

08/11/2021

From

Dr.P.N.RAJARAJAN
YRC Programme Coordinator (SF)
The Madura College
Madurai -11.

Dr.R.DHARANI
YRC Programme Coordinator (SF)
The Madura College
Madurai -11.

To

The Chief Coordinator
The Madura College (SF)
Madurai-11

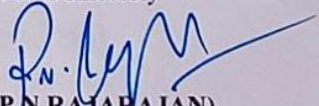
Sir,

Sub: Conduct of Online YRC programme regarding

I am pleased to inform you that we are planning to organize online YRC programme on
“**Computer vision syndrome**” by Dr.A.Sudhamathy on 09/11/2021 at 1.00 PM. I request you
to kindly permit us to conduct the above mentioned programme in online mode.


Thank you

Yours sincerely


(Dr.P.N.RAJARAJAN)

Enclosure:

A copy of invitation


CHIEF-COORDINATOR
THE MADURA COLLEGE (AUTONOMOUS)
SELF FINANCED STREAM
MADURAI -625011



Youth Red Cross Online Event programme on
“Computer vision syndrome”

BY

Dr.A.Sudhamathy
Assistant Professor
Govt. Sivaganga Medical College
Sivaganga,
Tamilnadu, India

Date : 09.11.2021

Time : 1.00PM

gMeet Link: meet.google.com/zhd-xewn-hgt

Organized

By

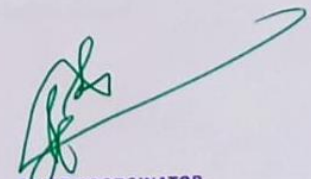
YRC UNIT

The Madura College, (Autonomous)
Madurai – 625 011

YRC Programme Coordinators & Event Organizers:

- 1.Dr. S. Selvakumar, Assistant Professor, Department of Commerce
- 2.Dr.D.Gandhimathi, Assistant Professor, Department of Tamil
- 3.Dr.P.N.Rajarajan, Assistant Professor, Department of Microbiology
- 4.Dr.R.Dharani, Assistant Professor, Department of Commerce

All are welcome


CHIEF-COORDINATOR
THE MADURA COLLEGE (AUTONOMOUS)
SELF FINANCED STREAM
MADURAI -625017

PROGRAMME SCHEDULE

| S.NO | DAY | TIME | SESSION | SPEAKER |
|---|--------------------------------|------------------|----------------------------------|---|
| TITLE : "Computer vision syndrome" | | | | |
| 1 | Tuesday 09 November 2021 | 1.00PM – 1.15 PM | Welcome address | Dr.P.N.Rajarajan, YRC Programme coordinator |
| | | 1.15PM-1.30PM | Inaugural address to students | Dr. S. Suriyanarayanan. Chief Coordinator, The Madura College, Madurai |
| | | 1.30PM-1.45PM | Speaker introduction | Dr.S.Dharani, YRC Programme Coordinator |
| | | 1.45PM- 2.45 PM | Invited speaker | Dr.A.Sudhamathy Assistant Professor Govt. Sivaganga Medical College, Sivaganga, Tamilnadu, India |
| | | 2.45PM - 3.00 PM | Vote of Thanks | D. Jeisri YRC student member |
| | | | | |


 CHIEF-COORDINATOR
 THE MADURA COLLEGE (AUTONOMOUS)
 SELF FINANCED STREAM
 MADURAI -625017



THE MADURA COLLEGE

An Autonomous Institution affiliated to Madurai Kamaraj University
Re-accredited (3rd cycle) with 'A' grade by NAAC
Vidya Nagar, T.P.K. Road, Madurai – 625 011



YOUTH RED CROSS

BRIEF REPORT ON PROGRAMME/EVENT ORGANISED

1. Title of the programme/event : “Computer vision syndrome”
2. Nature of the event : YRC- Webinar
3. Date : 09.11.2021
4. Platform : Google Meet (online)
5. GoogleMeet Link : meet.google.com/zhd-xewn-hgt
6. Duration : 1 Hour 30 minutes
7. Venue : The Madura college
8. Hosting Department/Cell : YRC
9. Funding agency & grant (if any) : -
10. Beneficiaries : Staff and Students
11. Number of participants : 58
12. Details of Resource person(s) :

| S. No. | Name and designation | Topic of Talk | Remarks |
|--------|--|----------------------------|--|
| 1 | Dr.A.Sudhamathy Assistant Professor Govt. Sivaganga Medical College, Sivaganga, Tamilnadu, India | “Computer vision syndrome” | Students were highly impressed with the talk contents. The talk was very useful with regard to encourage the students regarding health effects related to prolonged computer use for studying and explain preventive measures in order to reduce CVS symptoms. |

13. Brief the proceedings of the programme along with some photographs

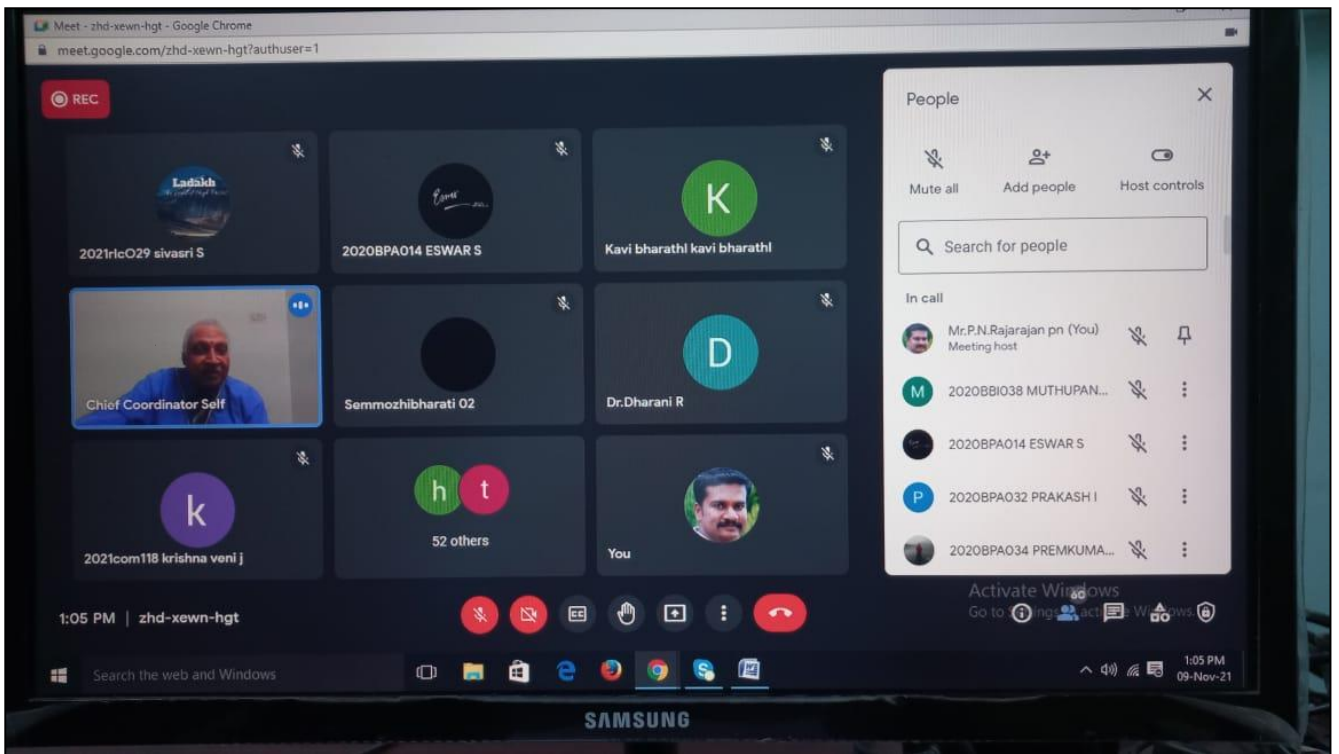
Overview of the Webinar

Webinar was planned as online. A Google meet link was created and communicated to all the YRC students.

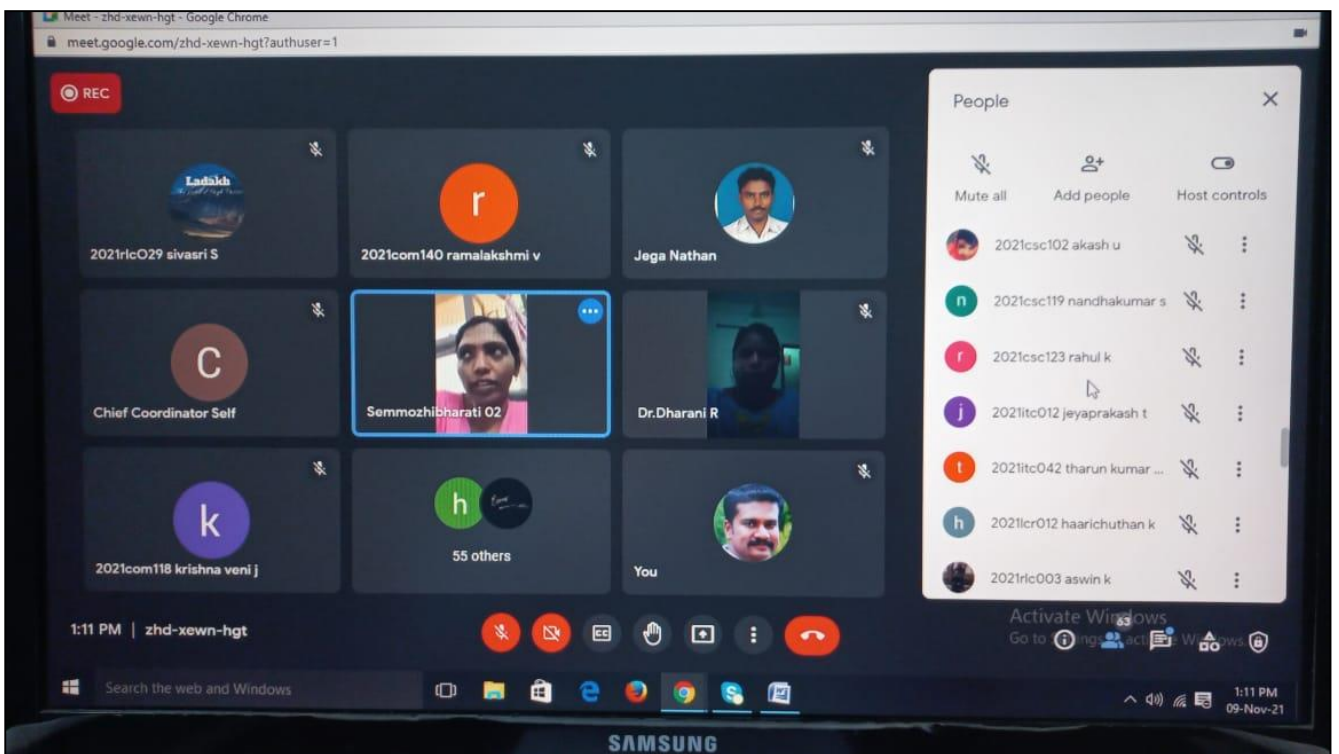
Proceedings of the Webinar

On the date of 09-11-2021 Youth Red Cross Unit organized an online programme for the students of the youth red cross. Webinar started at 1.00pm. Dr. P.N.Rajarajan , YRC SF Programme coordinator welcomed the Chief Co-ordinator (CCO), Dr. S. Suriyanarayanan. CCO delivered a motivational inaugural addressed to the students in which he mentioned about awareness among students regarding mobile and computer-related health problems. Dr.S.Dharani, , YRC SF Programme coordinator welcomed the resource person. After that the resource person , Dr.A.Sudhamathy, Assistant Professor, Sivaganga medical college, taken over the session. She explained the modern generation, the use of computers and mobiles by students became an essential tool to perform everyday tasks. The development of technology in education made a noticeable transformation in the methods of teaching, presenting information, and sources for studying. However, this convenient lifestyle still raised a health-related concern. Among the health-related aspects is a condition known as computer vision syndrome (CVS). Computer vision syndrome as “a complex of eye and vision problems related to near work experienced during computer use.” Resource person raise the awareness towards their daily practice and implement preventive measures to avoid CVS-related symptoms.

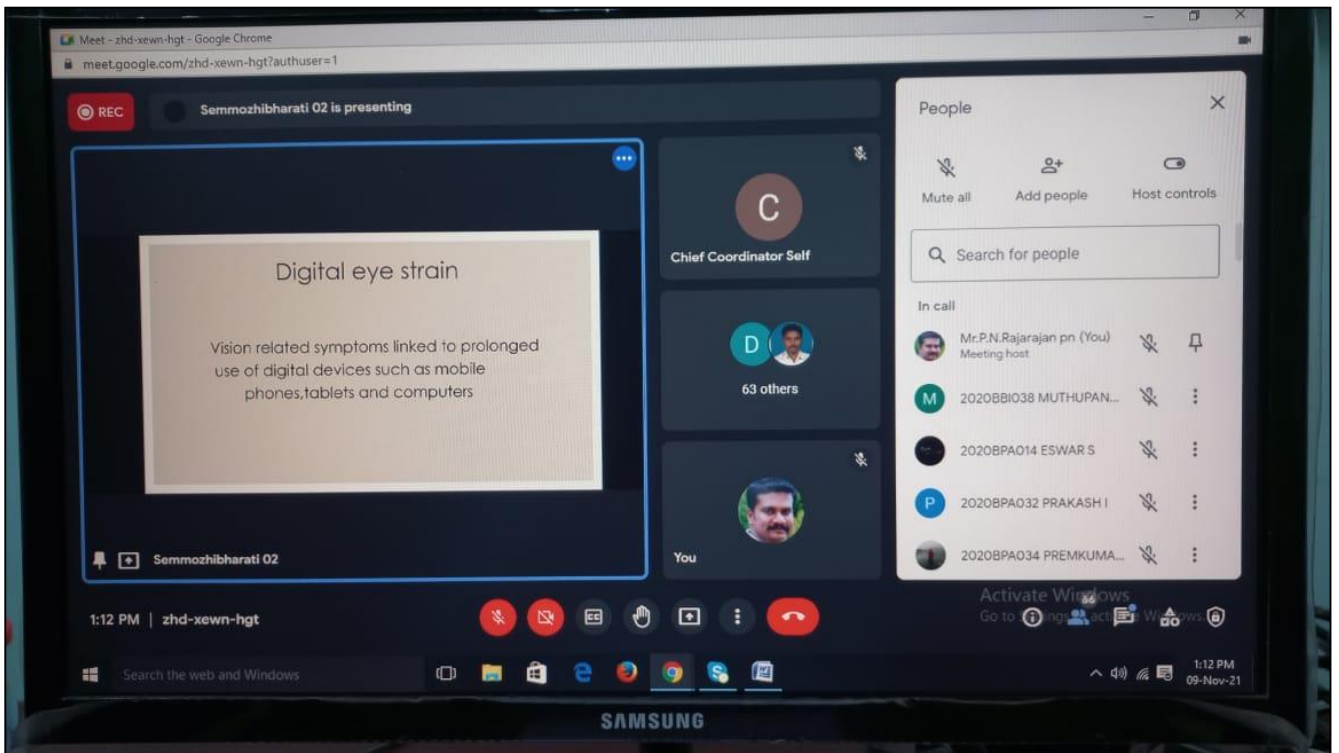
Finally, the program was ended by delivering vote of thanks by D. Jeisri to resource person as well as the participants of the program.



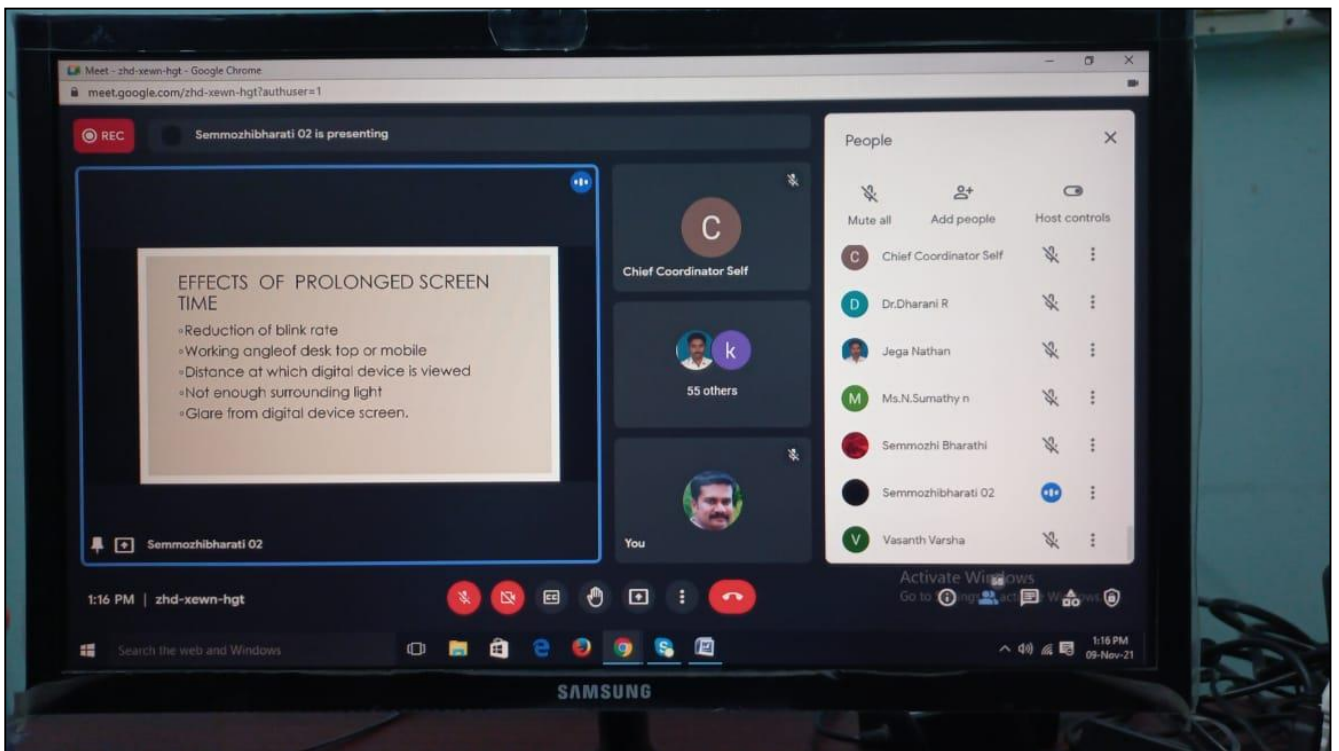
Inaugural address to students by Dr. S. Suriyanarayanan. Chief Coordinator



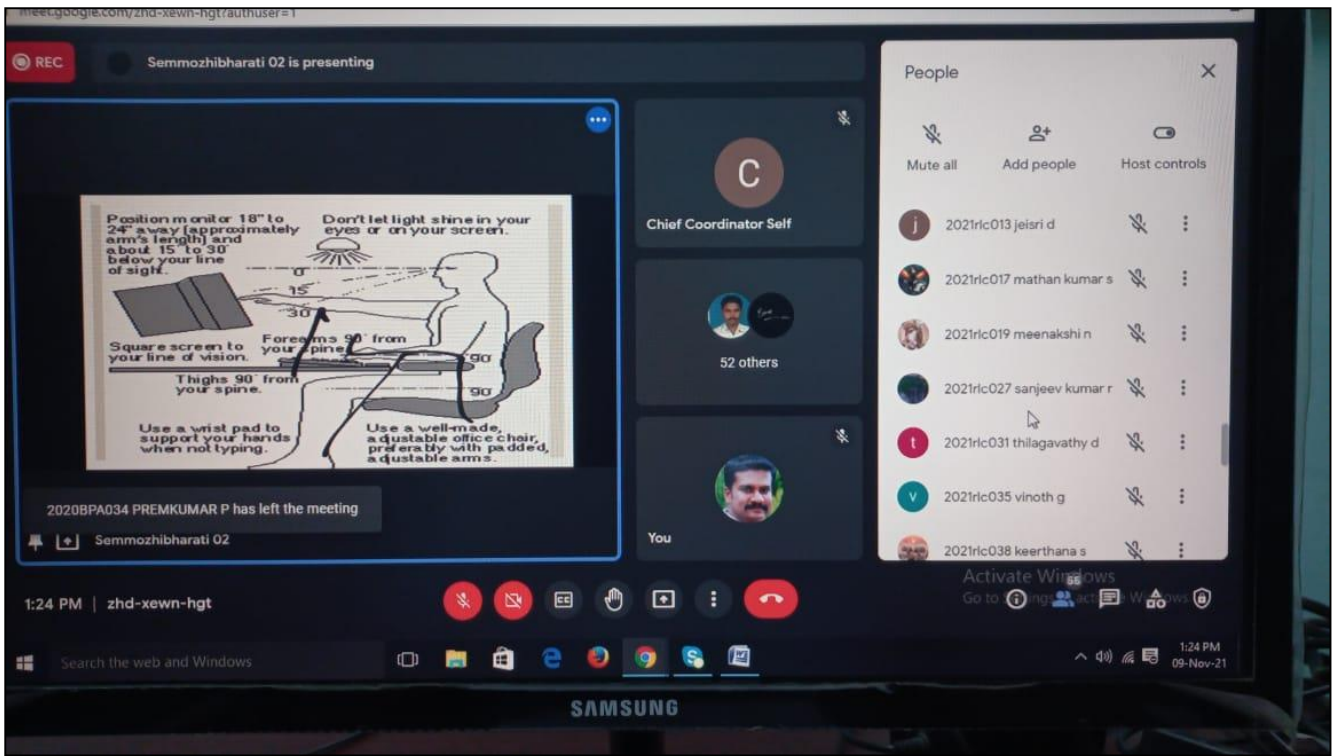
Speaker Introduction by Dr.S.Dharani, YRC Programme Coordinator



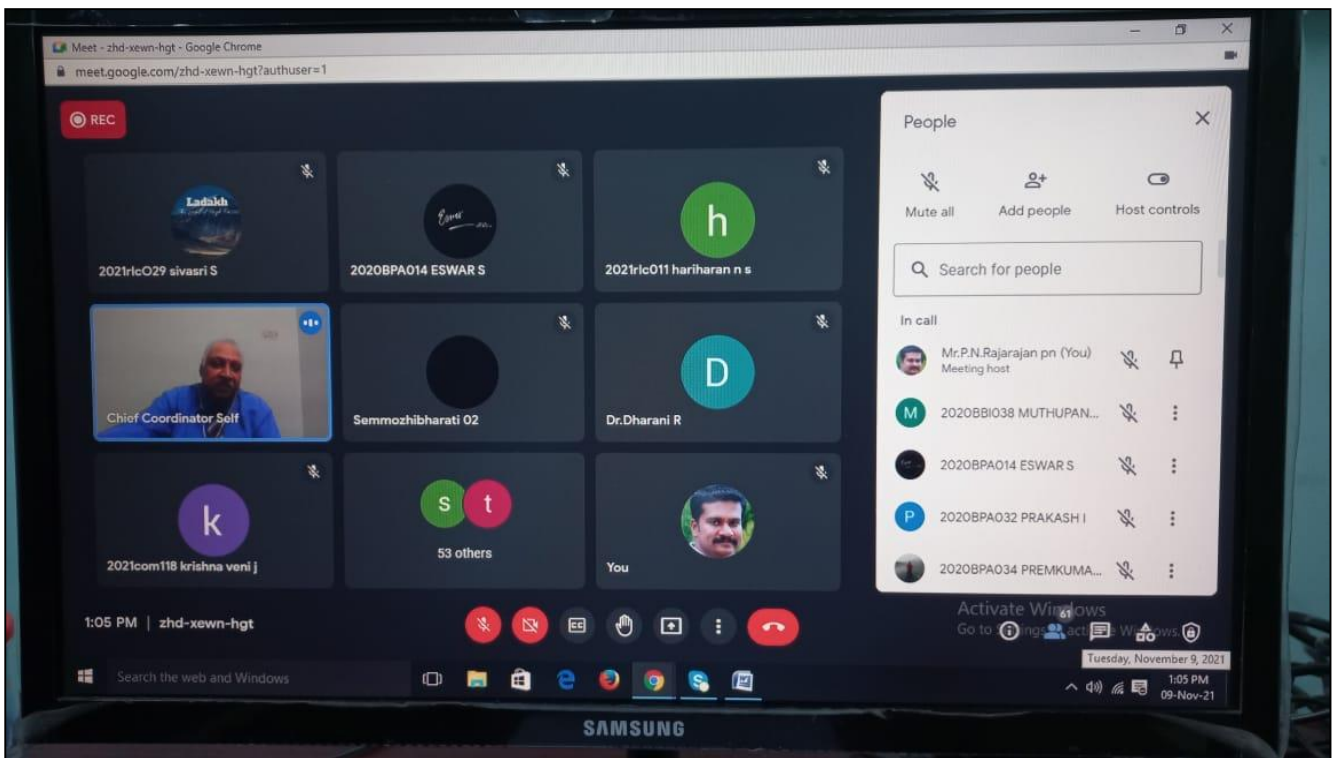
Invited speech by Dr. A. Sudhamathy



Invited speech by Dr. A. Sudhamathy



Invited speech by Dr. A. Sudhamathy



Vote of Thanks by D. Jeisri





List of participants (Title of the programme/event : “COMPUTER VISION SYNDROME”)

| S.NO | NAME |
|-------------|-------------------|
| 1 | ABINAYA S |
| 2 | ANITHA M |
| 3 | ARCHANAA P |
| 4 | ASWIN K |
| 5 | DEEPAN RAJ M |
| 6 | DEVADHARSHINI D |
| 7 | DHEENA THAYALAN S |
| 8 | DHIVYAPRAKASH P |
| 9 | DIVYA S |
| 10 | GOWSALYA M |
| 11 | GUNASEKARAN S |
| 12 | HARIHARAN N S |
| 13 | HARINI S |
| 14 | JEISRI D |
| 15 | KAMALI M |
| 16 | KATHIRESHWARAN S |
| 17 | M KARTHI |
| 18 | MATHAN KUMAR S |
| 19 | MATHAVAN S |
| 20 | MEENAKSHI N |
| 21 | NIRMALA M |
| 22 | PRAVEEN. S |
| 23 | PREM RAJ R |
| 24 | PRIYADHARSHINI M |
| 25 | RADHIKA R |
| 26 | SANJAY M |
| 27 | SANJEEV KUMAR R |
| 28 | SHANMATHY V |
| 29 | SIVASRI S |
| 30 | THILAGAVATHY D |
| 31 | THIRISHA V |
| 32 | VAISHNAVI R |
| 33 | VINDHYA S |
| 34 | VINOTH G |
| 35 | VISWA MB |
| 36 | YASUWANDHINI R |
| 37 | MAKESH KUMAR M |
| 38 | MANOJ R |
| 39 | NAVEEN PRADEEP A |
| 40 | VISHNU KUMAR S |

| | |
|----|---------------------|
| 41 | THENNARASI K |
| 42 | USHADEVI G |
| 43 | DIVYADHARSHINI I |
| 44 | MAHALAKSHMI R |
| 45 | MAREESWARI T |
| 46 | PRIYADHARSHNI N |
| 47 | SASIKALA SRI K |
| 48 | SELVALAKSHMI S |
| 49 | SHARVALAKSHMI S |
| 50 | ARCHANA M |
| 51 | ATCHAYA THEERTHAM M |
| 52 | BACKIYALAKSHMI S |
| 53 | JOTHIKA P |
| 54 | KAMALAVENI M |
| 55 | AMIRTHA VARSHINI |
| 56 | KIRTHIGA A |
| 57 | MALINI S |
| 58 | MUTHUMARI L |

The Madura College, (Autonomous)
Madurai – 625 011

YRC PROGRAMME OFFICERS

| NAME | SIGNATURE |
|--|---|
| 1.Dr. S. Selvakumar, Assistant Professor, Department of Commerce |  |
| 2.Dr.D.Gandhimathi, Assistant Professor, Department of Tamil |  |
| 3.Dr.P.N.Rajarajan, Assistant Professor, Department of Microbiology |  |
| 4.Dr.R.Dharani, Assistant Professor, Department of Commerce |  |