



SALEM SOWDESWARI COLLEGE (FOR WOMEN)
SALEM - 636010
CITIZEN CONSUMER CLUB 2023-2024

COMMITTEE MEMBERS:

- | | | |
|--------------------------|---|-------------|
| Dr. T.Poongodi | - | Chairman |
| Dr. R. Tamilarasi | - | Coordinator |

MAINTAINING REPORT :

Dr. R. Tamilarasi



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EVENT 1: “AN AWARENESS PROGRAMME ON “GENERAL HEALTH, HYGIENE & EFFECTS OF MEDICINAL DRUGS”

DATE: 01.09.2023

Venue: Dr. J.K.K. Angappa Chettiar Memorial Auditorium

Time: 10 Am

CITIZEN CONSUMER CLUB and STUDENTS' WELFARE COMMITTEE jointly organized an Awareness Programme on General Health, Hygiene and Effects of Medicinal drugs.



The aim of the programme was to make the student health aware, protect and prevent themselves from diseases.

The programme started with Tamil Thaa Vazhthu. Dr. R.Tamilarasi, Assistant professor, Department of Economics welcomed the gathering.



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Dr. K. Sivakami, Head and Associate Professor, Department of Chemistry, Salem Sowdeswari college honored the chief guest Dr. S.P. Jayanthi with shawl and memento.



Dr. N. Rajendran, Librarian, Salem Sowdeswari College for Women gave the Felicitation address to the gathering .



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Dr. C. Kavitha, Assistant Professor of PG & Research Department of Commerce introduced the speaker and provided her credentials including professional background, experience and achievements. Then, the session was handed over to the chief guest.





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The doctor mainly focused her elucidations on the three areas as follows

1. Raise the awareness about the significance of maintaining good General health, emphasizing the importance of a balanced diet, regular exercise and adequate sleep.
2. Promote knowledge about the Menstruation related issues, Hormone imbalances & Vaccinations for preventive cancers
3. Educate participants about the responsible use of medicinal drugs and their potential side effects





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She started the session by explaining the facts about adolescence, normal physiological changes that take place right from birth to puberty.

She presented an overview of menstrual cycle, menstrual pain, irregular periods, premenstrual syndrome, menstrual disorders (menorrhagia and dysmenorrhea), menopause, period stigma, abnormal white discharge and its treatments. She also insisted the students about the hygienic factors to be followed and nutritious food to be consumed during menstruation. She often involved a back-and-forth interaction with the students and shared her real-time experiences which helped to quickly grasp the components of the subject matter. She addressed the common issue of breast cancer symptoms, risk factors, treatment and prevention. She taught the students how self-evaluation of breast cancer can be made, effects of early marriage and late marriage. She was educated that a sedentary lifestyle, chemicals and substances in the environment, genetics (some cancers have a hereditary component and a family history), overexposure of blue rays on eyes (by frequent usage of mobile) can affect our hormone levels and functions & also increases the risk of cancer.

Hence, she counseled that by adopting a healthy lifestyle, limiting processed foods and sugary drinks, and physical activity we can reduce the risk of cancer and diseases. In addition to that, vaccines like the HPV vaccine can prevent infections that can lead to cervical and other cancers. She also cautioned the adverse consequences of consuming drugs without consulting physicians. She ended the session by stating “It is health that is real wealth”. Students actively participated in the session and many of the students cleared their doubts in the interaction session. The programme was wrapped with the National Anthem.



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Overall session was coordinated by Dr.R.Tamilarasi, Assistant Professor Consumer Club Coordinator & K.P.Kavitha, Head and Assistant professor, Department of Tamil SFCW, under the guidance of our Principal Prof.V.Balaji.

WORK CARRIED OVER BY COMMITTEE MEMBERS

S. No.	Faculty Name	Responsibility
1.	Dr. R.Tamilarasi Assistant Professor, Department of Economics.	Overall arrangement of the programme Stage and flex arrangements Invitation and Agenda confirmation & correction Invitation distribution Welcome address Maintenance of students' discipline Report preparation
2.	Dr. P. Sathya Assistant Professor, Department of Physics.	Invitation and agenda preparation Invitation distribution Maintenance of students' discipline Report preparation
3.	Dr. C. Kavitha Assistant Professor, Department of Commerce.	Assisted in invitation preparation Distribution of invitation Seating arrangement in Auditorium Introduction of chief guest Maintenance of students' discipline Report creation
4.	Dr. A.Vanitha Assistant Professor, Department of Commerce.	MC desk arrangement Trained students for MC desk Arranged students for Tamil Thai Vazhthu and National anthem Maintenance of students' discipline Photo arrangement
5.	Mr. S. Kumar Faculty In-Charge (SFCW)	Overall arrangement of the programme Stage and flex arrangements



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6.	Dr. P .M. Kavitha HOD & Assistant Professor, Department of Tamil (SFCW)	Overall arrangement of the programme Stage and flex arrangements Invitation distribution Chief Guest arrangement and refreshment Seating arrangement in Auditorium Maintenance of students' discipline
7.	Mrs. B.Manilatha Assistant Professor, Department of English (SFCW)	Chief Guest arrangement and refreshment
8.	Ms. S. Pavithra Assistant Professor, Department of Biotech (SFCW)	Chief Guest arrangement and refreshment
9.	Dr. A.Usha Assistant Professor, Department of Commerce (SFCW) Mrs. S.Nithya Assistant Professor, Department of Chemistry (SFCW)	Distribution of invitation Reception & Kolam Maintenance of students' discipline
10.	Mrs. M.Parimala Assistant Professor, Department of Maths (SFCW)	Distribution of invitation Reception & Kolam Maintenance of discipline
11.	Mr. A. Sampathkumar Assistant Professor, Dept of Computer Science (SFCW) Mr. K.C. Kevin Athiya Assistant Professor, Department of English (SFCW)	Audio arrangements



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EVENT 2 : REPORT ON VIGILANCE AWARENESS WEEK 2023 (FROM 30.10.2023 TO 05.11.2023)

DATE OF THE EVENT: 01.11.2023 AND 02.11.2023

PLACE OF THE EVENT: COLLEGE CAMPUS

The Ministry of Micro, Small and Medium Enterprises (MSME) is observing the Vigilance Awareness Week from 30th October to 5th November, 2023 with the theme given by Central Vigilance Commission "Say No to Corruption; Commit to the Nation".03-Nov-2023

Vigilance Awareness week 2023 (30.10.2023 to 05.11.2023) was celebrated in our college on 1st November 2023, during that day the pledge was taken about corruption. Before that I explained the concept that every citizen should be vigilant and commit to uphold high standards of honesty and integrity at all times and support the fight against corruption. We believe that corruption has been one of the major obstacles to economic, political and social progress of our country. It is very important to know as an Indian citizen.

On 2nd November, 2023. English Essay writing and Tamil Essay writing competition, Quiz competition were conducted on the theme " Say No to corruption ; commit to the Nation" Many students from all the departments enthusiastically participated in the competition and exhibited their talents and gave their ideas in their own way.



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From this in the Quiz competition three of them hold 1st prize, 2 of them got 2nd prize.and 2 of them placed 3rd prize.

Dr.M.Prakash, Head and Assistant professor of Corporate Secretaryship was evaluated for the quiz competition.

In the Tamil Essay writing and English Essay writing competition the best THREE Essays were selected from each competition by the following judges:

Dr.E.Bhuvaneshwari, Assistant professor of Tamil.

Dr.V.Thilagavathi, Assistant professor of English



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VIGILANCE AWARENESS WEEK 2023
QUIZ COMPETITION
Winner's List

S. No.	Roll No.	STUDENT NAME	CLASS	PRIZE
1	22-EN105	D. SOWNTHARYA	II-B.A. English	FIRST
2	22CH266	F. FURAIEN RIZWANAA	II-B.Sc. Chemistry	
3	23BC398	A. SURYANANDHINI	I-B.Com. 'B'	
4	22EC43	V. PUBAVATHI	II-B.A. Economics	SECOND
5	22-EN109	M. THADANI	II-B.A. English	
6	22-EN102	A. SHARMILA	II-B.A. English	THIRD
7	23BC360	V. NIVEDHA	I-B.Com. 'B'	

Evaluated by

 Dr. M. PRAKASH, M.Com., M.Phil., B.Ed.,
 Head & Assistant Professor,
 Dept. of Corporate Secretaryship,
 SALEM SOWDESWARI COLLEGE,
 SALEM - 636 010.

சென்னை சிடிஎம்எல்எஸ்எம்ஐ கல்வி நிறுவனம்
 சென்னை
 கல்வி அமைச்சு
 கல்வி அமைச்சு
 கல்வி அமைச்சு

கல்வி அமைச்சு
 02.11.2023

Sl. No.	வினா	விடை	நிலை
1.	சி.டி. கல்வி	II-B.Com. [C]	1
2.	B. கல்வி	II-B.Sc. STATISTICS	2
3.	சி. கல்வி	II-B.Com. [C]	3

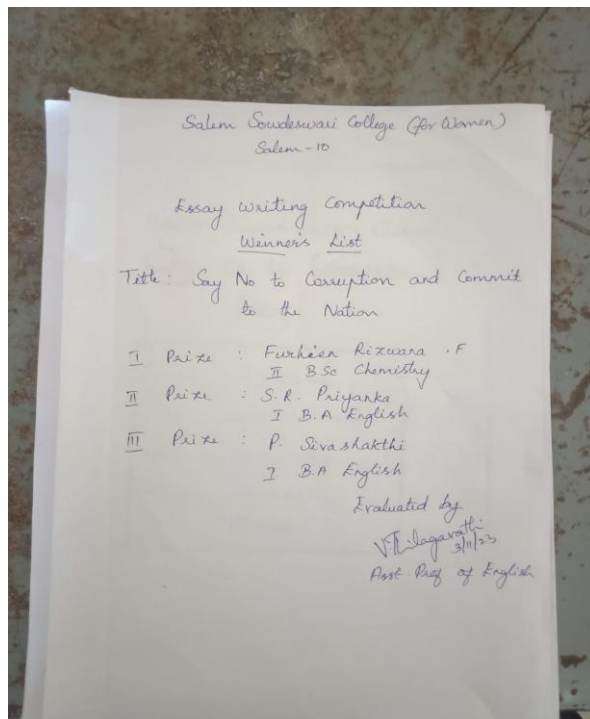
(Dr. M. Prakash)
 02.11.2023
 கல்வி அமைச்சு
 கல்வி அமைச்சு



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The above students won 1st ,2nd and 3rd prizes.

Overall programme was coordinated by Dr.R.Tamilarasi, Assistant Professor, Department of Economics, Salem Sowdeswari College for Women under the guidance of Principal, Prof.V.Balaji.



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EVENT : 3 - CANCER AWARENESS PROGRAMME

DATE: 16.02.2024



Cancer Awareness Programme was conducted on 16.02.2024. Jointly with NSS, YRC and RRC. The forenoon session was handled by Dr. S. Rajkumar, Kauvery Hospital, Salem.

The forenoon session was delivered to boys students only.

The afternoon session was handled by Dr. P. Sathya Sudhakar, Kauvery Hospital, Salem. This session was delivered only to female students.

The aim of the campaign is to create cancer awareness amongst the students so that the information will be passed to their family members, relatives and friends. It is important to dispel the myths that people wrongly believe, inform them about the signs and symptoms, and the importance of screening for early detection. It is also vital to follow a healthy lifestyle, and sharing of survivor stories gives a message of hope and confidence.



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Guest receiving and refreshment and Auditorium Seating arrangements before and after the programme was taken over by Dr. R. Tamilarasi, Assistant Professor of Economics, Salem Sowdeswari College, Salem10 and P.Senthil Kumar, Assistant Professor, PG Research Department of Commerce, Salem Sowdeswari College, Salem 10.

The afternoon session started with a welcome address by Mrs. T. Surekha, HoD i/c Assistant Professor of English, Salem Sowdeswari College, Salem. After welcoming the gathering and introduction of resource person the dias was handed over to Dr. P. Sathya Sudhakar, Kauvery Hospital, Salem.



She threw light on various types of cancer, and the Breast Cancer is rapidly rising amongst women in urban areas and it is the most common cancer in India. Early detection is essential in its management and treatment.



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Due to ignorance, fear, and social stigma many women present with stage III or IV cancer which requires surgery and extensive treatment. If detected early, then in most cases there will be less aggressive treatment and better chances of recovery.

Cervical Cancer is the second most common cancer among women in India. It is the only preventable cancer and it can be detected in the pre - cancerous phase and cured. Oral and Lung cancers are highest among men and women in the urban as well as rural population and these can also be prevented to a large extent. A correct cancer diagnosis is essential for appropriate and effective treatment because every cancer type requires a specific treatment regimen. Treatment usually includes surgery, radiotherapy, and/or systemic therapy (chemotherapy, hormonal treatments, targeted biological therapies). Proper selection of a treatment regimen takes into consideration both the cancer and the individual being treated. Completion of the treatment protocol in a defined period of time is important to achieve the predicted therapeutic result.

Determining the goals of treatment is an important first step. The primary goal is generally to cure cancer or to considerably prolong life. Improving the patient's quality of life is also an important goal. This can be achieved by support for the patient's physical, psychosocial and spiritual well-being and palliative care in terminal stages of cancer. Some of the most common cancer types, such as breast cancer, cervical cancer, oral cancer, and colorectal cancer, have high cure probabilities when detected early and treated according to best practices.

Some cancer types, such as testicular seminoma and different types of leukaemia and lymphoma in children, also have high cure rates if appropriate treatment is provided, even when cancerous cells are present in other areas of the body.



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The session wrapped with a vote of thanks by Dr. C.Kavitha, Assistant Professor of Commerce, Salem Sowdeswari College, Salem. and finally the programme end with the National Anthem.



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EVENT : 4 - WORLD CONSUMER RIGHTS DAY PLEDGE

DATE: 15.03.2024

Time: 10 AM

World Consumer Rights Day, March 15, 2024 was celebrated in our college campus.

A small speech was given by the club coordinator focus on slogans for 'Consumer rights in India' are: Buyers Beware, Be Aware of your rights, the market stands on the shoulders of consumers; you don't live to buy, you buy to live; your products, your rights,

World Consumer Rights Day 2024 Theme: 'Fair and Responsible AI for Consumers' Consumers International, the global voice for consumers, has chosen the theme 'Fair and responsible AI for consumers' for this year's World Consumer Rights Day.

Our college students were participated and took the Oath.



The main objectives of the pledge is...

- *To protect Consumer
- *To create awareness about consumption
- *To create awareness to use good quality aswell as healthy products in our day to day life
- *As a Consumer to know our responsibility



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*Consumer protection leads to create healthy society to follow as per our Consumer Protection Act 2019 .

* It's need to create awareness about Consumer Education and the basic rights of consumers.

*To create awareness to buy healthy aswellas 1st quality of goods.

*To create awareness to get price Bill while buying goods

*All Stage we need awareness

*Power of Consumer is Awareness of Consumer

