

# AIMAN COLLEGE OF ARTS & SCIENCE FOR WOMEN

Sponsored by AIMA Education & Welfare Society

(Affiliated to Bharathidasan University)

Recognized by UGC Under Section 2(f) and 12(B)

K. Sathanur, Tiruchirappalli - 620 021.



Date: 18.10.2023

## REPORT ON OUT REACH PROGRAM -YOUTH RED CROSS

Youth Red Cross of AIMA College of Arts & Science for Women Organised General health of Eye for old age community people at Ariyavoor and Ukkadaiariyavoor on 17.10.2023. In this program YRC volunteers distributed Eye Health Pamphlets and general health instruction and guidance. The outreach program were made by Mrs. Dr.Venil., Programe Officer., Department of Physics and Mrs. G. Kaleeswari, Programe Officer YRC Unit & PG Department of FSM&D., AIMA College of Arts and Science for Women-Trichy. General physical health management was instructing these following:

- Safety of drinking water and healthy food for wealthy life
- Hygienic practice of proper vision before and after eye operation
- Physical and mental health management
- Healthy food and diet management (Vitamin and minerals rich food diet)
- Stress management

S.No	STUDENT NAME	Signature
1	SANKARI S	Sankari
2	SAVITHA SHREE K	Savitha
3	RUKHSANA S	Rukhsana
4	AASHIFA S	Aashifa
5	KALAIVANI V	Kalavani
6	THASLIMA BANU M	Thaslima
7	THASNEEM BANU K	Thasneem
8	SAHANA BANU A	A.Sha
9	AFIYA BANU H	Afiya
10	KAMILA BANU S	Kamila
11	SHAJITHA BANU M	Shajitha
12	BHASEERA B	Bhaseera
13	FARHANA M	Farhana
14	REGINA BEGUM M	Regina Begum
15	THASRIN FIRTHOUS J	Thasrin Firthous
16	ZENOFAR NISHA M S	Ms. Zenofar

Ms. Munishan  
19/10/23





*YRC volunteers distribute eye health pamphlet and create awareness about General Health*

*M. Manojhini*  
 PRINCIPAL 19/10/23  
 PRINCIPAL (I/C)  
 AIMAN COLLEGE OF ARTS &  
 SCIENCE FOR WOMEN  
 TIRUCHIRAPPALLI-620 021