

ASSOCIATION REPORT (2019-2020)

The Department of Biochemistry organized the first aid management workshop that was held on **23rd July 2019** at Regina's hall, Holy Cross College at 9.00 am. The workshop started with the prayer services. The chief guest **Mr. Shivaramalingam, Lecturer and trainer in first aid St. John's Ambulance, Trichy** was honored by our head of the department. The association inauguration minutes were read by the student secretary. The chief guest delivered a lecture on "First aid management". He explained the importance of "First aid" as it is a lifesaving one. He explained the various terminologies and methods of first aid for accidents and disease conditions. He described DRABC (Danger, Response, Airway, Breathing and Circulation) which is used to analyse the status of the causality. He explained about CPR and demonstrated it through video and live demo. The do's and don'ts of first aid in CPR was also elaborated in detail. Hands on training was given to the students on different methods of dressings for fractures. Students gained extensive knowledge about first aid for heart attack, wounds, burns, scalds and electrical injuries through practical experience. He also spoke on diet and the need to do exercise in our day to day life. The workshop enriched the students in an informative, practical knowledge in an enjoyable manner. A total of 150 students participated in the workshop including the NME students of various departments. It was an interactive session, students raised questions regarding first aid and Mr. Shivaramalingam clarified the queries. The session ended with the National Anthem.





ELUTEADUS-2K20

The department of Biochemistry organized an intercollegiate meet on **29th August 2019** at Sophie's hall, Holy Cross College, Tiruchirappalli. The inauguration of Eluteadus started at 8.30 am with prayer service. The chief guest Mrs.Thulasi Bharathi, Assistant Professor of St. Joseph's College, Trichirappalli was honored by our head of the department. The program was inaugurated by lighting the Kuthuvilakku by the Chief Guest, Head of the department, Senior faculty, Association secretary and Student secretary. The chief guest encouraged the participants to give their best in the events. She also emphasized the need for technology based education for the growth of the individual in this world. A total of 171 students from St. Joseph's College, Jamal Mohamed College, Srimad Andavan College of Arts & Science, EVR College, MIET College from Tiruchirappalli district, Thanthai Hans Röver College from Perambalur district, Enathi Rajappa Arts & Science

College from Pudukkottai district, PRIST University and Bon Secours College from Thanjavur district actively participated in all the events. The following events were conducted by our department students

1. Photography
2. Crack your mind
3. Just a minute
4. Coscom
5. Adzap
6. Face painting
7. Cooking without fire
8. Rangoli
9. Treasure hunt

For photography the topic “Environmental movements” was given and 11 students participated in the event. The first prize in photography was awarded to Mr. Vasanthan of Thanthai Hans Roever College. In the event Crack your mind, prelims were conducted for 12 teams out of which 6 teams were selected. The first place was won by Favaz Mohammed & team of Jamal Mohamed College. In Just a minute event, 4 students participated and Mr. Eluteadus award was given to Mr. S. Srinekithan of St. Joseph’s College, Department of Botany. A total 11 teams participated in Coscom and the first place was won by K. Vaishali & her team of Srimad Andavan Arts & Science College. In Adzap 7 teams actively participated in the event and Mr. S. Vignesh Kumar & his team of MIET college won the first place. In face painting about 17 teams exhibited their talents and Dharani & her team from St. Joseph College won the first place. S. Remisterraj & his team from St. Joseph College received the first place in Cooking without fire in which 19 teams participated in this event. In rangoli the topic “How to protect the environment” was given and 11 teams participated in this event. The first prize was won by M. Kowsalya of Hans Rover College. Treasure hunt was an interesting event in which a prelim was conducted for 24 teams out of which 5 teams were selected for finals. Different clues were kept in different places and treasure was found by Afila Banu & her team from Jamal Mohamed College.

The student’s participants also enthusiastically exposed their special talents. The valediction of Eluteadus started at 5.00 pm with a prayer service. The association minutes were read by student secretary, Elakkiya of III B.Sc., Biochemistry. The chief guest Dr. S.

Ruban Raj, Principal of RVS College, Enamkullatur, Tiruchirappalli was honored with a memento by the Head of the Department. He congratulated the winners and also motivated the students on future employability in the field of Biochemistry. The winners of various events were awarded prizes by the chief guest and head of the department. The overall winner trophy was won by St. Joseph College, Trichirappalli and the runner trophy was won by Jamal Mohamed College Trichirappalli. Finally the programmed was ended with national anthem











SPECIAL LECTURE ON “CLEAN INDIA AND GREEN INDIA- SWACHH BHARAT”

The Department of Biochemistry, organized a special lecture on “**Clean India and Green India-Swachh Bharat**” which was held on **22nd November 2019** at Sophy’s hall, Holy Cross College, Autonomous Tiruchirappalli at 2.00 pm. The session started with a prayer service. **Mr. Ramkumar Ravindran, International student ambassador and motivational speaker** was the resource person of the session and he was honored by our Head of the department. The association minutes were read by the student secretary.

The guest speaker delivered a lecture on “Swachh Bharath”. He emphasized on the importance of growing trees that provides a clean environment and a healthy human life, on the significance of oxygen source produced by the diatoms present in the ocean, various schemes and activities of Swachh Bharath undergone in our country, the role of students to take effort to keep the environment clean and pollution free and the involvement of educated people in keeping our environment clean.

He also educated the students how to become an ambassador of Swachh Bharath and its vital role in the society. He explained various schemes implemented by our government which are mostly not known by the people. In Railways we can use **Cleanmycoach.com** website to file complaints against improper service in the cleaning process.

He discussed various pollutants made by humans including e-waste, plastics, chemicals, etc., and its hazards. The major reason for the polluted environment is improper waste management and also people's lethargic actions in waste management. Finally he highlighted about undergoing research works in waste management and also encouraged the students to be involved in research and to find out new techniques in waste management. A total of 112 students participated in the session. It was an informative and an interactive session, the students raised questions regarding the Swachh Bharath schemes and Mr. Ramkumar Ravindran clarified the queries. The session ended with the National Anthem.







MOLFEST “2K20”

The Department of Biochemistry organized an intradepartmental competition.”Molfest “2K20” on **10th January 2020** at Regina’s hall Holy Cross College, Trichy. The inauguration of Molfest started with a prayer service. All UG and PG years students of our department actively participated in all the events. The following events were conducted are

- Rangoli
- Block & Tackle
- Model presentation
- Wealth out of waste
- Quiz
- Cooking without fire
- Mehendi
- Treasure hunt
- Hair dressing
- Dumb charades
- Dance

For Rangoli the theme “SAVE AGRICULTURE” was given to the participants. For wealth out of waste the theme was “PLASTIC BOTTLE RECYCLE”. For cooking without fire “GROUNDNUT” was given as the base ingredient. A Total of 273 participants exposed their talents in MOLFEST 2K20. The valediction started with prayer service. Dr. Thilagavathi, Assistant professor, Department of Biochemistry addressed the gathering and also announced the prize winners of all the events. Finally the program ended with the National Anthem.





BIOSCINTILLATOR 2K20

The Department of Biochemistry organized a science awareness program named as bioscintillator on **January 11th, 2020** at **Melaguparai Government School Trichy**. The program started with lighting of lamps followed by prayer service. In this program the awareness were created among the school children with the following themes are

- Nutrition & hygiene
- Environmental awareness
- Adulteration

- Human physiology
- Immunology
- Infection & prevention
- Scope of biochemistry
- BMI
- HB

By using many poster models and videos of the above mentioned themes, awareness was given to the school children. Along with these presentations, our students conducted many games for the children like connection Quiz etc and the winners were awarded with gifts.

The nutrition & hygiene team majorly focused to create health awareness and to give some health tips to lead a healthy life among school children. Environmental awareness team provided awareness about the present environment condition, various pollutants and types of pollution and its effects in the environment & also living beings to make a socially responsible young generation.

Adulteration team mainly focused on making the school children to be aware of various adulterants present in the food items which they usually consume. Human physiology team presented models of various organs in the human body and also described its functions and importance.

The Immunology team explained about various immunological reactions and also insisted on the importance of the immune system in our body. Infection and prevention team put up awareness about various microbial infections, its causes, transmission and its prevention through many videos and posters.

Scope of Biochemistry Team provided the knowledge about what is biochemistry and its importance in human life and also explained about career opportunities in Biochemistry as well as in life sciences.

The BMI team experimentally measured the height and weight of the school children and calculated the BMI and also they guided the school children about being underweight, normal and obese. Hemoglobin team estimated the HB level in the blood of the school children in which many students actively got involved. They also explained about the importance of Hb and its functions.

This program helps the school students to be aware of all things around them in this life and also to make them to realize their responsibilities as good citizens of the country.



