

**AVINASHILINGAM INSTITUTE FOR HOME SCIENCE AND HIGHER  
EDUCATION FOR WOMEN, COIMBATORE**

**Department of Biochemistry and Biotechnology- NSS Unit -5**

**LIST OF ACTIVITIES**

**2013-14**

<b>S.No</b>	<b>Date</b>	<b>Name of Activity</b>	<b>Details of Activity</b>	<b>Number of Beneficiaries</b>
1.	06.07.2013	Quiz programme	Quiz on breast feeding	150 students of the Institute
2.	07.08.2013	Rally	Health and Hygiene rally on the breast feeding awareness from University to Alagesan Road	1500 students and 25 NSS programme officers
3.	19.09.2013	Lecture	Lecture on Energy conservation	140
4.	19.09.2013	Lecture	Social Awareness Campaign on Burning issues- Eve Teasing and Ragging	140
5.	25.09.2013	Asset creation	Construction of Stage in middle school at Govanur worth Rs. 30,000/-	180 school children
6.	26.09.2013	village programme	Competitions organized for Villagers	60 children and 40 women
7.	26.09.2013	Survey	Survey on the number of Illiterates and literates in the Govanur village	267 villagers
8.	27.09.2013	Health camp	Health camp at Govanur middle school in association with Tulsi pharmacy	150
9.	28.09.2013	rally	Rally to create an awareness on the use of Plastic	500
10.	28.09.2013	lecture	Taught the villagers about Positive therapy and Relaxation therapy	400 villagers
11.	28.09.2013	library work	Arranged books in the school library	150 school children
12.	30.09.2013	Tree plantation	Tree plantation programme in Govanur middle school	230 school children

13.	30.09.2013	Temple cleaning	Cleaning of temple premises of Palamalai temple and planting of tree saplings in the temple garden	200
14.	02.10.2013	Rally	Rally by the students to create awareness on non-violence on Gandhi Jayanthi day	450 villagers
15.	02.10.2013	Lecture	Motivation Lecture 'Vetriyodu Vilayadu' by Lakshmi Kanthan	140
16.	04.10.2013	Lecture	Breast cancer awareness programme	300
17.	04.01.2014	lecture	Lecture on Disaster management by Sathya Sai Institute	140
18.	04.01.2014	Skill training program	Fire safety measures	180
19.	09.01.2014	Skill Training program	Road safety measures	800
20.	12.02.2014 to 16.02.2014	Training program	Training programme on Motivating the Youth for Rural Reconstruction	80
<b>2014-2015</b>				
21.	09.02.2015	Interaction with villagers and scholl students	NSS volunteers interacted with villagers and the school kids about the camp activities Kalappanaickenpalayam Village	38 students of II B.Sc Biochemistry and Biotechnology
22.	10.02.2015	Competitions organized for the school children	Competitions organized for the school children by NSS volunteers in Kalappanaickenpalayam Village	38 students of II B.Sc Biochemistry and Biotechnology
23.	10.02.2015 & 13.02.2015	Tree plantation	Tree plantation in Kallapanaickenpalayam middle school	320 school children
24.	11.02.2015	Medical session on Acupuncture and Its Importance	Villagers who are physically ill were treated and self treating points were taught to the people by the ATAMA Doctors, NSS Volunteers interacting with acupuncture doctors in Kalappanaickenpalayam Village	38 students of II B.Sc Biochemistry and Biotechnology

25.	12.02.2015	Demonstration event by the volunteers	Demonstration regarding the small scale production of consumer products like jam, soap, jelly making to the village people and the school students by the volunteers in Kalappanaickenpalayam Village	38 students of II B.Sc Biochemistry and Biotechnology
26.	12.02.2015	Demonstration event by experts	Taught preparation of Phenoyl, soap oil and preparation of Blue liquid to the villagers in Kalappanaickenpalayam Village	38 students of II B.Sc Biochemistry and Biotechnology
27.	13.02.2015	Awareness rally	Awareness rally organized by the NSS volunteers about the road safety and insisting the villagers to follow the traffic rules	38 students of II B.Sc Biochemistry and Biotechnology
28.	13.02.2015	Asset creation	Roofing was done for the toilets measuring 325Sq.ft. in the Kallappanaickenpalayam Middle School	120 girl students

### 2016-2017

S. No	Date	Name of Activity	Details of activity	Number of Beneficiaries
29.	26.07.2016	Special activity	Conducted Art competition in schools in association with Arc Foundation of India	180 Volunteers benefitted
30.	09.08.2016	Special activity	Special activity- meeting in University , Quit India show Start of Azadhi 70 week long observance	800 1st year Under graduate students benefitted
31.	11.08.2016	Special lecture	Special lecture on Reproductive health and Breast feeding	800 1st year Under graduate students benefitted
32.	14.08.2016	Azadhi 70	Azadhi 70- candle light march	800 1st year Under graduate students benefitted
33.	23.08.2016	Special activity	Remembrance of Abdul Kalam, setting up library at schools	82 volunteers benefitted

34.	10.09.2016 to 13.09.2016	Special training	Training for 27 students at Vivekananda Kendra - kanyakumari	35 volunteers benefitted
35.	10.09.2016	Anti corruption meet	Anti corruption meet at Tamil Nadu Agricultural University, Coimbatore	120 volunteers benefitted
36.	08.12.2016 to 20.12.2016	National Integration Camp	Attended National Integration camp at Chitkara University, Chandigarh	10 students and 2 programme officers benefitted
37.	16.12.2016	Special lecture	Digital India campaign	100 volunteers benefitted
38.	21.12.2016	Survey	Survey of Deaf and Dumb Children on Pulse Polio Immunisation Day at P.N.Pudur, coimbatore	39 NSS volunteers survey and 150 children benefitted
39.	04.01.2017 to 05.01.2017	Yoga course	Yoga refresher course – for I UG students	800 1st year Under graduate students benefitted
40.	09.02.2017 to 10.02.2017	Village visits	Village visits and discussion with Head Master and Councilor to improve school premises and its surroundings	100 volunteers benefitted
<b>2017-2018</b>				
41.	20.7.2017	NSS Seminar	NSS Seminar on “ Positive Mental Health and Women Empowerment”	200 volunteers benefitted
42.	01.03.2016 to 05.03.2016	NSS special camp	NSS special camp at village, cleaning and laying of road side garden near middle school in Kalappanaikenpalayam	45 volunteers benefitted
43.	08.03.2017	Road Safety awareness	Road Safety awareness programme at PRS grounds	150 volunteers benefitted
44.	13.03.2017	Awards ceremony	National Young Leadership awards ceremony	750 2nd year Under graduate students benefitted
45.	08.07.2017	Swatch Bharath	Swatch Bharath - Railway station cleaning was done	81 volunteers and 700 families benefitted

46.	28.12.2017	Awards ceremony	Award ceremony – Friends of Police – Life time achievement award for Vice Chancellor – SNR college of Arts and Science	10 volunteers benefitted
47.	09.02.2018 to 15.02.2018	Special camp	seven day camp at kalapanaickenpalayam village for pond cleaning, public library cleaning and school cleaning	45 volunteers benifitted
48.	10.02.2018 to 15.02.2018	Skill training and Environmental awareness	Visit to Metupalayam Forest College for skill training and environmental awareness.the training on Traffic rules and safety and Disaster Management were given	110 NSS volunteers, 200 students, 120 public were benefitted