











**National Service Scheme  
Department of Textiles and Clothing  
NSS Unit 3 - 2015-2020**

Collaboration	Activity	No. of Beneficiaries	Date	Photo
Mr.Baskar, Rotaryclub-Capetown, Coimbatore.	Donating Sewing Machines to school for children  Training girls on sewing	38 GIRLS	19-03-2016	 
Selvi.R.Rani Training coordinator,  Selvi.V.Malarmangai, Trainer, NSS Empanelled Training Division, Avinashilingam University.	Personality development and stress relief	Women:20 Children:20	19.03.16	
Doctors from PSG Hospital, Avinashi road, Peelamedu, Coimbatore.	General health medical camp	Men: 46 Women : 65 Children : 13	20-03-2016	 
Vasan Eye Care Hospital , Thudiyalur, Coimbatore	Eye & Dental medical camp .	Men:35 Women:45 Children:15	21.03.16	
Vasan Dental Care Hospital , R.S.Puram, Coimbatore.	Eye & Dental medical camp	Men:35 Women:45 Children:15	21.03.16	





**Avinashilingam Institute for Home science and Higher Education for Women, Coimbatore.**




<b>Collaboration</b>	<b>Activity</b>	<b>No. of Beneficieries</b>	<b>Date</b>	<b>Photo</b>
Mr.Karuppasamy, AAO,Department of Horticulture, Coimbatore.	Awareness on "Kitchen Gardening".	Women: 36	23.03.16	
Dr.R.Thangapalam, District Governor, Rotary club, Capetown, Coimbatore.".	Rally on "Avoid plastics" and "water conservation	Men :15 Women:50 Children:75	22.03.16	
				
Nss Volunteers	Donating of drums for drinking water Steel drum	Children:25	24.03.16	

Collaboration	Activity	No. of Beneficiaries	Date	Photo
Dr. Arul selvam, National textile Corporation, Coimbatore region	Anti Corruption Awareness  National Vigilant Week celebrations	Students : 220	2.11.17	
Mrs. Shymala	Awareness on cancer among women	Student : 225	2.11.17	
<b>Mr.S. Rajkumar, Deputy General Manager, National Handloom Development corporation,</b> Government of India addressed the gathering . Members from People Seva Sangam, Coimbatore graced this occasion.	Awareness on the importance of Handloom, NSS Unit III of our university conducted a fashion show on Handloom	Students: 300	31.07.17	 



Collaboration	Activity	No. of Beneficiaries	Date	Photo
Mr. Kumanan	RED RIBBON CLUB		03-02-18,	
Dr. Narmada	RED RIBBON CLUB		03-02-18,	

**Avinashilingam Institute for Home science and Higher Education for Women, Coimbatore.**

Doctors from Government Hospital, Coimbatore	Blood Donation camp		22.2.18	
NSS Volunteers	Donating chairs for Anganwadi Children	Children : 25	23.01.18	
NSS Volunteers	A program on care and maintenance of the fabric (like stain removal process, button sewing, embroidery mending)	Boys:10 Girls:25 Women: 50	24.01.18	
NSS Volunteers	Training on fabric painting for women and children was conducted by Dr.R.Sunitha and Mrs.Tamarai	Girls:55 Women: 25	25.01.18	

<b>Collaboration</b>	<b>Activity</b>	<b>No. of Beneficiaries</b>	<b>Date</b>	<b>Photo</b>
Dr. Arul Jothi, Medical Practitioner on Siddha	Awareness on natural medicine given by	Children :50 Women: 25	24.01.18	
	Rally on the topic <b>"TOWARDS GREEN AND CLEAN INDIA"</b>		26.01.18	
Rotary club of Coimbatore	Donating Desks to school children	Children : 40	27.01.18	



Vasan dental and eye care	Free eye and dental checkup was conducted for the village people by Vasan dental and eye care	Men:50 Women: 25 Children :150	27.01.18	
<b>Mr .Shanmugam</b> Social worker on Save Nature	Awareness program on local Natural plants for health, regional cows , uses, beneficial products was conducted to the village people	Women: 50 students :32	28.01.18	

**NSS UNIT 3 - SPECIAL ACTIVITY  
DEPARTMENT OF TEXTILES AND CLOTHING  
FIT INDIA MOVEMENT**



**NSS Volunteers** : II B. Sc Textiles and Apparel Designing (35)  
**Venue** : University Campus  
**Date** : 07/07/2019

**NSS UNIT 3 - SPECIAL ACTIVITY  
DEPARTMENT OF TEXTILES AND CLOTHING  
OBSERVANCE OF RASTRIYA EKTA DIWAS (NATIONAL UNITY DAY)**



**NSS Volunteers** : II B. Sc Textiles and Apparel Designing (34)  
**Venue** : THIRUCHITRAMBALAM AUDITORIUM  
**Date** : 31/11/2019

**UNIT 3 - NSS REPORT**  
**DEPARTMENT OF TEXTILES AND CLOTHING**  
**special activity**

Programme Officer : Dr. R. Sunitha, Assistant Professor  
Assistant Programme Officer : Dr. S. Aishwariya, Assistant Professor

**16.07.2019**

Skill India program was organized by the Unit no 12, Department of Zoology, Ministry of Information and Broadcasting Technology (GOI) on 16<sup>th</sup> July 2019 from 10 am to 1pm on topic entitled "Skill India". The NSS volunteers were happy to participate and listen to the wonderful lectures given by eminent people in the field of Skill India. Role of MUDRA- Micro Units Development and Agency is to Develop Entrepreneurship, was explained by the resource person and students were motivated to work towards passion and enhance their skill in that which can be their future carrier. Many were benefited by this program. It has trained more than 40 crore people nation-wide. It helps in developing confidence and enables blue scholar job and it balances growth in job sectors. It improves physical and mental health of youth and makes youth to accept the responsibility were some of the highlights of the speech given on the topic Skill India.

**18.07.2019**

The first year students have been given an orientation about the role of NSS in our University and in making our country a better place to live in. The Programme Officer and Assistant Programme Officer had conducted separate orientation to the 1<sup>st</sup> years B.Sc and B. Voc students highlighting the role of NSS in the campus. The highlights of handbook were made into a power point presentation and classes were taken for the students as a part of inauguration. The dimension of NSS for the development of youth in the country was emphasized. The type of activity they can engage in, the mark allotment and methods of calculating the hours involved, the impact of the NSS works in nation building, mission, vision and the special camp details were elucidated. The students were very happy to do their small role in nation building.

**22.07.2019**

We the students of II B. Sc TAD attended the meeting on "Girls safety" on 22<sup>nd</sup> July, organized by Department of Computer Science between 2:30 - 4:00 pm in the Thiruchitrambalam Auditorium. Totally 34 NSS volunteers were benefitted from our Unit, as the resource person, Mrs. Vaishnavi Balaji, Founder, Youthful India, Coimbatore, delivered her keynote address. There were many beneficial messages for the women of today and the dimensions involved in safety measures. The students understood that, they should not keep any secret among our parents and friends. We must speak openly to any of our beings. Girls must be their own power among the society.

No one will be there so we must be the backbone for our problems. We came to know about this. It was very beneficial that the students had an opportunity to understand and be more aware of things happening in the society.

**1.08.2019 – 05.08.2019**

**1. SWATCHHA**

<b>Date</b>	<b>Name of the activity</b>	<b>Details of the activity</b>	<b>Beneficiary</b>
August 1, 2019	Library Cleaning	Students were sent to the library , many books which were out of the shelves were re-placed and some books which were torn out were sealed and arranged	B.voc
August 2, 2019	Garden cleaning	Students were divided into groups and they picked out leaves , wastes and dry grasses.Whole garden was completely cleaned and all the plants were watered. The waste waters from the pot were removed and refilled with fresh water.Students were happy in keeping their environment clean.	II.Bsc
August 3, 2019	Production room cleaning	Students assembled at the production lab , few students were wiping off the dusts and cleaning the equipment .Few were brooming the floor , others were arranging the machines.	II.Bsc
August 4, 2019	Testing lab cleaning	All the testing instruments in the lab were individually taken out and thoroughly cleaned, and arranged properly .Students were volunteering themselves to clean the lab.Students were given a chance to see all the testing instruments.	I .Bsc
August 5, 2019	I .b.sc classroom cleaning	The floors were broomed ,wastes were thrown out ,unwanted things were removed from the cupboard and the files were arranged properly. All the benches	I .Bsc

		were rearranged for the convenience of the students and tutors.	
--	--	---	--

The students of I B.sc, II B.sc and B.voc participated in NSS activities within the campus like cleaning the classrooms , laboratories, garden , library , in and around the campus. All the students actively participated and happily volunteered themselves in all the cleaning activities. And also the students felt very happy to see the places which they have cleaned.

<b>23.09.2019</b>
-------------------

**SEMINAR ON SWACHTHA – SAVE ENVIRONMENT**

The NSS Unit 3 in Department of Textiles and Clothing conducted a seminar on the Topic “Save environment” on 23.09.2019. The Head of the Department Dr.G.Bagyalakshmi expressed that environment protection is the need of the hour and it could be done through water conservation, preventing pollution tree plantation, etc. She also greeted the audience and introduced the chief guest Mr. Syed Kattuva, OSAI Organisation, Coimbatore. The chief guest spoke about the significance of trees in human life, highlighting the ways to care them. The points highlighted included not to pin nails on trees for advertisement, to avoid painting on trees, to understand the changes happening in Urban cities and showcase the cases of tree replanting. He also emphasized that the trees should be protected as it saves number of birds and other lives. The students were benefitted in a great way gaining more knowledge in the need of hour.

**Water Management under UBA**

1	<b>Name and address of the institute</b>	Avinashilingam Institute for Home Science and Higher Education for Women		
2	<b>Duration of UBA 2.0 participation (month and year)</b>	2019		
3	<b>Name of the villages adopted</b>	KNG Pudur		
4	<b>Brief on ongoing or management</b>	completed activities and engagements in the domain of water		
	<b>Name of the villages</b>	<b>Names / number of beneficiaries</b>	<b>Nature of activities</b>	<b>Brief of activities</b>
	KNG Pudur	100	Tree planting	The plant sapling were planted in the village premises to aid restoration of ground water level



		Compost pit	As a means of reinstalling the fertility of soil, thereby in future the ground water below them can be prevented from pollution and contamination of chemical fertilizers
		Plastic eradication	Understanding the severity and nuisance of plastics, awareness of eradication and promotion of other alternative measures was propagated through the rally, human chain, demonstration of bag making and also on distribution of cloth bags for village people
		Waste management	The campus cleaning was done in the selected village by which the dumped wastes including plastics were removed completely by which the rain water can easily pass through the grounds and heal the environment in and around the village
		Rain water harvesting	Since many houses have already installed the rain water harvesting, the civilians in the village was educated on ways to keep the plant activated and methods to get the best from the method of rain water harvesting
5	<p><b>Brief on proposed village – level activities and engagements in the domain of water management</b></p> <p>Water Management is a critical issue especially in the current state of extreme summer and increasing dry lands. The NSS volunteers actively involved in insisting the principles of water management in the adopted KNG Pudur village. The rain water harvesting was planned in the village but everyone had the system but dry and inactive. So the students highlighted again and on the importance and to make it ready when rain showers. Trees play a key role in preventing soil erosion and the sponsored free sapling was planted as part of water management practice. Also the compost pit was installed by the students so that the observed green manure can be used in nearby plants and gardens where the micronutrients of the compost can help in minimizing the negative impact caused by fertilizers. Plastic eradication as a means of water conservation was done in collaboration with Lions club, Coimbatore, Corporation of Coimbatore in a very successful way. Every method of demonstration was established to propagate the news. Rally, demonstration and campus cleaning were done.</p>		
6	<p><b>Details of any funds mobilized for UBA 2.0 activities in the domain of water management:</b> NIL</p>		

**29.08.2019**

**AWARENESS SESSION ON ACCIDENTS AND FIRST AID**

The NSS volunteers of II B.Sc gathered in the seminar hall for the awareness session on accidents and first aid programme. Doctors from GANGA HOSPITAL came to create awareness among the students on carelessness while driving vehicles, crossing roads and importance on wearing helmets so on .Doctors also spoke about how many accidents are occurring in our country, and in that how many of them are dying in accidents and also they spoke about the survey on accidents in our country.The doctors also spoke about the importance of giving first aids

and ailments . The doctors strictly advised to wear helmet and seat belts while driving vehicles .A victim came along with them from their hospital who has got severe spine injury and unable to walk , and he gave us some motivational speech .Thus all the volunteers were much benefitted by this awareness programme.

**04.09.2019**

### **ERADICATION OF PLASTICS**

The students of II B.Sc gathered to collect the plastics and throw them away ,the volunteers went to each class and also the whole department , and started taking out all the plastic wrappers, pet bottles, plastic boxes and also plastic bags. The volunteers were very responsible in their works and they also went to the staffroom and collected the plastics and threw them away .And also the volunteers advised the other students not to use plastics especially pet bottles and lunch boxes. Thus the students were happy in doing this activity .

**13.09.2019**

### **AWARENESS SESSION ON DIET AND OBESITY**

The NSS volunteers of II B.Sc gathered in hi-tech seminar hall for awareness session on diet and obesity. Many women doctors gathered in the seminar and spoke about obesity and its risk. Dr Swathika from GKNM hospital came and spoke about diet schedule for teenage girls and ill effects of obesity. One of the alumini of our university presently working as a nutritionist in KG hospital, she spoke about the intake of nutritious foods and gave some tips to avoid junk foods. Then came the manager with her crew from PINK FITNESS CENTRE and gave easy tips to reduce weight by doing simple exercises. She also taught the students to do the exercises and how to maintain physical health. Students did the activity very cheerfully and gave good cooperation. Thus all the students were benefitted by the awareness and tips given by the doctors and the physical trainers.

**29.08.2019**

### **FIT INDIA MOVEMENT**

The NSS volunteers of III B. Sc went on a rally around the campus motivating the students to be fit . The students made awareness by making placards, posters , hand made paper caps .They went to each departments and spoke about how to stay healthy and fit and also spoke about malnutrition and obesity .They insisted to do physical activities and sports activities in everyday life and be fit. Being fit not only improves the physical health but also mental health.

**31.11.2019**

### **Observice of Rashtriya Ekta Diwas ( National Unity Day)**

Students of II U.G . assembled in the auditorium and the unity day program started further ,we had our chief guest Dr. Murugesan Head of Tamil Department from Kongunadu Arts College. It was really a very good speech by Dr. Murugesan he spoke about the IRON MAN OF INDIA SARDAR VALLABHAI PATEL . He spoke the full life history of SARDAR VALLABHAI PATEL. Then he also told many information about the struggles of how our

country worked with unity for our freedom struggle. Thus he told all the students to live with unity and diversity.

1.08.2019

**SWACHHATA SHAPATH: (PLEDGE OF CLEANLINESS)**

The volunteers of I B. Sc and II B. Sc, and B.voc participated in SWACHHATA SHAPATH (Pledge of Cleanliness). The oath was read by the representative and the students repeated the oath and also they owe to sincerely render their best efforts to make their home and all other public places . The given oath by NSS was read by the volunteers.

**NSS UNIT – 3 SPECIAL ACTIVITY**

**NSS SPECIAL ACTIVITY - Leprosy on 24.02.2020**

The Health officer Mr. Tharugeshwar, elaborated on the need for leprosy education, the remedial measures to cure the health ailment and also preventive measures



NSS Volunteers of I B. Sc Textiles and Apparel Designing and I B. Voc Textile Dyeing and Printing

No of beneficiaries: 50 students  
Venue: MGR Nagar high school

**NSS SPECIAL ACTIVITY**

**Girl Child Awareness and seminar on Good and Bad touch**

**24.02.2020**

Students prepared charts to create awareness on the need for personal hygiene and video awareness on good and bad touch



NSS Volunteers of I B. Sc Textiles and Apparel Designing and I B. Voc Textile Dyeing and Printing

No of beneficiaries: 50 school children  
Venue: MGR Nagar school