

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

NATIONAL SERVICE SCHEME

NSS UNIT: 7 - PHYSICS

NSS ACTIVITIES

2013-2014

S.NO	DATE	NAME OF ACTIVITY	DETAILS OF ACTIVITY	NUMBER OF BENEFICIARIES
1.	1.07.2013	Awareness programme	Awareness about plastic and hygienic in the Thilai Nagar and Narayanswamy lay out	800 village people
2.	20.8.2013	Awareness programme on child abuse Special lecture Special lecture	Mr.Vijayakumar, Project Director of NCPL, gives a special lecture on child labour and how to prevent the children employed as child labours. Mr.Sadasivam, Social Worker spoke on child marriage and child sexual abuse. Mr.Senthilkumar, District Child Protection Officer spokes about child protection rights	250 NSS volunteers and village people 250 NSS volunteers and village people 250 NSS volunteers and village people
3.	05.08.2013	Training Programme	Students were grouped for several responsibility namely Kitchen, Cleanliness, Program organizing – Mehandi decoration , computer literacy, sapling plantation and embroidery training	250 NSS volunteers and village people
4.	06.08.2013	Inauguration ceremony	Inauguration ceremony was conducted on this day. The chief guest Dr. Saroja prabaharan the former vice chancellor of the university presided and addressed the volunteers and the villagers	250 NSS volunteers and village people

5.	07.08.2013	Awareness programme Special lecture	The NSS volunteers went on a rally around the village, creating awareness about the threads plastics pose to the society. In the evening a representative of the PCRA Mr.Vaitheeswarar lectured on the need of the day energy conservation.	1500 village people 250 NSS volunteers and village people
6.	08.08.2013	Awareness programme. Cleaning the village	A rally on breast feeding was conducted. A group of volunteers went around the village to identify environmental problems and collect the plastic waste.	1500 village people 800 village people
7.	09.08.2013	Cleaning the village Training Programme. Special lecture	Mr.Ramesh – ward cleanliness supervisor along with 5 members and students collect plastic bags from door to door and explain about hazards of the plastic bag and how it affect their own environment. Training on mehendi decoration, computer literacy and embroidery. Dr.Mahadevan gives a lecture about AIDS awareness. Mr.Chandrasekharan managing director of Coimbatore government hospital gives a lecture about organ donation.	800 village people 05 village people 250 village people and NSS volunteers 250 village people and NSS volunteers
8.	10.08.2013	Teaching equipments donated to the school	Scientific equipment for teaching ammeter, galvanometer, stop clock, alcohol and mercury thermometer etc. Worth of Rs. 12000/- were donated by the NSS volunteers to the middle school.	100 school children's

9.	11.08.2013	Awareness programme	Awareness programme for middle school children regarding hazards related to plastic usage.	60 (6 th and 7 th standard school children)
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2014-2015

S.NO	DATE	NAME OF ACTIVITY	DETAILS OF ACTIVITY	NUMBER OF BENEFICIARIES
10.	09.02.2014	Cleaning the government school. Special lecture	Cleaning the ground of the Government school: Somaiyampalayam Village. Ms.Vimala lectured on the "Art of Living "of Yoga and Meditation.	34 NSS volunteers and 25 government school students
11.	10.02.2014	Planting the saplings Special lecture	Saplings were planted at different localities of the school. Doctors of ATAMA(Acupuncture and Alternative Medicine), Dr.Ameer, Dr.Kannappan, Dr.Aarusamy, Dr.Leyagath Ali with the chief guest Mr.Ragupathi gave a lecture as well as demo on memory points , food consumption, remedies for day-to-day problems etc.	34 NSS volunteers and 25 government school students
12.	11.02.2014	Special lecture Special lecture	Mr.Devaram, Department of Agricultural Coimbatore, gave a brief thought on "Suya Uthavi Kuzhu ". Mr.M.K. Gopalarajan showed the villagers and the volunteers the simple method of making Soap oil and Phenoyl.	34 NSS volunteers and Somaiyampalayam 200 village peoples

13.	12.02.2014	Conducted competitions and games Distribution of prizes	Sports games were conducted to the school children and the Anganvadi children for both girls and boys separately. Sports things namely, Bat-4 No's, Ball-4 No's, Stem-2 pairs, Ring-3 No's, Throw Ball-4 No's to the School of Somaiyampalyam Village and Tricycle-2 No's and Serving Bowl 2Nos to Anganwadi worth of Rs. 9,200/- were donated by the NSS volunteers.	34 NSS volunteers , 25 government school students and 15 Anganvadi children's
14.	13.02.2014	Special lecture Special lecture	A group of NSS Volunteers went around the village door to door to take survey. Healer Kumar from Anatomic therapy foundation gave an explanation about "Anatomic Therapy" and Social Welfare of the people.	34 NSS volunteers and 200 Somaiyampalayam village peoples
15.	14.02.2014	Medical Camp	Free Eye Campaign is conducted for Somaiyampalayam village peoples with the extended hand of "Eye Foundation".	34 NSS volunteers and 200 Somaiyampalayam village peoples
16.	15.02.2014	Teaching Aid Materials were prepared	Teaching Aid Materials were prepared by the students and given to both Government school and Anganwadi of Somaiyampalayam Village.	34 NSS volunteers, 25 government school students and 15 Anganvadi children

2015-2016

S.NO	DATE	NAME OF ACTIVITY	DETAILS OF ACTIVITY	NUMBER OF BENEFICIARIES
17.	02.10. 2015	<ul style="list-style-type: none"> • Gandhi Jayanthi Celebrations • Swatch Bharath Mission 	I UG Physics Students (38) and 37 students of II UG Physics have cleaned the class rooms (Room no. 124,125,126 of Annai Arul Building) and UG Physics laboratory. Also, the students have administered the following pledge of cleanliness as a part of Swatch Bharat mission (Clean India mission).	I UG : 38 II UG : 37 75 volunteers
18.	10.10. 2015	<p>Village visit: Somayampalayam Village</p> <ul style="list-style-type: none"> • Cleaning campaign as part of Swatch Bharath Mission • Data collection • Literacy campaign • Rally on following aspects: • National Integration day • National Youth Awakening week celebrations • Clean India • School Dropout eradication 	<p>Students from unit VII are divided into 5 groups. 20 students involved in cleaning the Bharathi park and other group of 20 students engaged in cleaning the school (Periyanaikenpalayam Ooratchi Ondriya Thodakkapalli-Primary School). Another group of 10 students involved in cleaning the Sundara Vinayagar Temple.</p> <p>Nearly 20 students went for the survey in the village for data collection. Literacy campaign is carried out by 5 students as adult education to the adults in the village.</p>	I UG : 38 II UG : 37 75 volunteers and 150 village people are benefited
19.	29.2. 2016	<ul style="list-style-type: none"> • About the people's standard and living. • Survey about the people in the village. • Teaching good habits to the children. 	<p>II UG Physics, 37 students of NSS with our Program Officer Dr. N.S.Rajeswari went to Somayampalayam and met people at different streets and collected data and history of the village.</p> <p>Volunteers encouraged the Primary school students by narrating moral stories in groups.</p>	37 NSS Volunteers and Primary school students and people in the village of Somayampalayam. 37 volunteers involved, 150 people and 48 school students are benefited.

20.	01.03. 2016	<ul style="list-style-type: none"> • Inauguration function. • Chancellor's speech. • White washing the school. 	<p>Chancellor Padma Shri. Dr.P.R. Krishna Kumar, gives inspirational speech about grows a sapling by "Sottu Neer pasanam".</p> <p>After inauguration planted eight (8) saplings around the somayampalayam primary school and renewed the teacher's toilet and the wall of anganvaadi by white washing it.</p>	37 NSS Volunteers and primary school students
21.	02.03. 2016	<ul style="list-style-type: none"> • Planting the saplings in the village. • Conducting the competitions to the school children. • Distribution of prizes to the winners. • Guest Lecture 	<p>Planted six saplings in the village. They conducted the competitions for school children's such as running, drawing, singing, frog race and distributed the prizes to the students and Balls to the anganvaadi children. On the same day a team of volunteers taught sign language to the mentally retarded student Pavithra and collected her details to help her to receive scholarship and also create bank account. Mr. N. Selvaraj from Suryan FM (93.5) gave us lecture about cultural heritage. Our volunteers. Ms. S.Abirami of II ug enacted the demonstration of the first aid.</p>	37 NSS Volunteers and Primary school students
22.	03.03. 2016	<ul style="list-style-type: none"> • Advice from the senior citizen and survey about the school children • Cleaning the school campus • Guest Lecture 	<p>The senior citizens in the village invite to the school. They gave their golden advices to practice that in our daily life. Later one of our group volunteers involved themselves in cleaning the school campus. After they collect Survey about the children in the school. The other group of the students involved themselves in planting the saplings (6) in the village. After that special lecture about the saving and</p>	37 NSS Volunteers and Primary school students

			insurance scheme (Yojana) from the chief guest Mr. K. Boopalan (Retired manager, canara bank).The advice about savings and the schemes introduced by our government Prime Minister Jan Dan Yojana (PMJDY), Adult Pension Yojana”	
23.	04.03. 2016	<ul style="list-style-type: none"> •Cleaning the temple •Conducting Awareness Rally •Guest Lecture 	They divided into two groups. One of the group started cleaning the temple in that village. They swiped the temple’s veranda and water washed the statue in the temple. The other group of our student actively participated in the rally to promote awareness to the public. After completing our rally we gathered in the school and distributed the dress to the school children and we also gave them the writing pad which was sponsored by “Bank of Baroda” which was mobilized by Kavinaya, NSS volunteer of Biochemistry.	37 NSS Volunteers and peoples in the village of Somayampalayam.
24.	05.03. 2016	<ul style="list-style-type: none"> •Medical counselling to the women •First aid demonstrations to the villagers. •Guest Lecture 	A special medical counselling was conducted for women in the village of somaiyampalayam. Dr. Maha vaisahali and Dr. M. Manila from Arya Vaidhiya Pharmacy counselled women regarding maintenance of health. The Villagers and our volunteers personally clarified their problems with the AVP doctors. Later, S.Abirami of NSS Unit 7 explained about the fundamentals of first aid to the villagers. At 1.00 p.m. Our chief guest Mr. K. Kaalidhasan from “Osai” group gave us a valuable lecture based on the topic “Conservation of forest and wild animals.”	37 NSS Volunteers and women in the surroundings of somaiyampalayam village

25.	06.03.2016	<ul style="list-style-type: none"> • General Medical and eye camp • Valedictory function 	<p>The medical camp and the eye camp which will get started by 8:00 a.m. We invited the doctors from the” Aravind eye hospital” for eye camp and Kovai Medical Centre and Hospital for the medical camp. Assert created in the form of chart work in order to educate the children to understand quickly and efficiently. During Valedictory function R. Boshikavarthini and A. Mageswari delivered the valedictory report.</p>	37 NSS Volunteers and people in the village of Somaiyampalayam
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2016-2017

S.NO	DATE	NAME OF ACTIVITY	DETAILS OF ACTIVITY	NUMBER OF BENEFICIARIES
26.	03.08.2016	Special Training Programme on Skill Development Programme on “ELECTRICITY BEYOND BOOKS”	The Resource Persons Mr. Ashok Kumar and Mr. Srivas Electrical Engineers, SNR Trust, Coimbatore, discussed about electricity and its usage in everyday life.	143 students are benefited.
27.	02.10.2016	Gandhi Jayanthi Celebrations – Swatch Bharath	I UG Physics Students 34 and 36 students of II UG Physics have cleaned the class rooms (Room no. 124,125,126 of Annai Arul Building) and UG Physics laboratory. Also, the students have administered the following pledge of cleanliness as a part of Swatch Bharath mission (Clean India mission).	70 volunteers are involved
28.	22.10.2016	Village visit	Students divided into 3 groups. 12 students involved in cleaning the Bharathi park and other 12 students	70 volunteers are involved

		Rally	<p>engaged in cleaning the school (Periyanaickenpalayam Ooratchi Ondriya Thodakkapalli-Primary School). Another 10 students involved in cleaning the Sundara Vinayagar temple</p> <p>All the 35 students of II U.G went for the survey in the village for data collection.</p> <p>Rally on following aspects: National Integration day National Youth Awakening week celebrations Clean India School Dropout eradication</p>	150 village peoples are benefited
29.	26.10.2016	Village visit and rally on Digital India Awareness (2016), survey taken from the village	The students of I Year and II Year B.Sc Physics of NSS Unit No. VII has carried out cleaning work, rally and data collection in the village Somayampalayam.	70 volunteers are involved and 150 village peoples are benefited
30.	16.12.2016	Digital India Awareness Campaign at Somayampalayam Village	<p>The Students raised slogans during the rally to enlighten the village people. The Slogans raised were</p> <ol style="list-style-type: none"> 1. Digital India Developed India 2. Let us develop India by Cashless Transactions 3. Replace cash by Cards 	70 volunteers are involved and 150 village peoples are benefited
31.	15.2.2017	<p>Special lecture</p> <p>Inauguration function</p>	<p>Dr.P.Nandhini, Assistant Director of Physical Education, gave a special lecture on Physical fitness for healthy and happy life.</p> <p>Mr.P.Ramalingam, Retired Headmaster, Kallappanayakenpalayam. He spoke about Avinashilingam Ayya's achievements.</p>	36 volunteers are involved and 150 village people are benefited
32.	16.2.2017	Awareness programme	<ol style="list-style-type: none"> 1. Students cleaned the specified spot in the primary school for plantation. 2. Students left the school for creating awareness about electrical safety, Digital India Program Conservation of electricity, Mobile phone 	Divided into 3 groups. Each has 11 volunteers.

36.	20.2.2017	Planting of saplings in the Somayampalaya m power substation. Conducted competitions and games Special lecture	They planted 14 saplings and donated 2 saplings. JE explaining the working of the transformers to the students Conducted various competitions and games to the school students. Drawing, Speech, Patriotic Songs, Running Race, Skipping Race, Pyramid Formation, Lucky Corner and Thirukkural. Dr.P.Venkatachalam, Consultant/Mentor, Former Dean and Professor at Tamil Nadu Agricultural University, Coimbatore. He spoke about his experience as a Professor, Dean, Hostel Warden and also as an activist	36 volunteers and school students
37.	21.2.2017	Valedictory function	Report was presented by M.Deepa Govaradhini and T.Nandhini	36 volunteers
38.	8.3.2017	International Women's Day – Blood Donation Camp.	Blood donation camp was conducted by the NSS units – 2, 7, 13, 19 & 21. Students were eagerly participated in that camp and many students have donated blood. Total number of students donated blood : 26 (from physics - 3)	26 (from physics - 3) donated blood and beneficiary is the CMCH Blood bank
39.	13.3.2017	NSS – National Youth Leadership Program Awards Ceremony. Audience all I UG NSS Volunteers - our I UG Physics also participated	During the program of NSS – National Youth Leadership Program Awards Ceremony. Audience all I UG NSS Volunteers - our I UG Physics also participated	35 volunteers involved
40.	17.3.2017	Special Lecture	NSS Unit 7 Physics organized an awareness programmed named “Women Health Care”. They gave awareness about <ul style="list-style-type: none"> • Heart disease • Lung cancer • Breast cancer 	70 students are benefited

41.	18.3.2017	Awareness Programme	Awareness program named on “Energy Conservation Drive”. In order to create awareness on energy conservation among youth, the volunteers of I and II UG physics (Unit 7) have written slogans and mantras on Conservation of Electricity, Petroleum, LPG and Water, along with pictorial representation	70 volunteer are involved and 150 village peoples are benefited
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2017-2018

S.NO	DATE	NAME OF ACTIVITY	DETAILS OF ACTIVITY	NUMBER OF BENEFICIARIES
42.	22.2.2017	Seminar	Mrs. S. Sudharani, Placement Officer gives a lecture about “Personality Development”. Her talk included the following points: “How does personality develop?”	75 volunteers involved
43.	21.6.2017	Yoga day celebration	II UG : 5 membership UG : 5 members participated in Yoga day celebration	10 volunteers participated
44.	5.7.2017	Personality Empowerment Workshop	On the programme of “Personality Empowerment Workshop” Dr. RadhaSabapathy; Rtd. Principal Leading Trainer in Yoga delivered the lecture	80 volunteers are benefited
45.	27.7.2017	Seminar	The chief guest Ms. R. Rani gives the speech about “Volunteerism”	80 volunteers are benefited
46.	29.7.2017	Village Visit	Volunteer went to the Village Visit at Nanjecoundunpudur (Socio-economic survey+ TB fact finishing)	75 volunteers involved
47.	12.8.2017	Rally	Rally on Quit India Movement	80 volunteers involved
48.	1.9.2017	Rally on Road Safety	The main theme of the rally was about Road Safety measures and its importance. During the rally they made awareness	78 volunteers are involved and 250 people are benefited

			among the public about Road Safety measures. The slogans include “WE MUST OBEY OUR TRAFFIC RULES AND SAVE OUR LIFE”, “WEAR HELMETS”.	
49.	21.9.2017	Hepation conducted by BC/BT	I UG: 44,II UG: 34 participate Hepation B conducted by BC/BT	78 volunteers involved
50.	31.10.2017	Rally	Volunteers eagerly participated the Rally on “Youth Revival and Vigilance Awareness	44 volunteers participated
51.	04.01.2018	The Inauguration Function	In “Ponmani Thirumana Mandapam” Chief Guest Mr.Venthamarai balu gave a lecture to NSS volunteers. In the evening session training programme on Physical Fitness- Aerobic dance. Dr. P. Nandhini, Physical Director, taught how to maintain our body a healthy one and to stay with physical and mental fitness.	Volunteers of Unit-7, 12, 14 & 21 34 volunteers are involved, 225 peoples and 47 students are benefited
52.	05.01.2018	Village cleaning and taken care of school	NSS volunteers splitted into two groups.One took charge of the village cleaning and the other group taken care for the school. The group at the village further got divided into two groups. First group took the survey to the village people, at the same time, they invited the people for the medical camp which will be held at Ponmani mandapam on 6 th Januvary 2018. The volunteers interacted with the student by teaching them how to introduce individually in english.	Volunteers of Unit-7, 12, 14 & 21 and 45 students of government primary school

		Road safety and measures	Mr. V.K.Vinayagam murthi, Controller of Traffic conducted a number of games which is he related to road safety .	
53.	06.01.2018	Medical Camp Workshop Art and Craft	Vasan Eye Care for eye check up and Vasan Dental Care for dental check up are arranged. Team of medical staff from Thulsi Pharmacy conducted general health checked-up such Blood pressure, glucose level. After that workshop has been conducted for art and craft. Chief guest Mrs. Anju Chandrashekar taught how to make greeting cards by our own and we also learnt handmade embroidery work with the help of stencils.	Volunteers of Unit-7, 12, 14 & 21 and 34 people from the village
54.	07.01.2018	Awareness Programme Workshop	Ms. SeethalBihary, Bank Of India. She briefly explained about “The uses of BHIM APP” used in smart phones. Mr. Vaitheeswaran from Petroleum Conservation Research Association (PCRA). He speak about the usage of petroleum in world level dominates.	Volunteers of Unit-7 and peoples in the Nanjegoundenpudur Village
55.	08.01.2018	Medical camp Special lecture	They conducted medical camp for village peoples. Dr. Sridevi Gynocologist from Arya Vaidya Pharmacy. She gave us a lecture that how to lead a healthy life.	Volunteers of Unit-7, 12, 14 & 21 and peoples in the surroundings of the village
56.	09.01.2018	Special lecture	Mrs. Sreeja Balakrishnan Department of English teach about the communication between	Volunteers of Unit-7, 12, 14 & 21 and Nanjegoundapudur primary school

		Awareness of Dengue	two unknown person and about body language. Rally from Nanjegoundapur to K K Nagar to create awareness about the Dengue, Green clean India, save electricity save life, wear helmet.	students and peoples in Nanjegoundapur
57.	10.01.2018	Valedictory function	Dean Faculty of Science Dr. (Mrs.) A. Parvathi congratulated the students for their work in the village	Volunteers of Unit-7, 12, 14 & 21
58.	22.02.2018	Seminar	Seminar on “Personality development ”, speaker: Mrs. S.Sudharani Placement officer	75 volunteers are benefited
59.	18.03.2018	Awareness programme	Energy conservation Drive	83 volunteers are benefited
60.	26.03.2018	Awareness programme	In order to create awareness on energy conservation among youth, the volunteers of I and II UG physics (Unit 7) have written slogans and mantras on Conservation of Electricity, Petroleum, LPG and Water, along with pictorial representation	75 volunteers are benefited