

**Details of regular activities conducted during the year 2023 - 2024**

<b>Unit No</b>	<b>Date</b>	<b>Activities Undertaken</b>	<b>No. of Beneficiaries</b>
All units	18-20.04.2023	Medical Camp	1230
NSS cell	27.04.2023	MoU Signed	250
NSS Cell	27.04.2023	Book Donation Drive Launch	75
NSS Cell	27.04.2023	Academic Audit	
NSS Cell	11.05.2023	NSS Proficiency	26
6	05.06.2023	World Environment Day	60
All units	14.06.2023	Pledge on Blood Donation Day	2600
NSS Cell	21.06.2023	International Yoga Day	180
NSS Cell	26.06.2023	International Drug Abuse Drive	130
NSS Cell	26.06.2023	Summer Internship Training	18
NSS Cell	27.06.2023 & 28.07.2023	NEET Survey	2500
NSS Cell	28.07.2023	Induction Fresher's Programme	1500
All units	03.08.2023	Pledge on Organ Donation	2600
7 & 11	04.08.2023	Special Lecture on Indian Organ Donation	250
14	09.08.2023	Meri Mati Meri Desh	200
NSS Cell		Training Programme on Peer Group Basic Training on First Aid Emergency Response	800
6	12.08.2023	Ill Effects of Drug Addiction	225
1	09.09.2023	Literacy Day Celebration	120
All units	15.09.2023	Pledge on Social Justice	2600
NSS Cell	29.09.2023	Swachhata Hi Seva	120
NSS Cell	01.10.2023	Swachhata Hi Seva	250
NSS Cell	10.10.2023	NSS Day Celebration	1600
13	12.10.2023	Natchathara Vanam	50
All units	01.10.2023	Fit India 4.0	2600
NSS Cell	02.10.2023	Khadi and Gandhi	100
NSS Cell	16.10.2023	Amrit Kalash Yatra	150
NSS Cell	19.10.2023	Youth Awakening Day	100

<b>Unit No</b>	<b>Date</b>	<b>Activities Undertaken</b>	<b>No. of Beneficiaries</b>
7	28.10.2023	Swachh Icon Spot Creation	100
All units	31.10.2023	National Unity Day	2600
NSS cell	31.10.2023	Training on Combating the Technology Facilitated Gender Based Violence against Women and Girls	50
7	31.10.2023	Awareness on Khadi	45
11	22.11.2023	Special Lecture on Janjatiya Gaurav Diwas	125
1, 5 & 22	25.11.2023	Yuva Samvad	200
All units	26.11.2023	Pledge on Samvidhan Divas	2600
All units	01.12.2023	Pledge on World AIDs Day	1500
NSS cell	13.12.2023	Orientation Demonstration of SoP, Registration - Viksit Bharat	2000
NSS cell	16.12.2023	Sankalp Yatra - Viksit Bharat	50
1 & 2	12.01.2024	Road Safety Awareness - Rally	100
NSS cell	20.01.2024	World Record Event - Pollution Free World	3000
13 & 21	23.01.2024	Special Lecture on Ayurvedic Awareness For Well Being	100
12	24.01.2024	National Girl Child Day	700
All units	25.01.2024	National Voter's Day	1500
1	26.01.2024	Grama Sabha	75
1	30.01.2024	Sarvodaya Day	150
1	05-06.02.2024	Training on Folk Dance	50
NSS cell	24.02.2024	Workshop on Gender Inclusivity	200
All units	04.03.2024	Pledge on Voter Awareness	2600
NSS cell	12.03.02024	Yuva Samvad	150
NSS cell	20-22.03.2024	Medical Camp	4300

## World Environment Day

Unit 6: NSS Cell: 05.06.2023

No. of Beneficiaries : **60**

The theme for World Environment Day this year is **Beat Plastic Pollution** with focus on “**Ecosystem Restoration**”. The NSS Cell of Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore has conducted various competitions like slogan writing, poster making, video making, sketching, tree plantation preparation of simple literatures: booklets, notices and pamphlets. The NSS volunteers from various departments participated in the competitions and exhibited their talents which showcased their talents.



## Pledge on Blood Donation Day

Unit : All units: 14.06.2023

No. of Beneficiaries : **2600**

The slogan for 2023 **World Blood Donor Day** celebrated on 14 June 2023, is “**Give blood, give plasma, share life, share often.**” It focuses on patients requiring life-long transfusion support and underlines the role every single person can play, by giving the valuable gift of blood or plasma. It also highlights the importance of giving blood or plasma regularly to create



a safe and sustainable supply of blood and blood products that can be always available, all over the world, so that all patients in need can receive timely treatment Blood donation is a vital part of worldwide healthcare. It relates to blood transfusion as a life-sustaining and life-saving procedure as well as a form of therapeutic phlebotomy as a primary medical intervention. Over one hundred million units of blood are donated each year throughout the world.

## Swachhata Hi Seva

NSS Cell : 29.09.2023

No. of Beneficiaries : **120**

On September 29, 2023 the National Service Scheme & National Cadet Corps of Avinashilingam Institute for Home Science and Higher Education for Women in Coimbatore celebrated “My Soil My Country” campaign. In this event 120 NSS volunteers and NCC cadets were cleaned the TWAD premises and planted **500 tree saplings** and taken Panch Pran pledge on “**My Soil My Country**”. The event is inaugurated by Er.K.Chellamuthu, Chief Engineer, and Er.S.Meera, Executive Engineer, TWAD Board Coimbatore and other officials from TWAD, also participated in this event.



## Swachhata Hi Seva

NSS Cell : 01.10.2023

No. of Beneficiaries : **250**

On October 1, 2023 the National Service Scheme & National Cadet Corps of Avinashilingam Institute for Home Science and Higher Education for Women in Coimbatore celebrated “Swachhata Hi Seva” jointly with Coimbatore Municipal Corporation, Coimbatore. In this event 250 NSS volunteers and NCC cadets were cleaned the town bus stand at Gandhipuram, Coimbatore”. The event was inaugurated by Mr.Mahesh Kanagaraj Assistant Commissioner, Central Zone, Coimbatore Municipal Corporation. Coimbatore and other officials along with NSS Programme Coordinator, NSS Programme



Officers & NCC ANO’s were participated in the cleanliness activity.



## NSS Day Celebration

NSS Cell : 10.10.2023

No. of Beneficiaries : **1600**

The NSS day celebration of 2023 was conducted on 10<sup>th</sup> October 2023. The chief guest, Mr.K.Shivasubramani, Chairman of Appa Amma Arakattalai, Tirupur. On the account of NSS day, the chief guest, Mr.K.Shivasubramani spoke about the importance of organ donation and blood donation. He enthused the NSS volunteers to be intellectual and social aware of the needs of the community and to actively participate in community services and outreach programmes. Thereby equipping themselves to build a better society and thereafter a strong nation. The best NSS volunteers were awarded with certificates of recognition. On this day the best performing NSS programme officers award were recognize with certificates and former NSS programme Officers honoured with award & citation.



## Natchathara Vanam

Unit 13 : 12.10.2023

No. of Beneficiaries : **50**

The National Service Scheme (NSS) conducted an activity on 12.10.2023. The main aim of this activity was to increase awareness among the volunteers about the importance of the environment and the need to protect it. Volunteers were asked to clean the places. There were 27 Natchathara plants. Volunteers were divided into teams and used spade for digging the plants and removed all the litters, fallen leaves and other debris around the tree and also placed a board on which the names of each Natchathara plant were written. All the volunteers participated in the event with much enthusiasm. Photographs were taken before and after cleaning activity to showcase the visible improvements.



school students and kept in the school library for reference. In this programme 170 Government High School students of Kalapannakkampalayam Village benefitted in the programme.

### Swachh Icon Spot Creation

Unit 7 : 28.10.2023

No. of Beneficiaries : **100**

In Connection to Special Campaign for disposal of pending Matter the activity to create swach spot near Nakshatra Vanam was taken up by NSS Unit 7 on 28.10.2023. The concept of a Nakshatra Vanam involves the planting of these trees in a grove and nurturing them, to help develop a place of sanctity. **Nakshatra Vanam** is a garden comprising of 27 trees associated with the 27 birth stars. These 27 celestial plants have the power to fight against the harmful effects of the planets on human lives. Plants and herbs have been found to be extremely effective in neutralizing the detrimental influences of the astral positions of stars. This correlation between birth star and tree defines the relationship between the human and green trees in the environment. Those trees are of medicinal, social, aesthetic or economic value. Volunteers carried out the activity of cleaning the surroundings of the Nakshatra Vanam in the Campus I. They picked up the waste papers and plant debris of the surrounding places of the Nakshatra vanam and discarded them making the area clean.



### National Unity Day

Unit: All units: 31.10.2023

No. of Beneficiaries : **2600**

Rashtriya Ekta Diwas (National Unity Day) was celebrated to commemorate the birth anniversary of Dr.Sardar Vallabhbhai Patel. Hence his birth anniversary is celebrated as the National Unity Day which “will provide an opportunity to re-affirm the inherent strength and

Road safety awareness was given by Mr. Murugesan, District Traffic Police, Coimbatore, pledge was administered by Mr. Thavaganesh, City Traffic Police, Coimbatore and Mr. Rajendran, Programme Coordinator, Nehru Yuva Kendra interacted with the volunteers and asked questions about the city traffic rules.

### **World Record Event - Pollution Free World**

Unit : NSS Cell : 20.01.2024

No. of Beneficiaries : **3000**

In collaboration with the Illantamil Mandram, the National Service Scheme of Avinashilingham Institute for Home Science and Higher education for Women, Coimbatore created a World Record Event on Pollution Free World in the college premises on 20th January 2024. NSS volunteers participated in the prestigious event with the aim of setting a new World Record for a pollution-free country with zero plastics. Dr. T. Radha, NSS Programme Coordinator, welcomed the dignitaries and NSS volunteers. Followed by the address, Dr. V. Bharathi Harishankar, Vice Chancellor, encouraged the students to use eco-friendly products and plant saplings to clean the air, and help combat climate change. On account of the World Record event, the Chief Guest Er. K. Nalini, Joint Chief Environmental Engineer of Tamilnadu Pollution Control Board, addressed the gathering on the importance and need to use 'Manjappai'(cloth bag) to enrich soil fertility. In addition to this, Dr. K. Ravichandran, District Environmental Engineer of Tamilnadu Pollution Control Board, Coimbatore, expressed his views on the ill effects of using a single plastic product that leads to an adverse impact on climate and soil. Also, Dr. S. Kowsalya, Registrar, Avinashilingham Institute for Home Science and Higher education for Women, Coimbatore felicitated the volunteers for their co-ordination and expressed her gratitude to the Illantamil and media members for their enormous support. On behalf of Illantamil Mandram, Dr. SE. Vengadesan, Founder and Record Holder, All India Books of Records, shared the theme of the mega event on the use of 'Manjappai' and its futuristic benefits for society. Furthermore, Illantamilan Er. G. Abinesh, Founder and Record Holder, Illantamil Mandram and Ilanthuli Pathipagam, Theni, propagated awareness to the NSS volunteers about their social responsibility to plant trees and inculcate the same spirit among other students. As part of the event, NSS volunteers took an oath to use Manjappai and eliminate plastic usage in public places. They were also given plant saplings and 'Manjappai' to create a green environment. Along with this event, certificates were provided to the active NSS volunteers for their involvement in various activities.





## SPECIAL CAMP PROGRAMMES

### Details of Awareness Programs conducted during the year 2023 - 2024

S.No	Unit No	Date	Place	No. of Beneficiaries
1	15	08.01.2024	Awareness of Nutrition and Health	58
2	15	11.01.2024	Awareness of Mental Health	43
3	8	31.01.2024	Awareness of Cyber Safety	103
4	9	31.01.2024	Awareness of Cyber Safety	125
5	1	01.02.2024	Awareness on Mensuration and Girl child protection	132
6	9	01.02.2024	Awareness of Waste Management	120
7	9	02.02.2024	Awareness of Women Safety	127
8	16	03.02.2024	Awareness of Millets	140
9	21	04.02.2024	Awareness of Dengue viruses	110
10	21	04.02.2024	Awareness of Dengue viruses	110
11	16	04.02.2024	Awareness of Single plastic	240
12	1	04.02.2024	Awareness on Meendum Manjapai	92
13	24	04.02.2024	Dhaliyur	52
14	21	05.02.2024	Awareness about Bio Degradable and Non Bio Degradable	117
15	21	05.02.2024	Awareness about Bio Degradable and Non Bio Degradable	117
16	21	06.02.2024	Voter Awareness	118
17	16	06.02.2024	Awareness of Postal Schemes	150
18	16	07.02.2024	Awareness of Cyber Security	150
19	16	07.02.2024	Awareness of Women Safety	150
20	16	08.02.2024	Awareness of Stress Management	200
21	19	02.02.2024	Awareness of Environmental Protection and Sustainable Living	42
22	19	08.02.2024	Awareness of Female Care products	42



23	19	08.02.2024	Awareness of Climate change	245
24	7	13.02.2024	Awareness program on women health and menstrual hygiene	123
25	7	14..02.2024	Awareness of Air Pollution	112
26	7	13.02.2024	Awareness of Food habits	137
27	7	14.02.2024	Awareness of Animal Conservation	132
28	7	14.02.2024	Awareness of Menstrual Hygiene and Health	85

highlighted on the ways to cure problems during menstruation by practicing ayurveda as it provides natural treatment. Advice on usage of ayurvedic medicines was delivered and it is more suited to our body than the foreign medicines we may take up. The session was very interactive and the women were highly benefited from the session.

## **Awareness of Air Pollution**

Unit 07: 13.02.2024

No. of Beneficiaries : **112**

Awareness on Air pollution: Charts and models were displayed to emphasis that clean air is the secret weapon for taking the climate crisis, saving lives, fostering inclusive societies and improving childhood development. The risk factors were listed to highlight much awareness.



## **Awareness of Food habits**

Unit 07: 14.02.2024

No. of Beneficiaries : **137**

The chief guest briefed students about risk factors and prevention. Also explained on how to control worm infestation by stressing on the importance of hand hygiene. The students took part actively during the session, followed by demonstration of hand washing techniques and to maintain healthy food habits. Through this session the students came to know about certain habits such as regular washing of their hands before eating, drinking water regularly that they should follow to maintain their health.



## **Awareness of Animal Conservation**

Unit 07: 14.02.2024

No. of Beneficiaries : **132**

Awareness on Animal Conservation: Sessions were handled on wild Animals and their Conservation by NSS volunteers. It provided an opportunity to raise awareness about animals and their habitats and understand the threats they are facing. Charts and models were displayed to the students.



## Awareness of Waste Management

Unit 09: 01.02.2024

No. of Beneficiaries : **120**

Awareness Program on Waste Management: The speaker spearheaded an enlightening awareness program on the differentiation between biodegradable and non-biodegradable waste. The program sought to instill responsible waste disposal practices, contributing to environmental sustainability



## Awareness of Women Safety

Unit 09: 02.02.2024

No. of Beneficiaries : **127**

The chief guest spoke about women safety which is an initiative that aimed to educate and empower the community, fostering a safer environment for women at Subramnaiyampalayam village.



## Awareness of Meendum Manjappai

Unit 12: 11.02.2024

No. of Beneficiaries : **101**

NO PLASTIC awareness by forming human chain carrying Manjapai was the aim. The volunteers were enthusiastically engaged in forming a human chain. Their team work was highly pronouncing. They sought the attention of the villagers by shouting out different phrases of “NO PLASTIC” awareness. As a result the villagers saw the human chain and became of the importance of Manjapai. They were made to saw “MEENDUM MANJAPAI”.



## Awareness of Nutrition and Health

Unit 15: 08.01.2024

No. of Beneficiaries : **58**

Awareness on Nutrition and Health: The chief guest shared valuable insights on the importance of consuming nutritious food and its enduring benefits for our well-being. During the session, students had the opportunity to address their queries concerning food habits and personal dietary concerns, seeking guidance for healthier choices.



## Awareness of Mental Health

Unit 15: 11.01.2024

No. of Beneficiaries : **43**

Awareness on Mental Health: The session provided a welcoming and constructive environment for the NSS volunteers. The speaker helped the volunteers to identify their own issues and get over real hurdles in their life. Also, the chief guest provided numerous resources and solutions to overcome the obstacles. The session was so helpful and beneficial.



## Awareness of Millets

Unit 16: 03.02.2024

No. of Beneficiaries : **140**

Awareness campaign on “**Indian Millets**”: The prime principle in the Siddha system of life -which means that there will be no physical or mental illness as long as food is pure-has been strongly taught. She explained the idea that the world is made up of five elements — Aakash (space), Jala (water), Prithvi (earth), Teja (fire), and Vayu (air) .



## Awareness of Single plastic

Unit 16: 04.02.2024

No. of Beneficiaries : **240**

General Awareness Programme on Hazardous effect of Plastic usage: The NSS volunteers conducted a comprehensive plastic-free awareness campaign for village children, aiming to educate and empower them to make environmentally conscious choices. The event focused on raising awareness about the harmful effects of plastic pollution and promoting sustainable alternatives. And explained the various items which involves Plastic such as from packaging of items, bottles (shampoo, detergents, cosmetics), polythene bags, coffee cups, clingfilm, trash bags, food packaging etc



followed. She also highlighted the former, most popular case laws and their judgement which added more impetus to the session.

## **Awareness of Stress Management**

Unit 16: 08.02.2024

No. of Beneficiaries : **200**

Youth Awareness Programme on Stress Management: The chief guest asked the students to take a paper and to tear the paper followed by the instructions given by her. After completing the activity she asked them to open their eyes and to show the torn papers. By this activity they have learnt that they should practice to ask question wherever necessary.



## **Awareness of Environmental Protection and Sustainable Living**

Unit 19: 02.02.2024

No. of Beneficiaries : **42**

Awareness Program on Environmental Protection and Sustainable Living: The chief guest gave speech on necessities required in human life and talked about natural resource and water resources.



## **Awareness of Female Care products**

Unit 19: 08.02.2024

No. of Beneficiaries : **42**

The chief guest was from spine and bone care centre who have shared enhancing information about the physical health. She gave more information about women health & body parts.



## **Awareness of Climate change**

Unit 19: 08.02.2024

No. of Beneficiaries : **245**

Awareness Program on Women's Role in Climate Change conducted by NSS Volunteers to the village people and importance of the climate in future.





## Awareness of Dengue viruses

Unit 21: 04.02.2024

No. of Beneficiaries : **110**

Volunteers were there assigned their respective work groups to facilitate several activities. The day was inaugurated with an act of service through an effective awareness programme about Dengue Virus. The impact and causes of Dengue virus were taught to the public through notice. It is a mosquito-borne viral disease occurring in tropical and subtropical areas. Dengue can range from asymptomatic infection or mild illness to severe disease. An estimated 1 in 4 dengue virus infections are symptomatic. Symptomatic dengue virus infection most commonly presents as a mild to moderate, acute febrile illness. Infection with one of the four dengue viruses will induce long-lived immunity for that specific virus.



## Awareness about Bio Degradable and Non Bio Degradable

Unit 21: 05.02.2024

No. of Beneficiaries : **117**

Biodegradable waste includes any organic matter in waste which can be broken down into carbon dioxide, water, methane, compost, humus, and simple organic molecules by micro-organisms and other living things by composting, aerobic digestion, anaerobic digestion or similar processes. Whereas, non-biodegradable material is any form of substance that is a cause of pollution and cannot be degraded by natural organisms. Waste classified as "non-biodegradable" cannot be broken down by biological processes. The majority of the inorganic waste cannot decompose. The central theme of the awareness programme is to make sure that people should categorise their household waste into degradable and non-degradable, which will result in a proper distinction to facilitate an easy approach of disposal which is also environmentally friendly.



**Details of Rally on Societal issues conducted during the year 2023 - 2024**

<b>S.No</b>	<b>Unit No</b>	<b>Date</b>	<b>No. of Beneficiaries</b>	<b>Place</b>
1	15	06.01.2024	150	Nallampalayam
2	10	24.01.2024	109	Koundampalayam
3	10	27.01.2024	120	Koundampalayam
4	24	30.01.2024	280	Dhaliyur
5	1	31.01.2024	40	Kovilmedu
6	9	02.02.2024	85	Subramaniyapalayam
7	22	02.02.2024	220	Devarayapuram
8	13	03.02.2024	210	Chinnathadagam
9	4	04.02.2024	90	Veerapandi
10	21	04.02.2024	75	Pappanaickenpalayam
11	5	05.02.2024	78	Boomayapalayam
12	21A	05.02.2024	98	Somayanur
13	22	05.02.2024	220	Devarayapuram
14	5	06.02.2024	103	Boomayapalayam
15	5	07.02.2024	83	Boomayapalayam
16	16	07.02.2024	150	Thoppampatti
17	19	07.02.2024	87	Kuppanaichenpalayam
18	5	08.02.2024	63	Boomayapalayam
19	5	09.02.2024	68	Boomayapalayam
20	5	10.02.2024	58	Boomayapalayam
21	7	10.02.2024	280	Nanjegoundenpudur
22	7	10.02.2024	225	Nanjegoundenpudur
23	5	11.02.2024	48	Boomayapalayam
24	12	11.02.2024	290	Kasthurinaickenpalayam

## Details of Rally on Societal issues Programme conducted during the year 2023 - 2024

### Rally on Swachhata Hi Seva

Unit : 15 : 06.01.2024

No. of Beneficiaries : 43

All the NSS volunteers conducted a rally on **SWACHHATA HI SEVA** with enthusiasm to create awareness among the people of Nallampalayam Village. The NSS volunteers with banners and placards created awareness on the theme “Cleanliness is Service.” The rally began from the elementary school with the volunteers and NSS coordinators moving across the streets in Nallampalayam.



### Rally on National Girl Child Day

Unit : 10 : 24.01.2024

No. of Beneficiaries : 35

A rally was organized on “**National Girl Child Day**” where the volunteers spread awareness among the residents of Moovar Nagar about the importance of girl child, roles played by a girl in the society, home, etc., This rally indeed helped in conveying a message to the public. Chocolates were distributed to the public along with a card wishing them happy national girl child day and mentioning the roles played by women in shaping the society and the nation.



### Rally on Nutritious Food and Single Use Plastic

Unit : 10 : 27.01.2024

No. of Beneficiaries : 35

Mr. A. Krishnamurthy, counselor, Koundampalayam, Coimbatore and the general public also participated in the rally willingly. The rally focused on inspiring the public towards the right path of intaking nutritious food and using Manjapai instead of using single use plastic bags for our daily



use to buy and carry things. Mr. A. Krishnamoorthy, councilor has also joined with the volunteers in the rally.

## Rally on Saying No to Tobacco

Unit : 05 : 31.01.2024

No. of Beneficiaries : **62**

NSS Students organized an energetic rally to spread awareness about the importance of **“Saying No to Tobacco”**.

The rally covered significant public places including Educational institutions and residential areas.



## Rally on Swachh Bharat

Unit 24: 31.01.2024

No. of Beneficiaries : **75**

The NSS volunteers created awareness rally on Swachh Bharat and its importance at Dhalliyur village.



## Rally on Voter Awareness

Unit 22 : 02.02.2024

No. of Beneficiaries : **75**

Voter awareness refers to the efforts made to educate individuals about the importance of participating in democratic processes, particularly voting in elections. It encompasses informing citizens about their rights and responsibilities as voters, the significance of casting their ballots, and the impact their votes can have on shaping the future of their communities and countries. The volunteers conducted a rally on "Voter Awareness" to promote awareness of rights voting among the village people.





## Rally on Drug Abuse

Unit : 13 : 03.02.2024

No. of Beneficiaries : **45**

NSS volunteers and Chinnathadagam police officers has started the rally to create a awareness on drug abuse and traffic rules. We have created with the slogans relating to road safety no drugs child education no plastic The moto of the NSS volunteers was to create the responsibilities in the minds of the entire citizens to keep their surroundings clean and to create a drug free society. The NSS volunteers also educated and motivated the village people through the rally.



## Rally on Meendum Majappai

Unit 21 : 04.02.2024

No. of Beneficiaries : **75**

NSS Volunteers presented a rally on Safe and Secured Environment. The motive of this rally is to inform people to quit the usage of plastics and to inculcate the habit of using cloth bags, which is referred to as 'Manja Pai' in Tamil Nadu. Our volunteers interacted with villagers, they raised awareness among the village people to save the environment. Village people got awareness of environmental cleanliness, like avoidance of plastic usage and to keeping their surroundings clean. The Rally was motivated by the slogan " Save nature, Secure the future". NSS volunteers had participated in the rally with Placard made by the volunteers with statements that supported the motive of rally. The rally was successfully completed throughout the village.



## Rally on Avoid Plastic

Unit : 04 : 04.02.2024

No. of Beneficiaries : **40**

The primary motive of this activity is to create awareness about how the plastic could affect our daily lives, how it causes problems to environment. The students recited slogans and walked through the streets. The students also carried placards in their hands related to the topic. The





students also recited an alternative solution for reducing the usage of the plastic which is the “Manja Pai”, a bag made of the cloth. This great initiative was led by the staff in-charge Dr. S. Bhuvaneshwari. They also explained the importance of acupuncture treatment. And also explained what is acupuncture treatment. Nearly 20 women attended the session. The session was very useful for the students as well as the women’s. She enquired about the health problems of the women’s and gave them a touch. After the session the students had lunch and started wrapping gifts for the next day’s competition.

### Rally on Avoid Plastic

Unit : 05 : 05.02.2024

No. of Beneficiaries : 78

பொம்மண்ணம்பாளையம் சுற்றியுள்ள பகுதிகளில் பிளாஸ்டிக் பொருட்களால் சுற்றுப்பகுதியில் மண்வளம், சுற்றுச்சூழல் பாதிப்பு, பிளாஸ்டிக் பைகளிலுள்ள உணவுகளை கால்நடைகள் உண்பதால் ஏற்படும் உடல்நல பாதிப்பை தடுக்கப்பதற்காக மாணவர்களைக் கொண்டு நெகிழி ஒழிப்புப் பேரணி நடத்தப்பட்டது. பொதுமக்களும் கலந்து கொண்டனர்.



### Rally on Avoid Plastic

Unit : 05 : 05.02.2024

No. of Beneficiaries : 103

டிஜிட்டல் மயமாக்கல் பற்றிய விழிப்புணர்வு உரையினை தொடர்ந்து நாட்டுநல பணிதிட்டம் மாணவர்கள் அனைவரும் ஒன்றிணைந்து பேரணியினை நடத்தினர். கைபேசி பயன்படுத்துதல் அத்தியாவசியத்தையும் மற்றும் அதன் பின்னடைவுகளையும் மக்களுக்கு எடுத்துக் கூறும் வனகயில் பேரணி காவல் துறையினரின் உதவியுடனும் நடத்தப்பட்டது.



### Rally on No plastic Meendum Manjapai

Unit 22 : 05.02.2024

No. of Beneficiaries : 75

A rally was conducted on the topic "No plastic Meendum Manjapai" by the NSS volunteers. The rally aimed to promote the use of Manjapai (cloth bags) as an alternative to plastic. Our volunteers distributed Manjapai to the village people during the rally, encouraging them to adopt eco-friendly practices



## Rally on Rain Water Harvesting

Unit : 05 : 07.02.2024

No. of Beneficiaries : 83

தற்போது பெருநகரங்களில் வீடுகள், கட்டிடங்கள் அருகருகே கட்டப்படுவதும், தவிர திறந்தவெளிகளையும் சிமெண்ட் தளங்கள் அமைத்தும் இ தார் சாலைகள் அமைத்தும் மூடி விடுவதால், பெய்யும் மழை நீரில் 5% அளவிற்கு கூட நிலத்தில் உறிஞ்சப்படுவதில்லை. ஆழ்குழாய் கிணறுகள் மூலம் நிலத்தடி நீர் அதிகமாக எடுக்கப்படும் போது, கடல் நீர் நிலத்தடியில் கலந்து பயன்படுத்த இயலாத அளவிற்கு மாறி விடுகிறது. இதனை மழை நீர் சேகரிப்பு முறைகள் மூலம் தவிர்க்கலாம் என்பதை மக்களிடம் உணர்த்துவதற்காக இப்பேரணி காவல் துறையினரின் உதவியுடனும் நடத்தப்பட்டது.



## Rally on Say No To Plastic

Unit : 19 : 07.02.2024

No. of Beneficiaries : 42

Our volunteers were taking out the Rally to create awareness to the village for avoiding plastic items saying 'SAY NO TO PLASTIC'. The villagers were not aware about the ill-effects of the plastic items thus awareness given them messages through placards and slogans carried. The information passed to the villagers by giving Awareness about plastic items and its side effects.



## Rally on Awareness on Agriculrural lands

Unit : 05 : 08.02.2024

No. of Beneficiaries : 63

நிலம், தாவரங்கள், விலங்குகள், மனிதர்கள் ஆகியவற்றின் ஆரோக்கியத்தை கருத்தில் கொண்டு அவற்றை நீடித்து நிலைக்கும் வகையிலும் மேம்படுத்தும் வகையிலும், உயிர்ச்சூழல் மற்றும் சுழற்சிக்கேற்ப இயைந்து செயல்பட்டு சுற்றுச்சூழலின் வாழ்வியல் மேம்படவும் நிகழ்காலம் மற்றும் எதிர்கால சந்ததியினருக்கும், சுற்றுப்புற சூழலுக்கும் பாதிப்பு ஏற்படாதவாறு கவனமாகவும் பொறுப்பாகவும் செயல்பட வேண்டும் என்பதைக் கருத்தில் கொண்டு விளைநிலங்களின் முக்கியத்துவத்தை எடுத்துரைக்கும் நோக்கில் காவல் துறையினரின் உதவியுடனும் பேரணி நடத்தப்பட்டது.



## Rally on Road Safety

‘kaapoom kaapoom pen urimai kaapoom’ for women empowerment. They raised their voices by chanting ‘plastic vendam endru sollungal’ and ‘thuimaiyana ulagathai nokki sellungal’. The slogans grabbed the attention of the public. Awareness was created on these topics.

## Rally on Say No To Plastic

Unit : 15 : 07.02.2024

No. of Beneficiaries : **150**

On 07.02.2024, the students conducted a rally in the adopted village to create awareness among the people regarding a hazardous impact of plastics and human beings and other living organisms, both physically as well as mentally and how to reduce the usage of plastics and to increase the usage of cloth bags. The students raised slogans against plastics and its ill effects especially among the young population of our country. They walked through the village by various slogans like SAY NO TO

PLASTICS and SAY YES TO CLOTH BAGS. The NSS Volunteers encouraged the rural people to carry the cloth bags or manjapai instead of carrying the plastic bags to the grossery shop. They advised the public to buy milk in steel containers rather than buying on plastic covers . This will help the public to keep the environment clean and healthy and also to avoid the consequences of using plastic bags.



### Details of Tree plantation Programs conducted during the year 2023 - 2024

S.No	Unit No	Date	No.of. Beneficiaries	Place
1	9	20.01.2024	330	Subramaniyapalayam
2	10	27.01.2024	195	Koundampalayam
3	4	31.01.2024	300	Veerapandi
4	21A	01.02.2024	250	Somayanur
5	22	02.02.2024	360	Devarayapuram
6	24	02.02.2024	400	Dhaliyur
7	1	04.02.2024	250	Kovilmedu
8	8	04.02.2024	275	No. 24 Veerapandi
9	13	04.02.2024	190	Chinnathadagam
10	16	05.02.2024	100	Thoppampatti
11	16	08.02.2024	100	Thoppampatti
12	7	10.02.2024	380	Nanjegoundenpudur
13	12	10.02.2024	430	Kasthurinayakanpalayam
14	7	11.02.2024	380	Nanjegoundenpudur
15	7	15.02.2024	380	Nanjegoundenpudur
16	7	15.02.2024	380	Nanjegoundenpudur

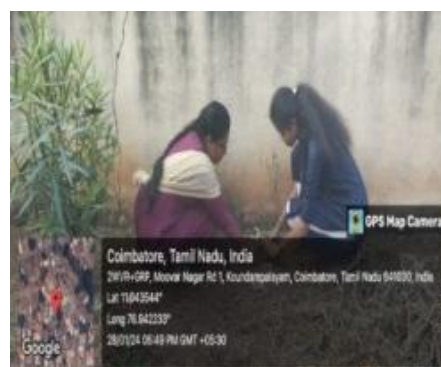
### Details of Tree plantation Programme conducted during the year 2023 - 2024

#### Moovar Nagar

Unit 10 : 27.01.2024

No. of Beneficiaries : **48**

The volunteers undertook the activity of planting tree saplings. The saplings were planted in the public Library in Moovar Nagar, koundampalayam, and it was organized by Unit 10, Department of Economics along with programme officer Dr.A.N.Krithika mam and Asst. Programme officer Dr.E.Shanmugha Priya mam. The area was cleaned to plant the saplings. The volunteers dug a pit to plant the saplings.





## No. 4 Veerapandi

Unit : 04 : 31.01.2024

No. of Beneficiaries : **40**

The NSS volunteers created awareness about cleanliness and tree plantation in order to preserve the environment. In the same noon, we visited the resource recovery park. It is place for worm compost. We learned about they are separating the vegetables and fruits to create a compost and planted trees in the village.



## Subramaniyamplayam

Unit: 09: 31.01.2024

No. of Beneficiaries : **48**

NSS volunteers looked for an apt space for gardening and started cleaning the ground. From the village people, they collected more gardening tools for tree plantation. The programme officer, school teachers, students, and NSS volunteers were all involved in planting the saplings.



## Kovilmedu

Unit : 01 : 04.02.2024

No. of Beneficiaries : **32**

Tree saplings were planted in the corporation school campus by the chief guest of the day Mr. Rajakumar (sub inspector of police), B-11 police station and Mr. Mahalingam (sub inspector of police) and the NSS volunteers also joined them.





## **No. 24 Veerapandi**

Unit : 08 : 04.02.2024

No. of Beneficiaries : **38**

On the seventh day, from 9:30 AM to 11:00 AM all the volunteers have cleaned the school campus and planted a sapling on the campus because the place should look greenery and natural.



## **Chinna Thadagam**

Unit 13: 04.02.2024

No. of Beneficiaries : **38**

On the fifth day of the camp, we reached panchayat union primary school Chinnathadagam at 10 am and cleaned the areas and from 10:30 am to 12:30 pm, NSS volunteers prepared the seed balls using sand and planted seeds along with their team mates.



## **Thoppampatti**

Unit : 16 : 05.02.2024

No. of Beneficiaries : **45**

In the afternoon session on 05.02.2024 the NSS Volunteers engaged in the activity of tree planting with the villagers. PLANTATION in accordance with the motto of the NSS day camp, i.e; -Clean India, Green India, the students distributed various plant saplings to the villagers in growbags, to encourage the habit of planting more trees and maintaining a green environment. Planting trees makes a huge difference in fighting back the climate change . The ultimate aim of this activity is to ensure the participation of villagers in -Green India -mission. The volunteers organized -Adopt a tree -event where each house where provided with a tree sapling. The volunteers themselves planted various saplings in different parts of the village, emphasising the need to nurture nature. Further, the volunteers also took measures in teaching the villagers about the daily to-do activities after adopting a tree. On the other hand, the villagers also cooperated well with the volunteers in this activity.



## **Kasthurinaickenplayam**

Unit 12 : 10.02.2024

No. of Beneficiaries : **42**

The NSS volunteers planted saplings in the surroundings. Trees and plants promote health and social well-being by removing air pollution, reducing stress, encouraging physical activity, and promoting social ties and community. It is valuable green infrastructure to manage storm water. It also maintains the environmental temperature. The volunteers planted saplings in the surroundings. The public appreciated and encouraged the volunteers. The public also promised on guarding the plants and growing them.



## **Nanjegoundenpudhur**

Unit : 07 : 11.02.2024

No. of Beneficiaries : **32**

The NSS Volunteers visited every house and distributed saplings and made them aware about importance of trees and adverse effect of deforestation. we selected a variety of plant saplings that would thrive in the local environment. These saplings were distributed to families in the adopted villages, with the intention of bringing greenery closer to their homes and promoting a sense of environmental responsibility. Most of the villagers happily accepted the samplings and promised us that they will plant it and take care of it.



## **Nanjegoundenpudhur**

Unit : 07 : 15.02.2024

No. of Beneficiaries : **32**

On the 7<sup>th</sup> day of the special Camp the Tree Plantation programme was initiated by the NSS volunteers. NSS student volunteers along with the school students were engaged in land preparation for establishing a kitchen garden. They prepared the land by cleaning and ploughing. They created the kitchen garden by sowing the vegetable seeds such as chilly, tomato, green leaves, pumpkin and brinjal. After sowing the seeds watering was done, Thus a small kitchen garden was created in the school premises.



The purpose of setting a kitchen garden in school is to give students a lifelong skill and to encourage them and encourage them to go home and start their own garden, in whatever space available using their knowledge learnt in school. NSS volunteers *planted more than 10 tree saplings in and around the school campus*. 10 pits were made in which various trees like Syzygium, Neem, Pongamia were planted. After each tree was planted, proper soil was placed around it and water was poured.

## Somayanur

Unit 21A : 01.02.2024

No. of Beneficiaries : **48**

On the second day, our NSS Volunteers visited the government school located in the Somayanur Village. Our NSS Volunteers helped the school by arranging the bricks to make a fence and planted trees in the school garden area.



## Devarayapuram

Unit 22 : 02.02.2024

No. of Beneficiaries : **66**

Volunteer are divided into groups and taken an active participation on cleaning the village temple. Different groups of volunteers were splitted up and the cleaning and saplings planting activity have been done. Saplings were planted around the temple and all the other plants there was also watered by the volunteers. Volunteers were also made to clean inside the temple and mop the temple floors.



## Dhaliyur

Unit 24 : 02.02.2024

No. of Beneficiaries : **36**

The Fifth day started with the tree plantation. NSS Volunteers planted the saplings in and around the school compound. The session as followed by the origami class school students were involved actively and they made paper hundial, butterflies and sparrows. Then the various competitions were conducted for the school students such as music chair, lucky corner, ball passing, ball collecting and painting.



## Details of Physical Fitness Programs conducted during the year 2023 - 2024

S.No	Unit No	Date	No. of Beneficiaries	Place
1	20	19.01.2024	35	Uchiyanur
2	10	22.01.2024	30	Koundampalayam
3	10	25.01.2024	40	Koundampalayam
4	08	29.01.2024	45	No. 24 Veerapandi
5	01	31.01.2024	60	Kovilmedu
6	24	31.01.2024	79	Dhaliyur
7	21	01.02.2024	91	Pappanaickenpalayam
8	22	02.02.2024	42	Devarayapuram
9	08	03.02.2024	43	No. 24 Veerapandi
10	19	03.02.2024	50	Kuppanaichenpalayam
11	09	03.02.2024	42	Subramaniyapalayam
12	16	06.02.2024	200	Thoppampatti
13	07	10.02.2024	40	Nanjegoundenpudu
14	12	13.02.2024	42	Kasthurinaickenpalayam

### Kovilmedu

Unit 20: 19.01.2024

No. of Beneficiaries : **80**

The students involved in the physical activities like exercise and yoga for refreshing themselves and to make themselves energetic.



### Kovilmedu

Unit 07: 10.02.2024

No. of Beneficiaries : **80**

In order to emphasize the importance of health, the NSS Volunteers taught some physical exercise and basic Yoga to the second and the third-class students.





**Details of Swatch Bharath Program conducted during the year 2023 - 2024**

<b>S.No</b>	<b>Unit No</b>	<b>Date</b>	<b>No. of Beneficiaries</b>	<b>Place</b>
1	`10	23.01.2024	76	Koundampalayam
2	9	28.01.2024	80	Subramaniyapalayam
3	3	30.01.2024	40	Somayampalayam
4	6	30.01.2024	30	Kanuvai
5	8	31.01.2024	28	No. 24 Veerapandi
6	13	01.02.2024	34	Chinnathadagam
7	1	02.02.2024	150	Kovilmedu
8	4	02.02.2024	40	Veerapandi
9	2	05.02.2024	39	Kovilmedu
10	5	06.02.2024	48	Boomayapalayam
11	12	10.02.2024	65	Kasthurinaickenpalayam
12	7	11.02.2024	35	Nanjegoundenpudur

## Details of National day Programs conducted during the year 2023 - 2024

S.No	Unit No	Date	No. of Beneficiaries	Place
1	10	24.01.2024	150	Koundampalayam
2	10	26.01.2024	100	Koundampalayam
3	1	30.01.2024	80	Kovilmedu
4	7	12.02.2024	40	Nanjegoundenpudur

### National Girl Child Day

Unit 10: 24.01.2024

No. of Beneficiaries : **80**

The National Girl Child Day is celebrated in India every year on January 24. It was initiated in 2008 by the Ministry of Women and Child Development and the government of India, to spread public awareness about inequities that girls face in Indian society. The day is celebrated with organized programs including awareness campaigns about Save the Girl Child, child sex ratios, and the creation of a healthy and safe environment for girls. In 2019, the day was celebrated with the theme, 'Empowering Girls for a Brighter Tomorrow'.



### Sarvodaya Day

Unit 01: 30.01.2024

No. of Beneficiaries : **80**

Gandhi Memorial Day was observed on 30.01.2024. This day serves as reminder of his enduring legacy and the values he stood for. From our University Dr.Jansirani (Head of Extension Department), Dr.T.Radha (NSS Coordinator), Dr. Meenakshi (Assistant Professor of Extension Department) joined the occasion. Dr.T.Radha, NSS Coordinator, addressed the school students about the Gandhi's values and also made everyone to pledge in Honor of Mahatma Gandhi's legacy. Dr. Meenakshi (Assistant Professor of Extension Department) Co-coordinator of Gandhian studies centre addressed the students about Gandhi's philosophy and its relevance in today's World. And also Gandhian Thoughts books were distributed to school students.



### Details of pledge Programs conducted during the year 2023 - 2024

S.No	Unit No	Date	No. of Beneficiaries	Place
1	9	31.01.2024	41	Subramaniyapalayam
2	9	04.08.2023	41	Subramaniyapalayam

### Pledge on Sarvodaya Day

Unit 01: 30.01.2024

No. of Beneficiaries : **80**

Gandhi Memorial Day was observed on 30.01.2024. This day serves as reminder of his enduring legacy and the values he stood for. From our University Dr.Jansirani (Head of Extension Department), Dr.T.Radha (NSS Coordinator), Dr. Meenakshi (Assistant Professor of Extension Department) joined the occasion. Dr.T.Radha, NSS Coordinator, addressed the school students about the Gandhi's values and also made everyone to pledge in Honor of Mahatma Gandhi's legacy. Dr. Meenakshi (Assistant Professor of Extension Department) Co-coordinator of Gandhian studies centre addressed the students about Gandhi's philosophy and its relevance in today's World. And also Gandhian Thoughts books were distributed to school students.

### Pledge on Sarvodaya Day

Unit : 09 : 31.01.2024

No. of Beneficiaries : **35**

NSS members commenced the reporting period by taking a collective pledge on Sarvodaya Day, reaffirming their commitment to the welfare principles for all. This symbolic act set the tone for communal harmony.





## TREE PLANTATION - SEERANAICKENPALAYAM 09.08.2023





## TREE PLANTATION IN THEIR RESPECTIVE HOUSEHOLDS





## TREE PLANTATION AT KALAPPANAICKENPALAYAM VILLAGE 9.9.2023









## TREE PLANTATION - TWAD - 29.09.2023



During the event, 120 NSS volunteers and NCC cadets cleaned the TWAD campus, planted 500 saplings and took the Panch Pran pledge of "My land, my country".





## POLLUTION FREE WORLD -20.01.2024









## **MERA PHELA VOTE DESH KI LIYE - 12.03.2024**



**Seminar on Voter Awareness**



**Voter Awareness Rally**



**Voter Awareness Pledge**



**Voter Awareness Debate Competiton**



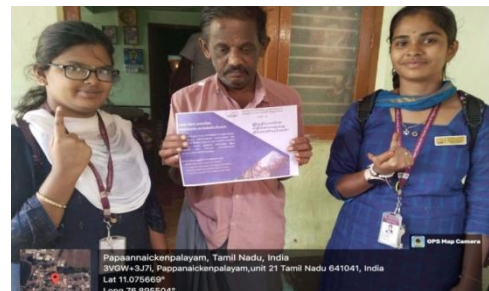
**Voter Awareness Essay Writing**



**Voter Awareness Music Competition**



**Voter Awareness Drawing Competition**



**Voter Awareness in villages**



**Selfie Booth**