

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

**NATIONAL SERVICE SCHEME
Department of Human Development
Unit 5A NSS Activities - 2015-2020
NSS 2015-16**

S.No.	Date	Activity name	Details	Beneficiaries
1.	24.03.2016	Swachh Bharat Rally	NSS volunteers of Unit 4 from the departments of Human Development and Home Science Extension education participated in the special camp at Puthupalayam village, Thondamuttur post as a part of the camp, they went a rally via Thondamuttur village.	Swachh bharat rally helps to lead healthy India which in turn increase productivity of Indians
2.	25.03.2016	Health Check up	NSS volunteers of Unit 4 from the departments of Human Development and Home Science Extension education participated in the special camp at Puthupalayam village, Thondamuttur post as a part of the camp, the villagers were provided health and dental check-up by Thulasi Pharmacy and Vasan Dental Care.	The patient is enabled to obtain treatment in the early stages of illness by initial symptoms being detected through regular check-ups.
3.	26.03.2016	Eye camp	NSS volunteers of Unit 4 from the departments of Human Development and Home Science Extension education participated in the special camp at Puthupalayam village, Thondamuttur post as a part of the camp, the villagers were provided with eye camp from Vasan Eye Care.	The eye camp was conducted to create awareness among the village people and provide them various services like eye care education, full eye check-ups, medical care etc...the main motive of the camp was to prevent the people from getting major eye disorders.
4.	27.03.2016	Physical Fitness	NSS volunteers of Unit 4 from the departments of Human Development and Home Science Extension education participated in the special camp at Puthupalayam village, Thondamuttur post as a part of the camp, health education and counselling were given for student volunteers and village girls.	Reduce the risk of heart attack. Manage your weight better. lower your risk of falls.

5.	28.03.2016	Yoga and Laughter Samplings	NSS volunteers of Unit 4 from the departments of Human Development and Home Science Extension education participated in the special camp at Puthupalayam village, Thondamuttur post as a part of the camp, the laughter camp was conducted for the student volunteers	Increase laughter and mood. It increases happiness and strengthens immune system.
----	------------	-----------------------------	---	---

NSS 2016-17

S.No.	Date	Activity name	Details	Beneficiaries
1.	13.03.2017	Swachh bharat	NSS volunteers of Unit 4 from the departments of Human Development and Home Science Extension education participated in the special camp at Puthupalayam, Coimbatore, as a part of the camp Awareness created among the people in the village by holding placards with the slogans of swachh bharat.	Swachh bharat helps to lead healthy India which in turn increase productivity of Indians
2.	14.03.2017	Laughing Yoga	NSS volunteers of Unit 4 from the departments of Human Development and Home Science Extension education participated in the special camp at Puthupalayam, Coimbatore, as a part of the camp Ms. Malarmangai madam taught students about the laughing yoga during the camp.	It triggers the release of endorphins. It is good for your health.
3.	16.03.2017	Dental and Eye camp	NSS volunteers of Unit 4 from the departments of Human Development and Home Science Extension education participated in the special camp at Puthupalayam, Coimbatore, as a part of the camp	It detects eye ailments. It provides the basic dental care management.
			NSS volunteers organized the Eye and dental camp for the villagers from which 400 villagers benefited	

4.	18.03.2017	Disaster management	NSS volunteers of Unit 4 from the departments of Human Development and Home Science Extension education participated in the special camp at Pudhupalayam, Coimbatore, as a part of the camp disaster management was conducted with the help of Sathya Sai disaster management service in Coimbatore.	Limits the losses due to revenue reduction or other costs.
5.	20.03.2017	Distribution of Green House plantation notice	NSS volunteers of Unit 4 from the departments of Human Development and Home Science Extension education participated in the special camp at Pudhupalayam, Coimbatore, as a part of the camp notice were distributed on Greenhouse plantation and created awareness among villagers.	Action to reduce greenhouse gas emission often reduce co-emitted air pollutants. Bringing co-benefits for air quality and human health.
6.	17.04.2017	Games for village children	NSS volunteers of Unit 4 from the departments of Human Development and Home Science Extension education participated in the special camp at Pudhupalayam, Coimbatore, as a part of the camp games were conducted for the village children who were playing in the street and also for home makers i.e., their parents. In which everyone participated enthusiastically. And Distributed prizes for the students and parents	Great learning. Playing outdoor games can be a brilliant way to enhance learning abilities in kids.
7.	29.05.2017	Planting trees in Govt school	NSS volunteers of Unit 4 from the departments of Human Development and Home Science Extension education participated in the special camp at Pudhupalayam, Coimbatore, as a part of the camp trees were planted in Govt school.	It provides shelter for students. Trees clean the air.
			Both flower plants and trees for the school were planted, in which many school students participated.	

NSS 2017-18

S.No.	Date	Activity name	Details	Beneficiaries
1.	10.02.2018	Road safety and Traffic rules	NSS volunteers of Unit 4 from the departments of Human Development and Home Science Extension education participated in the special camp at Kalapanaickenpalayam, as a part of the camp Mr. Vinayagamoorthy explained about the road safety and traffic rules. We took pledge about road safety.	It shapes the attitude and behaviour of children. It protects you on the road.
2.	11.02.2018	Swachh bharat activity	NSS volunteers of Unit 4 from the departments of Human Development and Home Science Extension education participated in the special camp at Somayampalayam, as a part of the camp the volunteers cleaned the community Bharathi Park which was located in Somayampalayam village. The waste cleaned from Park such as Dry Leaves are dumped into the Biodegradable waste pit.	Construct individual's cluster and community toilets. Elimination or reduce open defecation.
3.	12.02.2018	Village visit and activities	NSS volunteers of Unit 4 from the departments of Human Development and Home Science Extension education participated in the special camp at Somayampalayam, as a part of the camp, the volunteers conducted games and distributed prizes for corporation middle school students at Somayampalayam.	Reduce isolation, loneliness, and poverty. Experience fewer falls.
4.	13.02.2018	Disaster management	NSS volunteers of Unit 4 from the departments of Human Development and Home Science Extension education participated in the special camp at Somayampalayam, as a part of the camp Shri Sai Peridar management group of conducted workshops on disaster management.	Avoid to compromise the business reputation. Control and customisation of your own disaster recovery.
5.	14.02.2018	Swachh bharat rally	NSS volunteers of Unit 4 from the departments of Human Development and Home Science Extension education participated in the special camp at Somayampalayam, as a part of the camp the student volunteers cleaned the village premises.	Individual productivity. Health body results in healthy mind which is directly proportion to productivity of an individual.



Avinashilingam Institute for Home Science and Higher Education for Women
(Deemed to be University under Category A by MHRD, Estd. u/s 3 of UGC Act 1956)
Re-accredited with A+ Grade by NAAC. Recognised by UGC Under Section 12 B
Coimbatore - 641 043, Tamil Nadu, India

Department of Human Development

File 6.3 Extension Activity (2018-2019)

NSS Unit No :5A
Details of Adopted Area :No 4 Veerapandi
NSS Programme Officer :P. Jagathambal
Assistant Programme Officer :G. Padmapriya
No. of NSS Volunteers in the Unit :105
No. of visits in the semester :2

Details of Special Camp

Sl. No.	Date	Activity	Place	No. of Volunteers Participated
1	13.12.2018	Inauguration of camp	No 4 Veerapandi	39
2	14.12.2018	Swatch Bharath Awareness in No 4 Veerapandi School	No 4 Veerapandi	100
3	15.12.2018	Yoga	No 4 Veerapandi	39
4	16.12.2018	Eye camp	No 4 Veerapandi	39
5	16.12.2018	Interaction with Self Help group members		
5	17.12.2018	Mass Tree plantation in Anganwadi school, No 4 Veerapandi	No 4 Veerapandi	74
6	18.12.2018	Awareness on Online registration of Birth and death certificates	No 4 Veerapandi	39
7	18.12.2018	Street play about Girls Education	No 4 Veerapandi	74
8	09.01.2020	Health and Hygiene –Elementary school, No 4, Veerapandi	Thiruchitrambalam Auditorium, Avinashilingam Institute for Home Science and Higher Education for Women	38

File 6.3 Extension Activities (2019 -2020)



Avinashilingam Institute for Home Science and Higher Education for Women
(Deemed to be University under Category A by MHRD, Estd. u/s 3 of UGC Act 1956)
Re-accredited with A+ Grade by NAAC. Recognised by UGC Under Section 12 B
Coimbatore - 641 043, Tamil Nadu, India

Department of Human Development

NSS Unit No : **5A**
Details of Adopted Area : **No 4 Veerapandi**
NSS Programme Officer : **P. Jagathambal**
Assistant Programme Officer : **S. Rajkumari**
No. of NSS Volunteers in the Unit : **105**
No. of visits in the semester : **2**
Details of Special Activities

Consolidated NSS Activity Report 2019-2020 ODD Semester

Sl. No.	Date	Activity	Place	No. Of Volunteers Participated
1	21.06.2019	International Yoga Day Celebrations	Thiruchitrambalam Auditorium, Avinashilingam Institute for Home Science and Higher Education for Women	42
2	06.07.2019	Special Lecture on "Road Safety"	Hi Tech Seminar Hall, Avinashilingam Institute for Home Science and Higher Education for Women	163 (School of Home Science)
3	07.07.2019	Mega Seed Ball Making Event to Save Water	Bishop Appasamy College, Race Course, Coimbatore	65
4	16.07.2019	Special Outreach Programme on World Youth Skill Day	Thiruchitrambalam Auditorium, Avinashilingam Institute for Home Science and Higher Education for Women	64
5	19.07.2019	NSS Orientation Programme for Freshers	Room no 261 Home Science Block	38
6	02.08.2019	Planting Sapling	Avinashilingam Nursery School	38
7	02.10.2019	Gandhi Jayanthi Mass Cleaning Drive	Home Science Block, Avinashilingam Institute for Home Science and Higher Education for Women for Home Science and Higher Education for Women	99



Avinashilingam Institute for Home Science and Higher Education for Women
(Deemed to be University under Category A by MHRD, Estd. u/s 3 of UGC Act 1956)
Re-accredited with A+ Grade by NAAC. Recognised by UGC Under Section 12 B
Coimbatore - 641 043, Tamil Nadu, India

Department of Human Development

Consolidated NSS Activity Report 2019-2020 EVEN Semester

Sl. No.	Date	Activity	Place	No. of Volunteers Participated
1	02.01.2020	Door to Door awareness campaign	No 4 Veerapandi	32
2	06.01.2020	Sapling plantation	No 4 Veerapandi	39
3	24.01.2020	National Girl Child Day Celebration Rally	Avinashilingam Institute for Home Science and Higher Education for Women	74
4	30.01.2020	Leprosy day orientation	Thiruchitrambalam Auditorium,	74
5	02.02.2020	Kaavalan SOS app demonstration	SFV Government Hr.Sec.School, Seeranaickenpalayam	99
6	10.02.2020	Pada Yathra	Avinashilingam Institute for Home Science and Higher Education for Women	74
7	17.01.200	Special Lecture on “Anemia and Nutrition among younger generation”	Home Science Seminar Hall, Avinashilingam Institute for Home Science and Higher Education for Women	74
8	20.01.2020	Road Safety Awareness Programme	Thiruchitrambalam Auditorium, Avinashilingam Institute for Home Science and Higher Education for Women	38
9	24.02.2020	Seed ball making training	Avinashilingam Nursery School	38
10	13.03.2020	Corona Virus Awareness and Prevention	Avinashilingam Institute for Home Science and Higher Education for Women	99



Avinashilingam Institute for Home Science and Higher Education for Women
(Deemed to be University under Category A by MHRD, Estd. u/s 3 of UGC Act 1956)
Re-accredited with A+ Grade by NAAC. Recognised by UGC Under Section 12 B
Coimbatore - 641 043, Tamil Nadu, India

Department of Human Development

Details of Special Camp

Sl. No.	Date	Activity	Place	No. of Volunteers Participated
1.	03.01.2020	Door to Door awareness campaign	No 4 Veerapandi	39
2.	03.01.2020	Talk on Nutrition and wellness	No 4 Veerapandi	39
3.	04.01.2020	Swatch Bharath Awareness in No 4 Veerapandi School	No 4 Veerapandi	100
4.	04.01.2020	Voters enrollment Campaign	No 4 Veerapandi	39
5.	05.01.2020	Mass Tree plantation in Anganwadi school, No 4 Veerapandi	No 4 Veerapandi	74
6.	05.01.2020	Awareness on Online registration of Birth and death certificates	No 4 Veerapandi	39
7.	06.01.2020	Eye and ENT Camp- No 4, Veerapandi School Children & Villagers	No 4 Veerapandi	39
8.	07.01.2020	Environment Awareness Talk-No 4 Veerapandi Villagers	No 4 Veerapadi	99
9.	08.01.2020	Street play about Save water	No 4 Veerapadi	74
10.	09.01.2020	Swatch Bharath Awareness in No 4 Veerapandi School-	Home Science Seminar Hall, Avinashilingam Institute for Home Science and Higher Education for Women	74
11.	09.01.2020	Health and Hygiene –Elementary school, No 4, Veerapandi	Thiruchitrambalam Auditorium, Avinashilingam Institute for Home Science and Higher Education for Women	38