



தபோவனம்
ECO WELL-BEING VENTURE

Thapovanam



**26 & 27 July 2025 Weekend
Events**

(26.7.2025) Saturday Events

♣ Environmental awareness activities to appreciate basic ecological principles: pollution and waste management – Beach cleaning work

From 9am to 9.30am: beach cleaning



♣ Children's games

9.30 – 11 am: Carrom, football, volley ball.



♣ Swimming lesson

9.30 – 11.45 am: Facilitators, and Students of Thapovanam were given swimming instructions by Mr. Christhuraja, Instructor, Ocean University. At the same time children played at the beach.



♣ Nutritional foods

At 11.45 am: A nutritious meal of sprouted beans and nelli (gooseberry) juice was served to everyone.

♣ Children activity

At 12.30 pm: Children caught crabs while playing on the beach. They cooked and ate them.



♣ Medical students retreat

5.30 – 8 pm: Jaffna University Medical Faculty Lectures and 44th batch students spent their time happily at Thapovanam and on the beach. They sang songs together as a group. The students cooked food in their hostel and brought it to Thapovanam.



- The Tamil song “*Farewell, our country*” was sung by medical student, Sri Ramanan.



(27.7.2025) Sunday Events

♣ Piano classes

Thapovanam children's piano classes at 4.30 – 5.30 pm was conducted by Nishalini from Allaipiddy. Only 1 enthusiastic student participated. The other students were unable to attend due to some commitments.



Thank you

