tanjore Medical College. The event was considered a significant achievement. The university aimed to contribute to the community's health. By supporting the local blood bank and addressing the need for blood during emergencies, many donors expressed a sense of pride in their role in saving lives, and volunteers diligently worked to ensure the event ran smoothly.

### **Event Highlights:**

The event keenly observed active participation from the university community, especially the NSS volunteers, who contributed significantly to the cause. As a result, the event was deemed a resounding success, inspiring future initiatives within the community. Dedicated NSS volunteers and students donated a

total of 75 units of blood to Thanjavur Medical College Hospital, Thanjavur. This event has set a precedent for upcoming drives, encouraging more individuals to get involved in similar volunteer efforts.

### **Support & Coordination**

Dr. R. Manikandan, the NSS Coordinator, earned the fullest cooperation and leads the program effortfully, executing the programs with the unwavering support from key hierarchy such as Vice-Chancellor Dr. T.V. Christy, Registrar Dr. M. Abdul Ghani Khan, and CEO Dr. Venkata, HRD. The NSS Coordinator received the necessary support to spearhead initiatives that encouraged increased participant engagement. The participation in the NSS programs exhibited a significant increase, reflecting the dedication and commitment of both the coordinators and management, which was crucial to achieving this goal.

### **Process**

The Thanjavur Medical College Hospital—Thanjavur set up the blood donation camp with all necessary facilities and medical staff. Before being eligible to donate, volunteers underwent a brief health check-up and received information about the benefits of blood donation. We made special arrangements to ensure a smooth process and a safe environment for all participants. The campaign's motto not only aimed to collect blood but also to raise awareness about the importance of regular blood donation.

### **Outcome:**

The PRIST University NSS camp attempted a tremendous success, reflecting the compassion and commitment of the university community to contribute toward saving lives. The 75 units of blood donated will be crucial in meeting local blood supply needs. The purpose of the action can make a significant impact on the ongoing demand for blood donations. The university's NSS contribution will undoubtedly inspire future initiatives.

### **Acknowledgements:**

We would like to extend our heartfelt gratitude to the NSS volunteers, the university administration, and all participants for their support and commitment to this noble cause. Special thanks to the blood bank staff for their professionalism and assistance during the camp. The volunteers' dedication and hard work have made a significant impact in our community, leading to a spirit of generosity and compassion for society's welfare. We take immense pride in the fact that our collective efforts have saved lives and inspired others to engage in similar acts of kindness.



**The Honorable Vice Chancellor Dr. T.V. Christy, Registrar Dr. M. Abdul Ghani Khan, and Dean Dr. L. Chinnappa initiated the blood donation camp.**





**PRIST University, CEO Dr. Venkata, and HRD motivated the donors and encouraged the volunteers for their active participation.**





**PONNAIYAH RAMAJAYAM INSTITUTE OF  
SCIENCE & TECHNOLOGY (PRIST)**

Declared as DEEMED-TO-BE-UNIVERSITY  
U/s 3 of UGC Act, 1956



## **Systematic Voters' Education and Electoral Participation (SVEEP) Rally**

The PRIST Deemed to be University, jointly with the Elections Department Thanjavur, organized a mass rally to raise awareness about ethical voting and quell misinformation as part of the Systematic Voters' Education and Electoral Participation (SVEEP) initiative.

About 500 students and NSS volunteers participated in the rally. They held placards and banners with awareness messages and advocacy of voter participation. The rally, which started at Thanjavur Railway Junction, ended near the Old Bus Stand.

The honorable district collector flagged off the rally that has set a target to achieve 100 percent voting among youth. As per the final electoral rolls released in January, Thanjavur has a total of 27,000 first-time voters.

The DEO, while explaining the mechanisms to report Model Code of Conduct (MCC) violations, reiterated that the identity of the people making complaints would be kept confidential. He also urged voters to avoid using vehicles and, instead, walk to the polling stations.



**Honorable District Collector flagged off the rally**





**Our NSS Coordinator Dr. Manikandan Lead the Rally**



**Our volunteers actively participated the rally**



**வாக்காளர் தின விழிப்புணர்வு பேரணி**

Event news is published in Delta Talk Times.





## PONNAIYAH RAMAJAYAM INSTITUTE OF SCIENCE & TECHNOLOGY (PRIST)

Declared as DEEMED-TO-BE-UNIVERSITY  
U/s 3 of UGC Act, 1956



### ROAD SAFETY PROGRAMME

The PRIST university NSS team integrated with district administration and organized a road rally dated 25.01.2025 to spread awareness about road safety and responsible driving under the aegis of the “Road Safety Club.” The rally witnessed enthusiastic participation from NSS volunteers and the public. The event aimed to raise awareness about road safety issues, educate participants and onlookers on safe practices, and promote a sense of responsibility among the community members. The primary objective of the Road Safety Rally was to engage the community actively, emphasizing the importance of following traffic rules, responsible driving, and adopting safety measures to reduce road accidents and fatalities. The rally commenced at 10:00 am at the Collector's office, Thanjavur. The honorable district collector flagged off the rally. Some of the key messages highlighted were obeying speed limits, avoiding drunk driving, wearing helmets and seatbelts, avoiding mobile phone use while driving, and following traffic rules. The rally for road safety awareness helped spread consciousness about responsible road behavior in an impactful manner. The NSS volunteers of PRIST Deemed to be University enthusiastically participated in the event.



**Honorable District Collector flagged off the rally**





**PONNAIYAH RAMAJAYAM INSTITUTE OF  
SCIENCE & TECHNOLOGY (PRIST)**

Declared as DEEMED-TO-BE-UNIVERSITY  
U/s 3 of UGC Act, 1956



## **“Cardiopulmonary Resuscitation (CPR) Awareness Program,”**

In February 2025, NSS Cell PRIST Deemed to be University hosted a significant event, the “Cardiopulmonary Resuscitation (CPR) Awareness Programme,” in collaboration with the Anu Hospital Thanjavur. Dr. M. Abdul Ghani Khan, the registrar, began the program. The program, conducted offline, aimed to train individuals in life-saving CPR techniques, focusing on chest compressions and rescue breaths, with the primary objective of providing immediate assistance to those experiencing cardiac arrest until professional help arrives.

The event witnessed the participation of 200 faculty members. The program, aligned with the Anu Hospital Thanjavur initiative, addressed the rising cases of heart attacks nationwide. With a 12.5% increase in deaths due to cardiac arrests from 2021 to 2024, the CPR training sought to create a more informed and prepared society capable of responding to medical emergencies effectively.

The highlights of the program included early intervention strategies, imparting Basic Life Support (BLS) skills, AED training, team coordination in resuscitation efforts, awareness of the Chain of Survival, and legal and ethical considerations in providing CPR. The initiative aimed to adapt CPR training to various settings, ensuring participants could apply their skills in diverse situations.

Dr. R.V. Sivakumar, the senior cardiologist, delivered a keynote address emphasizing the importance of cardiopulmonary resuscitation in patient care. His words resonated with the audience, highlighting the benefits of attending the training program. These benefits included acquiring lifesaving skills, immediate response capabilities, confidence in emergency situations, community resilience, team coordination, understanding AED usage, child and infant CPR skills, legal and ethical awareness, and certification.

The CPR Awareness Program at PRIST, which was supposed to be a university, proved to be a pivotal initiative in aligning with national efforts to combat the increasing instances of cardiac arrests. By equipping participants with essential CPR skills, the program aimed to contribute to a more resilient and responsive community in medical emergencies. The engagement of both students and faculty underscored the importance of widespread CPR training in saving lives and promoting a culture of preparedness.

Photos: The Registrar PRIST University, Honoured Dr. Sivakumar the senior cardiologist Anu Hospital



The expert gave the training about CPR



**Dr. R.V.Sivakumar the senior cardiologist Anu Hospital Gave the Special address**



**Our dean and faculty members took CPR training.**





Our CEO, Dr.Venkata HRD Discuss with Dr. R.V. Sivakumar, the senior cardiologist at Anu Hospital.

## மாலை மலர்



தஞ்சை அனு மருத்துவமனை சார்பில் நடந்த முகாமில் டாக்டர்கள் இதய செயலிழப்பு உயிர்காக்கும் முதலுதவி குறித்து பயிற்சி அளித்தனர்.

**தஞ்சாவூர் அனு மருத்துவமனை சார்பில்**

### இதய செயலிழப்பு உயிர்காக்கும் முதலுதவி பயிற்சி முகாம்

தஞ்சாவூர், பிப்.16—  
தஞ்சை அனு மருத்துவமனை, தஞ்சை பிரிஸ்ட் நிகர்நிலைப் பல்கலைக்கழகம் ஆகியவை இணைந்து மாநகர ஓர்டிபு ஏற்படுத்தப்பட்ட முதலுதவி சிகிச்சையாக சி. பி.ஆர். செய்முறை பயிற்சி முகாம் நடத்தியது.  
முகாமை முதன்மை இதய மருத்துவரும், அனு மருத்துவமனையின் நிர்வாக இயக்குனருமான டாக்டர் சிவக்குமார் தொடங்கி வைத்தார். முகாமில் மருத்துவ மனையின் நிர்வாக அதிகாரி டாக்டர். ராவு, தஞ்சை பிரிஸ்ட் நிகர்நிலைப் பல்கலைக்கழக துணை வேந்தர் சிறீஸ்டி. பதிவாளர் அப்துல் கனிகான் மற்றும் தலைமை செயல்

அதிகாரி வேங்கடா ஆகியோர் முன்னிலை வகித்தனர்.  
முகாமை நாட்டு நலப்பணி திட்ட ஒருங்கிணைப்பாளர் மணி கண்டன் ஒருங்கிணைத்தார். கலைப்புல தலைவர் சின்னப்பா, தமிழ்ச்செல்வன், குணசேகரன் உள்ளிட்ட 200-க்கும் மேற்பட்டவர்கள் கலந்து கொண்டு பயன் அடைந்தனர். முகாமில் ஆசிரியர்கள் ஆர்வமுடன் கலந்து கொண்டு பயிற்சிபெற்றனர். அவர்களின் சந்தேகங்களுக்கு டாக்டர். சிவக்குமார் ஆலோசனை மற்றும் சான்றிதழ் வழங்கினார். பின்னர் டாக்டர். சிவக்குமார் பேசுகையில்:— இதய நோய் அதிகமாக வருவதால் அனைவரிடமும் விழிப்புணர்வு ஏற்படுத்தி

வருகிறோம். இதய நோய் வராமல் தடுக்க அனைவரும் தினமும் 45 நிமிடங்களில் நடைபயிற்சி மேற்கொள்ள வேண்டும், ஆரோக்கியமான உணவு முறைகளை எடுத்துக் கொள்ள வேண்டும், தினமும் உற்பயிற்சி செய்ய வேண்டும், பின்னர், தண்ணீர் அதிகமாக பருக வேண்டும் என்றார். டெல்டாலின் துடிப்பை பாதுகாக்க இது போன்ற இலவச முகாமை நடத்தி வருகின்றோம் என்றார்.  
முகாமிற்கான ஏற்பாடுகளை அனு மருத்துவமனை நிர்வாகிகள், மார்க்கெட்டிங் மேலாளர் முருகேசன் மற்றும் முகாம் பொறுப்பாளர் பிரசன்ன வெங்கடேஷ் ஆகியோர் செய்திருந்தனர்.

The event was published in a Tamil daily newspaper.



## PONNAIYAH RAMAJAYAM INSTITUTE OF SCIENCE & TECHNOLOGY (PRIST)

Declared as DEEMED-TO-BE-UNIVERSITY  
U/s 3 of UGC Act, 1956



### **Free dental camp for underprivileged students.**

We, on behalf of PRIST Deemed to be a University, Thanjavur, participated in the celebration of the 72nd birth anniversary of the Chief Minister of Tamil Nadu. On this wonderful occasion, we served lunch to more than 10,000 people in and around Thanjavur. There was also a lunch provided to the children of St. Joseph's and St. Anthony's Home for Children in Thanjavur, along with a free medical and dental camp. Dr. M.P. Nageswaran, the chancellor of PRIST University, officially opened the event, accompanied by the university's vice chancellor, Dr. T.V. Christy; chief executive officer, Dr. Venkata HRD; and registrar, Dr. Abdul Ghani Khan, who concluded the event successfully.









**PONNAIYAH RAMAJAYAM INSTITUTE OF  
SCIENCE & TECHNOLOGY (PRIST)**

Declared as DEEMED-TO-BE-UNIVERSITY  
U/s 3 of UGC Act, 1956



## **Consumer Awareness Rally**

On 06.03.2025, PRIST University, in collaboration with the Collector Office Thanjavur, organized a mass rally aimed at raising consumer awareness. About 500 students and NSS volunteers participated in the rally. The participants marched through the streets, holding placards and chanting slogans to educate the public about their rights as consumers. The rally, which started at Thanjavur Railway Junction, ended near the Old Bus Stand. The honorable district collector flagged off the rally. She emphasized that consumer awareness is important because it helps consumers make informed decisions and protect their rights.

### **Honorable District Collector flagged off the rally**





NSS Coordinator Dr. R. Manikandan led the rally.



NSS volunteers actively participated in the rally.





**PONNIAH RAMAJAYAM INSTITUTE OF  
SCIENCE & TECHNOLOGY (PRIST)**

Declared as DEEMED-TO-BE-UNIVERSITY  
U/s 3 of UGC Act, 1956



## **Women's Empowerment and Nutrition Programme**

The PRIST University, Thanjavur, hosted a profound awareness seminar on women's empowerment and nutrition programs conducted on 06.03.2025 in honor of International Women's Day. The esteemed Thanjavur Anu Hospital collaborated with the Thanjavur PRIST, a university campus, to host the seminar. Dr. Abdul Ghani Khan, the university registrar, inaugurated the seminar with great honor. The proceedings were gracefully led by the Chief Executive Officer, Dr. Venkata, HRD, who set a distinguished tone for the event.

Besides, the administrative director of Anu Hospital, Mrs. Tara Sivakumar, graced the occasion as a special guest, adding significant value to the discussions. Renowned nutrition specialist Ms. Priyadarshini delivered an enlightening discourse on the critical importance of nutrition for women while also providing comprehensive insights into effective food management strategies tailored for them.

Dr. R. Manikandan, the NSS Coordinator, expertly planned this significant event. More than 400 female students and professors attended the event in overwhelming numbers, and they all gained inspiration and priceless knowledge from this enlightening experience.









**PONNAIYAH RAMAJAYAM INSTITUTE OF  
SCIENCE & TECHNOLOGY (PRIST)**

Declared as DEEMED-TO-BE-UNIVERSITY  
U/s 3 of UGC Act, 1956



## **WOMEN'S EMPOWERMENT PROGRAMME**

In connection with the International Women's Day celebrations, which were held at Thanjavur PRIST Deemed to be University. The District Social Welfare Officer, Mrs. R.T. Latha, participated as the special guest. In her speech, she elaborated on the various social problems faced by women in society today and the solutions to them. She also discussed the history of Women's Day and the excellent contribution of women in the family and society. She also briefed the students on the government's various special programs for women and their needs. The event also featured various cultural programs, culminating in prizes for the students. Overall, more than 500 professors and students participated in the event.



**Mrs. R.T. Latha, the District Social Welfare Officer, is lighting the sacred lamp.**



# Importance of education in women empowerment stressed

Thanjavur District Social Welfare Officer R.T. Latha lists the government's efforts to create an inclusive atmosphere for women by focusing on improving the life in rural and urban areas

## **The Hindu Bureau**

THANJAVUR

**T**hanjavur District Social Welfare Officer R.T. Latha highlighted the importance of education in women empowerment.

Participating in the Women's Day celebrations at the Ponnaiyah Ramajayam Institute of Science and Technology (PRIST), a Deemed to be a University, at Vallam near Thanjavur on Saturday, Ms. Latha en-

couraged the students to pursue their dreams, overcome societal challenges, and contribute to nation-building, apart from highlighting the importance of education.

Speaking passionately about the progress of women in various sectors such as education, politics, and social welfare, Ms. Latha gave a brief note on the government's efforts to create an inclusive environment for women, focusing on schemes aimed

at improving the lives of women and children in rural and urban areas.

She underlined the need for a collective effort to end gender-based violence as well as the importance of mental and emotional well-being for women, according to a university release.

## **Please to government**

Meanwhile, the All India Progressive Women's Association, which organised a rally in Thanjavur on the

occasion of International Women's Day, urged the State government to ensure the safety of women in public places, working places, educational institutions, and offices claiming that offences against women had been on the rise.

The National Federation of Indian Women, the women's wing of the Communist Party of India, urged the State government to declare a public holiday for International Women's Day.

The Hindu English Daily published the news.



## பிரிஸ்ட் பல்கலைக்கழகத்தில் மகளிர் தின விழா

தஞ்சாவூர் பிரிஸ்ட் நிகர் நிலைப் பல்கலைக்கழகத்தில் மகளிர் தின விழா நடைபெற்றது. துணை வேந்தர் கிறிஸ்டி துவக்கி வைத்தார். பதிவாளர் அப்துல் கனிகான் வரவேற்புரை யாற்றார். தலைமை செயல் அதிகாரி வேங்கடா முன்னிலை வகித்தார். மாவட்ட சமூக நலத்துறை அலுவலர் லதா சிறப்பு விருந்தினராக கலந்து கொண்டார். நிகழ்ச்சியில் பல்வேறு கலை நிகழ்ச்சிகள் நடத்தப்பட்டு மாணவிகளுக்கு பரிசுகள் வழங்கப்பட்டன. பேராசிரியர்கள் மாணவ, மாணவியர்கள் கலந்து கொண்டனர்.





**PONNAIYAH RAMAJAYAM INSTITUTE OF  
SCIENCE & TECHNOLOGY (PRIST)**

Declared as DEEMED-TO-BE-UNIVERSITY  
U/s 3 of UGC Act, 1956



## **“NANO FOREST” SEMINAR**

The PRIST University conducted the National Forest Day seminar on 21/03/2025, led by the Chief Executive Officer, Dr. Venkata, PRIST University, jointly with Mrs. Vidya, the Joint Director of Agriculture for the Thanjavur region, as the special guest.

During her address, she highlighted the alarming reduction in forest cover and its adverse effects on biodiversity. She stressed the significance of afforestation and forest preservation. She also commended PRIST University for its efforts in establishing a “Nano Forest” and a “Bird Sanctuary” spanning two acres.

The seminar saw active participation from over 250 students. Moreover, she encouraged everyone to plant a sapling every Friday as a step toward environmental sustainability.

Following her speech, both faculty members and students took a pledge to uphold this initiative.



**The Joint Director of Agriculture, Thanjavur, cut the green ribbon during the inauguration of Nano Forests on the eve of the International Day of Forests.**



78 வருட பாரம்பரியமிக்க  
கைராசி நிறுவனம்

**78<sup>th</sup>**

சிவ சீதம்பரம் பிள்ளை  
ஜீவல்லரி  
(Since : 1947)

1526, தெற்கலங்கம், தஞ்சாவூர்  
போன் : 04362 274297, 271312

மார்ச் 22.03.2025 சனிக்கிழமை

வெட்டா தலைநகரின் No. 1 வார இதழ்

**வெட்டா டைம்ஸ்**

ஆசிரியர் : எஸ்.அரவிந்த் M santhanamadvt@gmail.com



சென்னை, தஞ்சாவூர், திருச்சி, திருவாரூர், நாகப்பட்டினம், ஆகிய நகரங்களில் வெளியாகிறது.

**Dhivya**  
THE WORLD OF SOUTH INDIAN  
DESSERTS

2017, Gandhi Road, Near Railway station, Thanjavur  
2016, South Airport, Near Old Bus stand, Thanjavur  
Chennai Old Port, T. Nagar, Thanjavur  
Salem, Tirunelveli, Tirupattur, Tirupur

8428433333

# தேசிய வனநாள் கருத்தரங்கு



தஞ்சாவூர் பிரிஸ்ட் நிகர் நிலை பல்கலைக்கழக வளாகத்தில் தேசிய வனநாளை முன்னிட்டு கருத்தரங்கு நடைபெற்றது. கருத்தரங்கிற்கு சிறப்பு விருந்தினராக தஞ்சை மண்டல வேளாண் இணை இயக்குனர் திருமதி. வித்யா

அவர்கள் பங்கேற்றார். அவர் தற்கால சூழ்நிலையில் குறைந்து வரும் வன பரப்பளவை பற்றியும், அதனால் ஏற்படும் உயிரின பல்வகைமை மாறுபாடு பற்றியும் தம்முடைய கருத்துரையில் தெரிவித்தார்.

மேலும் மரம் நடுதலின் அவசியம் பற்றியும், வன பாதுகாப்பு பற்றியும் எடுத்துரைத்தார்.

மேலும் அவர் பிரிஸ்ட் பல்கலைக்கழகத்தில் இரண்டு ஏக்கர் பரப்பளவில் மேற்கொள்ளப்பட்டுள்ள

நேனோ காடுகள் மற்றும் பறவைகளுக்கான புகலிடம் குறித்த முன்னேற்ற பாடுகளை வெகுவாக பாராட்டினார். இந்த கருத்தரங்கில் சுமார் 250க்கும் மேற்பட்ட மாணவ மாணவியர்கள் கலந்து கொண்டனர்.

The news was published in the Daily Thanthi.



**PONNAIYAH RAMAJAYAM INSTITUTE OF  
SCIENCE & TECHNOLOGY (PRIST)**

Declared as DEEMED-TO-BE-UNIVERSITY  
U/s 3 of UGC Act, 1956



## **Free Medical camp for School students**

PRIST University organized the health camp on 27th March 2025 at Government School, Vallam, coordinated by NSS Cell, PRIST, along with Government Hospital Vallam. The camp aimed to provide essential health checkups and awareness programs to the local community. Medical professionals offered services such as blood pressure screenings, glucose testing, and educational sessions on preventive health measures. The faculty guided the students promptly and carried out the following tasks during the program's general health check-up.

### **TheList of Health Check-up**

- Hemoglobin estimation
- BMI Checking
- Dental Checking
- Pamphlet distribution
- Mass Awareness Program

### **Feedback**

Everyone who witnessed the event appreciated the program's effectiveness at the end, as it cleared the doubts raised by the public. We received feedback from the public stating that the program was good, informative, and raised awareness.



**Dr. M.R. Abirami from Government Hospital Vallam gave the advice to students.**





**PONNAIYAH RAMAJAYAM INSTITUTE OF  
SCIENCE & TECHNOLOGY (PRIST)**

Declared as DEEMED-TO-BE-UNIVERSITY  
U/s 3 of UGC Act, 1956



## **General Health Camp for under Underprivileged Rural people**

The National Service Scheme PRIST Deemed to be a university, Thanjavur conducted a general health camp on 28.03.2025 at Kuruvadipatti village with the support of Meenakshi Hospital Thanjavur. The health camp's goals were to raise people's awareness of general health issues, offer general healthcare services, and offer them guidance on basic hygiene and medical care. People who ranged in age to elderly suffered from conditions like diabetes, low blood pressure, hypertension, hypotension, and obesity. The elderly were experiencing various musculoskeletal issues, including pain in their knees, backs, and necks, and most of the female population was suffering from obesity and being overweight.





Medical team examine the village people