

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

NATIONAL SERVICE SCHEME

NSS UNIT: 7 - PHYSICS

NSS ACTIVITIES 2015 – 2020

2015-2016

S.No.	DATE	NAME OF ACTIVITY	DETAILS OF ACTIVITY	NUMBER OF BENEFICIARIES
1.	02.10. 2015	<ul style="list-style-type: none"> • Gandhi Jayanthi Celebrations • Swatch Bharath Mission 	I UG Physics Students (38) and 37 students of II UG Physics have cleaned the class rooms (Room no. 124,125,126 of Annai Arul Building) and UG Physics laboratory. Also, the students have administered the following pledge of cleanliness as a part of Swatch Bharat mission (Clean India mission).	I UG : 38 II UG : 37 75 volunteers
2.	10.10. 2015	Village visit: Somayampalayam Village <ul style="list-style-type: none"> • Cleaning campaign as part of Swatch Bharath Mission • Data collection • Literacy campaign • Rally on following aspects: • National Integration day • National Youth Awakening week celebrations • Clean India • School Dropout eradication 	Students from unit VII are divided into 5 groups. 20 students involved in cleaning the Bharathi park and other group of 20 students engaged in cleaning the school (Periyanaikenpalayam Ooratchi Ondriya Thodakapalli-Primary School). Another group of 10 students involved in cleaning the Sundara Vinayagar Temple. Nearly 20 students went for the survey in the village for data collection. Literacy campaign is carried out by 5 students as adult education to the adults in the village.	I UG : 38 II UG : 37 75 volunteers and 150 village people are benefited

3.	29.2. 2016	<ul style="list-style-type: none"> •About the people's standard and living. •Survey about the people in the village. •Teaching good habits to the children. 	<p>II UG Physics, 37 students of NSS with our Program Officer Dr. N.S.Rajeswari went to Somayampalayam and met people at different streets and collected data and history of the village.</p> <p>Volunteers encouraged the Primary school students by narrating moral stories in groups.</p>	<p>37 NSS Volunteers and Primary school students and people in the village of Somayampalayam. 37 volunteers involved, 150 people and 48 school students are benefited.</p>
4.	01.03. 2016	<ul style="list-style-type: none"> •Inauguration function. •Chancellor's speech. •White washing the school. 	<p>Chancellor Padma Shri. Dr.P.R. Krishna Kumar, gives inspirational speech about grows a sapling by "Sottu Neer pasanam". After inauguration planted eight (8) saplings around the somayampalayam primary school and renewed the teacher's toilet and the wall of anganvaadi by white washing it.</p>	<p>37 NSS Volunteers and primary school students</p>
5.	02.03. 2016	<ul style="list-style-type: none"> •Planting the saplings in the village. •Conducting the competitions to the school children. •Distribution of prizes to the winners. •Guest Lecture 	<p>Planted six saplings in the village. They conducted the competitions for school children's such as running, drawing, singing, frog race and distributed the prizes to the students and Balls to the anganvaadi children. On the same day a team of volunteers taught sign language to the mentally retarded student Pavithra and collected her details to help her to receive scholarship and also create bank account. Mr. N. Selvaraj from Suryan FM (93.5) gave us lecture about cultural heritage. Our volunteers. Ms. S.Abirami of II ug enacted the demonstration of the first aid.</p>	<p>37 NSS Volunteers and Primary school students</p>

6.	03.03. 2016	<ul style="list-style-type: none"> • Advice from the senior citizen and survey about the school children • Cleaning the school campus • Guest Lecture 	<p>The senior citizens in the village invite to the school. They gave their golden advices to practice that in our daily life. Later one of our group volunteers involved themselves in cleaning the school campus. After they collect Survey about the children in the school. The other group of the students involved themselves in planting the saplings (6) in the village. After that special lecture about the saving and</p>	37 NSS Volunteers and Primary school students
7.			<p>insurance scheme (Yojana) from the chief guest Mr. K. Boopalan (Retired manager, canara bank).The advice about savings and the schemes introduced by our government Prime Minister Jan Dan Yojana (PMJDY), Adult Pension Yojana”</p>	
8.	04.03. 2016	<ul style="list-style-type: none"> •Cleaning the temple •Conducting Awareness Rally •Guest Lecture 	<p>They divided into two groups. One of the group started cleaning the temple in that village. They swiped the temple’s veranda and water washed the statue in the temple. The other group of our student actively participated in the rally to promote awareness to the public. After completing our rally we gathered in the school and distributed the dress to the school children and we also gave them the writing pad which was sponsored by “Bank of Baroda” which was mobilized by Kavinaya, NSS volunteer of Biochemistry.</p>	37 NSS Volunteers and peoples in the village of Somayampalayam.

9.	05.03. 2016	<ul style="list-style-type: none"> • Medical counselling to the women • First aid demonstrations to the villagers. • Guest Lecture 	<p>A special medical counselling was conducted for women in the village of somaiyampalayam. Dr. Maha vaisahali and Dr. M. Manila from Arya Vaidhiya Pharmacy counselled women regarding maintenance of health. The Villagers and our volunteers personally clarified their problems with the AVP doctors. Later, S.Abirami of NSS Unit 7 explained about the fundamentals of first aid to the villagers. At 1.00 p.m. Our chief guest Mr. K. Kaalidhasan from “Osai” group gave us a valuable lecture based on the topic “Conservation of forest and wild animals.”</p>	37 NSS Volunteers and women in the surroundings of somaiyampalayam village
10.	06.03. 2016	<ul style="list-style-type: none"> • General Medical and eye camp • Valedictory function 	<p>The medical camp and the eye camp which will get started by 8:00 a.m. We invited the doctors from the” Aravind eye hospital” for eye camp and Kovai Medical Centre and Hospital for the medical camp. Assert created in the form of chart work in order to educate the children to understand quickly and efficiently. During Valedictory function R. Boshikavarthini and A. Mageswari delivered the valedictory report.</p>	37 NSS Volunteers and people in the village of Somaiyampalayam

2016-2017

S.NO	DATE	NAME OF ACTIVITY	DETAILS OF ACTIVITY	NUMBER OF BENEFICIARIES
------	------	------------------	---------------------	-------------------------

11.		Rally	<p>engaged in cleaning the school (Periyanaikenpalayam Ooratchi Ondriya Thodakkapalli-Primary School). Another 10 students involved in cleaning the Sundara Vinayagar temple</p> <p>All the 35 students of II U.G went for the survey in the village for data collection.</p> <p>Rally on following aspects: National Integration day National Youth Awakening week celebrations Clean India School Dropout eradication</p>	150 village peoples are benefited
12.	26.10.2016	Village visit and rally on Digital India Awareness (2016), survey taken from the village	The students of I Year and II Year B.Sc Physics of NSS Unit No. VII has carried out cleaning work, rally and data collection in the village Somayampalayam.	70 volunteers are involved and 150 village peoples are benefited
13.	16.12.2016	Digital India Awareness Campaign at Somayampalaya m Village	<p>The Students raised slogans during the rally to enlighten the village people. The Slogans raised were</p> <ol style="list-style-type: none"> 1. Digital India Developed India 2. Let us develop India by Cashless Transactions 3. Replace cash by Cards 	70 volunteers are involved and 150 village peoples are benefited
14.	15.2.2017	<p>Special lecture</p> <p>Inauguration function</p>	<p>Dr.P.Nandhini, Assistant Director of Physical Education, gave a special lecture on Physical fitness for healthy and happy life.</p> <p>Mr.P.Ramalingam, Retired Headmaster, Kallappanayakenpalayam. He spoke about Avinashilingam Ayya's achievements.</p>	36 volunteers are involved and 150 village people are benefited
15.	16.2.2017	Awareness programme	<ol style="list-style-type: none"> 1. Students cleaned the specified spot in the primary school for plantation. 2. Students left the school for creating awareness about electrical safety, Digital India Program Conservation of electricity, Mobile phone 	Divided into 3 groups. Each has 11 volunteers.

20.	20.2.2017	Planting of saplings in the Somayampalaya m power substation. Conducted competitions and games Special lecture	They planted 14 saplings and donated 2 saplings. JE explaining the working of the transformers to the students Conducted various competitions and games to the school students. Drawing, Speech, Patriotic Songs, Running Race, Skipping Race, Pyramid Formation, Lucky Corner and Thirukkural. Dr.P.Venkatachalam, Consultant/Mentor, Former Dean and Professor at Tamil Nadu Agricultural University, Coimbatore. He spoke about his experience as a Professor, Dean, Hostel Warden and also as an activist	36 volunteers and school students
21.	21.2.2017	Valedictory function	Report was presented by M.Deepa Govaradhini and T.Nandhini	36 volunteers
22.	8.3.2017	International Women's Day – Blood Donation Camp.	Blood donation camp was conducted by the NSS units – 2, 7, 13, 19 & 21. Students were eagerly participated in that camp and many students have donated blood. Total number of students donated blood : 26 (from physics - 3)	26 (from physics - 3) donated blood and beneficiary is the CMCH Blood bank
23.	13.3.2017	NSS – National Youth Leadership Program Awards Ceremony. Audience all I UG NSS Volunteers - our I UG Physics also participated	During the program of NSS – National Youth Leadership Program Awards Ceremony. Audience all I UG NSS Volunteers - our I UG Physics also participated	35 volunteers involved
24.	17.3.2017	Special Lecture	NSS Unit 7 Physics organized an awareness programmed named “Women Health Care”. They gave awareness about <ul style="list-style-type: none"> • Heart disease • Lung cancer • Breast cancer 	70 students are benefited

25.	18.3.2017	Awareness Programme	Awareness program named on “Energy Conservation Drive”. In order to create awareness on energy conservation among youth, the volunteers of I and II UG physics (Unit 7) have written slogans and mantras on Conservation of Electricity, Petroleum, LPG and Water, along with pictorial representation	70 volunteer are involved and 150 village peoples are benefited
-----	-----------	---------------------	--	---

2017-2018

S.NO	DATE	NAME OF ACTIVITY	DETAILS OF ACTIVITY	NUMBER OF BENEFICIARIES
26.	22.2.2017	Seminar	Mrs. S. Sudharani, Placement Officer gives a lecture about “Personality Development”. Her talk included the following points: “How does personality develop?”	75 volunteers involved
27.	21.6.2017	Yoga day celebration	II UG : 5 membership UG : 5 members participated in Yoga day celebration	10 volunteers participated
28.	5.7.2017	Personality Empowerment Workshop	On the programme of “Personality Empowerment Workshop” Dr. RadhaSabapathy; Rtd. Principal Leading Trainer in Yoga delivered the lecture	80 volunteers are benefited
29.	27.7.2017	Seminar	The chief guest Ms. R. Rani gives the speech about “Volunteerism”	80 volunteers are benefited
30.	29.7.2017	Village Visit	Volunteer went to the Village Visit at Nanjecoundunpudur (Socio-economic survey+ TB fact finishing)	75 volunteers involved
31.	12.8.2017	Rally	Rally on Quit India Movement	80 volunteers involved
32.	1.9.2017	Rally on Road Safety	The main theme of the rally was about Road Safety measures and its importance. During the rally they made awareness	78 volunteers are involved and 250 people are benefited

33.			among the public about Road Safety measures. The slogans include “WE MUST OBEY OUR TRAFFIC RULES AND SAVE OUR LIFE”, “WEAR HELMETS”.	
34.	21.9.2017	Hepatisation B conducted by BC/BT	I UG: 44,II UG: 34 participate Hepatisation B conducted by BC/BT	78 volunteers involved
35.	31.10.2017	Rally	Volunteers eagerly participated the Rally on “Youth Revival and Vigilance Awareness	44 volunteers participated
36.	04.01.2018	The Inauguration Function	In “Ponmani Thirumana Mandapam” Chief Guest Mr.Venthamarai balu gave a lecture to NSS volunteers. In the evening session training programme on Physical Fitness- Aerobic dance. Dr. P. Nandhini, Physical Director, taught how to maintain our body a healthy one and to stay with physical and mental fitness.	Volunteers of Unit- 7, 12, 14 & 21 34 volunteers are involved, 225 peoples and 47 students are benefited
37.	05.01.2018	Village cleaning and taken care of school	NSS volunteers splitted into two groups.One took charge of the village cleaning and the other group taken care for the school. The group at the village further got divided into two groups. First group took the survey to the village people, at the same time, they invited the people for the medical camp which will be held at Ponmani mandapam on 6 th Januvary 2018. The volunteers interacted with the student by teaching them how to introduce individually in english.	Volunteers of Unit- 7, 12, 14 & 21 and 45 students of government primary school

38.		Road safety and measures	Mr. V.K.Vinayagam murthi, Controller of Traffic conducted a number of games which is he related to road safety .	
39.	06.01.2018	Medical Camp Workshop and Craft Art	Vasan Eye Care for eye check up and Vasan Dental Care for dental check up are arranged. Team of medical staff from Thulsi Pharmacy conducted general health checked-up such Blood pressure, glucose level. After that workshop has been conducted for art and craft. Chief guest Mrs. Anju Chandrashekar taught how to make greeting cards by our own and we also learnt handmade embroidery work with the help of stencils.	Volunteers of Unit-7, 12, 14 & 21 and 34 people from the village
40.	07.01.2018	Awareness Programme Workshop	Ms. SeethalBihary, Bank Of India. She briefly explained about “The uses of BHIM APP” used in smart phones. Mr. Vaitheeswaran from Petroleum Conservation Research Association (PCRA). He speak about the usage of petroleum in world level dominates.	Volunteers of Unit-7 and peoples in the Nanjegoundenpudur Village
41.	08.01.2018	Medical camp Special lecture	They conducted medical camp for village peoples. Dr. Sridevi Gynocologist from Arya Vaidya Pharmacy. She gave us a lecture that how to lead a healthy life.	Volunteers of Unit-7, 12, 14 & 21 and peoples in the surroundings of the village
42.	09.01.2018	Special lecture	Mrs. Sreeja Balakrishnan Department of English teach about the communication between	Volunteers of Unit-7, 12, 14 & 21 and Nanjegoundapudur primary school

		Awareness of Dengue	two unknown person and about body language. Rally from Nanjegoundapudur to K K Nagar to create awareness about the Dengue, Green clean India, save electricity save life, wear helmet.	students and peoples in Nanjegoundapudur
43.	10.01.2018	Valedictory function	Dean Faculty of Science Dr. (Mrs.) A. Parvathi congratulated the students for their work in the village	Volunteers of Unit- 7, 12, 14 & 21
44.	22.02.2018	Seminar	Seminar on “Personality development ”, speaker: Mrs. S.Sudharani Placement officer	75 volunteers are benefited
45.	18.03.2018	Awareness programme	Energy conservation Drive	83 volunteers are benefited
46.	26.03.2018	Awareness programme	In order to create awareness on energy conservation among youth, the volunteers of I and II UG physics (Unit 7) have written slogans and mantras on Conservation of Electricity, Petroleum, LPG and Water, along with pictorial representation	75 volunteers are benefited

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

NATIONAL SERVICE SCHEME

NSS UNIT: 7 - PHYSICS

NSS ACTIVITIES

NSS PO: Dr.B.Nalini

NSS APO: Mrs. G.Kiruthiga

2018 -19

S.NO	DATE	NAME OF ACTIVITY	DETAILS OF ACTIVITY	NUMBER OF BENEFICIARIES
61.	13.08.2018 2.00pm- 3.00pm	Swachh Pakhwada	Rally about cleanliness	72
62.	31.08.2018	Campaign	Swachh Bharath	72
63.	07.09.2018	Orientation	NSS Orientation	All 1st UG students of Physical and computational Science
64.	22.09.2018	Village Visit	Socio economic Survey and Cleanliness drive	72
65.	24.09.2018	NSS Day	NSS Day Celebration	34
66.	02.10.2018	Special Activity	Special Activity	72
67.	17.12.18 – 22.12.18	Special Camp	NSS special camp	43
68.	22.01.2019	Special outreach program – Swachh Bharat/Swachh Survekshan 2019	Healthy life – Rally and Awareness meeting	Rally (2400) Awareness meeting (1400)
69.	28.02.2019	Speech	Guest Lecture – Dr.Rohini, Psychologist	34
70.	19.03.2019	Reproductive Health - Speech	Guest Lecture – Dr.Sridevi Sivagami, FSMD	43
71.	21.03.2019	Rally	Human Chain	43
72.	23.03.2019	Special Activity 23.03.2019	Road safety awareness	34

NSS PO: Dr.B.Nalini

NSS APO: Mrs. G.Kiruthiga

2019-2020

S.NO	DATE	NAME OF ACTIVITY	DETAILS OF ACTIVITY	NUMBER OF BENEFICIARIES
73.	16.07.2019	Youth Skill Day	Skill Development Schemes & Advantages of Skill Development	43
74.	22.07.2019	Awareness Programme on Girls Safety	Girls • To be Strong • To be Smart • To be Secure in every situation	43
75.	31. 07.2019	Orientation Programme	NSS Orientation – New Volunteers	43
76.	14/08/2019.	Water Management	“SuWaSeM” Sustainable Water Security Mission to the Urban Areas of Tamil Nadu	72
77.	01.08.2019 to 15.08.2019	Special Acticity -Campus cleaning	Swachhta Pakhwara	72
78.	29.08.2019	Fit India	Motivation of “FIT INDIA” programme in our Country	29
79.	10.09.2019	POSHAN MAA	Healthy diet for Healthy living- Balanced diet ,Basic Food Groups, Malnutrition	120
80.	28.09.2019	Village Visit	Swachhata Hi Sewa Campaign – Awareness creation, cleaning the area, Socio-Economic Survey	72
81.	18.01.2020-24.01.2020	Special Camp	N.S.S.Special Camp	43
82.	09.04. 2020	Awareness Programme-Special Activity	Corona awareness meeting – Through Online	72
83.	12/04/ 2020	Awareness Programme – Special Activity	Awareness on Aarogya sethu- Through Online	72
84.	05/06 /2020	Awareness Programme - Special Activity	Covid Warrior - Through Online	72



**Human Chain – Voter Awareness
Programme - Respected Collector
Mr.Rajamani of Coimbatore
Presided - 21.03.2019**



**Rally in the Village – Voter
Awareness Programme 21.03.2019**



Plastic Awareness and Plastic Clearance drive 28.09.2019

