

**Avinashilingam Institute for Home Science and Higher Education for Women,  
Coimbatore**

**NATIONAL SERVICE SCHEME  
Department of Human Development**

**Unit 5A NSS Activities**

**NSS 2013-14**

| <b>S.No</b> | <b>Date</b> | <b>Activity name</b>      | <b>Details</b>  | <b>Beneficiaries</b>   |
|-------------|-------------|---------------------------|---|--|
| 1.          | 05.12.2013  | Awareness on disability   | NSS volunteers of unit 4 participated in a rally to create awareness on disability in Bharathi Park road  | Both the NSS Volunteers and the people in and around Sai Baba Colony were benefitted       |
| 2.          | 19.02.2014  | Rally on child abuse      | Volunteers of Unit 4 participated in the rally to create awareness about POSCO Act organized by District Child Protection Office to make people aware of protection and prevention of child abuse.  | The people in and around VOC Park and Collectorate were benefitted by the rally.           |
| 3.          | 23.02.2014  | Swachh bharat             | NSS volunteers of Unit 4 from the departments of Human Development and Home Science Extension education participated in the special camp at No.4 Veerapandi in Periyanaickenpalayam Union. As a part of the camp, they undertook cleaning drive in the school premises.                                 | The school premises were cleaned and pollutions were reduced                               |
| 4.          | 24.02.2014  | Voter's awareness         | NSS volunteers of Unit 4 from the departments of Human Development and Home Science Extension education participated in the special camp at No.4 Veerapandi in Periyanaickenpalayam Union. As a part of the camp, they undertook voter's awareness campaign   | The village people were given awareness about the Right to Vote for the upcoming election. |
| 5.          | 27.02.2014  | Awareness on Hand Washing | NSS volunteers of Unit 4 from the departments of Human Development and Home Science Extension education participated in the special camp at No.4 Veerapandi in Periyanaickenpalayam Union. As a part of the camp, they created awareness among the village people about the importance of hand washing. | The Village people and the NSS volunteers were given awareness about Hand washing.         |

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| 6. | 28.02.2014 | Street Play on Women Empowerment | NSS volunteers of Unit 4 from the departments of Human Development and Home Science Extension education participated in the special camp at No.4 Veerapandi in Periyanaickenpalayam Union. As a part of the camp, the Volunteers enacted a street play on the women empowerment. | More than 250 inhabitants of Veerapandi village enjoyed the Street play, it created a great impact specially among women and girl children. |
| 7. | 01.03.2014 | Cleaned the temple premises      | NSS volunteers of Unit 4 from the departments of Human Development and Home Science Extension education participated in the special camp at No.4 Veerapandi.   | The Village people and the NSS volunteers also had experience in cleaning the temple.   |

**NSS 2014-15**

| S.No | Date       | Activity name        | Details  | Beneficiaries  |
|------|------------|----------------------|--|--|
| 1.   | 04.02.2015 | Planting saplings    | NSS volunteers of Unit 4 from the departments of Human Development and Home Science Extension education participated in the special camp at Kasthurinaiyken palayam village as a part of the camp, trees were planted in the village premises.   | Trees give of oxygen that we need to breath. Trees reduces the amount of storm water runoff, which reduces erosion and pollution in our waterways. |
| 2.   | 05.02.2015 | Eye camp for elderly | NSS volunteers of Unit 4 from the departments of Human Development and Home Science Extension education participated in the special camp at Kasthurinaiyken palayam village As a part of the camp, eye camp was conducted for the village people.  | Free medication was provided to those who required them and glasses were prescribed to all the people that required them.                          |
| 3.   | 09.02.2015 | Swachh bharat        | NSS volunteers of Unit 4 from the departments of Human Development and Home Science Extension education participated in special camp at Kasthurinaiyken palayam village As a part of the camp, they converted waste dump room into library and so it can be utilized by staffs and students of school. | The library equips both the students and teachers with lifelong learning skills enabling them to live as responsible citizens.                     |
| 4.   | 10.02.2015 | Health camp          | NSS volunteers of Unit 4 from the departments of Human Development and Home Science Extension education participated in the special camp at Kasthurinaiyken palayam village as a part of the camp,   | The acupuncture and health camp benefitted villagers by successfully treating conditions ranging from musculoskeletal                              |

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|    |            |               | Acupuncture and health camp was arranged for villagers and student volunteers of camp.   | problems (back pain, neck pain and others) to nausea migraine head ache, anxiety, depression and insomnia.   |
| 5. | 11.02.2015 | Swachh bharat | NSS volunteers of Unit 4 from the departments of Human Development and Home Science Extension education participated in special camp at Kasthurinaiyken palayam village As a part of the camp, they painted the school gate and compound wall. | By painting the school campus and compound wall the volunteers helped kids recognize new skills and themselves and builds collaboration among students and teachers. |

**NSS 2015-16**

| <b>S.No.</b> | <b>Date</b> | <b>Activity name</b> | <b>Details</b>  | <b>Beneficiaries</b>  |
|--------------|-------------|----------------------|---|---|
| 1.           | 24.03.2016  | Swachh Bharat Rally  | NSS volunteers of Unit 4 from the departments of Human Development and Home Science Extension education participated in the special camp at Puthupalayam village, Thondamuttur post as a part of the camp, they went a rally via Thondamuttur village.  | Swachh bharat rally helps to lead healthy India which in turn increase productivity of Indians  |
| 2.           | 25.03.2016  | Health Check up      | NSS volunteers of Unit 4 from the departments of Human Development and Home Science Extension education participated in the special camp at Puthupalayam village, Thondamuttur post as a part of the camp, the villagers were provided health and dental check-up by Thulasi Pharmacy and Vasana Dental Care. | The patient is enabled to obtain treatment in the early stages of illness by initial symptoms being detected through regular check-ups.   |
| 3.           | 26.03.2016  | Eye camp             | NSS volunteers of Unit 4 from the departments of Human Development and Home Science Extension education participated in the special camp at Puthupalayam village, Thondamuttur post as a part of the camp, the villagers were provided with eye camp from Vasana Eye Care.                                    | The eye camp was conducted to create awareness among the village people and provide them various services like eye care education, full eye check-ups, medical care etc...the main motive of the camp was to prevent the people from getting major eye disorders. |

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| 4. | 27.03.2016 | Physical Fitness            | NSS volunteers of Unit 4 from the departments of Human Development and Home Science Extension education participated in the special camp at Puthupalayam village, Thondamuttur post as a part of the camp, health education and counselling were given for student volunteers and village girls. | Reduce the risk of heart attack. Manage your weight better. lower your risk of falls. |
| 5. | 28.03.2016 | Yoga and Laughter Samplings | NSS volunteers of Unit 4 from the departments of Human Development and Home Science Extension education participated in the special camp at Puthupalayam village, Thondamuttur post as a part of the camp, the laughter camp was conducted for the student volunteers                            | Increase laughter and mood. It increases happiness and strengthens immune system.     |

**NSS 2016-17**

| <b>S.No.</b> | <b>Date</b> | <b>Activity name</b> | <b>Details</b>   | <b>Beneficiaries</b>   |
|--------------|-------------|----------------------|--|--|
| 1.           | 13.03.2017  | Swachh bharat        | NSS volunteers of Unit 4 from the departments of Human Development and Home Science Extension education participated in the special camp at Puthupalayam, Coimbatore, as a part of the camp Awareness created among the people in the village by holding placards with the slogans of swachh bharat. | Swachh bharat helps to lead healthy India which in turn increase productivity of Indians |
| 2.           | 14.03.2017  | Laughing Yoga        | NSS volunteers of Unit 4 from the departments of Human Development and Home Science Extension education participated in the special camp at Puthupalayam, Coimbatore, as a part of the camp Ms. Malarmangai madam taught students about the laughing yoga during the camp.                           | It triggers the release of endorphins. It is good for your health.                       |
| 3.           | 16.03.2017  | Dental and Eye camp  | NSS volunteers of Unit 4 from the departments of Human Development and Home Science Extension education participated in the special camp at Puthupalayam,  | It detects eye ailments. It provides the basic dental care management.                   |

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|    |            |   | Coimbatore, as a part of the camp NSS volunteers organized the Eye and dental camp for the villagers from which 400 villagers benefited   |   |
| 4. | 18.03.2017 | Disaster management                           | NSS volunteers of Unit 4 from the departments of Human Development and Home Science Extension education participated in the special camp at Pudhupalayam, Coimbatore, as a part of the camp disaster management was conducted with the help of Sathya Sai disaster management service in Coimbatore.  | Limits the losses due to revenue reduction or other costs.  |
| 5. | 20.03.2017 | Distribution of Green House plantation notice | NSS volunteers of Unit 4 from the departments of Human Development and Home Science Extension education participated in the special camp at Pudhupalayam, Coimbatore, as a part of the camp notice were distributed on Greenhouse plantation and created awareness among villagers.   | Action to reduce greenhouse gas emission often reduce co-emitted air pollutants. Bringing co-benefits for air quality and human health. |
| 6. | 17.04.2017 | Games for village children                    | NSS volunteers of Unit 4 from the departments of Human Development and Home Science Extension education participated in the special camp at Pudhupalayam, Coimbatore, as a part of the camp games were conducted for the village children who were playing in the street and also for home makers i.e., their parents. In which everyone participated enthusiastically. And Distributed prizes for the students and parents | Great learning. Playing outdoor games can be a brilliant way to enhance learning abilities in kids.                                     |
| 7. | 29.05.2017 | Planting trees in Govt school                 | NSS volunteers of Unit 4 from the departments of Human Development and Home Science Extension education participated in the special camp at Pudhupalayam, Coimbatore, as a part of the camp trees were planted in Govt school.  | It provides shelter for students. Trees clean the air.  |

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|  |  |  | Both flower plants and trees for the school were planted, in which many school students participated. |  |
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**NSS 2017-18**

| <b>S.No.</b> | <b>Date</b> | <b>Activity name</b>          | <b>Details</b>  | <b>Beneficiaries</b>  |
|--------------|-------------|-------------------------------|---|---|
| 1.           | 10.02.2018  | Road safety and Traffic rules | NSS volunteers of Unit 4 from the departments of Human Development and Home Science Extension education participated in the special camp at Kalapanaickenpalayam, as a part of the camp Mr. Vinayagamorthy explained about the road safety and traffic rules. We took pledge about road safety.   | It shapes the attitude and behaviour of children. It protects you on the road.                        |
| 2.           | 11.02.2018  | Swachh bharat activity        | NSS volunteers of Unit 4 from the departments of Human Development and Home Science Extension education participated in the special camp at Somayampalayam, as a part of the camp the volunteers cleaned the community Bharathi Park which was located in Somayampalayam village. The waste cleaned from Park such as Dry Leaves are dumped into the Biodegradable waste pit. | Construct individual's cluster and community toilets. Elimination or reduce open defecation.          |
| 3.           | 12.02.2018  | Village visit and activities  | NSS volunteers of Unit 4 from the departments of Human Development and Home Science Extension education participated in the special camp at Somayampalayam, as a part of the camp, the volunteers conducted games and distributed prizes for corporation middle school students at Somayampalayam.  | Reduce isolation, loneliness, and poverty. Experience fewer falls.                                    |
| 4.           | 13.02.2018  | Disaster management           | NSS volunteers of Unit 4 from the departments of Human Development and Home Science Extension education participated in the special camp at Somayampalayam, as a part of the camp Shri Sai Peridar management group of conducted workshops on disaster management.  | Avoid to compromise the business reputation. Control and customisation of your own disaster recovery. |

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| 5. | 14.02.2018 | Swachh bharat rally | NSS volunteers of Unit 4 from the departments of Human Development and Home Science Extension education participated in the special camp at Somayampalayam, as a part of the camp the student volunteers cleaned the village premises. | Individual productivity. Health body results in healthy mind which is directly proportion to productivity of an individual. |
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