

**Avinashilingam Institute for Home Science and Higher Education
For Women,
Coimbatore-43
Department of Tamil, Music and Hindi
NSS -UNIT-13**

S.No	Date	Name of the Activity	Details of the Activity	No. of Beneficiaries
2013-2015				
1.	18.02.2013	Breast Feeding Rally	Knowing the importance mother's milk for a healthy child, awareness was created among the villagers of Vellakinar	150 village people
2.	30.01.2014	Educational Awareness	A Survey regarding the literacy rate was conducted at the Village	200 village people
3.	01.08.2014	World Breast Feeding Week Celebration	A series of events were organized, seminars and competitions were conducted during the first week of August, 2014 to portrait the importance of breast feeding.	150 (NSS Volunteers)
4.	18.12.2014	Eye Camp	Aravind Eye Hosptial Coimbatore Organised a Eye Screening Camp to the Villagers of Vellakinar village	200 village people
5.	19.12.2014	Tree Plantation	An Awareness programme was organized in the adopted villages in the name of Vanamotsava and planted saplings to save and protect the environment and donated sapling to the villagers	65 (NSS Volunteers)

6.	20.12.2014	Tree Plantation	The word realizing the importance of going green is emphasized. After facing the bad consequences of deforestation effort, to create an awareness regarding tree plantation and preservation of the environment, this effort is made.	150 N.S.S volunteers
7.	20.12.2014	Health is Wealth	Dr. N. Mahadevan, Skin Specialist, Govt. Hospital – Coimbatore given a talk on health is wealth to the NSS Volunteers	150-N.S.S volunteers
8.	19.2.2015	Population Survey	A population survey was conducted in the adopted village to understand about the villages and its need	56 (Village people)
9.	20.2.2015	Awareness about the First Aid	An Awareness Programme was organized in the village about the first aid measure and its importance among the villagers by the NSS Volunteers and Primary Health Center of Thudiyalur.	200 (NSS Volunteers)
10.	02.3.2015	Competition conducted to School Children	NSS Volunteers conducted cultural and competition to school children	50 school children
2015-2016				
11.	26.09.2015	Village visit, socio-economic survey, voter awareness, cleaning activity	Survey to collect details in the adopted village, voter awareness Given by NSS Volunteers. Cleaning campaign also done with the help of Village officials	100 (NSS Volunteers and vellakinar Village People)
12.	22.1.2016	Personality Development programme	Lecturer Dr. Usha Elango Benefits of Personality Development and How to develop your personality?	150 N.S.S volunteers

13.	27.01.2016	Awareness Rally on CleanIndia and Green India	Awareness on Clean India and Green India was conducted through Rally holding placards, carrying purposive messages and shouting hues on Clean India and Green India	100 (NSS Volunteers)
14.	21.2.2016	Poliodrops	Volunteers assisted in the Polio Drop Medical Camp conducted Veerakeralam village.	200 village people
15.	21.2.2016	Disabled children survey	A Disabled children survey was conducted in the adopted village - Vellakinar.	150 N.S.S volunteers
16.	07.03.2016	Women empowerment	Special addresses on Dr.B.Lakshmishanthi- Save the Girl child Dr.Revathi Ravisankar- Reproductive health Dr.Akila Ayyavoo-obesity and its implications. @2.00 pm to 4.00pm	150 (NSS Volunteers)
17.	28.3.2016	Terrace gardening	Lecturer Dr.Lavanya. guided on the topic “How to make terrace vegetable garden, create raised beds on terrace, integrate vegetable patch on the terrace, terrace garden in planter boxes”.	150 N.S.S volunteers
18.	28.03.2016	Disaster management	Lecturer Dr.Chandrakrishnan, Asst.Prof .Govt Arts College Educated about the Science Of The Disasters That Commonly Occur, Being The Cyclone, Earthquake, Tsunami, Floods And Their Scientific Nature	150- N.S.S volunteers

2016-2017

19.	21.6.2016	International yoga day celebration.	Dr.M.SylviaSubapriya, NSS Program Coordinator welcomed the gathering and introduced the Chief Guest, Dr.N.A.Perumal, Director - General, Vision for Wisdom, Aaliyar. The students of the University comprising of NSS volunteers, NCC cadets and sports students demonstrated various Asanas and it was coordinated by Mrs.Lakshmi, The University Yoga trainer.	
20.	26.07.2016	Kalam library contest Motivational Drawing competition on Dr.Kalam Birthday	It is a project - Dr.Kalam's library. This project initiated as a tribute to Dr.A.P.J. Abdul Kalam. The initiative aims at setting up new libraries and revamping the existing libraries into a better place. Dr.Vijaya Karthikeyan, Corporation Commissioner inaugurated the project	65 (NSS Volunteers)
21.	10.08.2016	Road safety awareness programme	Dr. (Mrs.) M. Sylvia Subapriya, NSS Programme Coordinator has given Presidential address, in her speech she mentioned about how to prevent road accidents. The Special address was given by Mr.Sadhasivam, Inspector of Police (Traffic), Coimbatore-West. He talked about the importance of helmet and traffic Rules.	515 (All I UG NSS Volunteers)

2017-2018

22.	11.08.2016	Seminar on reproductive health and importance of breast feeding	In connection with the Breast feeding week celebration, NSS Unit 13 organised a seminar on “Reproductive Health and Breast Feeding” at Thiruchitrambalam Auditorium of Avinashilingam Institute for Home Science and Higher Education for Women. Guest address was given by Dr.A.Janani. oriented regarding: Menstrual Irregularities, Menstrual Hygiene, Pre-Conceptional Period, Lactation & Contraception, Menopause. which are important aspects for every women.	150 (NSS Volunteers)
23.	14.08.2016	Rally Azadi 70 (candle light march)	As per the Directives of the Minister, Human Resource Development AZADI –70 was celebrated in the Avinashilingam University for Women.	788 (NSS Volunteers)
24.	19.08.2016	Corruption	ASP.Mr.Mutharasu Grant corruption, Systemic corruption in different sectors are addressed towards anticorruption movement	56 (Village people)
25.	23.08.2016	Azadi 70	As per the Directives of the Minister, Human Resource Development AZADI –70 was celebrated in the Avinashilingam University for Women.	788 (NSS Volunteers)

26.	09.09.2016	Anti-ragging Rally	Started Our Rally At 2:00 PM around the Campus. We Created Awareness By Using Placards Having Various Anti-Ragging Awareness Quotes And By Uttering Slogans.	800 (NSS Volunteers)
27.	29.09.2016	Nss day celebration	NSS day celebration special address on Dr.S.Rajasekaran, Tamil Nadu State NSS cell Directorate of collegiate education Chennai.	800 (NSS Volunteers)
28. ;	02.10.2016	Gandhi Jayanthi Celebration	The importance of having a clean environment is emphasized and oriented others in the society to have clean surroundings in their area. Made to take oath to spend 2hours every week towards the Swatch Bharath Mission	100 (NSS Volunteers)
29.	17.12.2016	Survey and Awareness Rally on Digital India	To create awareness on creating bank account and about Digital India NSS volunteers conducted a rally to create awareness programme on digital banking using ATM card, Rupay card, plastic money holding.	700 N.S.S volunteers
30.	17.01.2017	Tree Plantation at vellakinar	Tree plantation was done in the public areas of Vellakinar and Government middle school	100 (NSS Volunteers)
2017-2018				
31.	25.07.2017	Swatch Bharath	Cleanliness campaign to sensitize the villagers 60 women and 45 children of Bommanpalayam in the cleaning activity	169 Residents of Bommanpalayam

32.	10-08-2017	Cleanliness and Personal Hygiene	Awareness on Personal hygiene and environmental cleanliness was created by the NSS volunteers	Inmates of the Institutions and public
33.	18.09.2017	Protection of Monuments	Dr.Sathishkumar, Department of Tamil, Kongunadu college of arts and science enlightened the volunteers on Monuments to be preserved in India	42 volunteers of Tamil
34.	20.09.2017	Environmental Protection	Mr. Kalidas, President, Osai Trust Highlighted on the importants of Environmental protection	42 volunteers of Tamil
35.	21.09.2017	Stress Management	M/s.V.Malaramangai, Associate Trainer, NSS ETI gave hands on Demonstration on stress management through laughter therapy	42 volunteers of Tamil
36.	21.09.2017	Personality Development	M/S Rani, Trainee Co-Ordinator ,NSS ETI spoke on personality development for NSS volunteers	42 volunteers of Tamil
37.	21.09.2017	AIDS Awareness Rally	Sensitized the villagers on AIDS awareness, the Rally Marched through the length and breadth of the village	Villagers, Bommanampalayam.
38.	22.09.2017	Aids Awareness	Dr.Mahadevan, Dermatologist, CMCH Spoke on AIDS awareness	42 volunteers of Tamil
39.	03.10.2017	Socio Economic survey	Survey on demographic details; 5 villages per volunteer were survived and problems like poverty, poor drainage, mosquito menace in the village were identified	450 villagers were survived
40.	07.01.2018	Digital India	Awareness was given on a one to one basis and through group programmes on the need for digitalization	70 volunteers of Tamil & human x development & 280 villagers

