

**Avinashilingam Institute for Home Science and Higher Education
for Women
Coimbatore
Zoology and Botany (Unit 9) and Botany (Unit 21 from 2016- 2018)
Department
NSS Unit-9
List of activities**

S. No	Date	Event	Details of the Activity	Beneficiaries
2014-15				
1.	10.08.2014	First Aid	Lecture on First Aid by Thiru. Noel Jayaraj, Proprietor, St.Johns Ambulance.	175
2.	11.08.2014	Organic farming	Kitchen gardening	150
3.	11.08.2014	Right to information	Lecture on Human rights by Abdul Majeed, Human rights society	185
4.	11.08.2014	Save the environment	Vermin composting demonstration	150
5.	11.08.2014	Tree planting	Tree plantation	81
6.	12.08.2014	Personal Hygiene	Immunity and Health by Thiru P. Ramaswamy. Consultant, 4life-immunomodulation, Coimbatore.	185
7.	12.08.2014	Cancer	Rally –on Cervical cancer	185
8.	13.08.2014	Environmental degradation and need for conservation	Rally-on Plastic Awareness	185
9.	13.08.2014	Legal rights	Legal rights for Women by Madivanan, Legal Advisor, Coimbatore.	185

10.	13.08.2014	Blood donation	Awareness on the importance of blood donation	210
11.	14.08.2014	HIV/ AIDS	Lecture on Aids awareness by DR. Mahadevan, Associate Professor, Department of Dermatology, Coimbatore Medical College, Coimbatore.	250
12.	14.08.2014	Child development	Child development” by Thirumathi. K. Sundarambal, Child development officer, Madathukulam, Udumalpet.	140
13.	14.08.2014	Medical Camp	General medical camp - Blood sugar, blood pressure check-up for the villagers by Thulasi Pharmacy, Coimbatore, Eye check-up for the villagers by Sankara eye hospital	250
2015-16				
14.	27.01.2016	HIV/ AIDS	Lecture on AIDS Awareness by Dr.Mahadevan, Associate Professor, Department of Dermatology, PSG Medical College, Coimbatore.	180
15.	28.01.2016	Tree planting	Lecture on Nutrition and its benefits for adolescents. Thirumathi. K. Sundarambal, Child Development officer, Ooty	125

16.	29.01.2016	Personal Hygiene	Immunity and Health by Mr.P.Ramasamy, Consultant, 4life-immunomodulation, Coimbatore.	205
17.	30.01.2016	Yoga	Nalvalvitku yoga Dr. C. Lakshmi, yoga trainer, ADU, Coimbatore	220
18.	30.01.2016	Health	Distribution of Nilavembu Kashayam	220
19.	30.01.2016	Environmental degradation and need for conservation	Cleanliness campaign, Segregation of biodegradable and non- degradable wastes- Distribution of dust bins	225
20.	31.01.2016	Cancer	Rally-awareness on cancer	220
21.	31.01.2016	General health	Medical Camp organized with Thulasi Pharmacy	225
2016-17				
22.	10.08.2016	Safety and security	Road Safety Awareness Programme	150
23.	10.10.2016	Health & Hygiene	Create awareness about important of hygiene and cleanliness	100
24.	15.1.17 to 21.1.17	Special Camp	Inaugurated by Councillor of Ward No: 44, Mr. Venthamarai Balu, Nallampalayam	Unit 21 (36 volunteers)

25.	16.12.2016	Digital Economy	Awareness about Digital Economy under the scheme VISAKA (VITTIYA SAKSHARATA ABHIYAAN)	300
26.	16.01.2017	Health	Physical Importance of meditation and physical exercises were taught by Dr.C. Lakshmi ,Yoga Instructor, Avinashilingam University for women, Coimbatore	122
27.	16.01.2017	Personal Hygiene	Body, Mind and Soul- a training by Mr.M.Krishnappa, Professor, Department of Physics, Sri Ramakrishna Engg. College, Coimbatore	10
28.	17.01.2017	Human values	Pillars of healthy life Mr.P.Ramasamy, Immuno care Consultant, Coimbatore.	105
29.	18.01.2017	Environmental degradation and need for conservation	“Prevention of Our Environment” by Dr.S.Gurunyanambiga, Assistant Professor, Tamil Dept, Avinashilingam University for women.	92
30.	20.01.2017	small savings	Awareness created on DIGITAL INDIA through Rally	150
31.	20.01.2017	Tree planting	Tree planting	65

32.	20.01.2017	General health	General health checkup (Thulasi Pharmacy), Eye camp – Sankara eye hospital	185
33.	20.01.2017	Competitions	competitions conducted for school students- running race, potato gathering and slow cycling	120
34.	18.2.2017	Village Visit	Socio Economic Survey Nallampalayam	Unit 21 (36+37 volunteers)
35.	21.2.2017	Seminar on “Personality Development”	Dr. S Gayatri Devi Asst. Professor, Psychology Dept. Avinashilingam Institute for Home Science and Higher Education for Women	Unit 21 (36+37 volunteers)
36.	8.3.2017	Blood Donation Camp	Co-ordination with Dept. of Transfusion Medicine, CMCH	50
2017-18				
37.	2.7.2017	Seed ball making	Hindustan Arts and Science College	11
38.	5.7.2017	One day Workshop on “Personal Empowerment”	Dr. Radha Sabhapathy, Yoga Trainer Avinashilingam Institute for	Unit 21 (42 volunteers)
39.	1.8.2017	Seminar on “Role of Women In Swachh Bharat”	Mrs. V Malarmangai, Training Associate, NSS - ETI, Avinashilingam Institute for Home Science and Higher Education for Women	Unit 21 (42 volunteers)

40.	5.8.2017	Village Visit- Socio-economic Survey	Balaji Nagar, Nallampalayam	Unit 21 (40+37 volunteers)
41.	5.8.2017	Rally on “Dengue Awareness”	Initiated by Ex-Councillor of Ward No: 44, Mr. Venthamarai Balu	Unit 21 (40+37 volunteers)
42.	12.8.2017	Rally on “Anti-Corruption	Initiated by Dr. Ambiga Devi, Dean Faculty of Humanities Avinashilingam Institute for Home Science and Higher Education for Women	Unit 21 (37volunteers)
43.	12.8.2017	Special activity on “Swachh Bharath”	Initiated by Mr. Mathiazhagan, Engineer, Director Incharge TWAD Board , Bharathi Park Road, Coimbatore-43.	Unit 21 (25 volunteers)
44.	20.9.2017	Rally on “Anti-Ragging”	Initiated by Dr. A Parvathy , Dean, Faculty of Science Avinashilingam Institute for Home Science and Higher Education for Women	Unit 21 (37 +40volunteers)
45.	19.9.2017	Special lecture on “Awareness on PCOS Syndrome”	Dr. Aarthy Paari, MD OG, Manu Hospital, Sungam Tiruchitrambalam Auditorium, Avinashilingam Institute for Home Science and Higher Education for Women	Unit 21 (42+37 volunteers)
46.	17.08.2017	Rally on “Swachh Bharath”	Initiated by Dr. M Sylvia Subhapriya NSS Co-ordinator Avinashilingam Institute for Home Science and Higher Education for Women	Unit 21(37 +40 volunteers)

47.	2-10-17	Botany Lab and corridor cleaning	PO's of Unit:21 Avinashilingam Institute for Home Science and Higher Education for Women	Unit 21(37 volunteers)
48.	6.10.2017	NSS Day Celebration	Chief Guest Shri. C. Samuel Chelliah, State NSS Officer. Hi- Tech Seminar Hall, Avinashilingam Institute for Home Science and Higher Education for Women	Unit 21(20 volunteers)
49.	1.11.2017	Rally on "Youth Revival and Vigilance Awareness"	Initiated by Dr. Venmathi, Dean Faculty of Community & Entrepreneurship Education Avinashilingam Institute for Home Science and Higher Education for Women	Unit 21(25 volunteers)
50.	04.1.18	Special Camp	Inaugurated by Ex-Councillor of Ward No: 44, Mr. Venthamarai Balu, Balaji Nagar, Nallampalayam	150
51.	04.1.18	Special Camp	"Physical fitness" by Dr. Mrs. P.Nandhini, Assistant Director of Physical Education, Avinashilingam Institute for Home Science and Higher Education for Women	Unit 21 (37 volunteers)

52.	04.1.18	Special Camp	“Communicative English” by Dr. Sreeja Balakrishnan Assistant Professor, Dept. of English, Avinashilingam Institute for Home Science and Higher Education for Women	Unit 21 (37 volunteers)
53.	05.1.18	Special Camp	“Road safety awareness” by Mr. Vinayagamorthy K.V, Road Safety Training Officer, Coimbatore City Police	150
54.	05.1.18	Special Camp	“Safety Measures for Electricity” by Dr. N.S.Rajeswari, Assistant Professor, Dept. of Physics, Avinashilingam Institute for Home Science and Higher Education for Women	Unit 21 (37 volunteers)
55.	06.1.18	Special Camp	Medical Camp – Eye, Dental & General Health	150
56.	06.1.18	Special Camp	Art and craft making By Mrs. Anju Chandrashekar, Art and Craft Specialist, Coimbatore, Working in Fevicryl Company	Unit 21 (37 volunteers)
57.	06.1.18	Special Camp	Cultural Heritage Conservation by Dr. K. Sathyabhamavathy Assistant Professor, Dept. of Tourism, Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore.	Unit 21 (37 volunteers)

58.	07.1.18	Special Camp	Petroleum Conservation by Mr.N.R. Vaitheeswaran, External Faculty, PCRA , Coimbatore.	Unit 21 (37 volunteers)
59.	07.1.18	Special Camp	Benefits and Rights for Persons with Disabilities” by Dr. R. Nagomi Ruth, Assistant Professor, Dept. of Special Education, Avinashilingam Institute for Home Science and Higher Education for Women	Unit 21 (37 volunteers)
60.	08.01.18	Special Camp	Gynecological awareness for women to lead a healthy life forever by Dr.R. Sreedevi, Senior Physician, Arya Vaidya Pharmacy Pvt. Ltd., Coimbatore	Unit 21 (37 volunteers)
61.	08.01.18	Special Camp	Yoga Demonstration by Yoga Kalabarathi Mr. S. Kaviyarasu, DNYS, B.Sc Yoga, Advance yoga coach, Sree Annanda Sai yoga Centre, Coimbatore	150
62.	08.01.18	Special Camp	Sustainability in Hospitality Industry by Dr. K. Sathyabhamavathy, Assistant Professor, Dept. of Tourism, Avinashilingam Institute for Home Science and Higher Education for Women	Unit 21 (37 volunteers)

63.	09.01.2018	Special Camp	Vermitechnology by Mrs. Sanjana Pavithran, Junior Research Fellow, Arya Vaidya Pharmacy Pvt. Ltd., Coimbatore	150
64.	09.01.2018	Special Camp	Energy Conservation by Dr. N.S. Rajeswari, Assistant Professor, Dept. of Physics, Avinashilingam Institute for Home Science and Higher Education for Women	Unit 21 (37 volunteers)
65.	26.2.2018	Seminar	“Impact of Human Activities on the Environment” Dr. M Poonkothai, Asst. Professor, Zoology Dept. Avinashilingam Institute for Home Science and Higher Education for Women	Unit 21 (40 volunteers)
66.	1.3.2018	Special Lecture	Pollution Control through recycled gardens Mrs. C Priyamvatha, Proprietor, Dharshni Organics, Coimbatore	Unit 21 (40 volunteers)