

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

**Botany Department
NSS Unit 10: 2015 - 2020**

List of activities

S.No	Date	Event	Details of the Activity	Beneficiaries
2015-16				
1.	27.01.2016	HIV/ AIDS	Lecture on AIDS Awareness by Dr.Mahadevan, Associate Professor, Department of Dermatology, PSG Medical College, Coimbatore.	180
2.	28.01.2016	Tree planting	Lecture on Nutrition and its benefits for adolescents. Thirumathi. K. Sundarambal, Child Development officer, Ooty	125
3.	29.01.2016	Personal Hygiene	Immunity and Health by Mr.P.Ramasamy, Consultant, 4life-immunomodulation, Coimbatore.	205
4.	30.01.2016	Yoga	Nalvalvitku yoga Dr. C. Lakshmi, yoga trainer, ADU, Coimbatore	220
5.	30.01.2016	Health	Distribution of Nilavembu Kashayam	220
6.	30.01.2016	Environmental degradation and need for conservation	Cleanliness campaign, Segregation of biodegradable and non- degradable wastes- Distribution of dust bins	225
7.	31.01.2016	Cancer	Rally-awareness on cancer	220

8.	31.01.2016	General health	Medical Camp organized with Thulasi Pharmacy	225
2016-17				
9.	10.08.2016	Safety and security	Road Safety Awareness Programme	150
10.	10.10.2016	Health & Hygiene	Create awareness about important of hygiene and cleanliness	100
11.	15.1.17 to 21.1.17	Special Camp	Inaugurated by Councillor of Ward No: 44, Mr. Venthamarai Balu, Nallampalayam	Unit 21 (36 volunteers)
12.	16.12.2016	Digital Economy	Awareness about Digital Economy under the scheme VISAKA (VITTIYA SAKSHARATA ABHIYAAN)	300
13.	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
14.	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
15.	17.01.2017	Human values	Pillars of healthy life Mr.P.Ramasamy, Immuno care Consultant, Coimbatore.	105

16.	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
17.	20.01.2017	mail savings	Awareness created on DIGITAL INDIA through Rally	150
18.	20.01.2017	Tree planting	Tree planting	65
19.	20.01.2017	General health	General health checkup (Thulasi Pharmacy), Eye camp – Sankara eye hospital	185
20.	20.01.2017	Competitions	competitions conducted for school students- running race, potato gathering and slow cycling	120
21.	18.2.2017	Village Visit	Socio Economic Survey Nallampalayam	Unit 21 (36+37 volunteers)
22.	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)
23.	8.3.2017	Blood Donation Camp	Co-ordination with Dept. of Transfusion Medicine, CMCH	50
2017-18				
24.	2.7.2017	Seed ball making	Hindustan Arts and Science College	11

25.	5.7.2017	One day Workshop on “Personal Empowerment”	Dr. Radha Sabhapathy, Yoga Trainer Avinashilingam Institute for	Unit 21 (42 volunteers)
26.	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)
27.	5.8.2017	Village Visit- Socio-economic Survey	Balaji Nagar, Nallampalayam	Unit 21 (40+37 volunteers)
28.	5.8.2017	Rally on “Dengue Awareness”	Initiated by Ex-Councillor of Ward No: 44, Mr. Venthamarai Balu	Unit 21 (40+37 volunteers)
29.	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)
30.	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)
31.	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)

32.	19.9.2017	Special lecture on “Awareness on PCOS Syndrome”	Dr. Aarthi Paari, MD OG, Manu Hospital, Sungam Tiruchitrambalam Auditorium, Avinashilingam Institute for Home Science and Higher Education for Women	Unit 21 (42+37 volunteers)
33.	17.08.2017	Rally on “Swachh Bharath”	Initiated by Dr. M Sylvia Subhagriya NSS Co-ordinator Avinashilingam Institute for Home Science and Higher Education for Women	Unit 21(37 +40 volunteers)
34.	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)
35.	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)
36.	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)

37.	04.1.18	Special Camp	Inaugurated by Ex-Councillor of Ward No: 44, Mr. Venthamarai Balu, Balaji Nagar, Nallampalayam	150
38.	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)
39.	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)
40.	05.1.18	Special Camp	“Road safety awareness” by Mr. Vinayagamorthy K.V, Road Safety Training Officer, Coimbatore City Police	150
41.	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)
42.	06.1.18	Special Camp	Medical Camp – Eye, Dental & General Health	150

43.	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)
44.	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)
45.	07.1.18	Special Camp	Petroleum Conservation by Mr.N.R. Vaitheeswaran, External Faculty, PCRA , Coimbatore.	Unit 21 (37 volunteers)
46.	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)
47.	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)
48.	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

49.	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)
50.	09.01.2018	Special Camp	Vermitechnology by Mrs. Sanjana Pavithran, Junior Research Fellow, Arya Vaidya Pharmacy Pvt. Ltd., Coimbatore	150
51.	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)
52.	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)
53.	1.3.2018	Special Lecture	Pollution Control through recycled gardens Mrs. C Priyamvada, Proprietor, Dharshni Organics, Coimbatore	Unit 21 (40 volunteers)

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

NSS Unit 10: Department of Botany

PO: Dr. M.K. NISHA

APO: Dr. V. GAYATHRI

List of NSS Activities

2018 – 2019

S.No	Date	Event	Description	Beneficiaries
1	April 2018- June 2018	Summer Internship	Cleanliness, Tree plantation, Sapling distribution, Educating the children	37 NSS Volunteers of Unit 10
2	20.08.2018	Seminar	Ms. V Malarmangai & Ms. R Rani, Training Co-ordinator gave a lecture on History, Philosophy, Aim and Objectives, Emblem, Motto, Clap, Volunteer badge & Diary, NSS Activities and Benefits”	75 NSS volunteers of Unit 10
3	11.09.2018	Special Activity	Commemoration of the 125 th Anniversary Swami Vivekananda’s Chicago Address by Dr. N Krishnamoorthy, Editor, Vivekavani and Dr. S. Sathish Kumar, Assistant Professor, Dept. of Tamil, Kongunadu Arts and science College	40 NSS volunteers of Unit 10
4	27.09.2018	Seminar	Commemoration of 150 th Gandhi Jayanthi Celebration – Speech by Dr. S. Sathish Kumar on Assistant Professor, Department of Tamil KonguNadu Arts and Science College, Coimbatore “Vazhga Nee Emman Gandhi Mahatma”	37 NSS Volunteers of Unit 10
5	22.09.2018	Special Activity- Swachhta Hi Seva Campaign	1. Trees plantation in the school campus. 2. Awareness on the importance of sanitation and cleanliness was given to the school students.	37 NSS Volunteers of Unit 10

			3. Creating a kitchen garden in the school premises. 4. Class room cleaning and school premises	
6	2.10.2018	Swachh Bharath	Cleaning the laboratory and the corridor of the Botany Department	37 NSS Volunteers of Unit 10
7	10.12.2018	Special Activity	Panel Discussion - Say No to plastic – Speakers: Dr. Raja Selvaraju Mr. R Dhanapal Dr. Sangeetha Subash and Mrs. P Roopa Prasanth	37 NSS Volunteers of Unit 10
8	17.12.2018 to 23.12.2018	Special Camp at Ramasamy Nagar	Camp activities – Medical Camp, Rally for Digitalization, Plastic Awareness	37 NSS Volunteers of Unit 10
9	12.01.2019	Special Activity	Display of Swami Vivekanandha Saying In the Campus	37 NSS Volunteers of Unit 10
10	22.01.2019	Rally	Plastic Awareness	37 NSS Volunteers of Unit 10
11	19.03.2019	Seminar	Reproductive Health for Adolescence – lecture given by Dr. PL Sridevi Sivagami, Associate Professor, FSMD Dept. AIHSHEW	75 NSS Volunteers of Unit 10
12	20.03.2019	Seminar	Personality effectiveness - lecture given by Dr. N S Rohini, Professor, Dept. of Psychology, AIHSHEW	75 NSS Volunteers of Unit 10
13	21.03.2019	Human Chain	Rally on 100% voting	37 NSS Volunteers of Unit 10

2019 – 2020

NSS Unit 10: Department of Botany

PO: Dr. S. AMUTHA

APO: Dr. SAKTHIVIGNESWARI

List of NSS Activities

S.No	Date	Event	Description	Beneficiaries
1.	04.09.2019	Orientation	Orientation given by Dr.K.S. Shanthi, Professor, Department of Zoology, Avinashilingam Institute for Home science and Higher Education for Women	36 NSS Volunteers of Unit 10
2.	07.09.2019	Swachta Hi Seva Campaign	Ayya Memorial Hall is the place where various medicinal and ornamental plants were situated. This place is taken care by our Botany department. we cleaned the weeds and poisonous plants in the pots. Then we cleaned the lawn area and the sidewalk. We cleared the mud and old leaves. Then we equalized the soil area and then we made a count on pots.	36 NSS Volunteers of Unit 10
3.	05.10.2019	Swachta Hi Seva Campaign	NSS Volunteers started to clear the weeds at the Nakshatra Garden. After clearing, we grouped them together. Then we started to clean the lawn. There we removed many dead and old leaves and also some roots	36 NSS Volunteers of Unit 10
4.	02.10.2019	Fit India Plog	Fit India Plog inaugurated by Dr.U.Jerinabi, Dean School of commerce and Management, Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore – 43	75 NSS Volunteers of Unit 10

5.				
6.	17.01.2020	Canvas	Inviting the people to the community hall for eye camp.	36 NSS Volunteers of Unit 10 and the Villagers of Shanthi Medu.
7.	18.01.2020	Eye Camp	The Doctors from Agarwal Eye Hospital checked and give suggestions to the people about their eye health.	36 NSS Volunteers of Unit 10 and the Villagers of Shanthi Medu.
8.	18.01.2020	Awareness Program	The NSS volunteers of Unit 10 visited Shanthi Medu. As we organised a awareness program on Kavalan SOS app and it was explained by the Inspector Mr.K.Prithiviraj, Periyanaayackanpalayam police station.	36 NSS Volunteers of Unit 10 and the Villagers of Shanthi Medu.
9.	18.	Fit India – Cyclothon	The NSS volunteers of Unit 10 visited Shanthi Medu. On the day we conducted a program awareness on fitness and uses of cycling to the Villagers.	36 NSS Volunteers of Unit 10 and the Villagers of Shanthi Medu.
10.	19.01.2020	Zumba Dance	Vasuki, Zumba Instructor taught students about the zumba dance and fitness.	36 NSS Volunteers of Unit 10.
11.	19.01.2020	Polio Drops	January 19 th is considered as polio day on the day with the help of govt nurse vaccinated the polio drops to childrens.	Childrens around Shanthi Medu.
12.	19.01.2020	Awareness program	Dr.Thilagamani, Assistant Professor, Department of FSN, Ainaashilingam University took a class on food diet and its uses.	36 NSS Volunteers of Unit 10 and the Villagers of Shanthi Medu.
13.	20.01.2020	Field work	Polio Vaccine field Activity with nurse Mrs.Velumani in Shanthi Medu.	Childrens around Shanthi Medu.
14.	20.01.2020	Awareness program	The NSS Volunteers of Unit 10 Created a awareness among the people about Parthenium plant.	36 NSS Volunteers of Unit 10 and the Villagers of Shanthi Medu.
15.	20.01.2020	Yoga	NSS Volunteers done Yoga.	36 NSS Volunteers of Unit 10
16.	21.01.2020	Cleaning	The NSS Volunteers cleaned the Community hall belongs to Shanthi medu.	36 NSS Volunteers of Unit 10 and the Villagers of Shanthi Medu.
17.	22.01.2020	Awareness Program	The NSS volunteers of Unit 10 visited Shanthi Medu. On this day Dr,Parimala gave awareness on the effect of Tobacco.	36 NSS Volunteers of Unit 10 and the Villagers of Shanthi Medu.
18.	22.01.2020	Awareness Program	The NSS volunteers of Unit 10 visited Shanthi Medu and created awareness among the people about rain water harvesting.	The Villagers of Shanthi Medu.

19.	22.01.2020	Medical Camp	We conducted a medical camp in the community hall for the Villagers. Dr.Parimala Prescribed the medicines to the common peoples.	The Villagers of Shanthi Medu.
20.	23.01.2020	Wall Painting	The NSS Volunteers of Unit 10 Visited Shanthi Medu. On the day we started white washing the wall of the Community Hall and drawn some awareness Quotes on the wall.	The Villagers of Shanthi Medu.
21.	23.01.2020	Valedictory Function	The NSS Volunteers of Unit 10 Visited Shanthi Medu. The Validictory function was ended by the speech of Mr.Nagarajan about General Awareness and Mr.Karthik spoke about the RIT Act.	36 NSS Volunteers of Unit 10 and the Villagers of Shanthi Medu.