

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

NSS Unit -8 Department of Mathematics

**LIST OF ACTIVITIES
2013-2014**

S.No.	Date	Name of the Activity	Details	Beneficiaries
1.	07-08-2013	Rally on Breast feeding	Saibaba Colony	90
2.	17-08-2013	Participation in State Level Inter-Religious seminar		80
3.	20-08-2013	Sadbavana Diwas Celebration	Mr.M.Mathivanan, Advocate, NGGO Legal advisor,Cbe	80
4.	28-09-2013	Laughing Therapy	Tmt. Mary Nivea, Department of Psychology, Avinashilingam Institute	80
5.	29-09-2013	Tree Plantation	Guild of Service Home for Orphan Children	80
6.	29-09-2013	Asset Creation	Guild of Service home for orphan children	12
7.	29-09-2013	Yoga	Karunai Maruvalzhvu Maiyam	80
8.	30-09-2013	Eye Camp	Kavundampalayam	140
9.	01-10-2013	Awareness Programme on De-addiction		70
10.	22-02-2014	Human Chain on voters awareness	Kavundampalayam	100
11.	26-09-2014	Awareness programme on De-addiction	Thiru. Rajesekaran, Counsellor and Coordinator, Karunai Maruvalzhvu Maiyam	90
12.	27-09-2014	Awareness programme on Natural Food	Dr. Ramasamy, Immune Modulation consultant	125
13.	28-09-2014	Skill Training programme on Income Generation	Kavundampalayam	100
14.	28-09-2014	Awareness programme on waste disposal	Kavundampalayam	135
15.	29-09-2014	Awareness Programme on Global Warming	Mr. Yoganathan, Environmentalist	90
16.	29-09-2014	Medical Camp	Dr. T. Nalini, MBBS, DMCH, General Consultant, Kavundampalayam	100
17.	29-09-2014	Awareness programme on small savings	Mrs. P.N. Radhamani, LIC consultant	80

18.	29-09-2014	Film show and Lecture	Kavundampalayam	80
19.	30-09-2014	Interaction programme with Elderly & Mentally Retarded people	Karunai Maruvalzhvu Maiyam, Kavundampalayam	25
20.	30-09-2014	Asset Creation	Karunai Maruvazhvu Maiyyam	25
21.	28.01.16	Tree plantation	Kavundampalayam Village	135
22.	29.01.16	Awareness Rally on polling	Kavundampalayam Village	120
23.	29.01.16	Lecture on health care	Kavundampalayam Village	135
24.	30.01.16	Medical camp	Kavundampalayam Village	120
25.	31.01.16	Medical camp	Dr.Mahadevan, M.D, PSG group of hospitals	120
26.	31.01.16	Yoga	Dr. Lakshmi, yoga trainer, Avinashilingam Institute	85
27.	09.09.16	Rally on Anti-Ragging	Avinashilingam Campus I	90
28.	15.12.16	Awareness Programme on Digital India	Koundampalayam Village	90
29.	16.01.17	Awareness Program on Pillars of Healthy Life	Dr.P. Ramasamy consultant for life - immuno modulation, Coimbatore	130
30.	16.01.17	Training on Fabric Painting	Mrs.Anju chandrasekar, Alumni of Avinashilingam Institute	132
31.	18.01.17	Rally on clean India	Koundampalayam Village	42
32.	19.01.17	Tree Plantation	Koundampalayam Anganvadi Campus	80
33.	19.01.17	Training on stress management	Dr. Malar Mangai, Training Associate, NSS-ETI Avinashilingam Institute	65
34.	20.01.17	Eye Camp	Thulasi pharmacy and Lotus eye hospital	200
35.	20.01.17	Asset Creation	Anganvadi, Koundampalayam Village	30
36.	04.03.17	Donation	Karunai Illam, Koundampalayam Village	120
37.	10.08.17	Cleaning	All India Radio Premises, Olumbus, Cbe	5
38.	12.08.17	Cleaning	Water Body, Bharathi Park Road, Cbe	18

39.	17.08.17	Cleaning	Uzhavar Sandhai, RS Puram, Cbe	45
40.	01.09.17	Rally on saving rivers	In and around Saibaba Colony, Coimbatore	45
41.	01.11.17	Rally on Anti-Ragging	Avinashilingam Campus I	46
42.	17.01.18	Door to Door Awareness programme on Dengue	In adopted village Maniakarampalayam	220
43.	18.01.18	Lecture on social responsibilities	Manikarampalayam	63
44.	19.01.18	Tree Plantation	In adopted village Maniakarampalayam	120
45.	19.01.18	Awareness Campaign on life skills	Manikarampalayam	72
46.	19.01.18	Lecture on the right to information act	Manikarampalayam	145
47.	20.01.18	Cleaning	Manikarampalayam	220
48.	20.01.18	Workshop on Terrace Gardening	Manikarampalayam	134
49.	21.01.18	Rally on Plastic eradication	Manikarampalayam	220
50.	21.01.18	Medical Camp	Manikarampalayam	130
51.	22.01.18	Asset Creation	Anganvadi, Manikarampalayam	40
52.	26.02.18	Seminar on personality development	Mr. Arun Kanagaraj, Director, Inbond Solutions, Pollachi	85
53.	26.02.18	Seminar on Impact of Human Activities on Environment	Dr. M. Poongothai, Assistant Professor of Zoology	85
54.	01.03.18	Seminar on Self Defence	Mr. Francis Xavier, Lead Trainer, SACON, Coimbatore.	85

2014-2015

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55.	26-09-2014	Awareness programme on De-addiction	Thiru. Rajesekaran, Counsellor and Coordinator, Karunai Maruvalzhvu Maiyam	90
56.	27-09-2014	Awareness programme on Natural Food	Dr. Ramasamy, Immune Modulation consultant	125
57.	28-09-2014	Skill Training programme on Income Generation	Kavundampalayam	100
58.	28-09-2014	Awareness programme on waste disposal	Kavundampalayam	135

59.	29-09-2014	Awareness Programme on Global Warming	Mr. Yoganathan, Environmentalist	90
60.	29-09-2014	Medical Camp	Dr. T. Nalini, MBBS, DMCH, General Consultant, Kavundampalayam	100
61.	29-09-2014	Awareness programme on small savings	Mrs. P.N. Radhamani, LIC consultant	80
62.	29-09-2014	Film show and Lecture	Kavundampalayam	80
63.	30-09-2014	Interaction programme with Elderly & Mentally Retarded people	Karunai Maruvalzhvu Maiyam, Kavundampalayam	25
64.	30-09-2014	Asset Creation	Karunai Maruvazhvu Maiyyam	25
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65.	28.01.16	Tree plantation	Kavundampalayam Village	135
66.	29.01.16	Awareness Rally on polling	Kavundampalayam Village	120
67.	29.01.16	Lecture on health care	Kavundampalayam Village	135
68.	30.01.16	Medical camp	Kavundampalayam Village	120
69.	31.01.16	Medical camp	Dr.Mahadevan, M.D, PSG group of hospitals	120
70.	31.01.16	Yoga	Dr. Lakshmi, yoga trainer, Avinashilingam Institute	85
2016-2017				
S.No.	Date	Name of the Activity	Details	Beneficiaries
71.	09.09.16	Rally on Anti-Ragging	Avinashilingam Campus I	90
72.	15.12.16	Awareness Programme on Digital India	Koundampalayam Village	90
73.	16.01.17	Awareness Program on Pillars of Healthy Life	Dr.P. Ramasamy consultant for life - immuno modulation, Coimbatore	130
74.	16.01.17	Training on Fabric Painting	Mrs.Anju chandrasekar, Alumni of Avinashilingam Institute	132
75.	18.01.17	Rally on clean India	Koundampalayam Village	42
76.	19.01.17	Tree Plantation	Koundampalayam Anganvadi Campus	80
77.	19.01.17	Training on stress management	Dr. Malar Mangai, Training Associate, NSS-ETI Avinashilingam Institute	65
78.	20.01.17	Eye Camp	Thulasi pharmacy and Lotus eye hospital	200

79.	20.01.17	Asset Creation	Anganvadi, Koundampalayam Village	30
80.	04.03.17	Donation	Karunai Illam, Koundampalayam Village	120
2017-2018				
S.No.	Date	Name of the Activity	Details	Beneficiaries
81.	10.08.17	Cleaning	All India Radio Premises, Olumbus, Cbe	5
82.	12.08.17	Cleaning	Water Body, Bharathi Park Road, Cbe	18
83.	17.08.17	Cleaning	Uzhavar Sandhai, RS Puram, Cbe	45
84.	01.09.17	Rally on saving rivers	In and around Saibaba Colony, Coimbatore	45
85.	01.11.17	Rally on Anti-Ragging	Avinashilingam Campus I	46
86.	17.01.18	Door to Door Awareness programme on Dengue	In adopted village Maniakarampalayam	220
87.	18.01.18	Lecture on social responsibilities	Manikarampalayam	63
88.	19.01.18	Tree Plantation	In adopted village Maniakarampalayam	120
89.	19.01.18	Awareness Campaign on life skills	Manikarampalayam	72
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91.	20.01.18	Cleaning	Manikarampalayam	220
92.	20.01.18	Workshop on Terrace Gardening	Manikarampalayam	134
93.	21.01.18	Rally on Plastic eradication	Manikarampalayam	220
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98.	01.03.18	Seminar on Self Defence	Mr. Francis Xavier, Lead Trainer, SACON, Coimbatore.	85