

Drive Against Drug (DAD)

All Units : 11.08.2022 : No.of Beneficiaries - **2500**

Honorable Chief Minister of Tamil Nadu launched the Drugs free Tamil Nadu Scheme. Wherein he inaugurated the 30 hours of NSS volunteers participation in drug prevention activities. In this connection NSS volunteers and programme officers of Avinashilingam Institute for Home Science and Higher Education for Women, had administered the pledge on **Drive Against Drugs**. More than **2500** volunteers participated and downloaded the e-certificates from Narcotics Control Bureau. Special Invitees **T.K. Ashok Kumar**, District Forest Officer, Coimbatore Division participated in the programme.

Drugs abuse can have many short-and long-term negative effects including physical and mental health problems, legal consequences and important in many areas of a person's life, from school to work and interpersonal functioning. The majority of students are attending institutions of higher education to not only further their education, but also enrich their future employment opportunities. Drug abuse can interfere with a student's ability to be successful in attaining this goal by disrupting their ability to finish course work, remain a matriculated student at their institution, and graduate.

In addition to the negative impacts drug abuse can have on an individual, campus safety and law enforcement should also consider the negative effects on the entire community. Traffic crashes, violence, property crimes, medical assist service calls increase when drugs are involved. For a campus community, drug abuse can have harmful effects on student success and Retention, and thereby impact the overall health and resilience of a campus community.

The drugs are disrupting the student's mental and physical health. It has many negative impacts like violence, property crimes, medical assist. Adolescence is a time for experimentation for many youngsters, and this can lead them to engage in risky habits. Binge drinking prescription drug abuse and recreational drug use are all common problems on school and college campus. The use of illegal drugs or the use of prescription or over the counter drugs for purposes. Other than those for which they are meant to be used, or in excessive amount. The students assured that they won't go through such activities and behave appropriately and it's youngster's duty to spread the drug abuse awareness to everyone and make sure that to follow it.



Independence Day Celebration

All units : 15.08.2022 : No.of Beneficiaries - **2600**

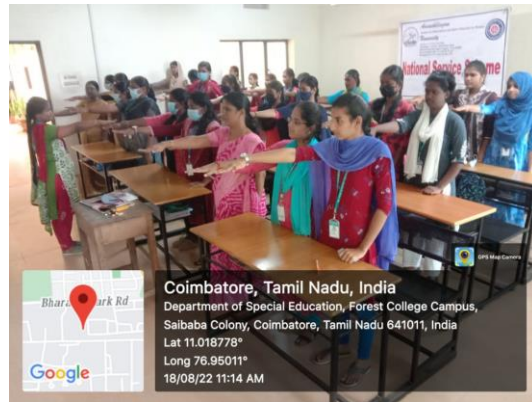
A magnificent set of events under Azadi Ka Amrit Mahostav was organized at our enthusiasm and manifested their skills in a remarkable way. The Indian Government has launched a very appreciative initiative to hoist the national flag in commemoration of the 75th Independence Day. During Independence Day Celebrations prizes were distributed to the NSS volunteers for their participation under Azadi Ka Amrit Mahostav programme.



Observance of Sadbhavana Diwas

All Units : 18.08.2022: No.of Beneficiaries - **2600**

In connection with **Sadbhavana Diwas** the **pledge** was taken by the NSS volunteers of Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore on 18.08.2022. Twenty six units comprising of 2600 volunteers took pledge along with the respective NSS Programme Officers.



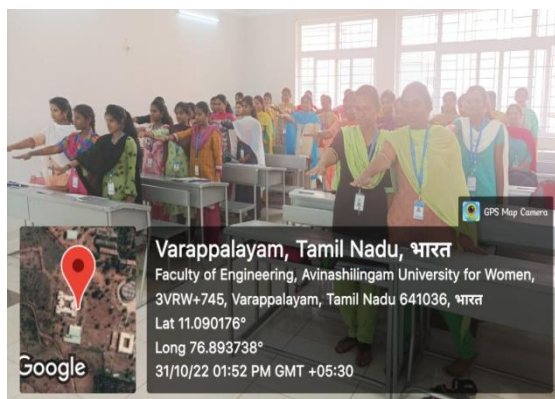
Observance of Rashtriya Ekta Diwas

All Units : 18.08.2022: No.of Beneficiaries - **2600**

National Unity day (**Rashtriya Ekta Diwas**) is celebrated on 31st October every year to mark the birth anniversary of Dr. Sardar Vallabhbhai Patel who played a vital role in guiding the nation to become an integrated united independent nation. He was considered the best person with practical acumen to resolve conflicts and unite all princely states post independence which he accomplished successfully. Hence his birth anniversary is celebrated as the National Unity Day which “will provide an opportunity to re-affirm the inherent strength and resilience of our nation to withstand the actual and potential threats to the unity, integrity, and security of our country.” The NSS volunteers of Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore took this opportunity to reaffirm the notion of integrity by taking the following pledge.

The objective of the day is to **uplift the nation’s unity and spread awareness about the contribution of Vallabhbhai Patel**. The day provides an opportunity to reaffirm the strength of the nation, upholding the unity, integrity and security of the country.

The Rashtriya Ekta Diwas provides an opportunity to reaffirm the inherent strength and resilience of our nation towards upholding the unity, integrity, and security of our country. In honour of Sardar Vallabhbhai Patel, the government of India constructed the world’s tallest statue of Sardar Vallabhbhai Patel near the Narmada River in Gujarat which symbolizes the strength of unity in India.



Social Justice Day

All Units : 17.09.2022 : No.of Beneficiaries - **2500**

பெரியார் பிறந்த நாளான செப்டம்பர் 17-ம் தேதியன்று சமூக நீதி நாளாக கடைபிடிக்கப்படும் என தமிழக அரசு அறிவித்துள்ளது, அதை உறுதி அளிக்கும் வண்ணமாக இன்றைய தினம் அவினாசிலிங்கம் கல்லூரி நாட்டு நல்லத்திட்ட மாணவியர்கள் உறுதிமொழி (சமூக நீதி நாள்) ஏற்றுக்கொண்டனர்.



Bike Rally

19.11.2022: No.of Beneficiaries - **25**

On Saturday, 19th November 2022 Coimbatore city people are back with another **WORLD ASIA RECORD**. A world record attempt for women safety “**BIKE RALLY**”, A Helmet Awareness Program with largest number of women participating. This was presented by **Coimbatore City Police** and @sparklingstarz. A head injury in a road accident can be suffered by anyone, be it a woman or man. Therefore wearing a helmet while driving should be made mandatory for every two-wheeler rider, irrespective of one's gender.

- A Driving Tip For The Day – Yield The Right Of Way.
- A helmet on your head will keep you away from a hospital bed!
- A Importance of Wearing Helmets is Forever.
- A Little Care Makes Accidents Rare.



Bike Rally

19.11.2022: No.of Beneficiaries - 25

On Saturday, 19th November 2022 Coimbatore city people are back with another **WORLD ASIA RECORD**. A world record attempt for women safety “**BIKE RALLY**”, A Helmet Awareness Program with largest number of women participating. This was presented by **Coimbatore City Police** and @sparklingstarz. A head injury in a road accident can be suffered by anyone, be it a woman or man. Therefore wearing a helmet while driving should be made mandatory for every two-wheeler rider, irrespective of one's gender.

- A Driving Tip For The Day – Yield The Right Of Way.
- A helmet on your head will keep you away from a hospital bed!
- A Importance of Wearing Helmets is Forever.
- A Little Care Makes Accidents Rare.



Participation in South Zone Pre Republic Day Parade Camp

09 -18.11.2022: No.of Beneficiaries - 2

Place: Swamysaswathikanantha College, Poothotta, Kerala.

Date:09-11-2022: **Day 1:** Wednesday

We had started our day with breakfast and then we had a small meeting along with respective states and we received our state identity card with a file and we have written and filled our respective forms which was given by our programme officers. and then we had our lunch and followed by lecture session that was very interactive. In that session we all introduced to each and other and made more friends and then we had a small tea break. All the volunteers were interacting by introducing and communicating with each other. Our programme officers had given some instructions how to behave and the day ended with tasty dinner.

Date : 10.11.2022: **Day 2:** Thursday

Flag Hoist :The first official day of south zone pre RD Parade selection camp at SS college, Poothotta, Karnataka was started early morning at 5:45 am where the flag hoisting was undertaken by the Chief guest DR. E.N.Shivadasan NSS Programme coordinator and camp coordinator, Mahatma Gandhi University, Kottayam. We also had among us Shri Shridharguru, Regional director, Trivandrum. The flag hoisting was neatly completed by the Karnataka team. NSS volunteers with the help of their contingent leaders. After flag hoisting we had yoga session by 7 am till 8 am and breakfast from 8 am to 9 am.

Parade: Parade session started at 9 am in the basketball ground of SS College where the whole team of Karnataka, Kerala, Tamilnadu and Puducherry were divided randomly into 4 teams and the beginning instructions and basics was taught by our contingent leaders. Then for the parade session was continued till 12:30 pm with short breaks in between. After parade we had lunch from 1 - 2 pm.

Lecture Session: The guest lecturer of the program was DR.NINU ROSE Madam who under took a motivational session with her topic as leadership and group living and explained the theme with a small activity. Where volunteers greeted and introduce themselves to other volunteers. The session ended with a beautiful message and memories. Again parade was held from 3 pm to 5 pm. After that we had a small tea break upto 5:30 pm. From 5:30 pm to 6:30 pm they allotted for cultural practice and getting ready.

Cultural Programme : Karnataka team engage this stage that evening and displayed its diversified cultural and traditions and kept the show running with enthusiasm for two hours till 8:30 pm. Every volunteer performed their best and got appraisal from the best people in the room. The contingent leaders kept them motivated and stress-free throughout the event and ended it, making it a great success and giving an energetic end. The day ended well with dinner where the whole days' 3 meals were served and managed by Karnataka team NSS volunteers.

Date : 11/11/2022: **Day 3:** Friday

It was the joy of starting the 3rd Day of the Pre-RD camp. The morning flag hoisting program was done by Kerala Contingent at 5:45AM.

The program was started with blessings of God through a prayer song followed by the flag hoisting done by the Chief Guest of the day Dr Gopinath sir, NSS lakshyageeth was sung by the volunteers soon after the flag hoisting. Vote taking was



done by the president of the program Shridhar Guru sir by which the program of flag hoisting came to an end. Then, at 6-7AM we had our morning tea and went for the yoga session by Balachandra sir which was held in the indoor ground held for relaxation and to increase the concentration of the volunteers. Later, after returning from the yoga we all had our morning breakfast at 8AM after which we started with the parade practice from 8:30 AM then we had 15 mins break during which the delicious juice were served then again the parade practice was started till 1PM . From 1-2PM we had lunch break, we all had lunch and we filled the registration and TA form.

Afternoon session was started with the lecturing session. The lecture of the day was done by chief guest which gave us lots of information about Self Empowerment ,and at the same time very honourable Secretaries from Ministry of Youth office, Ravi Kumar Sinah and Gopal Singh sir arrived and addressed the volunteers. After which we had parade practice from 3-5PM. From 5-5:30 PM they served us tea and some snacks. From 5:30- 6:30PM there was time for preparation for cultural.

The proud moment of the day was when all the Contingents dressed up their tradition and escorted the guest of the day from the gate till auditorium followed by the awesome cultural program by the volunteers of Kerala Contingent till 8:30 PM. The flag was dehoisted and the flag was hand overed by Kerala Contingent to Tamil Nadu Contingent. Then later dinner was provided to the volunteers . At 9:30 PM all the Contingent teams had meeting with their Contingent leaders in which they correct us and give us information. At sharp 10PM the lights were off and volunteers settle.

Date :12/11/22: Day 4 : Saturday

Flag Hoist : The first official day of South-zone pre Republic Day parade selection camp at SS college, Poothotta, Kerala was started early morning at 5:45 am where the flag hoisting was undertaken by the chief guest Dr. E.N Shivadasan NSS Programme Coordinator and camp coordinator, Mahatma Gandhi University, Kottayam. We also had among us Shri Shridharguru, Regional director, Trivandrum. The flag hoisting was neatly completed by our Karnataka team NSS volunteers with the help of our contingent leaders.

After flag hoisting we had yoga session from 7 am till 8am and breakfast from 8am to 9 am.

Parade : Parade session started at 9am in the basketball ground of SS college where the whole team of Karnataka, Kerala, Tamil Nadu and Puducherry were divided randomly into 4 teams and the beginning instructions and basics was taught by our contingent leaders. Then the further parade session was continued till 12:30pm with short breaks in between.

After parade we had lunch from 1pm till 2pm.

Lecture Session : The chief guest handled the session and taught us how to mingle and have coordination among us again from 3pm to 5 pm there was a parade and then a small tea break upto 5:30 pm and they provided time for cultural practice and to fresh up for cultural

Cultural Programme :Tamilnadu team engaged the stage that evening and displayed it's diversified cultures and traditions and kept the show running with enthusiasm for 2 hours till 8:30pm. Every volunteer performed their best traditional cultural and got appraisal from the best people in the room. The contingent leaders kept us motivated and stress-free throughout the event and ended it, making it a grand success and giving an energetic end. The day ended well with dinner where the whole days' 3 meals were served and managed by Tamilnadu team NSS volunteers.

Report of 13thNovember :

Date : 13/11/22: Day 5 : Sunday

Flag Hoist : The 5th official day of South-zone pre Republic Day parade selection camp at SS college, Poothotta, Kerala was started early morning at 5:45 am where the flag hoisting was undertaken by the chief guest Dr. E.N Shivadasan NSS Programme Coordinator and camp coordinator, Mahatma Gandhi University, Kottayam. We also had among us Shri Shridharguru, Regional aa, Trivandrum. The flag hoisting was neatly completed by our Tamilnadu team NSS volunteers with the help of our contingent leaders.

After flag hoisting we had yoga session from 6 am to 7 am and breakfast from 7:30am to 8:00 am and then we had a small tour session to vaikam temple . At 8:30 am we started our travelling and we went to vaikam temple by 9:45am . There every one are having their own wishes to god. and then we went to museum of Mahatma Gandhi's history.

after that we arrived to park by Walk nearer to the temple and every one enjoyed with lots of fun and happiness and then we reached campus by 1:00 pm . we completed our lunch by 2:00 pm . and we had a small lecture session again we started parade by 3:30 pm end by 5:00 pm and had cultural by 6:30 pm ended by 8:30 pm . lastly we had a dinner by 8:30 pm until 9:30 pm .afterthat a small meeting with our po's and lights were turned off by 10:30pm.

Date: 14-11-2022 : **Day 6 :** Monday

The flag hoisting was done by kerala team successfully by honouring guest and taking pledge by 6:00 am we had the yoga session after 10 min tea break until 7:00 am. from 7:00 am to 8:30 am we had our breakfast and the from 8:30 am to 11:00 we had our parade with respective states and then from 11:15 am after a small break we had rehearsal of parade in front of officers and then we had lunch . After lunch we had a small lecture session .Again from 3:00pm we had a parade practice until 5:00 pm with our program officers . After that we had a cultural by kerala team and also tamilnadu team and the day ended by dinner.

Date : 15-11-2022: **Day 7 :** Tuesday

the flag hoisting successfully done by tamilnadu team by honouring the chief guest and pledge and then after a small team break we had our yoga session . here the first day of selection starts our program officer made us to practice well .

The chief guests arrives from delhi for selecting the volunteers . The selection begins with tamilnadu girls with interview and the selection goes on by respective states . we had our lunch and small breaks in between selections. and at the same time the girls had cultural selection in the evening and performances were energetic. lastly the day ends with the dinner.

Date:16-11-2022: **Day 8 :** Wednesday

The flag hoisting ended up by honouring the chief guest and pledge which was under control Karnataka team.

And then we had a small tea break and followed by some physical exercises under control of program officers . We completed our breakfast before 8:30 am. Here the second day of selection starts.

At 8:30am our officers made us to be practiced and then followed by selections the other state teams had the selection of group and individual parade with a small interview which was under taken by the guests from Delhi .In between selection we had our lunch and evening session was followed by cultural selection for boys

That was so competitive and energetic . Each and every nss boy volunteer did very well and they blast the day with their wonderful performances. The guests were so impressed by their performances and the day followed by dinner and ended with meeting.

Date:17-11-2022: **Day 9** : Thursday

The day started with flag hoisting by the chief guest and ended by honouring guest and pledge which was managed by Kerala team.

And then we had a small tea break followed by physical exercises with lots of energy. We had our breakfast before 8:30am. All the respective volunteers had filled the feedback form by 10:30 am and then all the respective State volunteers was with their tradition form to invite this day cheif guest the higher educational minister R.Bindhu mam. We had our lunch by 12:30pm. And we all welcomed her by performing our traditional cultural with a grand manner.and then followed by guests speches and all the respective states had a photo with the guests This session ended up with the pleasant way by the cultural performances. After that we had a small tea break and then dinner. This night ended with lots of emotions and emotional speeches by the volunteers as they are leaving .

Report of 18thNovember : Day 105 : Friday

Date:18-11-2022

Team:Tamilnadu

The last day of the NSS camp started by warming up by doing some physical activities and then we had a small meeting with our programme officers there every one got emotional and had a group talk for a while after this we had our breakfast followed by certificate distribution.Our guests distributed the certificates by calling with their respective names and states after that each of two volunteers from respective states gave their feedback and two volunteers from Tamilnadu presented their emotion through song and playing instrument . And lastly they arranged a van for volunteers following by their timings everyone left by affection and emotion.

National Youth Festival, Dharwad

12 - 16.01.2023: No.of Beneficiaries - 4

The ceremony started at nearly 4.00 pm. Honorable Prime Minister Mr. Narendra Modi spoke about the power that the students of this generation holds and he also spoke on the topic “Yuva Shakti” - a driving force of India's journey. Certain Participants of each state all together did the parade Infront of him representing their state.



RD Parade Chennai

16-27.01.2023: No.of Beneficiaries - 3

Three NSS Volunteers of Avinashilingam Institute for Home Science and Higher Education for Women has participated in the State Republic Day Parade 2023 organized by Tamil Nadu State NSS Cell, Chennai from 16 - 27.01.2023.





Rally on World Breast feeding

Unit 1,2,3,4,5A,5B&18B : 03.08.2022 : No.of Beneficiaries - 275

The World Breast feeding week is celebrated all over the world from August 1 -7 to create awareness on the importance of breast feeding. An awareness rally was conducted by the NSS volunteers of School of Home science and Tourism department of Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore. The rally was flagged off by Vice Chancellor Dr.V.Bharathi Harishankar, Registrar Dr.S.Kowsalya Dean, School of Home Science Dr. N. Vasugi and Dean School of Commerce and Management Dr.Chitramani. The NSS volunteers rallied in the area of Bharathi park, Saibaba Colony, Coimbatore creating awareness on the need and importance of breast feeding, care and support during breast feeding and the advantages to the mother and infant. NSS programme coordinator Dr.T.Radha and NSS Programme officers Dr.S.Karthiga and Dr. Sathtabamavathy organized the rally.

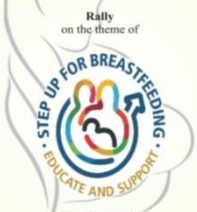


Avinashilingam Institute for Home Science and Higher Education for Women
(Deemed to be university under category 'A' by MHRD, Estd.u/s 3 of UGC act 1956)
Re-accredited with 'A++' grade by NAAC, CGPA 3.65/A, Category I by UGC
Coimbatore - 641023, Tamil Nadu, India.

NATIONAL SERVICE SCHEME

In connection with Breast Feeding Week Celebrations
All are cordially invited for the
Rally
on the theme of



Flag Hoisting by
Dr.V.Bharathi Harishankar, Vice Chancellor
&
Dr.S.Kowsalya, Registrar

3rd August 2022 at 02.00 pm

Venue: Bharathi Park Road, Coimbatore
Participants:
II UG NSS Volunteers - Unit 1, 2, 3, 4, 5A, 5B & 18B

Awareness on Bank Scheme

Unit 1 : 10.03.2023: No.of Beneficiaries - **38**

Bank scheme awareness was given they gave some ideas regarding loan and gave they shared some of the rules for getting loan from the bank and they also motivated students to set a goal in our life and to be innovative in it and that speech was given by **Ms.Rasheedha** who is from SBI at Therukuplayam village.



Importance of Yoga

Unit 1 : 09.03.2023: No.of Beneficiaries - **38**

Mrs. Lakshmi yoga teacher from Avinashilingam university visited the camp and gave speech about yoga and their real benefits and Mrs. Lakshmi taught some exercise which are useful to feel relaxed and made the session at Therukuplayam village.



International Mother Tongue Day

Unit 01: 02.03.2023 : No.of Beneficiaries - 250

National Service Scheme conducted “**International Mother Tongue Day**” **Ma.Ko.Chi.Rajendran**, State Convenor, Desiya Chinthanai Kazhagam (Thamizh Ndu Unit of All India PRAJNA PRAVAH), Chennai delivered the Special Lecture on “Importance of Mother Tongue” and **Prof. P. Kolandaivel**, Former Vice Chancellor, Periyar University, Salem delivered his greeting to the students. Specially from 13 different state of students given a talk about language, tradition, culture & food in their mother tongue. In this programme 250 Volunteers were attended.



Skill Training

Unit 1 : 06.02.2023 : No. of Beneficiaries : 16

The skill training program was conducted by NSS Unit 1 for the NSS volunteers of various departments on 6th February 2023 from 9.30am to 4.30 pm. The workshop was coordinated by Dr.T.Radha, NSS Program Coordinator and by Mrs.P.Shakthidevi, Dr.S. Karthiga - NSS Unit 1 Program Officer and by Mrs.J.Sofia Jannat - NSS Unit 1 Assistant Program Officer. The Resource Person of the skill training program was Mrs.Ashwathy, Alumna and Entrepreneur. In the year 2017 she started her online venture called VANNAM where she sells hand-made Silk threaded jewellery and Terracotta jewellery products. The skill training programme was started by tamil thai valzhthu and prayer, welcome speech and then followed by introduction of resource person and taken over by Mrs. Ashwathy (Resource Person). In the program there were 3 segments of silk thread jewellery techniques were taught which includes:

1. Bangles
2. Earring
3. Bracelet

Materials Used: Silk thread, scale, fabric, glue, bangle, studs, and hooks

The objective of the workshop was to enhance the creativity, skills, and experience of the students in field of jewellery designs which enhances the ability of an entrepreneur in future.



Students involvement in the skill training programme



End product of jewellery

Asanas of Yoga

Unit 2 : 20.02.2023: No.of Beneficiaries - 41

Mrs. Lakshmi. She told the volunteers about the importance of yoga in daily life, especially its role in improving concentration and reducing the mental stress of students. She also trained the volunteers with various yoga postures and meditation. To bring awareness about the health benefits of Yoga among the villagers, the volunteers in turn taught them yoga exercises. They conducted a practice session for the villagers where different 'Asanas' were demonstrated to them and explained the advantages and disadvantages of practicing yoga in daily life.



Awareness on Breast feeding

Unit 2 : 13.03.2023: No.of Beneficiaries - 48

Ten NSS volunteers were went to the primary health centre to educate both the mothers. To educate the people about Nutritional education. To give an awareness about the Breast feeding to pregnant women and lactating mother. They are interested in coming and to learn about breast milk and feeding. They learn how to feed breastmilk, when we feed the milk. They easily learn nutritional requirement at Ramachettipalayam village.



Awareness on Consumption of Nutritious Foods

Unit 2 : 24.09.2022: No.of Beneficiaries - 50

NSS Volunteers spoke with the Grand parents and told the **nutritional tips, health advices, nutritive food benefits** and also created awareness on the effects of skipping the breakfast due to various reasons. Various placards were handed out to create more awareness.



Awareness on Eye Donation

Unit 2 : 12.03.2023: No.of Beneficiaries - 48

The session was about **awareness of eye donation**. The session was carried by **Rotractor Abirami, Rotractor Evangeline, Rotractor Durga Devi, Rotractor Thillaiyaran**. Many eye exercise were taught like pencil exercise and clock exercise. We also conducted game of blindness for the children. They gave many information about the eye donation and created an awareness about what is corneal blindness. We were given question papers where there were 11 questions related to eye donation. And after writing , the papers were collected and the correct answers were discussed with suitable reasons. There was a interactive session where all our doubts were cleared by them at Ramachettipalayam village.



Awareness on Road Safety

Unit 2 : 14.03.2023: No.of Beneficiaries - 48

The chief guest Vinayagam Moorthy arrived. We gave warm welcome speech to the resource person the welcome speech was given by Swathe.K.He gave many information's about CPR First aid, Gas cylinder awareness. Gas cylinders contain pressurized gases which can pose a risk if not handled or used properly. Awareness programs aim to educate people on proper handling, storage, and usage of gas cylinders to avoid accidents. When gas cylinders leak, they can cause explosions which can damage property or even entire buildings. Gas cylinder awareness programs can help to prevent such incidents by providing knowledge on safe storage and handling of gas cylinders. Gas cylinders contain gases that can be harmful to the environment. Awareness programs can encourage individuals and organizations to dispose of gas cylinders properly or recycle them to minimize their impact on the environment. He thought us how to check the gas cylinder and what are the differences when compared to other gas and how to check the gas it is full or half. And he gave many valuable and interesting information. Then he trained us how to do first aid and what are the techniques should be carried during first aid. He thought us how to drink water at Ramachettipalayam village.



Awareness on Savings and investment

Unit 2 : 17.03.2023: No.of Beneficiaries - **48**

Mr.Prasath many information's about investment and savings. He said "We develop practical Knowledge". He also talked about Money Management. He started talking about Moneys history. Money was invented as a universally accepted medium of exchange to facilitate easy exchange of goods and services. Then he teach about The history of money is a fascinating topic that spans thousands of years and involves various forms of currency and exchange systems. And he gave many valuable and interesting information. We learnt many information about investment and savings. We came to know about the investment techniques. He also taught us the steps that are involved the savings and investment at Ramachettipalayam village.



World Breastfeeding Week Celebrations 2022

Unit 2: 01-07.08.2022: No.of Beneficiaries - 1000

The World Breastfeeding Week is celebrated every year during the first week of August to emphasize on the importance and value of breastfeeding, globally. A brand-new theme and catchphrase are created each year to promote the World Breastfeeding Week. The theme builds on earlier themes by emphasising and bringing attention to a specific aspect of nursing. This year the theme seeks to raise breastfeeding awareness by pleading with governments and groups to put safeguards in place for nursing the infant.

Consequently, the theme for this year 2022 is **Step up for Breastfeeding - Educate and Support**

The Valedictory Function of the WORLD BREASTFEEDING WEEK CELEBRATION was celebrated on 8th August 2022 at 2 pm in Thiruchitrambalam Auditorium, Avinashilingam Institute for Home Science and Higher Education, for the year 2022, jointly organized by the **National Service Scheme, Women's Studies Centre, Department of Food Science and Nutrition, Nutrition Association and NSI, Coimbatore Chapter, Department of Food Service Management and Dietetics and IDA, Coimbatore Chapter and Dr.Rajammal P. Devadas - CHAIR** from 1st to 7th of August, 2022, in order to create awareness and educate the society, promote breastfeeding culture and provide support for breastfeeding mothers.

The OBJECTIVES of our institute were to

- educate the public about the importance of breastmilk and breast feeding
- sensitise mothers on breast feeding and the technique of nursing their infants
- encourage young mothers to engage in breastfeeding culture rather going for feeding the baby cow's milk or infant formula
- emphasize about the risks associated with artificial feeding
- collect data on the nutritional status of rural and urban nursing mothers
- provide knowledge and create awareness about breastfeeding through the National Service Scheme of the University.

Activities of Breastfeeding Week from 1st to 7th August 2022

The Women's Studies Centre, National Service Scheme, Department of Food Science and Nutrition, Nutrition Association and NSI, Coimbatore Chapter, Department of Food Service Management and Dietetics and IDA, Coimbatore Chapter and Dr. Rajammal P. Devadas - CHAIR coordinated and conducted several competitions for the students to participate. The **competitions** comprised of poster making, slogan writing, collage, essay writing, promos and modules on nutrition education under the following **sub-themes**,

- Need and importance of Breastfeeding
- Global awareness supporting agencies, WABA -role and theme, Breast milk Bank
- Care and support during breastfeeding
- Technique of breastfeeding and its impact on growth and development
- Role of nutrients in Breastfeeding
- Nutritional importance of Colostrum in breast milk
- Advantages of breastfeeding to infants and mothers

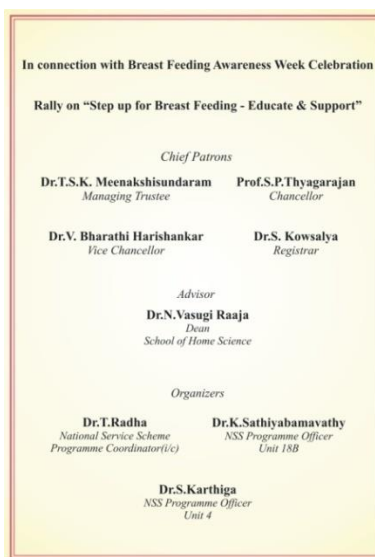
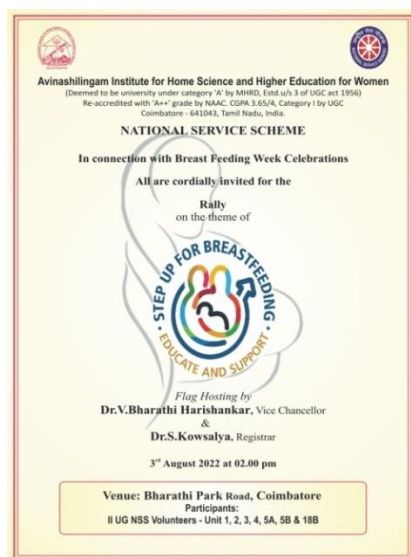
The students were encouraged to take part in the celebration and they actively participated in the competitions that were conducted throughout the week, from 01.08.2022 to 07.08.2022. The total number of participants in each competition are

- slogan writing - 108 (Tamil - 67; English - 41)
- essay writing - 186 (Tamil - 121; English - 65)
- poster making - 193
- collage - 54
- promos - 4

The best three entries were selected for award of prizes. The entries were exhibited during the valedictory function in Thiruchitrambalam Auditorium along with the prize winner's entries.



NSS Volunteers and students of II UG Programmes in Home Science were involved in a **rally** from our university through the vicinity (Bharathi Park Road, Raja Annamalai Chettiar Road, A. Ramalingam Colony) with due permission from police personnel and authorities of Coimbatore Corporation to sensitize the public on the importance of breast feeding, the need for understanding the role of nutrients in breast milk purpose of celebrating breastfeeding week. The rally continued **within** the **campus** to sensitize students become socially responsible ambassadors of breast feeding in their families and the community at large. The rally was flagged off on 3rd August 2022 at 2pm by Vice-Chancellor Dr. Bharathi Harishankar, Registrar Dr.S.Kowsalya, Dean, School of Home Science Dr.N.Vasugi, Dean, School of Commerce and Management Dr. P.Chitramani, and NSS Programme Coordinator Dr.T.Radha. Dr.Sathyabamavathy, Programme Officer, Department of Tourism Management initiated the rally with full spirit and enthusiasm.



Breastfeeding week **posters** were placed inside University campus (Trust Office notice board, gallery notice board, auditorium notice board, Home Science Block entrance, Library Block entrance) as part of awareness creation activity.



Address in Student Assembly

India has the highest *adolescent population* in the world. Given that these *adolescents* are the adults of tomorrow, they hold the key to the country's *future*. Hence there is *dire need* to educate them. An awareness and importance of breastfeeding was invested in the minds of our Institute students through **student assembly** during the entire first week of August.

Details	Date	Topic
Dr.N.Vasugi , Dean, School of Home Science	2nd August	Need for Breastfeeding
Dr.M.SylviaSubapriya , Professor and Head, Department of Food Science and Nutrition	3rd August	World Alliance for Breast Feeding Action
Dr.R.Radha , Assistant Professor, Department of Food Service Management and Dietetics	4th August	Importance of creating awareness on exclusive Breastfeeding
Dr.S.Thilagamani , Assistant Professor, Department of Food Service Management and Dietetics	5th August	Breastfeeding and its examination

AWARENESS IN STUDENTS ASSEMBLY



DETAILS	DATE
Dr.N.Vasugi, Dean, School of Home Science	2nd August
Dr.M.Sylvia Subapriya, Professor and Head, Department of Food Science and Nutrition	3rd August
Dr.R.Radha, Assistant Professor, Department of Food Service Management and Dietetics	4th August
Dr.S.Thilagamani, Assistant Professor, Department of Food Service Management and Dietetics	5th August

BREAST MILK EACH DAY, KEEPS THE DOCTOR AWAY!

Radio Broadcasts

Radio is one of the key tools of communication for imparting nutrition education, as it covers a wide range of population. A one-hour feature talk by Dr.S.Kowsalya, Registrar of our Institute and Professor in the Department of Food Science and Nutrition was broadcast to the public on 6th August 2022 in **Hello FM** which has a wide frequency range throughout Coimbatore.

AWARENESS THROUGH RADIO



Importance and Need for Breastfeeding
Dr.S.Kowsalya
Registrar

BREASTMILK EACH DAY HELPS BABY REST, GROW AND PLAY!

Apart from this, faculty from the Departments of Food Science and Nutrition and Food Service Management and Dietetics shared and featured different aspects of Breastfeeding through **Rathinavani**, a community radio which has a location coverage from Ukkadam to Kinnathukadavu and from Vellalore to Ettimadai. The schedule was as follows:

Date	Details	Topic
1 st Augt 2022	Dr.M.Sylvia Subapriya Professor and Head, Department of FSN	On the topic World Alliance for Breast Feeding Action- WABA
2 nd Augt 2022	Dr.A.Thirumani Devi Professor, Department of FSN	Nutritional Importance of Breast Milk

Date	Details	Topic
3 rd Augt 2022	Dr. V.PremalaPriyadharshini Professor and Head, Department of FSMD	Best Breastfeeding Practices
4 th Augt 2022	Dr.S.Thilakavathy Assistant Professor (SG), Department of FSN	Nutritional Needs of Lactating Mothers
5 th Augt 2022	Dr.S.UmaMageswari Professor, Dean, Student Affairs Department of FSMD	Importance of Colostrum
6 th Augt 2022	Dr.N.DeepaSathish Assistant Professor, Department of FSN	Psychological Factors Affecting Lactation
6 th Augt 2022	Dr.R.Balasarikha Assistant Professor (SS), Department of FSN	Importance and Need for Breastfeeding
7 th Augt 2022	Dr.Pa.Raajeswari Associate Professor, Department of FSN	Breast Milk Bank

AWARENESS THROUGH COMMUNITY

RADIO



WABA
Dr.M.Sylvia Subapriya
Professor and Head
Dept. of FSN



Nutritional Importance of Breast Milk
Dr.A.Thirumani Devi
Professor, Dept. of FSN



Importance of Colostrum
Dr.S.Uma Mageswari
Professor, Dept. of FSMD



Best Breastfeeding Practices
Dr.V.Premala Priyadarshini
Professor, Dept. of FSMD





Nutritional Needs of Lactating Mothers
Dr.S.Thilakavathy
Assistant Professor (SG)
Dept. of FSN



Breast Milk Bank
Dr.Pa.Raajeswari
Associate Professor
Dept. of FSN



Importance and Need for Breastfeeding
Dr.R.Balasarikha
Assistant Professor (SS)
Dept. of FSN



Psychological Factors Affecting Lactation
Dr.N.Deepa Sathish
Assistant Professor
Dept. of FSN

Fit India Activity

Unit 2: 19.10.2022 : No.of Beneficiaries - **138**

Fit India is a programme aims to encourage people to take up fitness activities such as running and sports in their daily lives and get freedom from obesity, laziness, stress, anxiety, diseases etc. On commemorating this prestigious movement our UNIT 2 Volunteers from Food science and Nutrition department participated in a RUN around the campus with sheer enthusiasm. Later volunteers engaged in various physical fitness activities. First all the volunteers gathered together under the guidance of NSS Programme Officer and Assistant Professor (SS) Dr.Balasarikha to commence the first activity of the day. Every volunteer enthusiastically took part in the run around the campus grounds and encouraged other students to join them in this fitness run. After covering the campus grounds volunteers decided to commence next set of activities. Students executed lots of indigenous games and sports. Over 138 (51+48+39) volunteers participated in this activity. Later all volunteer groups joined together to indulge one big fitness event by evoking all their youth spirit.

Outcomes:

- Team spirit was evoked among the students
- Various indigenous sports were taught to the diverse student groups
- Fitness's importance was instilled in the minds of the young minds
- A wide range of knowledge about team building and physical fitness was engraved in the enthusiastic hearts of the NSS volunteers



Rally, Poshan Maah & Clean India

Unit 2 : 24.09.2022 : No.of Beneficiaries - 52

On commemorating NSS Day which is observed on 24.09.2022 and on observing Nutrition month (Poshan Maah), Village visit was arranged and volunteers belonging to Unit 2 from Department of Food Science and Nutrition visited Ramachettiypalayam in Coimbatore. As the month of September is dedicated to Nutrition, on commemorating nutrition month, Rally was carried out along the streets of the village with various placards to create awareness about the prevailing nutrient deficiency in today's generation meal intake. Later during the visit volunteers visited the homes of the residents of the village and encouraged them to take adequate nutrition for their health benefits.

Volunteers of Unit 2 under the guidance of NSS Programme Officer Dr.R.Balasarikha, and Assistant Programme Officer Dr.N.Deepa Sathish, everyone enthusiastically cleaned the surroundings of the community hall dedicated for the village.

Objectives:

- Encouraging the volunteers and non-volunteers' youth to work along with the adults in rural areas, thereby developing their character, social consciousness and commitment, discipline and healthy and helpful attitudes towards the community.
- Emphasizing the dignity of labour and self-help and the need for combining physical work with intellectual pursuits
- To provide opportunities to NSS Volunteers to play their due roles in the implementation of various development "programmes by planning and executing development projects, which not only help in creating durable community assets in rural areas and slums but also result in improvement of the condition of weaker sections of the communities.
- Create awareness about the importance of consuming nutritious foods.

Outcomes:

- Rural residents get aware about the various challenges in provision of adequate nutrients.
- Volunteers understood the need for creating awareness about various social depravities.
- Team activities encourage volunteers to come forward for more socially indulging activities.
- Knowledge about various deficiencies prevailing in rural areas are instilled in the minds of volunteers.

ACTIVITIES CARRIED OUT

- **Rally**
 1. The volunteers of NSS Unit 2 went for Rally on 24th September 2022 around the village. The motto of the Rally is to create awareness about nutritive foods, cleanliness, plastic usage effects and importance of traditional foods.
 2. Volunteers held placards and banners, educating the public to eat a variety of nutrient-rich foods and called for developing the habit of eating organic foods. They also distributed pamphlets

spreading the importance of healthy food and happy living and the need to avoid junk and oily food.

3. Volunteers said that with healthy eating habits among the children and the youth dwindling, the rally would focus on right eating habits from childhood, as it could reap benefits for a lifetime. They focus on reinforcing healthy living, healthy eating and healthy habits for a longer life as the population is fast growing.
4. The volunteers went for Rally around the village with several placards, banners denoting the Nutritive tips, Importance of breast milk, Slogans for healthy life style, Environmental awareness placards and Slogans like தாய்ப்பால் உயிர்ப்பால்!, மரம் வரப்போம், உயிர்க்காப்போம்!, கம்பு உடலுக்கு தெம்பு! and so on.



- **One-to-one interaction with villagers**

1. Volunteers split into several groups and started to get interact with the village people.
2. The data collected by the interaction was that the people were not taking their breakfast at correct time. They ate their food at irregular time.
3. Using only locally available foods particularly fruits and vegetables.
4. Spend very little time for cooking.

Volunteers spoke with the Grand parents and told the nutritional tips, health advices, nutritive food benefits and also created awareness on the effects of skipping the breakfast due to various reasons. Various placards were handed out to create more awareness



Creating awareness about the consumption of nutritious foods

Village residents actively participating in awareness programme



Cleaning Activity

1. Cleanliness gives rise to a good character by keeping body, mind, and soul clean and peaceful. Cleaning our environment is very crucial for everyone. We need to clean our house and our environment every day. Cleanliness prevents dangerous infectious diseases by keeping away microbes, germs, mosquitoes and other pathogens.
2. The NSS volunteers cleaned up the Community Hall of the village, i.e. parking area, interior floor and disposed all the wastage properly into the dustbin.
3. All the unwanted grass were removed.

Rally on Poshan Maah at Ramachettipalayam

Unit 2: 24.09.2022: No.of Beneficiaries - 48

The volunteers of NSS Unit 2 went for Rally on 24th September 2022 around the village. The motto of the Rally is to create awareness about **nutritive foods**, cleanliness, plastic usage effects and importance of traditional foods. Volunteers held placards and banners, educating the public to eat a variety of nutrient-rich foods and called for developing the habit of eating organic foods. They also distributed pamphlets spreading the importance of healthy food and happy living and the need to avoid junk and oily food. Volunteers said that with healthy eating habits among the children and the youth dwindling, the rally would focus on right eating habits from childhood, as it could reap benefits for a lifetime. They focus on reinforcing healthy living, healthy eating and healthy habits for a longer life as the population is fast growing.



Therapy of Yoga

Unit 2 : 13.03.2023: No.of Beneficiaries - **48**

Dr. T. S. Mohanraj taught laughing yoga. He taught different ways of laughing and its benefits. Natural breathing, Basic abdominal breathing, Thoracic breathing, Clavicular breathing, Deep breathing and Fast breathing. And also taught about the benefits of yoga: Improve the focus and self-awareness, Burn the extra fat, Helps to lose the extra weight, Improve the state of mind, Reduce oxidative stress symptoms, Helps in living a long and healthy life & Physical, mental, emotional and spiritual at Ramachettipalayam village.



Awareness on Skin & Hair

Unit 3 : 17.03.2023: No.of Beneficiaries - **54**

Dr. Sagaya Mary who is a Skin and Hair specialist conducted a session about the skin and hair care routine. She conducted some live test for few students' skin and hair with a derma scope and suggested few products. The session was very useful.



Awareness on Women's Health

Unit 2 : 15.03.2023: No.of Beneficiaries - 48

Dr. L. Pavithra Saran spoke about importance of **Women's health** like food, sleep and their relationship, we learned that when there is sunrays the digestion will be good or else some toxins will affect the gut and easily digested food should be intake everyday and should prefer for hotly prepared food, Exercise should be maintained everyday, proper sleep should be given to our body properly while sleeping the hormone melatonin will secretes so, sleep is mandatory, white sugars should be avoided and instead of that brown sugar should be intake and mam talks about more home remedies that needs for every women. It was an meaningful session and gained increased knowledge on reproductive health like periods etc.. We gained lot of knowledge on women's health in Ayurvedic manner. It helps to balance the hormones, tones the uterus, nourishes the skin and helps in increases beauty of a female. She gave us lot of important information to gain our gut health and immunization at Ramachettipalayam village.



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Awareness on Women's Health and Hygiene

Unit 3 : 17.03.2023: No.of Beneficiaries - 54

Dr.Shreevardhinee from Dehah Siddha Medical center who is also a yoga specialist conducted a **awarness session on women health and personal hygiene**. She spoke mainly about the health issues and disorders that the present generation is facing. She then answered all the queries raised by the NSS volunteers regarding women's healthcare. She also explained about the importance of using chemical free products and cosmetics and she also showed few products like face wash, face pack, bath soap, toothpaste, etc. for sale at KNG Pudhur.



Fit India Activity

Unit 3 : 17.10.2022: No.of Beneficiaries - 94

The Fit India Movement was launched on 29th August, by Our Honourable Prime Minister with a view to make fitness an integral part our daily life. **Fit India Movement** is a public movement conceptualized by the Government of India, with the aim of inspiring its citizens to be more physically active and staying fit. The mission of the Movement is to bring about behavioural changes and move towards a more physically active lifestyle. Towards achieving this mission, Fit India proposes to undertake various initiatives and conduct events to achieve the following objectives:

- To promote fitness as easy, fun and free.
- To spread awareness on fitness and various physical activities that promotes fitness through focused campaigns.
- To encourage indigenous sports.
- To make fitness reach every school, college/university, panchayat/village, etc.
- To create a platform for citizens of India to share information, drive awareness and encourage sharing of personal fitness stories.

In this regard NSS Unit 3 organised aerobics physical activity for the I and II BSc. and BVOC students on 17 Oct in open auditorium. Dr. Nandini, Assistant professor, Department of Physical Education gave a short note on importance of physical activity and benefits of aerobic cardio exercises and made students to perform the activity with music. Students were more enthusiastic in performing these activities and they were encouraged to perform at least thrice in a week.



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Yoga for healthy life

Unit 3 : 15.02.2023: No.of Beneficiaries - **48**

NSS volunteers attended the yoga session by **Dr. Srivardhinee**, who is an international trained yoga specialist. She insisted about the lifestyle changes to be followed as women and also **taught different exercises for the volunteers for daily practice** to have a good healthy lifestyle. She also explained about the need of nutritious contents in our daily food and how to consume balanced diet. The session was very useful for the volunteers at KNG Pudhur.



Awareness on avoiding plastics

Unit 3 : 14.02.2023: No.of Beneficiaries - **84**

Mohana who is an Environmental activist and Naturopathy doctor created awareness among the students with her speech on environmental cleanliness. She spoke about the **importance to clean our environment, avoid plastics, the effects of plastic usage** and she also spoke about the need of healthy nutritious food in our daily life. The session was interactive with the students.



Music Competition

Unit 4: 03.08.2022: No.of Beneficiaries - 19

Our University follows the principles of Gandhiji and celebrates Independence day and all other national days very proudly. **Har Ghar Tiranga Programme** under the Azadi ka Amrit Mahotsav, the Avinashilingam Institute for Home science and Higher Education for women organized Patriotic song competition for students.

The Competition was conducted on 03-08-2022 at the Department of Music of Unit 4. Many teachers and students were present as audience for the programme. Nineteen students participated in the **Music Competition** in total. Girls sang Patriotic songs in different languages for the competition. All of them participated so eagerly with much enthusiasm.

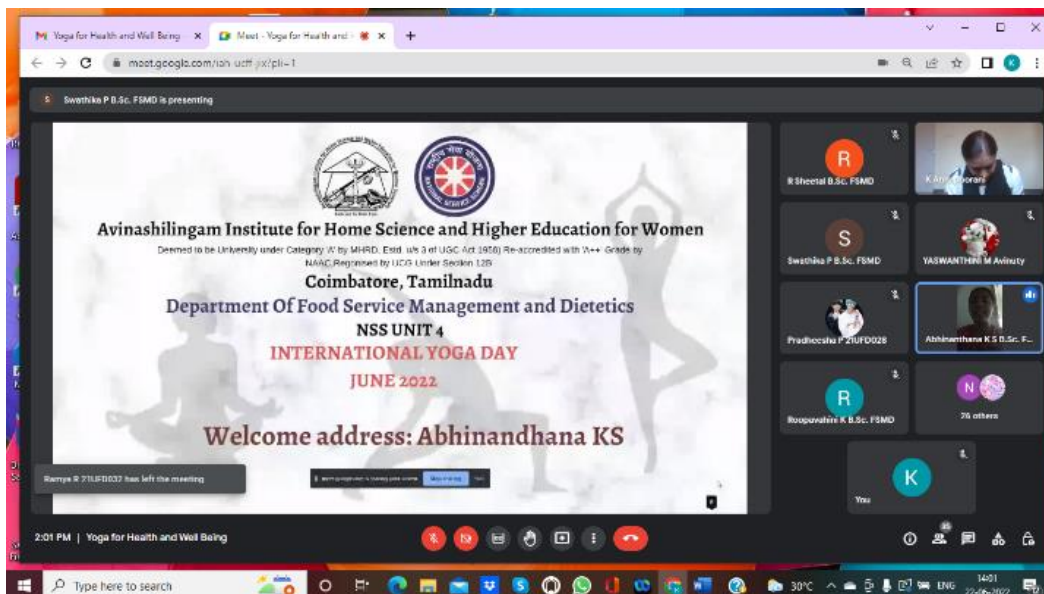
Two students from Department of Music shared first prize. Second place was won by the student from English Department and third was won by the student from Commerce department. The aim of the programme is to highlight patriotism through the compositions of popular poets and to give awareness for the students about National integration.



Webinar on “Yoga for health and wealth being”

Unit 4: 22.06.2022 : No.of Beneficiaries - 50

In connection with the International Yoga Day on 21.6.2022, a special lecture was organized by NSS Unit 4, Department of Food Service Management and Dietetics on “Yoga for health and wealth being” by Mrs. Annapoorani. K, Aura Yoga Studio, Coimbatore. Around 50 NSS volunteers participated in the programme. The speaker enlightened the audience on what is yoga and the different forms of yoga and the importance of making yoga a part of daily regime. Gaining “Yogam” is the benefit of yoga and simple practice of watching our breath is also yoga. She highlighted the importance of taking a satvik diet which will add to the benefit of doing yoga. She stressed on doing Suryanamaskar which by itself is a detoxifying process. The participants were interactive and the guest speaker clarified the doubts asked by the students. The participants benefitted by the programme and gained insight on making yoga as part of the daily life.



Three-day online Training Programme on Engaging Youth and Adolescents in Disaster Risk Management and Climate Change Adaptation

Unit 5A, 11, 15: 8 - 10.06.2022 : No.of Beneficiaries - 3

1. Niranjana, I UG, Rural Development and Sociology, 21urs016@avinuty.ac.in, 9080276103
2. Shalini, I UG, Bio Chemistry, 21ubb046@avinuty.ac.in, 9597442075
3. Sree Harini Haridass, I UG, Special Education, 21usm015@avinuty.ac.in, 8610957561

A disaster is an unexpected and serious disruption of the normal community functioning, including human, economic, material, livelihoods and environmental losses and impacts which exceeds the coping capacity of the community. The Youth-led DRR is a type of CBDRR aims to empower young people throughout enhancing skills, creating an enabling environment in which youth can develop their competences and encouraging active participation in households and communities to reduce risks and impacts of disasters (Plan International, 2010; Towers et al., 2014). The United Nations, defines ‘children’ as those persons under the age of 14 and ‘youth’ as those persons aged between 15 and 24. In this review, the term “Youth” shall refer to Children and Youth.

DAY-1:

The day starts with a wonderful welcome speech by Prof. Sibnath. Followed by Mrs. Nazia who gave an intro of Miss. Namrata. The session started about “COVID-19; DO’S AND DONT’S. In the session we have learnt about Corona Virus, its origin, proper way of wearing mask, symptoms of covid-19, proper ways to remove your mask, steps to wash your hands, practise of social distancing, tips for home quarantine and finally how protect children from covid-19. She also mentioned covid-19 instruction by the alphabets A to Z.

The next session of the day is on “Role of Youth Organisation in DRM” by Mrs. Nazia, she started with a survey of youths in India, followed by definition of youth, youth organisation and its goals, the advantages of youth organisation, roles of organisation, roles of NSS and importance of NSS volunteers in DRM, similarly on NCC and Scouts And Guides, finally about the “National Youth Policy 2014”. The day has been ended with a Q&A session. It was interactive.

DAY-2:

The day has started with Miss. Namrata on “Youth Action in Medical Health Care and Psycho-Social Support”, in this we learnt about the mental health of youth and how important it is, what are the disorder that will occur during adolescence, psychological first aid and role of paediatricians to get rid of mental stress for children. The session was “Engaging Youth & Adolescent Volunteers In DRM” by Miss. Dolphi Raman, she started the session about the difference of youth and adolescent, what volunteerism means, types of volunteer work, importance of volunteerism, volunteers during disasters, gender in volunteerism, challenges of volunteers, volunteer

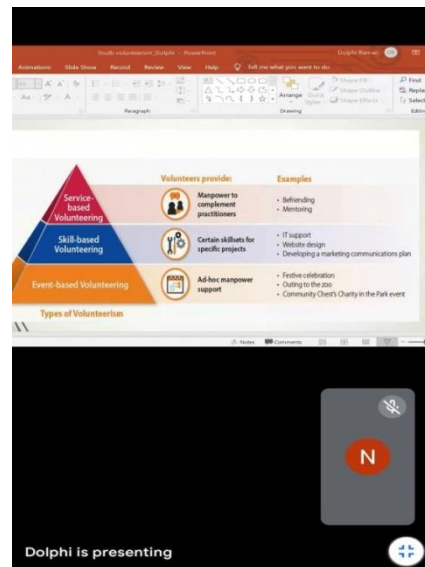


management and coordination, and finally successful stories. The day has been ended with Q&A session.

DAY-3:

The day started with a “Role Of Youth & Adolescents in Mitigating Impact of Climate Change” by Miss. Dolphi Raman, she taught us what climate change means, global warming and greenhouse effect, climate movement and youth, COP 26, attitude of youth and older generation, climate change adaptation, carbon foot print, tips to reduce carbon foot print, effective use of energy, and finally climate action. Followed by the next session was “Basic Concept of Disaster Management” by Mr. Balu, the session started with a question what is disaster, and he gave clear explanation and definition of disaster, hazard, disaster risk, vulnerability, exposure, capacity, disaster damage, mitigation, preparedness, prevention, reconstruction, recovery, resilience, and response.

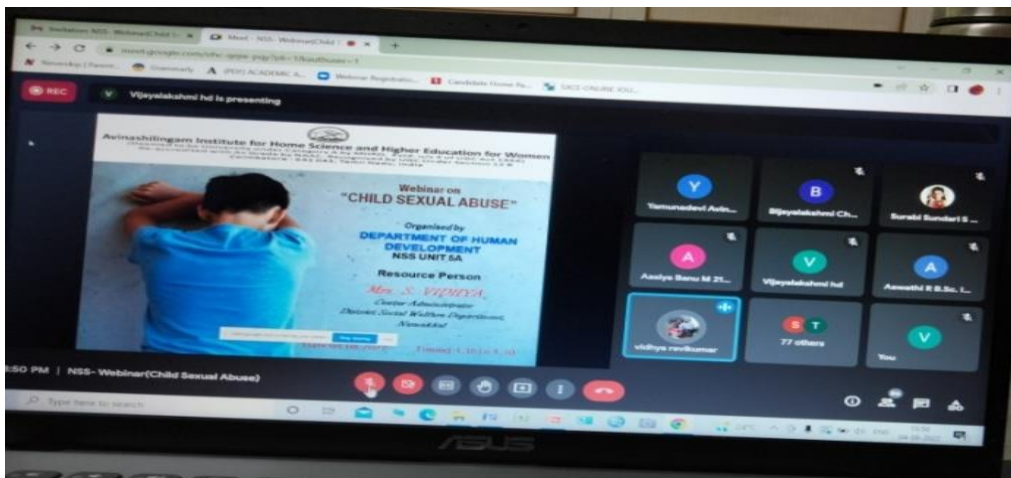
It was wonderful opportunity to learn about Disaster Risk Management and Climate Change Adaptation. It was a informative, knowledgeable and useful session with well experienced trainers. I will also share this information with my friends and neighbours.



Webinar on “Child Sexual Abuse”

Unit 5A: 04.08.2022 : No. of Beneficiaries - 86

A webinar on child sexual abuse for NSS volunteers of School of Home Science was organized by the Department of Human development. The webinar “**Child Sexual Abuse**” was conducted on 4th August 2022 at 3.30 pm -4.30 pm through online mode. A total of 86 NSS volunteers, POs and APOs joined the webinar. Mrs.S.Vidhya, Centre Administrator, one stop centre, District Social Welfare office, Namakkal was invited as the speaker for the event. The objective of the lecture was to make students have sexual awareness. The speaker spoke about two main types of child sexual abuse: touching and non-touching. Touching includes touching a child’s genitals, making a child touch someone else’s genitals, playing sexual games etc for sexual pleasure. Non-touching abuse includes showing pornography to a child, exposing a person’s genitals to a child etc. She gave some important points like, get involved with community-based prevention efforts, seek more information about how to prevent abuse and keep children safe, protect your own children, support child abuse victims, teach others about child abuse prevention and report suspected child abuse. The session ended with an interaction between students and the speaker. The coordination of students and teachers made the session a successful one.



Yoga for Humanity

Unit 5A : 21.06.2022: No.of Beneficiaries - 42

‘**Yoga for Humanity**’. It is so as the exercise form is physiological health and managing daily stress. The essence of yoga is balance - not just balance within the body or that between the mind and the body, but also balance in the human relationship with the world. Yoga emphasises the values of mindfulness, moderation, discipline and perseverance. When applied to communities and societies, Yoga offers a path for sustainable living”.



Poshan Maah Oath at Sennaur Anganwadi

Units 5 B & 11 : 06.09.2022 : No.of Beneficiaries - **130**

The NSS volunteers organized various awareness programmes and **Poshan Maah** oath in association with the Sennaur Anganwadi village.



Special Lecture on “Field Work Activities”

Unit 5B & 11: 18.08.2022: No. of Beneficiaries - **120**

Healthcare is a major issue worldwide and the problem in India is especially immense. The Indian government has risen to the challenge and announced significant new schemes. Around 100 NSS Volunteers from RD Sociology (Home Science Extension Education) & Biochemistry and Biotechnology participated in this orientation programme regarding Collaborative Health Care. The program started with a prayer song by Atchaya A from II year Biochemistry and Biotechnology and followed by a welcome speech given by Abinaya S from II year Biochemistry and Biotechnology Department. The chief guest, Mrs. Uma Kasi, Vice President, Collaborative Health care Foundation address the gathering regarding the **importance of Primary Health care centers in rural villages**. Mrs Uma Kasi inspired us with her speech. She enlightens the Students about the rural health care, what’s the motive to encourage the program and how the Students are going to take the survey. She also included how it is possible to develop and expand the service scheme. She focused about the Corona virus pandemic and its inadequacies of health systems worldwide. Their decision-making process is driven by the latest advances in health care management. The aim of this collaboration is strive to build productive partnerships with governments, NGOs, and society and make a positive impact with all of our humanitarian pursuits. All the NSS volunteers were asked to fill a form, which contained 50 questions about road safety, the surrounding and the public hospitals facilities etc... These questions are examples on how to take survey on upcoming camp. This session motivated us to encourage and expand services. Our sincere thanks to the faculty members and staffs for arranging the orientation program. The session ended with a vote of thanks by Sasmitha R from II year Biochemistry and Biotechnology Department.



Poshan Maah Oath at Sennaur Anganwadi

Units 5 B & 11 : 06.09.2022 : No.of Beneficiaries -
130

The NSS volunteers organized various awareness programmes and **Poshan Maah** oath in association with the Sennaur Anganwadi village.



Rally on Poshan Maah at Sennanur village

Unit 5B & 11: 03.09.2022: No.of Beneficiaries - **130**

The volunteers of NSS Unit 5B & 11 volunteers went for **Rally** on 3rd September 2022 around the village. In connection with the commemoration of **nutrition month**, they organized various awareness programmes and rally in association with the Sennaur Anganwadi. NSS Programme coordinator Dr.T.Radha NSS Programme coordinator guided in planning and execution of this village visit.



. International Literacy Day

Unit 5B : 12.09.2022 : No.of Beneficiaries - 825

International Literacy Day was jointly organized by the Department of Home Science Extension Education and National Service Scheme on 12.09.2022 at Thiruchitrambalam Auditorium, Avinashilingam Institute for Home Science and Higher Education for Women. The Presidential Address was delivered by Dr. S. Kowsalya, Registrar, she enlightened about the importance of Literacy Day and asked why we are celebrating the International Literacy Day? It's not only to learn and write but also to communicate to the masses. She also briefed about the theme of the International Literacy Day "Transforming Literacy Learning Spaces; Exploring Opportunities and Possibilities".

Dr. N. Vasugi, Dean, School of Home Science greeted the audience specified the literacy rate of India is 77.70%, with literate males at 84.70% and literate females at 70.30%, according to the National Family Health Survey (NFHS-5, 2021 and 2022). She also expressed that Kerala is the most literate state in India. The literacy rate of Kerala is 96.2%. Madam inquired the students to spread the knowledge to the world by educating the illiterate.

The Chief Guests were Kavingar M. Uma Maheswari, LIC Officer, Coimbatore and Dr. S. Gurugnanambiga, Assistant Professor (SS), Department of Tamil, Kavingar M. Uma Maheswari in her special address articulated about the importance of celebrating the Saraswathi Puja. She uttered the dream of Bharathiar "Education for All" predominantly "Education for Women" she narrated the real life story of KR Ushakumari is the lone teacher at the Agasthya Ega Adhyapaka Vidyalaya at Kunnathumala in Kerala. She teaches 15 children from a nearby tribal settlement in Classes 1 to 4 in all subjects, and guides them through extra-curricular activities. She is one such teacher-warrior standing high for the lifelong purpose of what is right, and work for the betterment of the society.



Dr.S.Gurugnanambiga in her Chief Guest address informed that literacy gives Independence, Knowledge, Power, Employment and Economic support to the Women which leads to Economic Empowerment of Women. In the world money, wealth, power can be taken away from an individual but education is the only asset which cannot be taken from an individual. It stays as long as the individual is living in this world and also pointed out about the Child Marriage, Devadasi System which was prevalent in our society. Only through education we were able to come out of this evil practices in the society. She also talked about the sacrificial character of Savitribai Jyotirao Phule Ji who was an Indian social reformer, educationalist, and poet from Maharashtra and Dr. Muthulakshmi Reddy who fought for women against many wrong things, including the Devadasi system and other eminent personalities like A. P. J. Abdul Kalam, Indian scientist and politician who played a leading role in the development of India's missile and nuclear weapons programs. Nearly 25 teachers and 800 students participated in the International Literacy Day Programme. The Programme ended with the National Anthem.

Competition on Nukkad Nadak -Women Freedom Fighters in India

Unit 5B: 10.08.2022 : No.of Beneficiaries - 60

As part of Azadi Ka Amrit Mahotsav Unit No 5B and Department of Home Science Extension Jointly organized Nukkad Nadak Competition for University students and those who are performed in very excellent manner they received first and second prize respectively

Independence Day 2021: In the struggle for India's Independence from the colonial rule or British Raj, the contribution of women can't be neglected. They faced various tortures, exploitations, etc. to earn freedom for us.

75th Independence Day 2021: These women spunk and determination in the face of adversity, their courage to look death in the eye, their intense love and love for their motherland; all serve the same purpose - to flare up our minds and strive for a better world but these women leaders have been long gone and forgotten. They gave selfless sacrifices and even laid their lives to see their nation free and prospering.

As India entered its 75th Independence Day, let us have a look at some unknown brave women who inspired and helped in shaping Independent India

I Prize secured by the Students for their Nukkad Nadak on Uda Devi

When we talk about women's roles in 1857, we immediately think of Rani Lakshmbai and Begum Hazrat Mahal. But were these the only women who contributed to the struggle? There were many from the non-dominant castes that were significant to the freedom struggle that are hardly spoken of.

Is it because they belonged to **marginalised groups** in society and so their sacrifices weren't taken into account and no one cared to propagate their chronicles of courage? Or is the reason for their "absence" that in traditional patriarchal society, women were not seen as warriors? The victors rewrote post-1857 history to suit their Savarna interests. Thus, eulogising or glorifying non-dominant caste people who participated in the uprising against the enemy was not on the agenda.

Early Life

Uda Devi was born in a small village in Awadh, Uttar Pradesh. Seeing the rising anger of the Indian people against the British administration, she reached out to Begum Hazrat Mahal to enlist for war. In order to prepare for the battle that was headed their way, the Begum helped her form a women's battalion under her command. Uda Devi and her Dalit sisters were the warriors or *Veeranginis* (amazons/heroines) of the 1857 Indian Rebellion against the *British East India Company*.

Role in the Revolt of 1857

In the centre of an intersection outside Sikandar Bagh in Lucknow, stands a statue of a patina-covered, sexually ambiguous figure carrying a rifle and walking forward with a determined glare. The inscription on the base of the statue named the figure as Uda Devi Pasi, a heroine of the Mutiny of 1857.

In the fall of 1857, northern India was in a state of virtual anarchy. A general revolt against the growing hegemony of the *British East India Company* consumed the cities of Delhi, Jhansi and Kanpur. In Lucknow, a **small British garrison** clung tenuously to life at the Residency (a collection of buildings) on the banks of the Gomti River. Surrounded by rebels and lacking adequate supplies, the dwindling detachment of British soldiers, loyal Indian sepoy and non-combatants teetered on the edge of annihilation throughout the summer of 1857. A relief column of British soldiers broke through in September but lacked the firepower to leave again.

In November, General Colin Campbell broke through the rebel lines and eventually saved the entrapped garrison. During this 'Second relief of Lucknow,' Campbell's 93rd Highland Regiment advanced along

the Southern bank of the Gomti until they reached the Palace of Sikandarbag. The British forces met desperate resistance from rebels who had fortified the position. In the battle that followed, over 2,000 rebels and many soldiers lost their lives in hand-to-hand combat.

After the British overran Sikandarbag, an officer noted that many of the British casualties had bullet wounds indicating a steep, downward trajectory. Suspecting that a sniper remained hidden in a nearby *pipal* tree, British officers fired at the tree and dislodged a rebel who fell to the ground with a thud, dead. Further investigation revealed that the rebel was in fact, a non-dominant caste woman named Uda Devi Pasi, who had donned men's clothing to participate in the uprising.

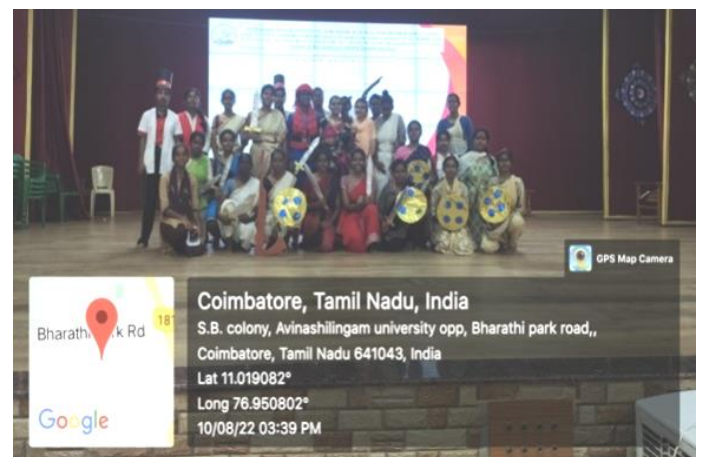
Contemporary Influence

Today Uda Devi is an inspiration to women from non-dominant castes. Each year, on [November 16](#), members of the Pasi caste gather at the sight of her final plunge and celebrate her as an anti-imperialist rebel who defied convention and struck a blow for the embryonic cause of Indian Independence. They come from all over West Bengal, Madhya Pradesh and Bihar to offer oblations to the image of Uda Devi Pasi. Many are women from remote villages who travel long distances to attend.

For Pasis, traditionally a caste of pig-herders and toddy-tappers, Uda Devi Martyrdom Day is the day to revel in the bravery and martial spirit of their ancestors and to chant the rousing slogans, *Uda Devi amar rahe!* (Uda Devi is immortal!) and *Uda Devi Zindabad!* (Long live Uda Devi!).

It has been over a century since she was martyred. Yet, the memory of Uda Devi's sacrifice is kept alive by Dalit communities who cherish her as a model of fearless Dalit womanhood..

A crucial feature of the great uprising was the participation. Women not only from royal and noble backgrounds but also from vulnerable communities played important roles. Though freedom was fought for by all, it was only granted to a few.



Special Lecture on “AIDS Enhance Awareness on Prevention”

Unit 6 & 10: 01.12.2022: No. of Beneficiaries - 100

The NSS volunteers and respected guest who gathered together on auspicious day for creating awareness about incurable disease AIDS the programme was led by Nivetha.M of III B.A. Economics on online mode.

Resource person Ms.B.Vinothini, ICTC Counsellor, Urban Primary Health Centre Thudiyalur, Coimbatore, gave a brief introduction about AIDS. It aimed at uniting the people in the common fight against the disease **HIV/AIDS youth scenario**. It motivates and guides to the student community to extend their kind help towards developing healthy life styles, donating blood to all the needy by promotion of regular voluntary blood donation. It also emphasizes on prevention of drug abuse and drunken driving.

National Service Scheme is a volunteer service on campus intervention program for students in educational institutions and it was started by the government of India in schools and colleges through which, students will spread awareness of HIV/AIDS.

Resource person Ms.D.Subasini, ICTC Counsellor, SLM Home, Urban Primary Health Centre, Thudiayalur, Coimbatore, presented her vision about HIV/AIDS and how it is being spreading, its initial symptoms, causes and other preventive measures in order to avoid the HIV in future. Which was informative to our volunteers and was also eye-opening to many who were unaware about AIDS.

Government of India have also initiated many aides and schemes to protect people who are affected by AIDS like giving financial support such as monthly ₹1000 beneficiary fund, tablets mean for 10-20 years they can lead their life and also to maintain their psychological health government also provide counselling centers. The program was successfully concluded with vote of thanks by Saranya.S of II B.Sc. Mathematics. “World Aids Day” program was very beneficial to the young volunteers about AIDS. Resource people’s speech or lecture stir the audience to the greater emotions and volunteers got to know how to reach out to the people who are in need and how to guide them to the right path and program.

Avinashilingam Institute for Home Science and Higher Education for Women
 Deemed to be University Estd. u/s of UGC Act 1956, Category A by MHRD
 Re-accredited with 'A++' Grade by NAAC, CGPA 3.85/4, Category 1 by UGC
 Coimbatore - 641 043, Tamil Nadu, India





RED RIBBON CLUB
 &
NATIONAL SERVICE SCHEME
 UNIT 6 & 10

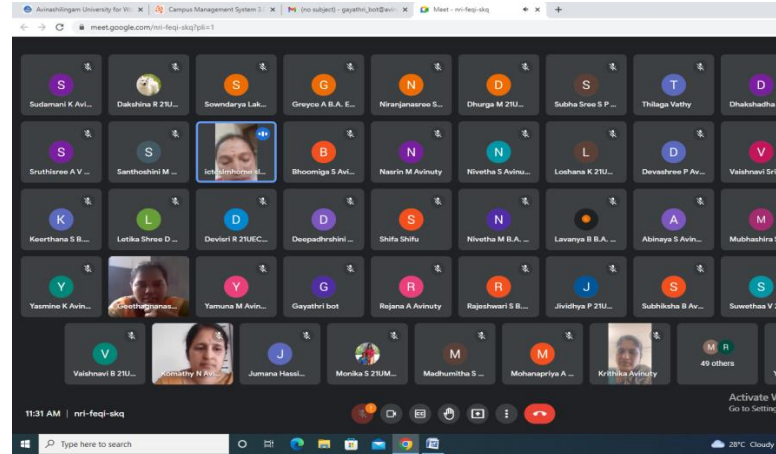
Cordially invites you all for the
WORLD AIDS DAY - 2022

Ms. D. Subasini & Ms. B. Vinothini
 ICTC Counsellor, Urban Primary Health Centre, Coimbatore
will give a Special Lecture on
"AIDS – Enhance Awareness on Prevention"

Advisors:
 Dr. R. Radha, RRC Programme Coordinator
 Dr. T. Radha, NSS Programme Coordinator

Organizers:
 Dr. B. Geethagnaselvi, PO of Mathematics
 Dr. A.N. Kritika, PO of Economics

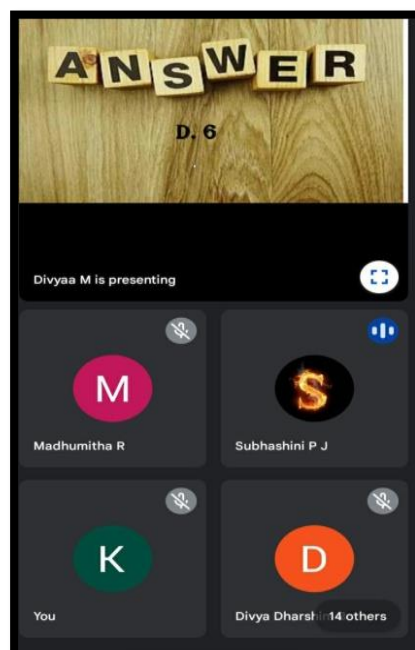
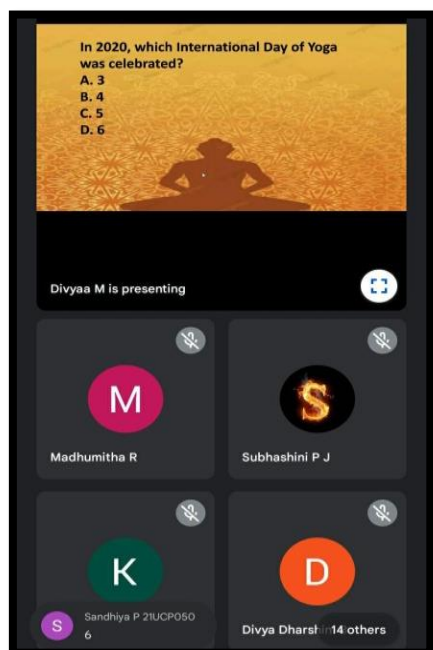
Date & Time : 01.12.2022 (Thursday) & 11.15 am
 Venue : Google Meet
 Link: <https://meet.google.com/nri-feqi-skq>
 Audience: RRC & NSS Volunteers



Yoga Quiz Competition

Unit 6 & 8 : 11.06.2022: No.of Beneficiaries - **125**

The International Yoga Day Quiz Competition was organized by the faculties and NSS Volunteers from the Department of Mathematics (Unit: 08) and Department of Chemistry (Unit: 06) and was participated by the students via Google Meet. The Quiz competition was innovative, informative and all NSS volunteers from Avinashilingam Institute who participated in this competition got to know the important aspects of Yoga. Above 125 volunteers registered for this competition and given their enthusiastic involvement. The objective of the day is to raise awareness about the benefits of practicing yoga worldwide.



Blood Donation Camp

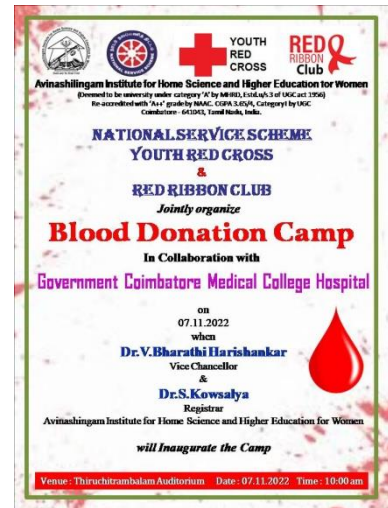
Unit 6 : 07.11.2022 : No. of Beneficiaries : 70

The **Blood Donation Camp** was organised by NSS AVINUTY CELL and UNIT 6 of the Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore in collaboration with Government Coimbatore Medical College Hospital. The program was inaugurated by Dr.S. Kowsalya, Registrar, Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore.

The camp has created awareness of importance of blood donation among the students. In today's world of increasing accidents, the role of blood banks has become vital. Hence increasing the awareness among young minds about blood donation proves to be beneficial for the individual and the society.

A team of Government Hospital Doctors, Nurses and Medical Officers have come to the venue to for the blood donation camp. Blood screening and general health profile of the students were collected to check the eligibility to donate blood. All the blood donors were given e-certificate of e-RakthKosh Portal of National Health Mission for their noble contribution towards community health.

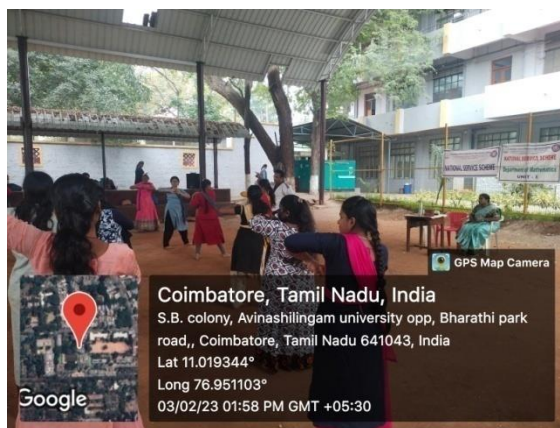
- Safe blood saves lives. Blood is needed by women with complications during pregnancy and childbirth, children with severe anaemia, often resulting from malaria or malnutrition, accident victims and surgical and cancer patients.
- There is a constant need for a regular supply of blood because it can be stored only for a limited period of time before use. Regular blood donation by a sufficient number of healthy people is needed to ensure that blood will always be available whenever and wherever it is needed.
- Blood is the most precious gift that anyone can give to another person - the gift of life. A decision to donate blood can save a life, or even several if blood is separated into its components - red cells, platelets and plasma - which can be used individually for patients with specific conditions.



Self Defence Training

Unit 6 : 03.02.2023 : No. of Beneficiaries : 100

A one day training workshop on SELF DEFENSE was organised by the Department of Mathematics (NSS unit 6) on 3rd of February 2023, at Tennis court, Avinashilingam Institute for Home Science and Higher Education for Women. 100 NSS volunteers participated in this workshop, and were trained by Dr.S.Premkumar, who is the general secretary of Taekwondo association, Coimbatore district and Joint secretary of Tamil Nadu Taekwondo association. The NSS volunteers were trained on Hand techniques like Affence and Defence, Leg techniques like Basic Skills of kicking techniques, techniques on preventing Knife guard attacks and techniques to prevent Rape attacks. It was an informative and useful workshop for the NSS volunteers who got to learn several techniques and were given general awareness by the chief guest.



1. Fit India Run 3.0

Unit 7 & 8 : 14.10.2022: No.of Beneficiaries - 425

FIT INDIA Movement was launched on 29th August 2019 by Honourable Prime Minister with a view to make fitness an integral part of our daily lives. **Fit India Mission** in its Endeavour to promote fitness and creating awareness amongst countrymen keeps coming with innovating fitness campaigns to indulge people in fitness activities. Fit India mission converges with Swatch Bharat Abhiyan with **FIT INDIA PLOG RUN** where fitness meets Swatchhtha in a form of engaging fun loving exercise is now entailed in Fit India freedom run culminating where we discovered litter free clean surroundings while running.

As a part of campaign, Walkathon on “**FIT INDIA FREEDOM RUN 3.0**” was organized by NSS cell of Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore. The campaign was Flag hosted by Dr.S.Kowsalya, Registrar and Dr.N.Vasugi, Dean, School of Home Science. More than 400 volunteers participated on the Fit India Freedom Run 3.0. The run was held on 14th October 2022 at 2:30pm to 3:30pm from our University 3rd gate through Raja Annamalai Road to Bharathi Park and returned via A.Ramalingam colony to 3rd gate of Avinashilingam University. A range of almost 2.5kms (10000 ft) were covered by the volunteers, with the objective to encourage fitness and help us all to get freedom from obesity, laziness, stress, anxiety, diseases etc., Dr.T.Radha, NSS Programme Co-ordinator, Dr.S.Anitha (Unit 7) and Dr.B.Geethagnanaselvi (unit 8), NSS Program officers organized the event.



Awareness on Government Schemes

Unit 8 : 09.03.2023: No.of
Beneficiaries - **121**

Mrs.M.Harish Divya Post Office Officer gave an awareness about **Post Office Scheme** like **Public Provident Fund (PPF)**, **Kisan Vikas Patra** and **Sukanya Samriddhi Yojanas**. The government has made these small saving schemes available via post offices to provide a safe investment avenue for the public by providing good return and keep their safe investment. From 3.30 PM the NSS volunteer gave awareness about post office scheme and benefits to village people.



Awareness on Sexual Abuse Programme

Unit 8 : 10.03.2023: No.of Beneficiaries - **111**

awareness program were been arranged to volunteer from **ACHAM THAVIR** child sexual abuse awareness program by let's thank foundation. The session was conducted by Mrs. Uma Maheswari the founder of let's thank foundation. They spoke about by herself and self-achievement. She also discussed thoughts about child abuse and harassment by saying, **Acham Thavir; Aanmaikol Themaiyai Ali Pakaiyai Vel** said by **Bharathiyar**.



Dancing of Yoga

Unit 9 : 08.03.2023: No.of Beneficiaries - **48**

Mrs. Lakshimi handled the yoga session through Meditation and dance with spiritual movement. She addressed by highlighting about the importance of healthy life, self appreciation and engaged the audience by doing activities like Meditation, breathing exercises, spiritual dance, clapping hands for effective heart pumping at Subramaniyam Village



Tree Plantation at Subramaniyampalayam

Unit 09: 24.09.22: No.of Beneficiaries - 54

We went to Subramanyampallayam on 24.09.2022 by 10.00 am. We planted the difference species of plants like Neem, Pomegranate fruit plant etc. near by the government school “**Save the nature for your future**”.



Tree Plantation & Awareness programme on Gas Operations

Unit 9 : 24.09.2022 : No.of Beneficiaries - 50

We went to Subramanyampallayam on 24.09.2022 by 10.00 Am. The cleaning process of the School was done by the students.

We create the awareness about healthy and nutrition food for the people in the village. We visited several people's house to , give the awareness about healthy food.

Key activities:

The Ministry of Women and Child Development has outlined several programmes for the celebration of Rashtriya Poshan Maah 2022. These events will be organised at the grassroots level through Gram Panchayats level activities:

At the Panchayat level, District Panchayati Raj Officers and Child Development Project Officers (CDPOs) will organise events to create awareness of malnutrition during the Poshan Maah. Poshan Panchayat Committees will also work with field-level workers (FLWs) - AWWs, ASHAs, and ANMs to enhance the service delivery of basic Integrated Child Development services through Anganwadi Centres (AWCs), Village Health and Nutrition Day (VHNDs). Awareness Centres will organise awareness drives about good health practices along with the organisation of a Swasth Balak Spardha. Health camps for anaemia check-ups will be set up at AWCs for adolescent girls. Further, Nutri-Gardens or Poshan Vatikas will also be created near Anganwadi Centres.

Tree Plantation:

“Save the nature for your future”. We planted the difference species of plants like Neem, Pomegranate fruit plant etc.. In the government school near by.



Gas Awareness program

We also conducted the awareness program in associated with the Suba gas company about how to use and handle the gas stove. 1. Do a body safety check before turning on your gas stove. To prevent any fires

while using your gas stove, roll up your shirt sleeves above the elbow and tie back long hair with a rubber band. If you have any jewelry on, remove it before starting the stove.

2. Turn the stove dial on to light the stove. Most gas stoves are equipped with a dial that lights the burner. You can usually adjust the heat to low, medium, and high depending on what you're using the stove for. Twist the dial and wait for the burner to light, then adjust it to your desired heat setting. 3. Try cleaning your burner holes and igniter if it does not light immediately. If your burner is clogged with food residue, it may not light automatically. Clean the burner and the igniter with a stiff toothbrush (without water or cleaning solutions) to remove any grease or crumbs.

4. Light the gas stove manually as an alternative. If your gas stove igniter is broken, most gas stoves can be lit with a match or lighter. Turn the gas dial to medium, then ignite your match or lighter. Hold the match or lighter close to the center of the burner, then wait 3-5 seconds until the burner ignites. Remove your hand quickly to prevent getting burned.

Adolescence Health, Tree plantation, & Tree survey

Unit 10&12 : 24.09.2022: No.of Beneficiaries - 55

In association with the NSS Day, on 24th September 2022, a special lecture was given on 'Adolescent health', to the NSS volunteers of Unit 10 (Botany) and Unit 12 (Zoology) and the people of Sennanur and Mathipalayam village, Thenkarai, Coimbatore by the chief guest, Mr. Vaitheeswaran, Secretary - Thulir Foundation, Coonoor, The Nilgiris. The importance of adolescent health was emphasized and the significance of physical, mental as well as social health among the people



between the ages of 10-20 was also highlighted. Mr. Vaitheeswaran also explained the importance of



healthy food and the necessity of physical activity in the same age group. The multidimensional aspects of mental health were explained and the need for proper management of emotions was elaborated. He also enlightened about the significance of

learning to identify reliable people and the need to be assertive in essential situations. The need for proper education on social connection building and on sexual health was also briefed to the volunteers and the community. He also emphasized the habits to be practiced by the adolescence and the old age people assembled in the village. The volunteers and the people were able to learn about the importance of adolescent health and the related components, which need to be properly understood.

Tree plantation was carried out at Sennanur Primary School premises on 24.09.2022 in connection with Poshan Maah activity. Around 10 fruit tree saplings were planted in the school campus by our volunteers.

Trees were surveyed in the Mathipalayam village which included the identification and the data collection on few tree species like Cocos, Melia, Tamarindus, Ficus, Delinix, Azadirachta, Pongamia, Thespesia, etc. Prosopis were found in plenty which is an exotic species.





Few Tree species identified



It was organized and conducted by the Program officer, Dr. M Poonkothai, and Assistant Program Officer, Dr. P Karthika, Department of Zoology (UNIT - 12) and the Program Officer, Dr. M.K Nisha, and Assistant Program Officer, Dr. C.V. Kalpana, Department of Botany (UNIT - 10).

01. Tree plantation at Sennanur

Unit 10 & 12: 24.09.22: No.of Beneficiaries - 50

Tree plantation was carried out at Sennanur Primary School premises. Around 10 fruit tree saplings were planted in the school campus by our volunteers.



Awareness on Anti Corruption

Unit 10 : 03.11.2022 : No.of Beneficiaries - 45

The essay competition was held as a part of Vigilance Awareness Week of Central Vigilance Commission. The CVC launched the new complaint management system portal of the CVC. CVC observes Vigilance Awareness Week every year to bring together all stakeholders in spreading the message of integrity in all spheres of life.

This year, it is being observed from 31st October to 6th November with the theme of **“Corruption-free India for a developed nation”**. A nationwide essay competition conducted by



CVC on the above theme of Vigilance Awareness Week. The Volunteers eagerly participated in the competition. It was inaugurated by the Chief Guest Mrs. M. Vijayalakshmi, Inspector of police, Vigilance and Anti Corruption Department, Coimbatore. The Chief Guest created the Awareness by sharing her real experiences that she came across all these days. She also insisted the Volunteers to not to give angle not to get bribe and there are many ways to free India from corruption. Only the willingness to implement these ways is required.

Fit India Activity

Unit 10 : 17.10.2022: No.of Beneficiaries - **15**

In connection with **Fit India freedom Run 3.0**, a Fit India Walk was organised on 14.10.2020 commencing from our University to Bharathi Park (2.5kms). The II UG Botany Volunteers (15Nos) were involved in addition to the activity performed on 14.10.2022, the Unit 10 volunteers were involved in physical fitness activities on 17.10.2022 in the University premises. To promote fitness, the volunteers were involved in Physical exercises, sports and Yoga.



Webinar on “Protection and Conservation of Trees”

Unit 10: 29.07.2022: No. of Beneficiaries - 84

Dr.P.V. Sreenivasan emphasised on the conservation of environment, marine, animal and human and follow the practice for planting the trees in and around the campus and also the villages to save and protect our mother earth. He listed few trees like Peepal, Thulasi, Banyan, Neem, Ashoka, Bamboo and Curry leaf tree which liberate more oxygen and are of more significance. He pointed that an area should be covered with 33% of trees as many districts are below 25% of greenery, the environment can be improved by planting more trees and plants. He recommended the usage of organic fertilizers, water, organic pesticides and regular maintenance for conservation of the trees. He also added that tree trunks must be painted with neem and calcium carbonate mixture to avoid insect attack and notto bore nails on tree trunks as it leads to insect attack and destruction of the tree. He also emphasised on the importance of conservation of trees as it increase soil water, rain water harvesters and purifies the air and protects the environment. He advised the students to take necessary steps to depollute our environment, by planting more number of trees, developing lawn, kitchen garden, terrace garden and nakshatra garden.

The screenshot displays a Zoom webinar session. The main window shows a presentation slide with the following text:

**National Service Scheme
Unit 10 (Botany)**
 cordially invites you for the
**Webinar
On
Protection and Conservation of Trees**
When
Dr. (Mrs.) A. Vijayalakshmi
Dean, School of Biosciences
Anushilagan Institute for Home Science and Higher Education
for Women, Coimbatore - 42
Will preside
and
Dr. P. V. Sreenivasan,
Director,
Nature Science Foundation,
Coimbatore

The Zoom interface includes a top bar with a 'REC' indicator and 'Nisha Botany is presenting'. A grid of participants is visible on the right, including 'Nature Science...', 'Nisha Botany', and 'HOD Botany'. The bottom status bar shows the time as 3:03 PM and the title 'Special Lecture on Protection and Conservation of...'. The Windows taskbar at the bottom indicates the date as 29-07-2022.

Rally on Healthy Food Habits at Mathampatti

Unit 10: 24.09.2022 : No.of Beneficiaries - **57**

The Volunteers actively organised a rally in the village on the concept of **Healthy Food Habits**. The various placards showcased the importance of eating healthy foods and the effects of eating junk foods. The traditional medicinal spices were also highlighted in the rally. Healthy eating habits for children, importance of fruits, vegetables and greens were also included in the rally. The interlink between health and nutrition was also successfully conveyed.



. Road Safety Awareness

Unit 10: 04.01.2023 : No.of Beneficiaries -
116

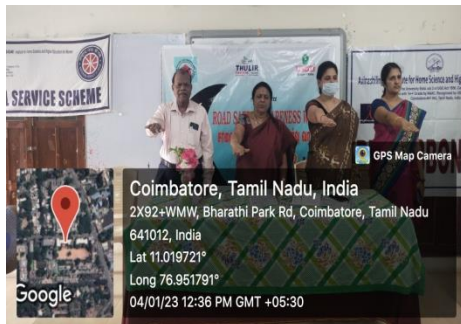
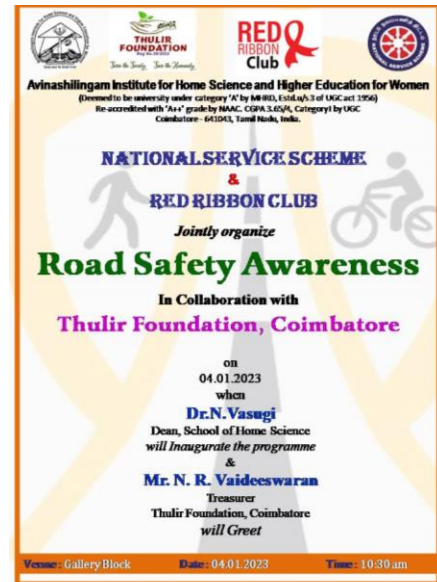
As a part of the road safety week celebration, inauguration was held on Jan 4th January 2023 which was organised by the National Service Scheme and Red Ribbon Club of the institute in collaboration with Thulir Foundation,

Coimbatore.

The programme

was inaugurated by Dr.N.Vasugi, Dean, School of Home Science and in her inaugural address, madam has focused on the importance of road safety particularly

wearing helmets and sensitized the audience about personal safety measures. A pledge was administered by Mr.N.Vaideeswaran, Treasurer, Thulir Foundation, Coimbatore. It focused on the students to be committed towards following traffic rules and regulations and encouraged road safety measures to be taken during driving. The prizes were also distributed to the winners of various competitions conducted in the inauguration of road safety awareness such as oratory, Slogan writing, skit competitions, drawing and rangoli. The chief guests for the day gave away the prizes to the winners.



Unsung Heroes of Indian Freedom Struggle & Govt Welfare Schemes

S.No	Unit No	Date	Activities undertaken	No. of Beneficiaries
1.	10	18.03.2023	Unsung Heroes Of Indian Freedom Struggle	65

The day commenced from our reputed university Avinashilingam University Arts and Science where all our NSS volunteers gathered to start their sail from college to S.N.Aragam for taking part in the auspicious occasion on “The Unsung Heroes of our Nation”.

After reaching the destination NSS volunteers got an opportunity to experience and explore our country’s freedom fighters since they had an exhibition about the unsung Heroes struggles, hardship etc. Exhibition created an immense spark in each volunteer’s eyes not only that it motivated many people who attend the event. Apart from freedom fighters NSS volunteers got to know about other factors such as Tuberculosis (TB), Autopsy, sugarcane breeding.

WELCOME SPEECH:

The welcome speech was given by Shri S.R.Chandrashekar technical assist. CBC, field office: Coimbatore who invited the whole audience with his warm and blissful talk.

The session was started by Dr N.Pratheep Kumar General Secretary, Tamil Nadu Consumer Association Coimbatore. He explained about the consumers' rights and what a consumer should do when they are being exploited while purchasing commodities.

He also elucidated 8 different consumer rights to the volunteers

- Right to safety
- Right to basic needs
- Right to choose
- Right to information
- Right to representation
- Right to seek redressal
- Right to healthy environment
- Right to consumer education



After that the representative of “ICAR” talked about sugarcane breeding. They also talked about their new research on preventing insects from causing harm to the sugarcane plantation. They explained that they have been developing new genetic insects to knock down the prevailing harmful insects.

The volunteers and resource persons shared their doubts and thoughts regarding the session. Resource people began the discussion with questions and students who answered correctly were rewarded with a certificate and prize.

At the end of the occasion Dr A.N.Krithika NSS programme Co-ordinator delivered her thoughts on how this event has benefitted each and every NSS volunteer and inspired the kids with exhibits, got to know about genetic revolutions that are emerging into our world. And thanked the whole association for

organizing this beneficial event. The organizers, as a token of appreciation, presented momentum to the coordinators of our institute Dr.A.N.Krithika mam and Dr E.Shanmughapriya mam.

Workshop on Yoga Curtain Raiser Activities

Unit 10 : 11.04.2022: No.of Beneficiaries - 50

In regard of International yoga Day our NSS Unit 13 had arranged the seminar regard with Yoga. Because **Yoga** it is a Hindu Spiritual and ascetic discipline apart of which including breathe control. Simple meditation and the adoption of specific bodily postures is widely practiced for health and relaxation. And next she taught how can we activate the Thymus gland and Pituitary gland by simple activity and next we done the simple asanas to increase the immunity:

Asanas such as

- Veera asanam
- Poorna asanam
- Poorna Veera asanam
- Vajra asanam
- Padhaasanam
- Padhahastaasanam
- Vara veeraasanam



Special Lecture Seminar on “The Legacy of Tribal Leaders in Freedom Struggle”

Unit 11: 22.11.2022 : No.of Beneficiaries - 88

The Government of India has decided to observe November 15 as **Janjatiya Gaurav Diwas** in honour of tribal people’s contribution to the Freedom movement and Nation- building. To commemorate the **Birth Anniversary of ‘Bhagwan Birsa Munda’, Janjatiya Gaurav Diwas** was celebrated on the theme “Legacy of Tribal Leaders in freedom struggle” by University SCST Cell and National Service Scheme Unit 11, Department of Biochemistry, Biotechnology and Bioinformatics, Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore.

About Birsa Munda

Birsa Munda was born at Ulihatu in the Bengal Presidency (presently in Jharkhand) on 15th November 1875 into a Munda family. His parents were Sugana Munda and Karmi Hatu. He spent a great part of his childhood in Chaibasa. He was influenced by the national movement there. His father withdrew him from the missionary school. Birsa developed a strong anti-government and anti-missionary stamp on his mind from there. During the 1890s, he started speaking to his people about the exploitation done by the British. The British agrarian policies were stifling the tribal people and disrupting their way of life which was hitherto peaceful and in tune with nature. Another problem was that of cultural belittlement of the tribal people by the Christian missionaries. The Mundas had followed the Khunkhatti system of joint landholding. The British replaced this egalitarian system with the Zamindari System. Outsiders entered the tribal landscape and started exploiting them. In their own turf, they became forced labourers. Poverty descended on them like a strangling chain. In 1894, Birsa announced his declaration against the British and the Dikus (outsiders) and thus began the Munda Ulgulan. This is a very important rebellion of the tribal people among the various uprisings of the tribals and peasants in India in the 19th century. Birsa also started his own religion and proclaimed he was god’s messenger. Many Mundas, Kharias and Oraons accepted him as their leader. Many other Hindus and Muslims also flocked to see the new leader of the masses. Birsa advocated the tribal people to shun the missionaries and revert to their traditional ways. He also asked people not to pay taxes. He was arrested in 1895 and released after two years. In 1899, he resumed his armed struggle along with the people. He razed police stations, government property, churches and houses of Zamindars.

The British caught him in 1900 from Jamkopai forest, Chakradharpur. Birsa Munda died on June 9th 1900 while lodged at the Ranchi jail aged just 25. Authorities claimed he died of cholera although this is doubted. In this regard the following competitions were organized for Undergraduate and Postgraduate students on 21.11.2022 at 3.00 pm in the Gallery.

1. Debate - Have contribution of Tribal Leaders for Freedom Struggle Celebrated
2. Essay Writing - Tamil/ English
3. Elocution - Tamil/ English
 - **Theme:** The Legacy of Tribal Leaders in Freedom Struggle

A total of 97 students registered for the competitions. Debate - 5; Essay Writing in Tamil - 32, Essay Writing in English - 43, Elocution in Tamil - 7, Elocution in English -10.

Elocution and Debate were judged by Dr. S. Velvizhi, Dr. M. Sudha Devi and Dr. A. Poornima, Assistant Professors, Department of Biochemistry, Biotechnology and Bioinformatics.

Essay Writing in English was judged by Dr. E. Nithya, Assistant Professor, Department of Biochemistry, Biotechnology and Bioinformatics.

Essay Writing in Tamil was judged by Dr. C.C.S. Vasundhara, Assistant Professor, Department of Biochemistry, Biotechnology and Bioinformatics.



Essay Writing in English



Elocution and Debate

The valedictory program for the competitions held on the occasion of ‘Janjetya Gaurav Diwas’ was held on 22nd November 2022 in the Academic Council Hall at 3.00 pm. The program was honored by the presence of Dr. Gurunganambiga, Assistant Professor, Department of Tamil. She is a renowned Patimandra Pechalar and has many Tamil articles in many reputed journals, which sum up to 64 in total. The program started with a prayer song sung by Ms. Deepika, a II UG Biochemistry and Biotechnology student, and followed by a welcome address by Ms. Priyadarshini, an I UG Biochemistry and Biotechnology student. Participants from the competitions held on 21st November 2022 (Monday) did a speech; the participants Karnika S. V. (II UG Biochemistry and Biotechnology), Kamalini V. (II UG Chemistry) and Akshaya, C. (I UG Biochemistry and Biotechnology) delivered a speech on Tribal leaders. Dr. S. Gurunganambiga, Asst. Prof., Dept of Tamil was invited to give a speech on ‘The legacy of Tribal Leaders in Freedom Struggle’. She gave an excellent lecture on inspiring speech in Tamil. She appreciated the participants who started with a well-known tribal leader Birsu Munda, who fought for the land rights for tribal people as colonial government took rule of the tribal land which made them homeless after his death in 1980. The CNT act which prohibits transfer of tribal land to non-tribals. She also spoke about many new leaders who fought for women rights. Her thought-provoking speech kept everyone active the whole session. The prize winners of the various competitions were honored with certificate and memento by the chief guest Dr. S. Gurunganambiga. The programme was completed by thanking the authorities who were the backbone of the program committee and audience of 11 UG Biochemistry and Biotechnology.



Guest Lecture on “My vote is My Right - Power of One Vote”

Unit 11: 10.10.2022 : No. of Beneficiaries - 80

The NSS Unit 11 and Avinuty NSS cell organised the special lecture on “**My vote is my Right**” to Commemorate the National Voter Education Week at Gallery at 3:30 pm. The program began with a prayer song by Deepika.A and Ponmani.S of 2nd UG BCBT Followed by welcome address delivered by Shalini.A of 2nd UG BCBT. The program was hosted by Sreema.U of 2nd UG BCBT. Our chief guest of the program Thirumathi Krishnaveni EPIC operator, Election Commission Coimbatore and Thirumathi Chandramathi Revenue Inspector Ganapathy Coimbatore, gave us a special lecture on the topic “My vote is my right - Power of one vote” to commemorate the National voter education week .In their lecture, they explained the importance of voting and value of student’s vote and they also mentioned about the Wall Magazine-cum-Poster Making Competition that has been organized by the Unit 15 of National Service Scheme with an aim to bring awareness to all these first time voters. They encouraged the volunteers to participate in the competition actively. It was a great pleasure meeting such higher officials. Students were instructed how to apply the Voter ID and they also gave us the application form to apply .Voter ID is a human right and we understood the importance of it. We were surprised to see such Higher Government officials to interact with us in a friendly manner.



Special Lecture on “Financial Literacy”

Unit 12: 20.03.2023: No. of Beneficiaries - **84**

The NSS volunteers gathered for a lecture on "**Financial Literacy**" on 20th March 2023. The guest lecture was delivered by Ms. Aparna Aravind, Senior Impact Manager, Idobro Solutions, Mumbai. She enriched the students with the significance of financial literacy and how to balance financial crisis in the future. She emphasized on saving the income in different ways during emergency circumstance. She shared her life experiences like how she faced unexpected financial crisis , how she managed to get back to normal life and also shared how she got the support of government schemes .She also taught us about the **WAYS TO SAVE INCOME** , where she gave us 8 rules with great examples. She conducted various activities where we gained knowledge about Indian Economy. She also gave us additional information on how to manage financial crisis at emergency situation which will be really helpful for our personal development. It was a great opportunity to be a part of the event. The students were glad to share their feedback and cleared their doubts.



World Environment Day

Unit 12 : 05.06.2022 : No.of Beneficiaries - 120

The world will become an Eden garden when we human beings start living amidst natural surroundings and will become its caretakers, indeed we are integrated with nature from our origin. Well the fact that is upsetting us today is the destruction of nature for man's selfish needs. By destroying nature we are destroying ourselves. Nature is an immunity and defence to humans which shields us from all calamities, ironically, we have turned out to be a major contributing factor to destroy our own protectors of the planet. To sensitize the effects and to curtail the anthropogenic irregularities to nature, we as responsible citizens of our country should take up the job to create awareness to the society.

The theme for World Environment Day this year is “**Only One Earth**”, with focus on “living sustainably in harmony with nature”. The 2022 World Environment Day campaign calls for collective, transformative action on a global scale to celebrate protect and restore our planet. In accordance to it, the NSS unit 12 (Department of Zoology) and 6 (Department of Chemistry) of our Institute celebrated the World Environment Day in 5th June, 2022. Various competitions like slogan writing, poster making, video making, sketching, and tree plantation were conducted. Participants involving from various departments zealously participated in the competitions and expressed their talents which show casted their talents and also created awareness among the fellow students. The programme was coordinated by Dr.M.Poonkothai and Dr. P. Karthika, NSS PO and APO, (Department of Zoology) and Dr. M. Amutha Selvi, NSS PO, Unit - 6 (Department of Chemistry).



Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore - 43

NATIONAL SERVICE SCHEME
UNIT NO - 6 & 12
DEPARTMENT OF CHEMISTRY & ZOOLOGY

World Environment Day 2022

Cordially invites you all to join the events on the theme
“ ONLY ONE EARTH ”
Slogan Writing , Poster Making, Sketching , Tree Plantation

Chief Patron Prof. S.P. Thyagarajan, Chancellor	Advisor Dr. T. Radha, NSS Programme Coordinator (i/c)
Patron Dr. V. Bharathi Harishankar	Organizing committee
Vice-Chancellor Dr. S. Kowsalya, Registrar	Dr. M. Poonkothai, NSS PO, Unit-12
	Dr. P. Karthika, NSS APO, Unit -12
	Dr. M. Amutha Selvi, NSS PO, Unit - 6

Fit India Activity

Unit 13 : 18.10.2022: No.of Beneficiaries - 37

physical fitness activities under the guidance of the Programme officer Dr.A.N.Krithika and the Assistant Programme officer Dr.E.Shanmugapriya. The **Fit India Movement** was launched by the Honourable Prime Minister NARENDRA MODI on 29th August, 2019. The mission of this movement is to bring about behavioural changes and move towards a more physically active lifestyle. It always encourages people to remain healthy and fit by including physical activities and sports in their daily lives. The students enunciated the movement inside the campus. The NSS volunteers were engaged in various physical activities under the supervision of the Sports instructors. They began their activity by running a round on the university's playground. The students were asked to stand in pairs to make the running activity an effective one.

After the run, the students performed certain exercises along with the guidances rendered by the Sports instructors. They were asked to begun their exercise by performing certain warm ups postions like hand rotation,leg rotation,hip rotation etc,...

Exercise is to do some form of physical activity in order to stay fit and healthy. It is done for various reasons , to aid growth and strength, develop muscles and the cardiovascular system , improve health etc....

After doing the warmup exercises ,the students were asked to execute some yoga asanas. They are :

- Jumping jacks
- Squats
- Lunges
- Tadasana
- Padhahastasana
- Alternative toe touch
- PDAHASTASANA is also known as hand to foot pose. It massages and tones the digestive organs while increasing flexibility in your calves and hamstrings. It improves your blood circulation.
- SQUATS burn calories and might help you lose weight. As you exercise, the movement strengthens your tendons, bones and ligaments around the leg muscle.
- TADASANA centers your body and mind, which helps create a calmsense of inner peace. Standing strong, steady, and centered in mountain pose helps to improve posture and balance.
- LUNGES increase muscle mass to build up strength and tone your body, especially your core, butt and legs.
- After presenting the yoga asanas the students were instructed to do warm downs to avoid the risk of leg pain, blood clots, hand pain, thigh pain etc.....

The activity made the students realise the importance of physical activity and yoga. Exercise plays pivial role in everyone's life. It is essential and a necessity to be carried out at every day of our life. So, we will make sure that every will stay healthy and stay strong by indulging oueselves in the physical activities.

Benefits of the activity :

- The students were made to realise the significant role of exercise.
- Instead of indulging themselves in the mobile phones ,that are harmful, they can involve them in certain exercises that brings peace to their mind and body..
- The exercises reduces the risk of diseases like heart attack, cold etc...



Swachhata Shapath' (Pledge of Cleanliness)

Unit 13 : 11.08.2022 : No.of Beneficiaries - 51

The pledge was taken by the Volunteers of NSS Unit 13 Dept .of Economics under the supervision of the Programme Officers of Unit 13 with great involvement and sincerity. The pledge highlighted the **Swachh Bharat Mission**. The pledge was read by one of the Volunteers and the rest followed her. The main idea behind the pledge was to make the Volunteers realize their duty in 'Clean India' and commit themselves towards it. It also highlighted the social work to be undertaken as an NSS Volunteer in keeping our surroundings neat and clean. Towards the end of the pledge, it was able to see the high spirits in the eyes of the volunteers.



தூய்மை இந்தியா உறுதி மொழி



கல்லூரிகளில் / பள்ளிகளில் அனைத்து NSS அலகுகள் மூலம் ஆகஸ்ட் 1 to 15th ஏதாவது ஒரு நாளில் தூய்மை இந்தியா உறுதி மொழி எடுக்கப்படவேண்டும்

என்எஸ்எஸ் மாணவ தொண்டனாக இருப்பதால், எனது நாட்டில் தூய்மைக்காக வேலை செய்வேன். முழு இடத்தையும் ஒழுங்காகவும் சுத்தமாகவும் இருக்க செய்ய நான் முயற்சி செய்வேன்.

ஒவ்வொரு வருடமும் தூய்மைப்படுத்தும் நடவடிக்கைகளுக்கு நான் 100 மணிநேரம் செலவிடுவேன் என்று உறுதியளிக்கிறேன். என் நாட்டிலும் மற்ற எல்லா பொது இடங்களிலும், கல்லூரிகளிலும், பள்ளிகளிலும், நகரங்களிலும் கிராமங்களிலும், பஸ் மற்றும் ரயில் நிலையங்கள், ஆறுகள் மற்றும் ஏரிகள் மற்றும் சுற்றியுள்ள அனைத்து பகுதிகளையும் சுத்தமாகவும் ஒழுங்காகவும் இருக்க செய்ய என் சிறந்த முயற்சிகளை நான் செய்வேன்.

எல்லா இடங்களிலும் தூய்மைக்கு எதிராக செயல்படும் எந்த செயல்களிலும் நான் ஈடுபடமாட்டேன் என்பதை நான் உறுதிசெய்கிறேன். எனது பொறுப்புணர்வு மற்றும் நேர்மையான முயற்சிகளுடன் என் வாழ்நாளின் என்னால் முடிந்த எல்லா வழிகளிலும் ஸ்வட்ச் பாரத் தூய்மை இந்தியா திட்டத்தை நிறைவேற்ற நான் முயற்சி செய்வேன்.

Seminar on “The Evil Effects of Population Explosion”

Unit 13: 29.07.2022: No. of Beneficiaries - 55

Purpose of the seminar: On the account of **World Population day 2022**, the seminar was organised to create awareness about the evil effects of population explosion. Guest speaker: Dr.S.Gandhimathi, Professor and Head, Dept. Of Economics, Organised by Dr.A.N.Krithika, Programme Officer, Dr.E.Shanmughapriya, Asst.Programme Officer, Unit 13, Dept. Of Economics. Then the guest speaker of the day Dr.S.Gandhimathi, gave a presentation about the brief overview of population explosion and its effects. Her speech focused on the population census and the growth rate of India’s population down the years and related it with the theory of demographic transition. It proved to be beneficial for the audience and it gave a clear cut view of India’s population. The current estimated India’s population was found to be around 142 crores. She also mentioned about the large youth population of India. After the guest speaker’s presentation, the NSS Volunteers of Dept. Of Economics gave a presentation on India’s population explosion. Firstly, Safeera.A of III-B.A.Economics presented her views on India’s population data and the meaning of population growth, causes of population growth in India, measures to control the population growth, a brief overview on birth rates and death rates. The causes of population were found to be illiteracy, poverty, early marriages and the measures were improvement of status of women, awareness etc. Next, Harini E. Of II-B.A. Economics presented her views on the meaning of population education, consequences of overpopulation and the uses of population education. The consequences were found to be food scarcity, unemployment, environmental degradation, inflation etc. followed by her, Devisri R. of II-B.A. Economics presented about the goals of population education and the reasons for controlling population growth. Next, Vaseemah R. of II-B.A. Economics presented about the methods of population education

and India's population awareness programmes. Next Deepika E. of III-B.A.Economics gave an overview about the economic impacts of population explosion focusing on the cycle of unemployment, poverty, malnutrition, Illiteracy and again population growth and also concluded the presentation. The seminar concluded with the vote of thanks proposed by Surekha G. of III -B.A. Economics and Dharani K. of II-B.A.Economics. Overall, the seminar was extremely useful for the participants as it creates awareness about India's population explosion and the fact that today's students are the future of India.



Tree Plantation & Solid Waste Management

Unit 13 : 24.09.2022: No.of Beneficiaries - 75

The volunteers attended the session on Sustainable Resource Management which was organized jointly by the Arc Foundation India. The session primarily focused on the concepts of effective waste segregation and advocated the concepts of **3R** (Reduce, Reuse, Recycle). The speakers emphasized on waste segregation starting at the household level. The harmful effects of dumping solid wastes were also discussed. The local panchayat authorities gave an insight on the practical difficulties of the panchayat cleaning workers in waste collection and segregation procedures. Overall, the volunteers were able to experience how waste collection is done in the primary level and made awareness about the need for waste segregation. The Programme was also attended by the local panchayat president **Mr. Krishnamoorthy** and the Panchayat Secretary.

knowledge shared :

Firstly, Mr. Baranidaran Soundiram, Technical Consultant (Recycling and Food Processing), Director - Recycle On, Joint Managing Trustee - Arc Foundation India, Managing Director - Holistic RND India Pvt. Ltd., Former **Swacch Bharat Ambassador** - Coimbatore delivered a speech on the basic recycling procedures, 3R principle and the duties of a responsible citizen in Environment Conservation. The speech was very interactive and the volunteers actively shared their knowledge in the issue.

Nextly, **Ms. Usha Nandhini Manogaran**, Environmental Activist, Special Educator, Programme Coordinator - Arc Foundation India, Swacch Coimbatore, Recycle on shared her vision stressing on the humanity in us and also shared about animals and other living beings get affected due to waste dumping by humans.

After that, **Ms. Kiruthika Vijayakumar**, Environmental Activist, Biotechnology Analyst, Programme Coordinator - Arc Foundation India, Dr Kalam Library, Recycle on gave her views on the biological reactions of waste disposal and problems created by solid waste accumulation in water bodies. The speakers also stressed on the moral and ethical values of conserving nature and gave real life incidents to support the thoughts. The volunteers also interacted with the cleaning workers(waste



by



how

collection) about their day-to-day difficulties and also about the health hazards posed to them due to their exposure to wastes.

Response by volunteers :

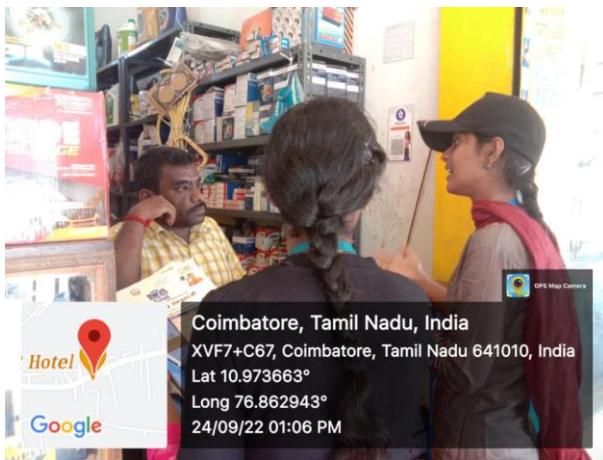
The Volunteers also shared the feedback for the session and also their views on Solid waste management. They expressed their commitment towards a **Clean India** and vowed to conserve the resources for future. One of the volunteers spoke about her responsibility towards nature and also about the motivation from her school days.

Oath on solid waste management:

The volunteers along with the guest speakers took **oath** on solid waste management. Everyone pledged to preserve the nature for future and keep their surrounding clean and hygienic. They promised to share the message to maximum no. of people.



an



Awareness creation:

The NSS volunteers actively took part in awareness creation. They were divided into 4 teams. Each team consisted of 5 leads for event planning, monitoring, photography, documentation and social media handling. The Volunteers spread out in the locality to cover the area. There were mostly shops attended by the volunteers and the responses were positive from the public. A wide variety of shops like automobile workshops, wood mills, bakeries, hotels, Departmental stores, salons and provision stores were covered by the volunteers. The sanitation workers also accompanied the teams in the electric garbage collecting vehicles.

நாடு உன்னிடம் என்ன எதிர்பார்க்கின்றது ?

Unit 14: 10.08.2022 : No.of Beneficiaries - 50

“என்னிடம் நூறு துடிப்புள்ள இளைஞர்களை தாருங்கள் நான் இந்தியாவையே மாற்றிக் காட்டுகின்றேன்” என்றார் சுவாமி விவேகானந்தர். அவ்வகையில் நாட்டின் வளர்ச்சிக்கு மிகவும் முக்கியமானவர்கள் இளைஞர்கள். நாடு ஒவ்வொருவரிடமும் எதிர்பார்ப்பது என்ன என்றால் நல்ல இளைஞர்களை உருவாக்கி நாட்டிற்கு பெருமை சேர்க்க வேண்டும் என்பது தான். நாட்டுக்கு நாம் செய்யும் தொண்டு நமக்கு நாமே செய்து கொள்ளும் தொண்டு. துடிப்பும் வேகமும் நாட்டுப்பற்றும் உடைய இளைஞர்கள் ஒன்றிணைந்தால் தான் நமது நாட்டில் பல மாற்றங்களும் வளர்ச்சிகளும் தானாகவே நடக்கும். நாடு ஒவ்வொருவரிடமும் எதிர்பார்க்கும் இளைஞர்கள் எப்படி இருக்க வேண்டும் என்பதை கட்டுரையாக பெறப்பட்டது. 75வது சுதந்திர தின விழா போட்டிகளில் ஒன்றாக கட்டுரைப் போட்டி மிக சிறப்பாக நடத்தப்பட்டது. இக்கட்டுரை போட்டியில் 50க்கும் மேற்பட்ட மாணவிகள் கலந்து கொண்டு தனது கருத்துக்களை கட்டுரைகளாக சமர்ப்பித்தனர். அவற்றுள் மிக நேர்த்தியான மூன்று கட்டுரைகளைத் தேர்வு செய்து மாணவர்களுக்கு பரிசுகள் வழங்கப்பட்டது.

பரிசு பெற்ற மாணவிகளின் பெயர் பட்டியல் பின்வருமாறு

S.No	Name	Class	Prize
1	ஆர் .எஸ். ஜனனி	II Bsc Physics	I
2	கே.எஸ். துர்கா	II Bsc IT	II
3	எஸ்.மலர்விழி	III BA Tamil	III
4	எஸ். ஃபமிதா பானு	II BA English	III

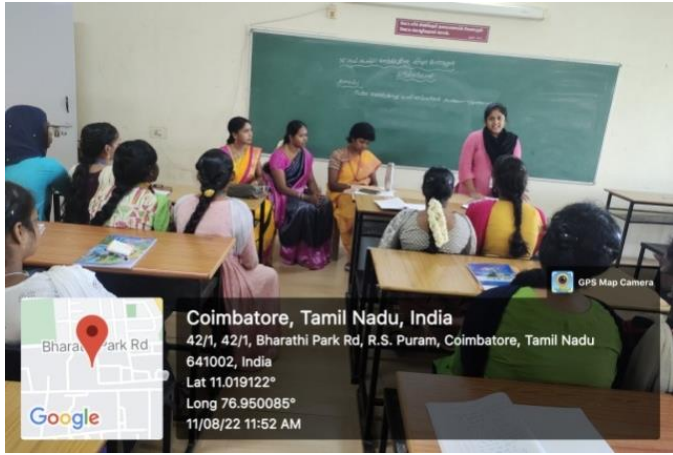
6. பெற்ற சுதந்திரத்தைப் பேணிக்காப்பவர்கள் ஆண்களா? பெண்களா?

Unit 14: 11.08.2022 : No.of Beneficiaries - 25

நம் இந்திய தாய் திருநாடு 1947 ஆகஸ்ட் 15ஆம் நாள் ஆங்கிலேயர் அடிமை ஆட்சியில் இருந்து விடுதலை பெற்றது. மக்களாட்சி மலர்ந்த பின்புதான் நாடு பல்துறை வளர்ச்சி காணும் முயற்சியில் ஈடுபட்டது. “ஆணும் பெண்ணும் நிகரன கொள்வதால் அறிவிலோங்கி இவ்வையம் தலைக்குமாம்” என்ற முண்டாசுக் கவி பாரதியாரின் கவிதைகள் ஆணையும் பெண்ணையும் சமமாக்கி கூறும் நிலையில் 75 வது ஆண்டு சுதந்திர தின விழா போட்டிகளில் கருத்துக்களம் எனும் பொருண்மையில் “பெற்ற சுதந்திரத்தைப் பேணிக் காப்பது ஆண்களா? பெண்களா?” என்னும் தலைப்பில் 25க்கும் மேற்பட்ட மாணவிகள் கலந்து கொண்டு சிறப்பித்தனர். அவற்றுள் பரிசு பெற்ற மாணவிகளின் பெயர் பட்டியல் பின்வருமாறு

பரிசு பெற்ற மாணவிகளின் பெயர் பட்டியல் பின்வருமாறு

S.No	Name	Class	Prize
1	P. ஷாலினி	II Bsc IT	I
2	R. சினேகா	III BA Economics	II
3	R. ஹேமப்பிரியா	I MA Tamil	III



Report on Special Activity - My Vote is my right – Power of One Vote

With reference to the Letter No. Ref No: 4956/202 1/12 Dated: 16. 09.2022 from the District Collector, Coimbatore with the subject of selection of Convenor and members of the Electoral Literacy Club, Our Institute Programme Officer Dr. E. Indira, Asst. Professor, Dept. of Visual Communication , Assistant Programme Officers’ Dr. S.Christina Rebecca, Professor, Dept. of English and Dr. B. Rajeswari, Asst. Professor, Dept. of Special Education of NSS Unit 15 were selected as a Convenor of Electoral Literacy Club, One student from each class- I, II, and III years of Visual Communication, English and Special Education were selected to be the members of the ELC.

With an aim to bring awareness to all these first- time Voters, the Election Commission of India is popularising the concept of Electoral Literacy in Schools and Colleges of the Country. As a part of that initiative, it was proposed to hold awareness programme in the form of a Wall Magazine – cum Poster Making Competition among the students.

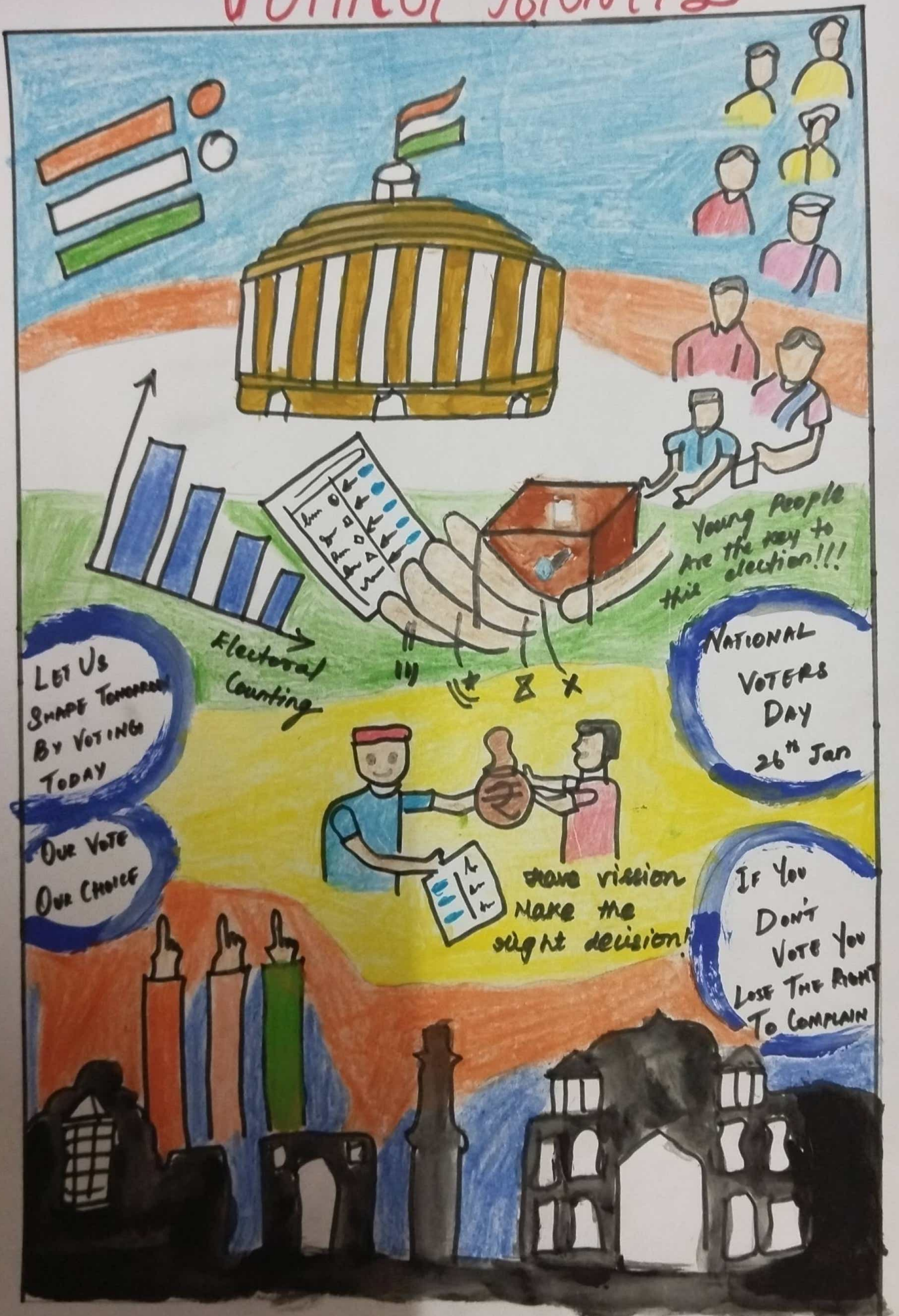
We, the Unit 15 of National Service Scheme, As a part of Voter Awareness Programme in the Electoral Literacy Clubs (ELC) in Educational Institutes of the state, Our Institute conducted a Wall magazine-cum- Poster Making Competition on the topic “**My Vote is my right- Power of One Vote**” on 10.10.2022 and best posters were selected .The Posters were displayed on 14th October 2022 at Multipurpose Hall for the students to view. The details of prize winners are given below

Details of Prize Winners of Wall magazine-cum- Poster Making Competition

S.No	Name of the Student	Class and Department	Prize
1	Gopika Gopakumar	II B.Sc Visual Communication	First
2	M.Nithya Shree	II B.A English	Second
3	Muthulakshmi	III B.Sc Visual Communication	Third
4	T.H. Safrin Banu	II B.A English	Third

The Following Posters were done by the above list of students who received the Prizes.

VOTING RIGHTS



Young people
are the key to
this
election!!!

LET US
SHAPE TOMORROW
BY VOTING
TODAY

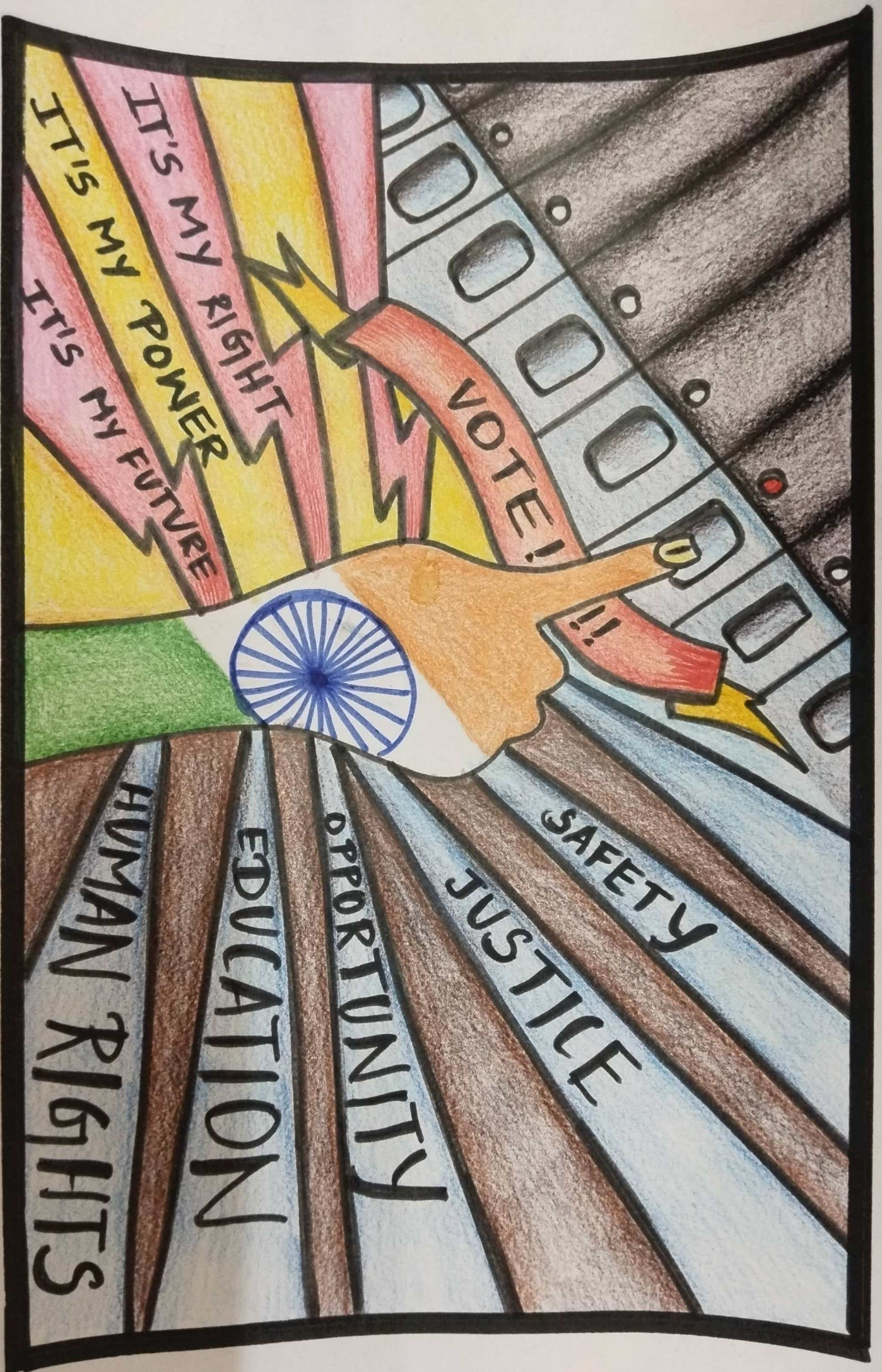
NATIONAL
VOTERS
DAY
26th Jan

OUR VOTE
OUR CHOICE

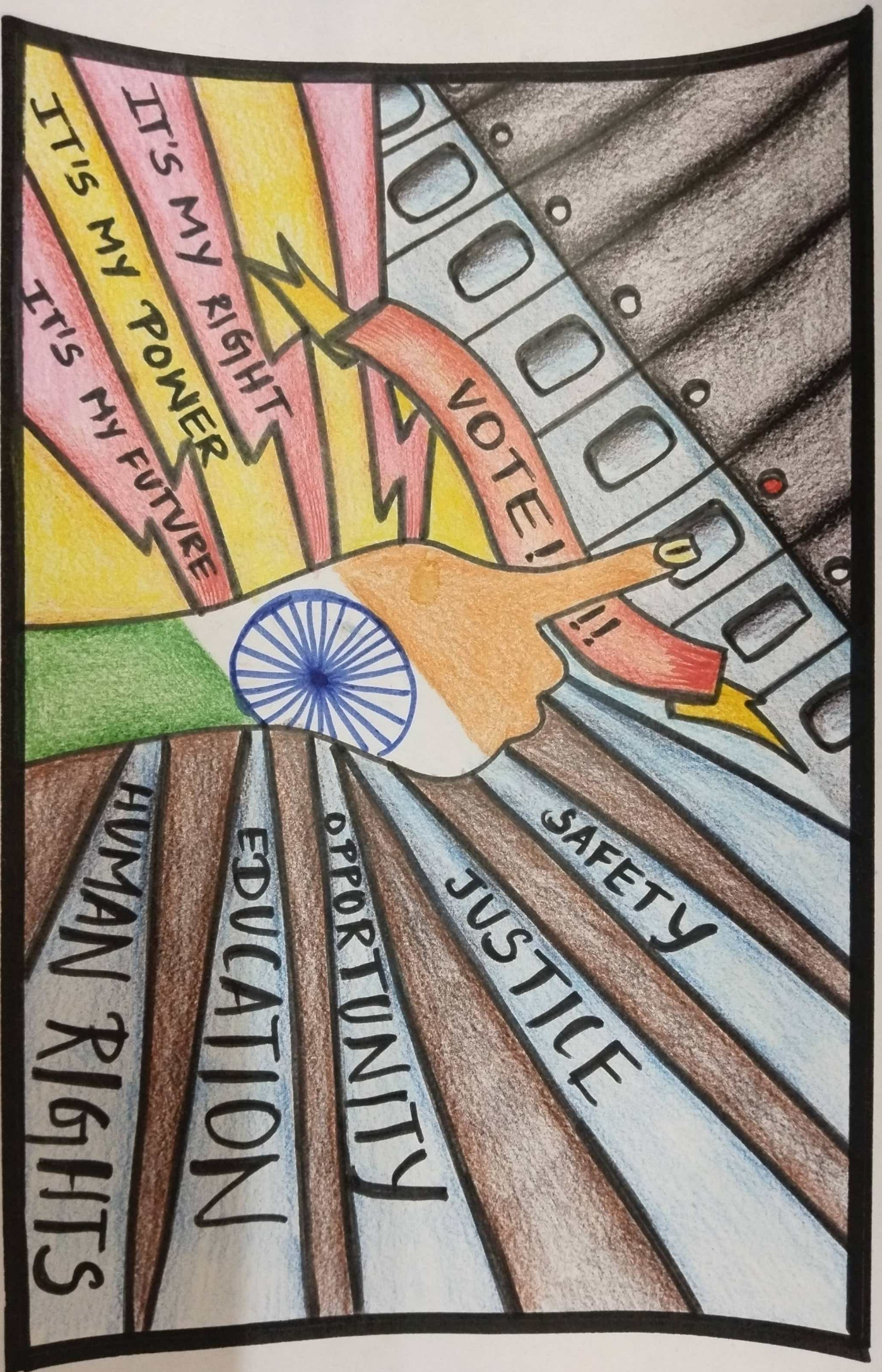
Have vision
Make the
right decision!

If you
Don't
VOTE you
LOSE THE RIGHT
TO COMPLAIN

T.M. SAFRIN BANU
(B.A. English) 21VEN027

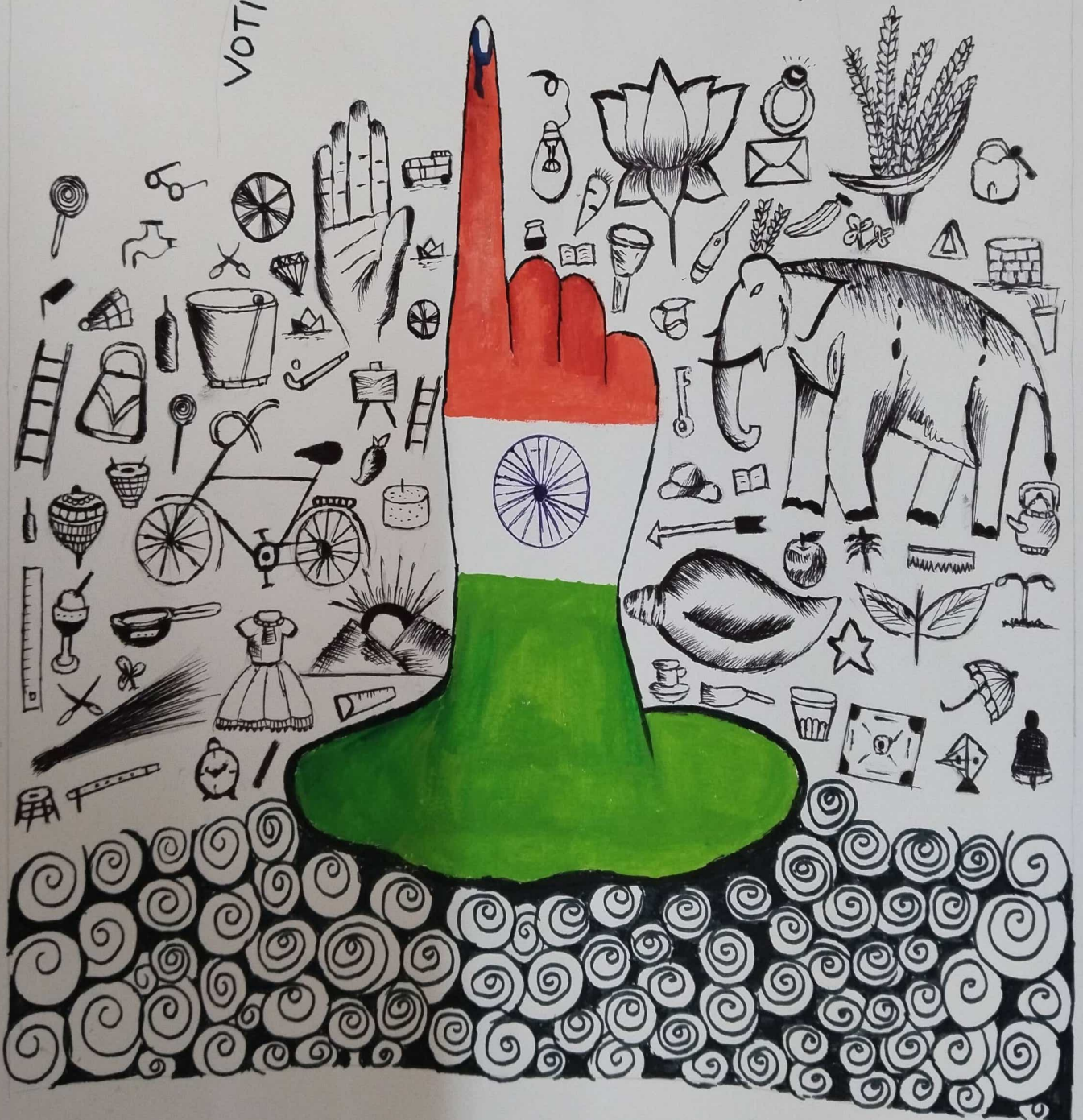


M. Nithya Shree, 21VEN024, II BA, English



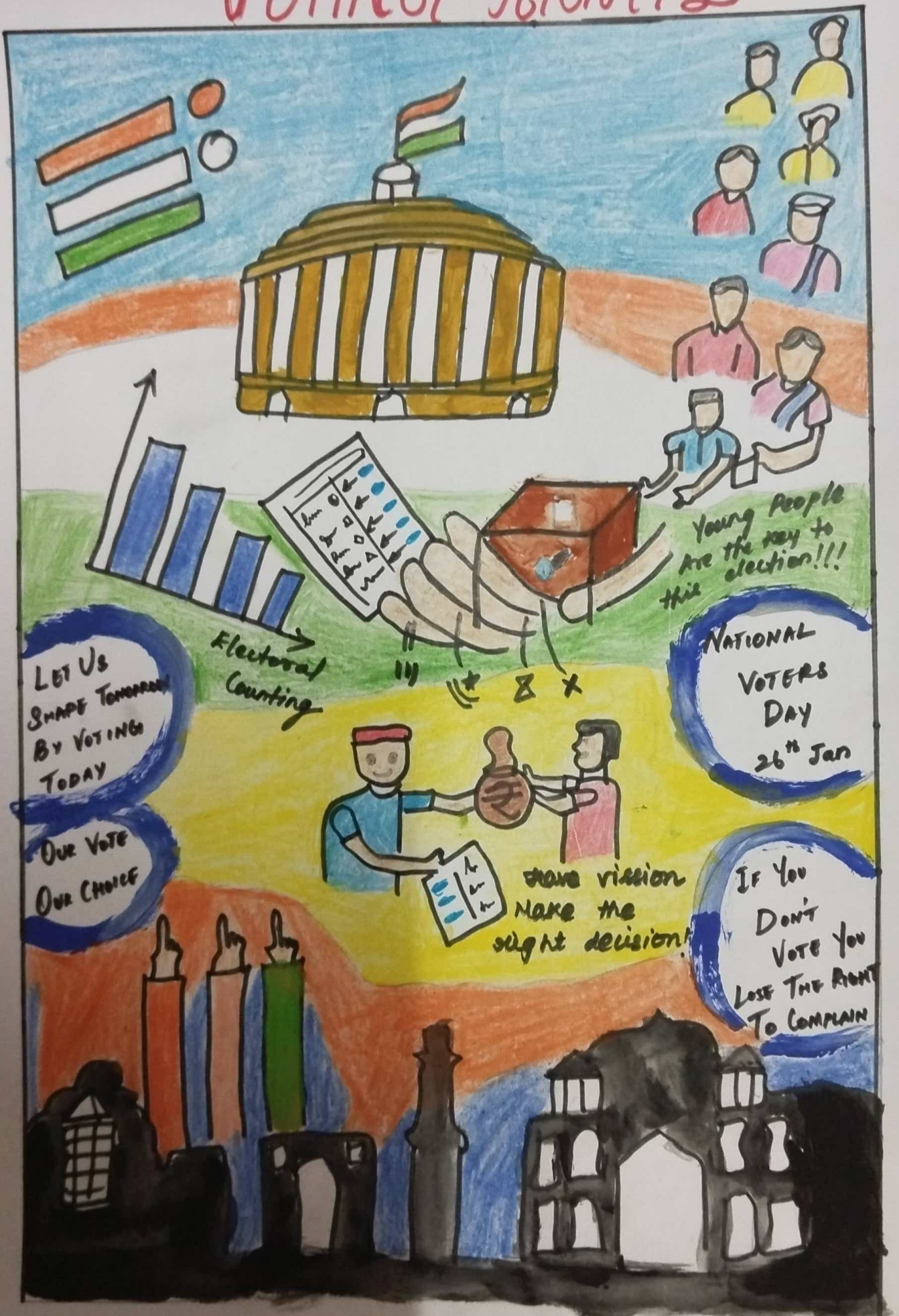
M. Nithya Shree, 21VEN024, II BA, English

VOTING IS NOT ONLY OUR RIGHT
IT IS OUR POWER ★



Muthulakshmi

VOTING RIGHTS



LET US SHAPE TOMORROW BY VOTING TODAY

OUR VOTE OUR CHOICE

NATIONAL VOTERS DAY 26th Jan

IF YOU DON'T VOTE YOU LOSE THE RIGHT TO COMPLAIN

Young People are the key to this election!!!

Have vision Make the right decision!

Electoral Counting

T.M. SAFRIN BANU
(B.A. English) 21VEN027



Avinashilingam Institute for Home Science and Higher Education for Women

(Deemed to be University Estd. u/s 3 of UGC Act 1956 , Category 'A' by MHRD)

Re-accredited with 'A+' Grade by NAAC. Recognised by UGC Under Section 12B

Coimbatore -641 043, Tamil Nadu, India

Unit 15

Report on

Awareness Lecture: ‘Savings and Investment for Future’

An awareness lecture titled “Savings and investment for future” was organised by the NSS unit 15 on 27th March 2023. The programme was co-ordinated by Dr.E.Indira, Programme Officer, Department of Visual Communication, and Assistant Programme Officers Dr. S. Christina Rebecca, Department of English and Dr. B. Rajeshwari, Department of Special Education. The chief guest Ms. Jothipriya and Ms.Rasheeda, Development Managers, State Bank of India, educated the NSS volunteers about the importance of financial literacy. The objective of the session was to make the volunteers be aware of the safe investment and to become a smart Investor in future. In the end of the session, the speaker took the queries of the volunteers and made the session more effective.







Art Competition & Poster

Unit 15: 01.08.2022: No.of Beneficiaries -71

Observance of Sabdhavana Day various competitions organized, **71 participants** were participated in the competition. Art competition on the following themes:

- Yeh Desh Ka Raang Tiranga
- National Integration
- Unsung Heroes
- Related to Patriotism
- Culture and Tradition

was conducted on 1-August 2022 at Room No 62, Department of Visual communication, Annai Arul Block, Avinashilingam Institute for Home Science and Higher Education for Women. A total number of 71 students participated from various departments such as B.Sc Psychology , BA Economic, B.Sc. BCBT, B.Sc. Botany, BA Tamil, BA English, B.Sc Visual Communication from the others NCC cadets too have participated. The competitions were judged by Dr. V. Jayashree, Assistant Professor and Head in-charge and Mrs. V. Ezhilarasi, Assistant Professor from the Department of Visual Communication.

First, Second and Third Prizes were chosen by the above mentioned faculty and the price winning entries are:

1st Prize



2nd prize



3rd prize

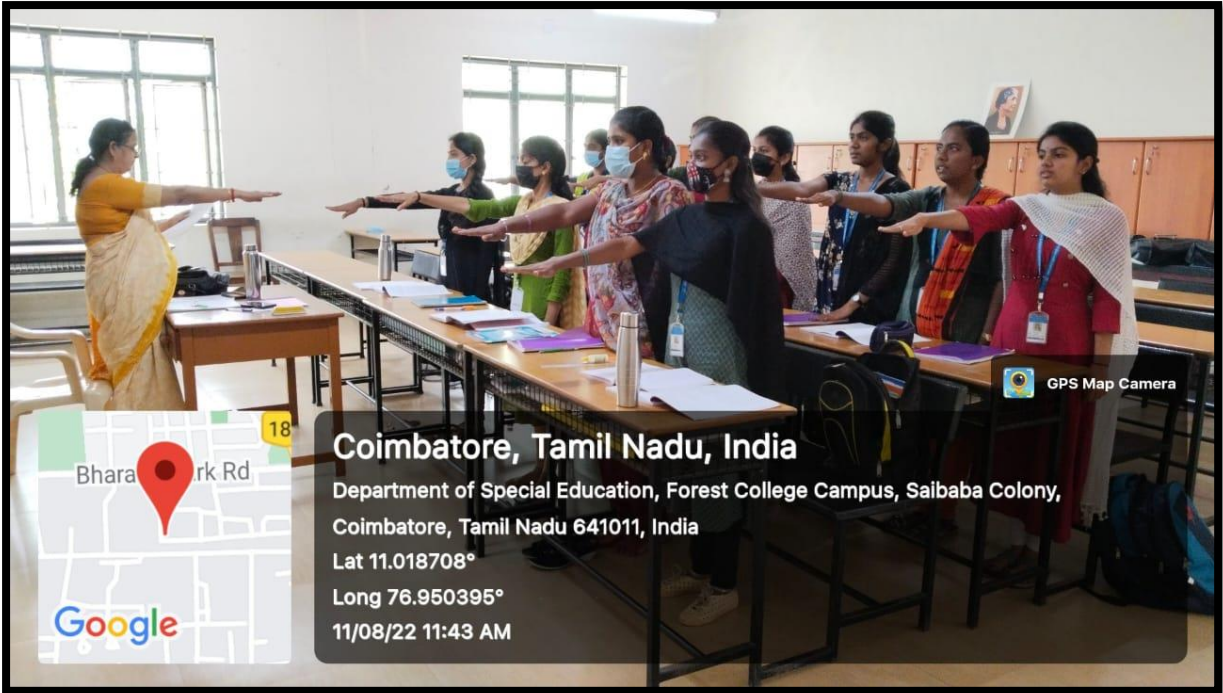


Prize winners: Art Competition

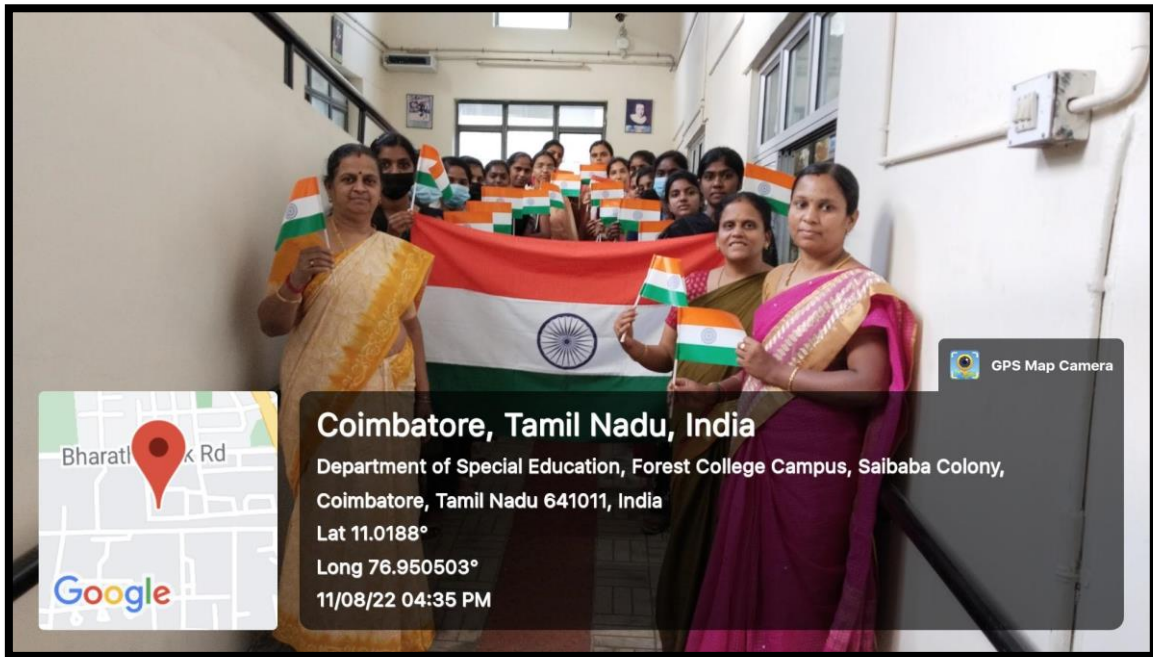
- First Place - D. Banupreetha - II BSC FSN
- Second Place - Afrin .S.A - IDRM - II UG
- Third Place - A. B. Madhusa - III B.Sc Viscom
- Third Place - L. Subaharini - II B.Com CA

Prize winners: Poster making



- First Place - G. Vijayalakshmi, B.Com (phone 8189907863)
- Second Place - M. Nithyashree, II UG, English
- Third Place - Sneha.S, II UG, IDRM



Pledge administration for "Observance of Drive Against Drugs(DAD) on 11.08.2022





Pledge administration for "Observance of 75th Independence day" - Har Ghar Tiranga

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, CGPA 3.65/4, Category I by UGC
 Coimbatore - 641043, Tamil Nadu, India.

NATIONAL SERVICE SCHEME
 All are cordially invited for the
Walkathon on Fit India Freedom Run 3.0

FROM 2nd OCTOBER TO 31st OCTOBER 2022

Flag Hosting by
Dr.V.Bharathi Harishankar, Vice Chancellor
 &
Dr.S.Kowsalya, Registrar
 14th October 2022 at 2.30 pm

Organisers
 NSS Avinuty Cell & Unit No 7 & 8

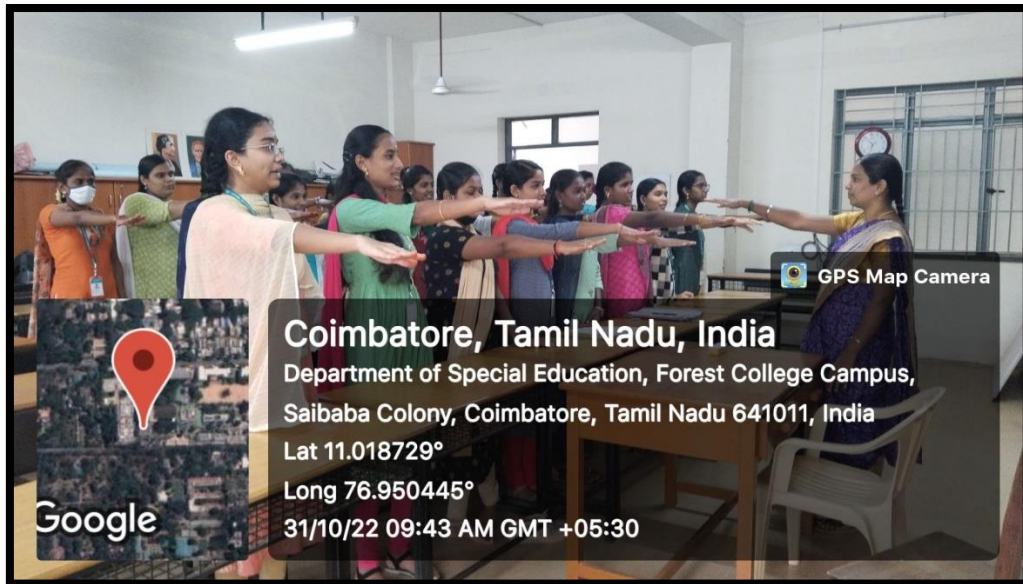
Venue: Bharathi Park Road, Coimbatore
 Participants:
 II UG NSS Volunteers - Unit 7, 8, 10, 12, 13, 14, 15, 16, 17, 19, 20 & 22



Fit India Freedom Run – Walkathon 14.10.2022



Fit India 3.0 - physical exercises, yoga and stretches on 18.10.2022



Pledge administration for "National Unity Day" - Rashtriya Ekta Saptah

4. Yoga Curtain Raiser Activities - Poster Competition

Unit 15: 18.05.2022

NSS Unit 15 of Avinashilingam University have conducted **Yoga Awareness Poster Competition** on 18.05.2022 to celebrate the 7th International Day of Yoga at University level event. 46 Student Volunteers have participated in the Competition and best five posters were presented with E certificates.

Prize winners details

1. Jasmine M - 21uen017 - I Prize
2. Sindhuja.S - 21uen031 - II Prize
3. B.Mahalakshmi - 19usm014 - II prize
4. M.Nithya Shree - 21uen024 - III Prize
5. Nooha Haneef M -21uen025 - III Prize



Rally on Har Ghar Trianga

Unit 16, 17, 19: 29.07.2022: No.of Beneficiaries - 450

To celebrate **75 years of India's Independence**, awareness events were held on behalf of Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore. The National Service Scheme, National Cadet Corps and the Sports Department jointly organized the program to emphasize the commitment of the Honourable Prime Minister of India to hoist the national flag at every home, **Har Ghar Tiranga**. The event was inaugurated by Dr.S.Kowsalya, Registrar and Dr.S.Uma Mageshwari, Dean Student affairs. All the students were gathered in the form of India map and in the form of HAR GHAR TIRANGA letters as well to affirm that they will host the flag at their home, followed by this, a rally was conducted in this regard. In total, 400 NSS volunteers, 25 NCC volunteers and 250 students from sports department participated in this event. Dr.P.Citramani, Dean School of Commerce and Management, Dr.P.Santhi, Professor and Head, Department of Commerce and Dr.T.Radha, NSS Programme Coordinator (i/c) participated in this notable event. This Har Ghar Tiranga Programme under Azad Ka Amrit Mahotsav event was organised by the National Service Scheme Programme officers Dr.P.Deivanai, Dr.P.Sasirekha, Dr.A.R.Rihana Banu, Dr.P.Nandhini, Assistant Director Sports, Mrs.Vishnupriya and Mrs.Salomi from Sports Department.

Azad Ka Amrit Mahotsav is an initiative of the Government of India to celebrate and commemorate 75 years of independence and the glorious history of it's people, culture and achievements. The Azad Ka Amrit Mahotsav means elixir of energy of independence; elixir of inspirations of the warriors of freedom struggle; elixir of new ideas and pledges; and elixir of Aatmanirbharta. Therefore, this Mahotsav is a festival of awakening of the nation; festival of fulfilling the dream of good governance; and the festival of global peace and development. In this regard, rally on the theme of "Unity and Harmony", Formation of India map and the letters of "**HAR GHAR TIRANGA**" were organised to emphasize the commitment of the Honourable Prime Minister of India to hoist the national flag at every home.





Seminar on “Yoga and Meditation for Quality Life”

Unit 16,17,19: 15.06.2022 : No.of Beneficiaries - **170**

In connection with International yoga day the NSS volunteers of Unit 16, 17 & 19 of Department of Commerce, Avinashilingam Institute for Home Science and Higher education for Women, Coimbatore organised a seminar on “**Yoga and Meditation for Quality Life**” on 15.06.2022 @ 2.30 pm in Room No. 187 Library Block. Volunteers from Commerce Department were participated and benefited out of this event. The programme was started with prayer song. Ms.Dharshini, NSS Volunteer, Unit 16, welcomed the gathering. Dr.P.Santhi, Head, Department of Commerce presided over the function and explained the importance of yoga and its benefits to volunteers. Resource person Mrs. Lakshmi, Yoga Trainer, Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore explained that Yoga offers physical and mental health benefits for people of all ages. And, if you’re going through an illness, recovering from surgery or living with a chronic condition, yoga can become an integral part of your treatment and potentially hasten healing. She smartly explained Yoga with the Accounting aspects. She compared Accounting aspects like transactions, journal, ledger, etc., with our body health and conditions which are alike same.




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


National Service Scheme
DEPARTMENT OF COMMERCE
NSS Units 16, 17 & 19
 Cordially invites you for the
 Seminar on
Yoga and Meditation for Quality Life
 15th June, 2022 @ 2.30 p.m to 3.30 p.m
 Venue: Room No. 187
 When
Dr. P. Santhi
 Professor and Head,
 Department of Commerce
 Presides

Speaker
Mrs. C. Lakshmi
 Yoga Instructor
 Avinashilingam Institute for Home Science and Higher
 Education for Women

Dr. T. Radha
 NSS Programme Coordinator(s)
 Greets

Dr. P. Deivanai Unit -17 Programme Officer	Dr. P. Sasirekha Unit -16 Programme Officer	Dr. A. R. Rihana Banu Unit -19 Programme Officer
	Dr. D. Arthi Unit -16 - APO	Dr. S. Kavitha Unit -19 - APO

Participants: II & III-UG NSS Volunteers of Unit 16, 17 & 19
 Venue: Room No. 187, Library Block

Observation of Yoga

Unit 17 : 23.06.2022: No.of Beneficiaries - 48

As part of International yoga day on 21st June 2020 we NSS volunteers actively participates to raise awareness world wide about the **benefits of yoga** in daily life yoga brings balance between body, soul and mind it helps us to understand the purpose of life and how to survive in the changing environment. Release helpful brain chemicals. Most exercise triggers the release of “feel-good” chemicals in the brain. These mood boosting chemicals include brain messengers such as dopamine, serotonin, and nor epinephrine. Although yoga movements are slow and controlled, they still elevate your heart rate, make the muscles work hard, and stimulate the release of brain chemicals. As a result, yoga can make you happier.



Participation in South Zone Pre Republic Day Parade Camp

09 -18.11.2022: No.of Beneficiaries - 2

Place: Swamysaswathikanantha College, Poothotta, Kerala.

Date:09-11-2022: **Day 1:** Wednesday

We had started our day with breakfast and then we had a small meeting along with respective states and we received our state identity card with a file and we have written and filled our respective forms which was given by our programme officers. and then we had our lunch and followed by lecture session that was very interactive. In that session we all introduced to each and other and made more friends and then we had a small tea break. All the volunteers were interacting by introducing and communicating with each other. Our programme officers had given some instructions how to behave and the day ended with tasty dinner.

Date : 10.11.2022: **Day 2:** Thursday

Flag Hoist :The first official day of south zone pre RD Parade selection camp at SS college, Poothotta, Karnataka was started early morning at 5:45 am where the flag hoisting was undertaken by the Chief guest DR. E.N.Shivadasan NSS Programme coordinator and camp coordinator, Mahatma Gandhi University, Kottayam. We also had among us Shri Shridharguru, Regional director, Trivandrum. The flag hoisting was neatly completed by the Karnataka team. NSS volunteers with the help of their contingent leaders. After flag hoisting we had yoga session by 7 am till 8 am and breakfast from 8 am to 9 am.

Parade: Parade session started at 9 am in the basketball ground of SS College where the whole team of Karnataka, Kerala, Tamilnadu and Puducherry were divided randomly into 4 teams and the beginning instructions and basics was taught by our contingent leaders. Then for the parade session was continued till 12:30 pm with short breaks in between. After parade we had lunch from 1 - 2 pm.

Lecture Session: The guest lecturer of the program was DR.NINU ROSE Madam who under took a motivational session with her topic as leadership and group living and explained the theme with a small activity. Where volunteers greeted and introduce themselves to other volunteers. The session ended with a beautiful message and memories. Again parade was held from 3 pm to 5 pm. After that we had a small tea break upto 5:30 pm. From 5:30 pm to 6:30 pm they allotted for cultural practice and getting ready.

Cultural Programme : Karnataka team engage this stage that evening and displayed its diversified cultural and traditions and kept the show running with enthusiasm for two hours till 8:30 pm. Every volunteer performed their best and got appraisal from the best people in the room. The contingent leaders kept them motivated and stress-free throughout the event and ended it, making it a great success and giving an energetic end. The day ended well with dinner where the whole days' 3 meals were served and managed by Karnataka team NSS volunteers.

Date : 11/11/2022: **Day 3:** Friday

It was the joy of starting the 3rd Day of the Pre-RD camp. The morning flag hoisting program was done by Kerala Contingent at 5:45AM.

The program was started with blessings of God through a prayer song followed by the flag hoisting done by the Chief Guest of the day Dr Gopinath sir, NSS lakshyageeth was sung by the volunteers soon after the flag hoisting. Vote taking was



done by the president of the program Shridhar Guru sir by which the program of flag hoisting came to an end. Then, at 6-7AM we had our morning tea and went for the yoga session by Balachandra sir which was held in the indoor ground held for relaxation and to increase the concentration of the volunteers. Later, after returning from the yoga we all had our morning breakfast at 8AM after which we started with the parade practice from 8:30 AM then we had 15 mins break during which the delicious juice were served then again the parade practice was started till 1PM . From 1-2PM we had lunch break, we all had lunch and we filled the registration and TA form.

Afternoon session was started with the lecturing session. The lecture of the day was done by chief guest which gave us lots of information about Self Empowerment ,and at the same time very honourable Secretaries from Ministry of Youth office, Ravi Kumar Sinah and Gopal Singh sir arrived and addressed the volunteers. After which we had parade practice from 3-5PM. From 5-5:30 PM they served us tea and some snacks. From 5:30- 6:30PM there was time for preparation for cultural.

The proud moment of the day was when all the Contingents dressed up their tradition and escorted the guest of the day from the gate till auditorium followed by the awesome cultural program by the volunteers of Kerala Contingent till 8:30 PM. The flag was dehoisted and the flag was hand overed by Kerala Contingent to Tamil Nadu Contingent. Then later dinner was provided to the volunteers . At 9:30 PM all the Contingent teams had meeting with their Contingent leaders in which they correct us and give us information. At sharp 10PM the lights were off and volunteers settle.

Date :12/11/22: Day 4 : Saturday

Flag Hoist : The first official day of South-zone pre Republic Day parade selection camp at SS college, Poothotta, Kerala was started early morning at 5:45 am where the flag hoisting was undertaken by the chief guest Dr. E.N Shivadasan NSS Programme Coordinator and camp coordinator, Mahatma Gandhi University, Kottayam. We also had among us Shri Shridharguru, Regional director, Trivandrum. The flag hoisting was neatly completed by our Karnataka team NSS volunteers with the help of our contingent leaders.

After flag hoisting we had yoga session from 7 am till 8am and breakfast from 8am to 9 am.

Parade : Parade session started at 9am in the basketball ground of SS college where the whole team of Karnataka, Kerala, Tamil Nadu and Puducherry were divided randomly into 4 teams and the beginning instructions and basics was taught by our contingent leaders. Then the further parade session was continued till 12:30pm with short breaks in between.

After parade we had lunch from 1pm till 2pm.

Lecture Session : The chief guest handled the session and taught us how to mingle and have coordination among us again from 3pm to 5 pm there was a parade and then a small tea break upto 5:30 pm and they provided time for cultural practice and to fresh up for cultural

Cultural Programme :Tamilnadu team engaged the stage that evening and displayed it's diversified cultures and traditions and kept the show running with enthusiasm for 2 hours till 8:30pm. Every volunteer performed their best traditional cultural and got appraisal from the best people in the room. The contingent leaders kept us motivated and stress-free throughout the event and ended it, making it a grand success and giving an energetic end. The day ended well with dinner where the whole days' 3 meals were served and managed by Tamilnadu team NSS volunteers.

Report of 13thNovember :

Date : 13/11/22: Day 5 : Sunday

Flag Hoist : The 5th official day of South-zone pre Republic Day parade selection camp at SS college, Poothotta, Kerala was started early morning at 5:45 am where the flag hoisting was undertaken by the chief guest Dr. E.N Shivadasan NSS Programme Coordinator and camp coordinator, Mahatma Gandhi University, Kottayam. We also had among us Shri Shridharguru, Regional aa, Trivandrum. The flag hoisting was neatly completed by our Tamilnadu team NSS volunteers with the help of our contingent leaders.

After flag hoisting we had yoga session from 6 am to 7 am and breakfast from 7:30am to 8:00 am and then we had a small tour session to vaikam temple . At 8:30 am we started our travelling and we went to vaikam temple by 9:45am . There every one are having their own wishes to god. and then we went to museum of Mahatma Gandhi's history.

after that we arrived to park by Walk nearer to the temple and every one enjoyed with lots of fun and happiness and then we reached campus by 1:00 pm . we completed our lunch by 2:00 pm . and we had a small lecture session again we started parade by 3:30 pm end by 5:00 pm and had cultural by 6:30 pm ended by 8:30 pm . lastly we had a dinner by 8:30 pm until 9:30 pm .afterthat a small meeting with our po's and lights were turned off by 10:30pm.

Date: 14-11-2022 : **Day 6 :** Monday

The flag hoisting was done by kerala team successfully by honouring guest and taking pledge by 6:00 am we had the yoga session after 10 min tea break until 7:00 am. from 7:00 am to 8:30 am we had our breakfast and the from 8:30 am to 11:00 we had our parade with respective states and then from 11:15 am after a small break we had rehearsal of parade in front of officers and then we had lunch . After lunch we had a small lecture session .Again from 3:00pm we had a parade practice until 5:00 pm with our program officers . After that we had a cultural by kerala team and also tamilnadu team and the day ended by dinner.

Date : 15-11-2022: **Day 7 :** Tuesday

the flag hoisting successfully done by tamilnadu team by honouring the chief guest and pledge and then after a small team break we had our yoga session . here the first day of selection starts our program officer made us to practice well .

The chief guests arrives from delhi for selecting the volunteers . The selection begins with tamilnadu girls with interview and the selection goes on by respective states . we had our lunch and small breaks in between selections. and at the same time the girls had cultural selection in the evening and performances were energetic. lastly the day ends with the dinner.

Date:16-11-2022: **Day 8 :** Wednesday

The flag hoisting ended up by honouring the chief guest and pledge which was under control Karnataka team.

And then we had a small tea break and followed by some physical exercises under control of program officers . We completed our breakfast before 8:30 am. Here the second day of selection starts.

At 8:30am our officers made us to be practiced and then followed by selections the other state teams had the selection of group and individual parade with a small interview which was under taken by the guests from Delhi .In between selection we had our lunch and evening session was followed by cultural selection for boys

That was so competitive and energetic . Each and every nss boy volunteer did very well and they blast the day with their wonderful performances. The guests were so impressed by their performances and the day followed by dinner and ended with meeting.

Date:17-11-2022: **Day 9** : Thursday

The day started with flag hoisting by the chief guest and ended by honouring guest and pledge which was managed by Kerala team.

And then we had a small tea break followed by physical exercises with lots of energy. We had our breakfast before 8:30am. All the respective volunteers had filled the feedback form by 10:30 am and then all the respective State volunteers was with their tradition form to invite this day cheif guest the higher educational minister R.Bindhu mam. We had our lunch by 12:30pm. And we all welcomed her by performing our traditional culturals with a grand manner.and then followed by guests speches and all the respective states had a photo with the guests This session ended up with the pleasant way by the cultural performances. After that we had a small tea break and then dinner. This night ended with lots of emotions and emotional speeches by the volunteers as they are leaving .

Report of 18thNovember : Day 105 : Friday

Date:18-11-2022

Team:Tamilnadu

The last day of the NSS camp started by warming up by doing some physical activities and then we had a small meeting with our programme officers there every one got emotional and had a group talk for a while after this we had our breakfast followed by certificate distribution.Our guests distributed the certificates by calling with their respective names and states after that each of two volunteers from respective states gave their feedback and two volunteers from Tamilnadu presented their emotion through song and playing instrument . And lastly they arranged a van for volunteers following by their timings everyone left by affection and emotion.

Fit India Run 3.0

Unit 18A, 23 - 26 : No.of Beneficiaries - **450**

Objective of the Programme

FIT INDIA Movement was launched on 29th August, 2019 by Hon'ble Prime Minister with a view to make fitness an integral part of our daily lives. The mission of the Movement is to bring about behavioural changes and move towards a more physically active lifestyle. Towards achieving this mission, Fit India proposes to undertake various initiatives and conduct events to achieve the following objectives:

- To promote fitness as easy, fun and free
- To spread awareness on fitness and various physical activities that promote fitness through focused campaigns
- To encourage indigenous sports
- To make fitness reach every school, college/university, panchayat/village, etc.
- To create a platform for citizens of India to share information, drive awareness and encourage sharing of personal fitness stories

The *Azadi Ka Amrit Mahotsav* is an intensive, country wide campaign which will focus on citizen participation, to be converted into a 'Janandolan', where small changes, at the local level, will add up to significant national gains.

Freedom Run

Fit India Freedom Run 3.0 from 2nd October to 31st October 2022 under “**Azadi Ka Amrit Mahotsav**” (AKAM) initiative. The Department of Physical Education organised *Fit India Freedom Run 3.0* to commemorate on **19th October 2022 at 11.30 am.**

Regarding the programme the intimation circulated in advance and Programme officers, Assistant Programme officers and interested participants were requested to assemble in the starting point at campus II Ground

Freedom Run was flagged off by Dr.(Mrs) B.Sargunam, Dean, School of Engineering. Dr.P.Vanithamani, Head, Department of Physical Education welcomed the gathering.

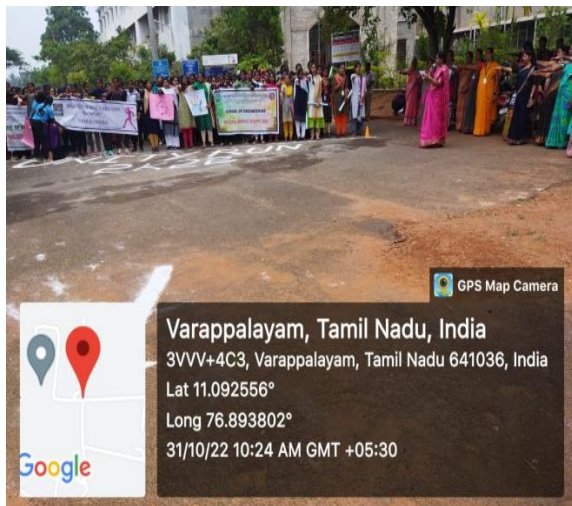
The Fit India Freedom Run pledge was taken before the Event. The objective is to encourage fitness and help us all to get freedom from obesity, laziness, stress, anxiety, diseases etc. The Fit India Freedom Run is yet another endeavour to strengthen the Fit Indian Movement and involve citizens to embrace fitness as a way of life. The faculties and students were represented from different schools (ie) School of Education, School of Engineering and Self Financing Programs. The run came to an end successfully and then participants continued with aerobics mass demonstration. The students were instructed to collect their participation certificates through the <https://fitindia.gov.in/freedom-run-3.0> Fit India Freedom Run 3.0.



Unity Run

Unit 18A, 23 - 26: 31.10.2022 : No.of Beneficiaries - **1100**

The Department of Physical Education organized “**National Unity Day**” it is the day for to commemorate the Birthday of the iron man of India Mr. Sardar Vallabhbhai Patel. As per the instruction from University Grants Commission and Government of India today in Avinashilingam Institute for Home Science and Higher Education for Women, Campus I and Campus II organized Run for Unity. The students have participated in Unity Run.



Mental and physical health of people through yoga practice

Unit 18A : 14-21.05.2022 : No.of Beneficiaries - 50

- Make aware of physical and mental diseases and its solutions through practicing yoga
- Protection of health and sustainable health development
- Get win over all the health challenges through regular yoga practice
- Promotes better mental and physical health of people through yoga practice

Week 3

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Suryanamaskar	Rhythmic Asanas	Combination of Poses	Supine Asanas	Classical Yoga Poses	Imitation Yoga	Stress Reduction Yoga

Week 4

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Floor Yoga	Back Strength Yoga	Yoga for Immunity	Balancing Yoga	Therapeutic Yoga	Yoga for Women	Yoga for Flexibility

Advantages of Yoga

Yoga improves flexibility, builds muscle strength, better bone health, increases blood flow, maintains nervous system, increases enthusiasm and self-confidence by transforming thoughts. Yoga is a simple solution for physical fitness and mental peace.



Yoga for well-being

Unit 18A : 2 - 14.05.2022: No.of Beneficiaries - 50

The International Day of Yoga aims to raise awareness worldwide of the many benefits of practicing yoga. Recognizing this important role of Yoga, this year's commemoration of the International Day of Yoga focuses on “**Yoga for well-being**”. In view of the above, Yoga Practice is planned to conduct for students on the importance of practising yoga daily. The resolution notes “the importance of individuals and populations making healthier choices and following lifestyle patterns that foster good health”.



Week 1

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Sitting Asanas	Standing Asanas	Prone Asanas	Supine Asanas	Classical Yoga Poses	Yoga Poses - Imitation	Weight Lose Yoga

Week2

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Chair Yoga	Back Straight Yoga	Yoga for Strength	Balancing Yoga	Therapeutic Yoga	Hip Opening Yoga	Yoga for Flexibility



Sensitizing Tribal Women on Menstrual Hygiene

Unit 18B : 21.09.2022: No.of Beneficiaries - 45

We the students of tourism management around 25 members from under graduate and post graduate gathered in front of Marudhamalai Temple by 2'o clock to educate the tribal women living there about the menstrual hygiene and awareness about menstruation. We gave the tribal women who reside there Stayfree sanitary napkins, and our Head of the department Dr. Bindhu V.T gave them instruction on how to use the napkins on menstruating days. The special guest Ms.Aswathy gave them tips on menstrual hygiene and also told them the importance of using the sanitary napkins on menstruating days and she also spoke about hygiene and also how to keep our selves clean on menstruating days. Our chief guest Mr. Umapathy who is working in Tamil Nadu tourism Development Corporation gave a detailed talk on tourism and development of tourism in our district Coimbatore. He added his points by telling us the history of Marudhamalai temple and he told us that the temple is devoted to the Hindu god Lord Murugan and also the temple is one of the famous heritage site in Tamil Nadu and there are also a lot of foreigners visiting this temple for its beauty and specialty and he also told us that there are a lot of tribal people living near to temple whose living depends upon the number of visitors visits the temple. Our chief guest Ms.Aswathy -GM of Zone Connect and Mr.Umapathy -Tamil Nadu Tourism development corporation.



Yoga at their respective houses “Yoga for Wellness”

Unit 20 : 15.06.2022 : No.of Beneficiaries - **39**

The proven benefits of yoga include increased flexibility and fitness, mindfulness and relaxation. The students practiced the shoulder and elbow planks. They also practiced suryanamaskaram.



Awareness on Book Donation Drive

Unit 22 : 13.10.2022: No.of Beneficiaries - 120

As a part of this, Arc Foundation India, conducted one-day “Awareness on Book Donation Drive” to the NSS Volunteers of Avinuty under the guidance of NSS Programme Officers. This one day meeting regarding



awareness on book donation drive made our NSS volunteers to know about the significance of establishing Dr.Kalam Library. This awareness drive developed the learning skills of NSS Volunteers.

Mr.D. Rajagopalan, Past President of Lions Club of Central Madras

was the Guest of Honour for the Programme. He has served more than 25 years in book donation and has contributed 10,000 Books to Dr.Kalam library. He has also



received many awards from recognizing services to humanity. He insisted upon donating books to government schools of rural children, value of books and the values of Dr. A.P.J. Abdul Kalam.

Fit India Activity

Unit 22 : 19.10.2022 : No.of Beneficiaries - 100

As per the communication of Regional Directorate of NSS, **Fit India Freedom Run 3.0** and a series of physical fitness activities from 2nd October 2022 to 31st October 2022 were organized in Avinuty campus. Fit India Mission in its endeavor aims to promote fitness and creating awareness amongst students and keeps coming with innovating fitness campaigns to indulge people in fitness activities. This activity promotes litter free clean surroundings while running. As a part of this, Fit India Freedom Run 3.0 Rally was organized in Avinuty campus on 14.10.2022 and various physical activities was done on 19.10.2022 in the Institute ground. Our NSS Volunteers actively participated in the rally and participated in sports activities enthusiastically.



Participation in Duchenne Awareness Day - “Run to End Duchenne - 2022”

Unit 22 : 25.09.2022: No.of Beneficiaries - 20

MDCRC is a not for profit organization working for Duchenne Muscular Dystrophy (DMD) which is a pediatric lethal genetic disorder for more than a decade. World Duchenne Awareness Day (WDAD) is celebrated all over the globe on the 7th day of 9th month every year to create awareness about Duchenne among the public. MDCRC has been making this day very special from 2014. In this awareness programme our Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore, UNIT 22 Information Technology NSS volunteers participated in this awareness programme to help for the disorder children to participated in the running and serving the food etc...



Awareness on Yoga

Unit 23-26 : 19.05.2022: No.of Beneficiaries - **150**

The idea of International Day of **Yoga** is being suggested on June 21st as it is the longest day of the year in the northern hemisphere and shares special significance in many parts of the world. Yoga is a physical, mental and spiritual practice which is an invaluable gift of India's ancient tradition. It is both spiritual and physical. Yoga uses breathing techniques, exercise and meditation helping to improve health and happiness. Yoga, a set of physical exercises that calm the mind and benefit the body, originated in ancient India. Yoga as a means to improve health in its Global action plan on physical activity. The students were involved to do activities like posters illustrating the benefits of yoga, quiz activity and to do yoga exercises. All the volunteers actively performed various yoga and took clicked pictures also.



Name of the Event	Road safety Awareness
Date of the Event	24.09.2022
Venue	Online mode
Google meet link	https://meet.google.com/ahc-yprn-vdk
Number of Participants	159
Staff	13

Introduction:

- Typical road users include pedestrians, cyclists, motorists, vehicle passengers, horse riders, and passengers of on-road public transport.
- The session started with the prayer song then continued with welcome address of the speaker.
- He addressed the students with safety measures to be followed in road by the pedestrian, two wheelers, four wheelers and also by heavy transport vehicles.
- The session was so interesting s from the being the interactive session was started.
- The students were so eager in clarification of the quires which was taken to time extension.

Rules for Road Safety:

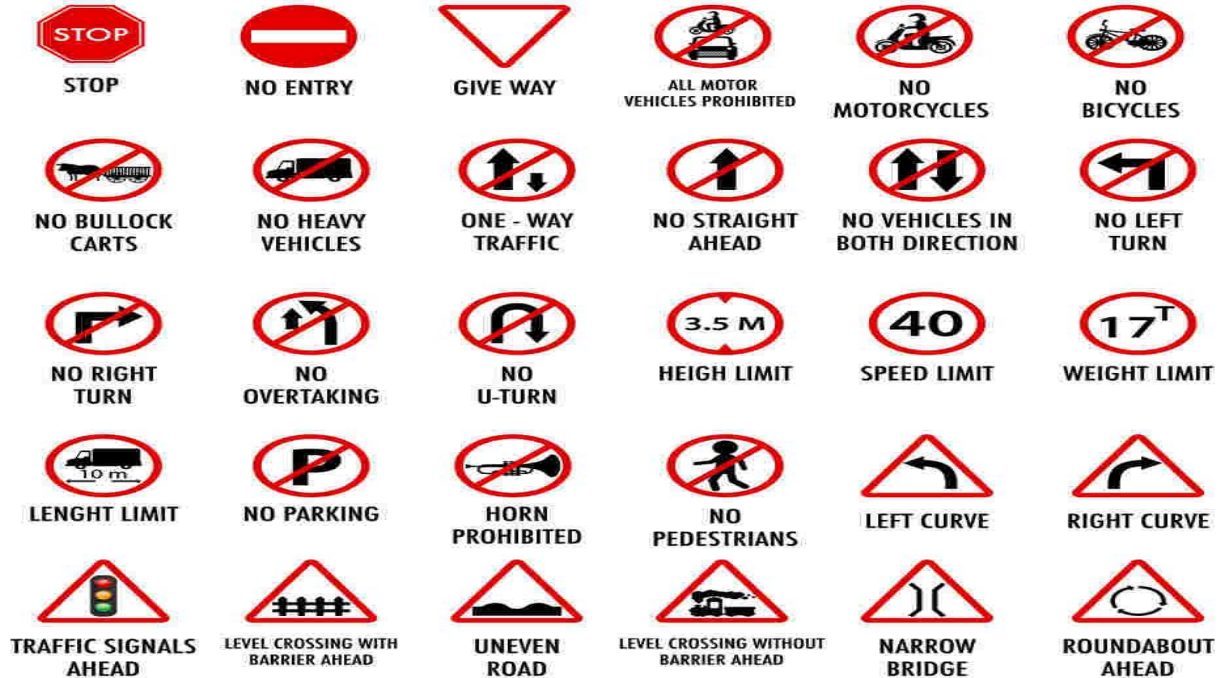
- **Keep To Your Left** – Always drive or ride on the left side of the road and let other vehicles overtake you from the right side.
- **Stay Left When You Turn Left** – When turning towards left, start with approaching the curb from the left-most lane and ensure there's enough distance for oncoming vehicles to pass.
- **Turn Right** – Come to the centre of the road before you start turning right but when going around the curb, try to stay towards the left-most part of your lane to avoid contact with oncoming traffic.
- Always Overtake from the right side.
- When being overtaken by another vehicle, never increase your speed to prevent the other driver from overtaking you.
- Be extra careful on intersections. Also, when passing through them, ensure your vehicle doesn't cause inconvenience to other road users.
- **Right of Way**- Always give a right of way to vehicles on intersections by letting them continue without stopping in that particular direction in which you are about to proceed.
- **Emergency Vehicles** – It is your responsibility to give way to emergency services vehicles such as fire engines and ambulances.
- Pedestrians have the right of way at pedestrian crossings or zebra crossings.
- **“U” Turns**- U-turns can only be taken when there is no warning sign nearby you give a proper indication to other vehicle drivers that you are going to take a U turn
- **Indicators** – Always use indicators to let other road users know about the planned change in the direction of travel. If your vehicle indicators get damaged without any warning, use hand signals

- **Parking** – Make sure you don't park your vehicle in a way it causes any hurdle or disturbance to any other road users.
- **Registration** – Your vehicle's registration plate should be visible at all times. In case it is broken or damaged, you need to get it replaced at the earliest. Driving a vehicle with its registration number not being visible is a serious offence.
- **One way Roads** – Always drive only in the permissible direction on a one-way road. Also, never park your vehicle in reverse on a one way street.
- **Stop Lines** – Always stop your vehicle behind the stop lines. On roads with no stop lines, make sure your vehicle comes to a halt before the Zebra-crossing.
- **Towing** – No vehicles should be towed closer to other vehicles on the road. However, vehicles that are mechanically disabled and those confiscated by the police are exceptions to this rule.
- **Noise** – Drivers should not horn needlessly or excessively or use them in no-honking zones like hospital zones and school zones, etc. Also, one should not drive with non-OEM-spec silencers
- Traffic Lights and Signs should be always obeyed. One should respect instructions given by a traffic cop when there are no traffic lights available.
- **Following Distance** – Always keep a safe distance from the vehicle in front of you as this will give you enough time to come to a stop in case the vehicle in front brakes suddenly.
- **Right of way on Steep Roads** – When going up on an incline, you have the right of way as it might be difficult for you to stop and regain momentum. The vice versa holds true when you're driving downhill.
- **Obstruction of View** – You should always have a clear view of the road ahead. Therefore, your car's windshield shouldn't have stickers that might obstruct your view.
- Passing Pedestrians Do not drive at more than 25 km/hr, when you passing a procession, meeting, strike, or a march.
- **Tractor and Goods Carriages** – It is prohibited to carry passengers on a tractor or a goods carrier
- **Loading** – Overloading a vehicle is not only dangerous but even illegal. Therefore, one should not carry more than a permissible number of passengers or excessive luggage that the vehicle isn't designed to carry.
- **Dangerous Materials** – One should not carry explosives, inflammable or harmful substances as they are a fire hazard.
- **Driving in Reverse** – When driving in reverse, you should make sure you do not cause annoyance to any other people on the road.
- **Essential Documents** – Always carry the following documents – Driving license, Registration certificate of the vehicle, Insurance certificate, fitness certificate (in case of commercial vehicle), tourist permit (in case of commercial vehicle) and PUC certificate.
- **Additional Regulations** – In addition to the above, the drivers should be aware of all the road safety rules, such as those of speed limit, one-way streets, etc.

Different Types of Traffic Signs in India

Common traffic signs in India are categorized under three heads -

















1. Mandatory Traffic Signs



The mandatory traffic signs in India are as follows:

Traffic Signs	Meaning
Stop	Drivers should immediately stop after seeing this.
Give Way	Indicates the traffic to give way to the fellow traffic on the right.
Straight Prohibit or No Entry	Indicates restricted area.
Pedestrian Prohibited	Indicates the place is restricted for walking.
Horn Prohibited	Honking is restricted in areas marked with this sign.
No Parking	Restricts parking of vehicles in areas marked with this sign.
No Stopping or Standing	No vehicle or person should stand or stop at the locations marked with this sign.
Speed Limited	Following the mentioned speed limit is mandatory in these designated areas.
Right Hand Curve	Cautions the driver about a right hand curve.
Left Hand Curve	Cautions the driver about a left hand curve.
Right Hair Pin Bend	Cautions about a sharp right turn.
Left Hair Pin Bend	Cautions about a sharp left turn.
Narrow Road Ahead	Cautions the driver about a narrow road.
Narrow Bridge	Indicates the driver about a narrow bridge on the road ahead.
Pedestrian Crossing	This sign indicates that pedestrians should cross the road.
School Ahead	Cautions the driver about a school nearby.
Round About	Indicates the driver about a circular intersection.
Dangerous Dip	Cautions the driver that there is a sharp dip nearby.
Hump or Rough	Cautions the driver about a hump nearby.
Barrier Ahead	Indicates to the driver that there is a barrier in the road ahead. e.g. Tolls

2. Cautionary Traffic Signs

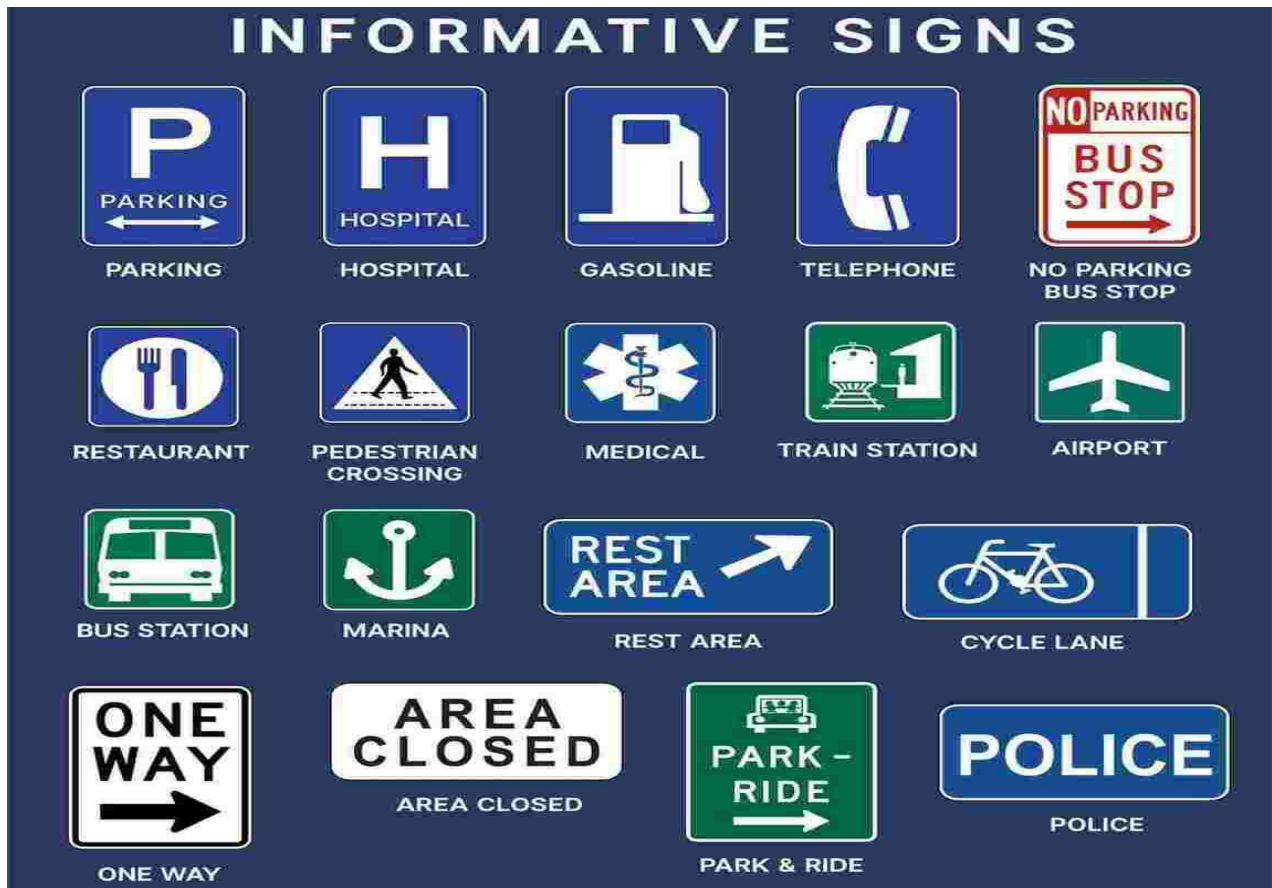
 Right hand curve	 Left hand curve	 Right hand pin bend	 Left hand pin bend
 Right reverse bend	 Narrow bridge	 Gap in median	 Cycle crossing
 Pedestrian crossing	 School	 Men at work	 Roundabout
 Narrow road	 Roadwidens	 Side road left	 Side road right

The different cautionary traffic signs are mentioned below:

Traffic Signs	Meaning
Right Hand Curve	Cautions the driver about a right hand curve.
Left Hand Curve	Cautions the driver about a left hand curve.
Right Hair Pin Bend	Cautions about a sharp right turn.
Left Hair Pin Bend	Cautions about a sharp left turn.
Right Reverse Bend	Caution the driver that there is a zigzag turn to the right.
Left Reverse Bend	Caution the driver that there is a zigzag turn to the left.
Steep Ascent	Indicates that there is a steep rising upwards nearby
Steep Descent	Indicates that there is a steep descending downwards nearby
Narrow Road Ahead	Indicates to the driver that the road ahead merges into a narrow road.
Road Wideness Ahead	Indicates to the driver that the road ahead widens.
Narrow Bridge	Indicates the driver about a narrow bridge on the road ahead.

Slippery Road	Cautions the driver that gravel or loose earth keeps falling on the road.
Cycle Crossing	Indicates that the road is meant for riding a bicycle.
Pedestrian Crossing	This sign indicates that pedestrians should cross the road.
School Ahead	Cautions the driver about a school nearby.
Men At Work	Indicates that labourers are working on the road ahead.
Cattle	Indicates the possibility of cattle on the road nearby.
Falling Rocks	Cautions the drivers that the road ahead is prone to falling rocks.
Ferry	Indicates the presence of ferry service.

3. Informatory Traffic Signs



Listed below are the important informatory traffic signs to follow in India.

Traffic Signs	Meaning
Public Telephone	Indicates that a telephone is present nearby.

Petrol Pump	Indicates that a petrol pump is present nearby.
Hospital	Indicates that a hospital is present nearby.
First Aid Post	Indicates the presence of a first aid facility nearby.
Eating Place	Indicates the presence of an eating place nearby like restaurants, cafes, etc.
Light Refreshment	Indicates the presence of a light refreshment facility nearby.
Resting Place	Indicates the presence of a resting place nearby.
No Thorough Road	Indicates the unavailability of exit on the road.
No Thorough Side Road	Indicates the unavailability of a thorough side road on the main road.
Park This Side	Shows where to park the vehicle.
Parking Lot Scooter and Motorcycle	Indicates the parking lot for scooters and motorcycles.
Parking Lot Cycle	Indicates the parking lot for bicycles
Parking Lot Cars	Indicates the parking lot for cars.

Importance of Traffic Signs in Daily Life

Indian traffic signs have utmost importance in daily life on the road.

It helps -

- Smooth flow of traffic and avoid congestion.
- Save lives from the potential risk of accidents.
- Provide necessary information about the road ahead.
- Prevent road offences.
- In the navigation of routes.

What Are the Functions of Traffic Signs in India?

The various traffic signs used in India have an array of functions. These are -

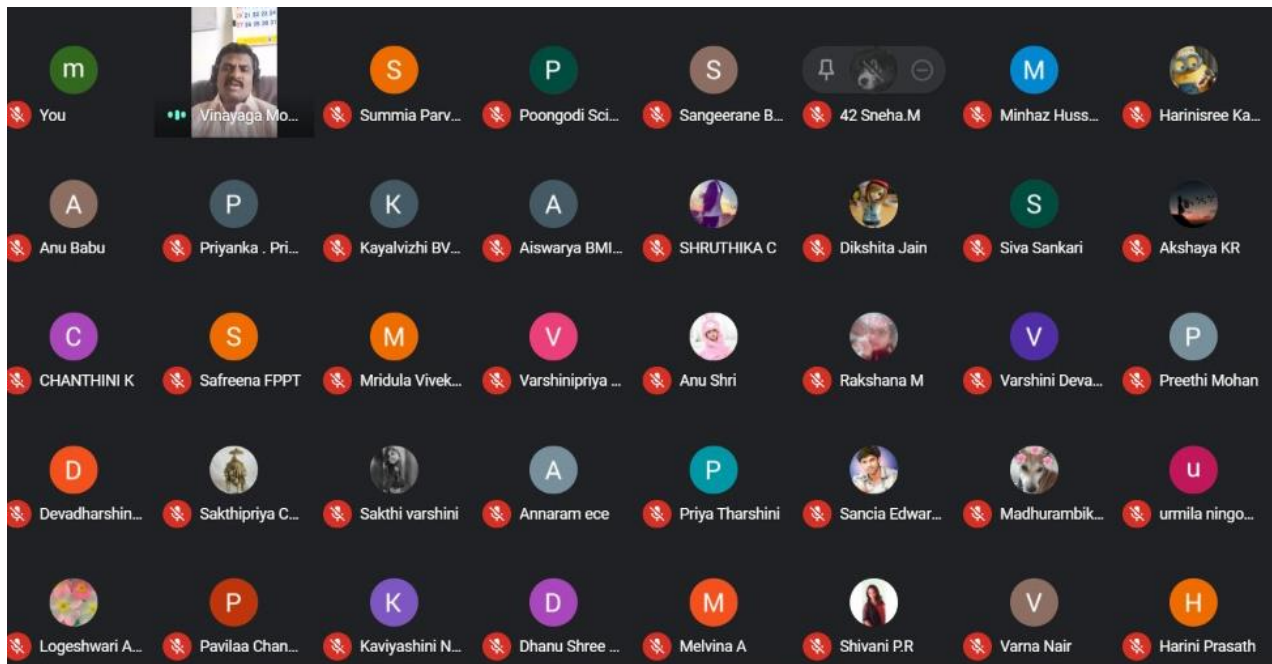
- Supports drivers with information about the road, facility around, lane to drive in, etc.
- Ensures road discipline

- Provides road instructions
- Provides information about crossroads, potholes, curves, etc.
- Marks the entry and exit points
- Informs about parking areas
- Informs about maintaining the desired speed limit while crossing any institutes to prevent accidents

There are several other types of traffic signals in India, such as:

- Hand signal by traffic police.
- Pavement marking or road marking signs.
- Traffic light signals

Besides road accidents, traffic signs save from incidents of road rage, profanities, aggressive acceleration, etc. According to the New Motor Vehicle Act of 2019, penalties for breaking traffic rules are made strict and incur higher penalties. Therefore, it is advisable to know all traffic signs and follow those.



Glimpse of online session



Avinashilingam Institute for Home Science and Higher Education for Women

**Deemed be University Estd. u/s 3 of UGC Act 1956, Category A by MHRD Re-accredited with 'A++'
Grade by NAAC.CGPA 3.65/4, Category I by UGC Coimbatore.**

School of Engineering

***Ayya Avinashilingam Nagar
Varapalayam, Thadagam P.O., Coimbatore-641108
Tamil Nadu, India.***

College Campus Cleaning

UNIT-24

(ECE, CIVIL, AIDS &PT)

Dr.T.Poongodi, Associate Professor/S/H	Overall Coordinator (NSS Coordinator)
Mrs.M.Ramyadevi ,Assistant Professor/Civil	Program Officer (NSS Coordinator)
Ms.S.Priyadharshini ,Assistant Professor/ECE	Assistant Program Officer(NSS Coordinator)

Name of the Event	Campus Cleaning
Date of the Event	01.10.2022
Venue	College Campus Cleaning

Introduction

- Cleaning is the process of removing unwanted substances, such as dirt, infectious agents, and other impurities, from an object or environment.
- Cleaning is performed for aesthetic, hygienic, functional, environmental, or safety purposes.
- Cleaning occurs in many different contexts and uses many different methods. Several occupations are devoted to cleaning.

Clean Campus promotes Hygiene, It improves hygiene level in campus and also helps to reduce the spread of sickness, maintaining a clean college environment sets a good example to students. Cleanliness encourages learners to take pride in their college, which makes them less likely to drop litter and as such they will potentially make a bigger effort to maintain their environment. Cleanliness gives rise to a good character by keeping body, mind, and soul clean and peaceful. Maintaining cleanliness is the essential part of healthy living because it is the cleanliness only which helps to improve our personality by keeping clean externally and internally.

Avinashilingam school of Engineering has organized a Clean Campus campaign on 1th October 2022 to educate and to promote civic sense among students community. Extra curricular club students went to all the Extracurricular fed about the importance of cleanliness of the campus. Students were advised not to throw paper plates, water bottle, paper cups, tissues, and many unwanted things on campus Lawns, Library, cafeteria, umbrella canteen, garden, sitting Area, corridors, class rooms, pathway and other open areas which is very unhygienic to all of us. They were also informed to make the college campus & class rooms a beautiful place for one and it classrooms healthier when the environment around them is healthy.

‘**Cleanliness**’ as per the Cambridge dictionary means the state of being clean or the act of keeping things clean. One of the first commandments for health is cleanliness. Cleanliness is essential physically, mentally, spiritually and even environmentally.



Students are actively plant a tree



Glimpse of NSS activity- College campus cleaning

The sustainable benefits of planting trees in campus,

- More oxygen in our air.
- More natural carbon sinks and reduced greenhouse gases.
- Natural habitats for endangered animal species.
- Dependable salaries and careers around the world.
- Healthier soil and natural humidity control.



College Campus cleaning

Maintaining a clean college environment sets a **good example** to students. It encourages learners to take pride in their university or college, which makes them less likely to drop litter and as such they will potentially make a bigger effort to

maintain their environment.



Glimpse of College Campus Cleaning

Cleaning is important for the health and safety. If the hallways and rooms within a college is cluttered with rubbish, cables, boxes and other obstacles, it increases the likelihood of accidents and mishaps. If a serious injury occurs as a result of a disorganised work environment, it can potentially lead to more severe problems, including lawsuits and a loss of productivity and faith in the college.



Students are actively cleaning their labs

About the fourth benefit, **cleanliness is incredibly important when it comes to cutting down on the spread of diseases in the college** and means that staff and students are able to enjoy a comfortable learning environment. It also improves hygiene levels and can help to reduce the spread of sickness.

The last benefit is **protecting college infrastructure.** Electronic equipment, furnishings and other resources are an important part of college infrastructure. Over time, dust, dirt and rubbish can prevent these things from running efficiently.



Glimpse of Laboratory Cleaning

Cleanliness is the major step to a healthy living. Cleanliness can prevent and cure people from communicable diseases. Effective cleaning can forbid viruses and other infectious diseases.

Major tips to maintain Cleanliness personally include brushing and taking bath regularly, washing hands properly before and after every meal, maintaining neatly trimmed nails and eating healthy food.

Environmental cleanliness can be enhanced by cleaning the mess created around us regularly, avoiding plastic bag usage, not littering the road by throwing the garbage, effective disposal of used water, adopting reusing and recycling techniques and always monitoring the pollution levels.



Glimpse of Department library cleaning

Therefore, failing to keep all of these things clean is likely to cost a lot more money in the long-run, due to damage from various courses.

Conclusion: Cleanliness is next to Godliness. Indian Government's initiative like Swachh Bharat has given hope for a cleaner India. Along with the government it is the duty of every citizen to ensure a clean home and clean street to enable a peaceful living.



Avinashilingam Institute for Home Science and Higher Education for Women

Deemed be University Estd. u/s 3 of UGC Act 1956, Category A by MHRD Re-accredited with 'A++'
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School of Engineering

*Ayya Avinashilingam Nagar
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NSS ACTIVITY



CELEBRATION

OF



UNIT-24

(ECE, CIVIL ,AIDS &PT)



Cultural Pride

Dr.T.Poongodi, Associate Professor	Overall Coordinator (NSS Coordinator)
Mrs.M.Ramyadevi ,Assistant Professor/Civil	Program Officer (NSS Coordinator)
Ms.S.Priyadharshini ,Assistant Professor/ECE	Assistant Program Officer(NSS Coordinator)

Name of the Event	Cultural Pride
Date of the Event	26.04.2023
Venue	ECE Department
Number of Participants	Students:41

CULTURAL PRIDE

India is a land of many cultures. Cultural pride is one of the oldest civilizations in the world, dating back more than 4,000 years. During this time, many customs and traditions have come together, reflecting the country's rich culture and heritage.

From having a rich cultural heritage to being the originator of some of the delicious delicacies, the nation knows no bounds. It is fair to say that the people of this country take pride in their cultural selves and are constantly taking forward their legacies.

The popular Hindi aphorism **‘Kos-Kos Par Badle Paani, Chaar Kos Par Baani’** defines India’s linguistic diversity. In a pluri-ethnic land like India, a shared language is a unifier and a critical part of our culture. One can explore magnificent heritage monuments while travelling from one State to another. People are proudly embracing their culture, traditional cuisine, dialect, and attire.

Propagation of Indian literature (especially local/regional bodies of work), recognizing regional publication organizations, awareness about the origins of Indian languages and their impact on languages of other countries; awareness about historical libraries etc.

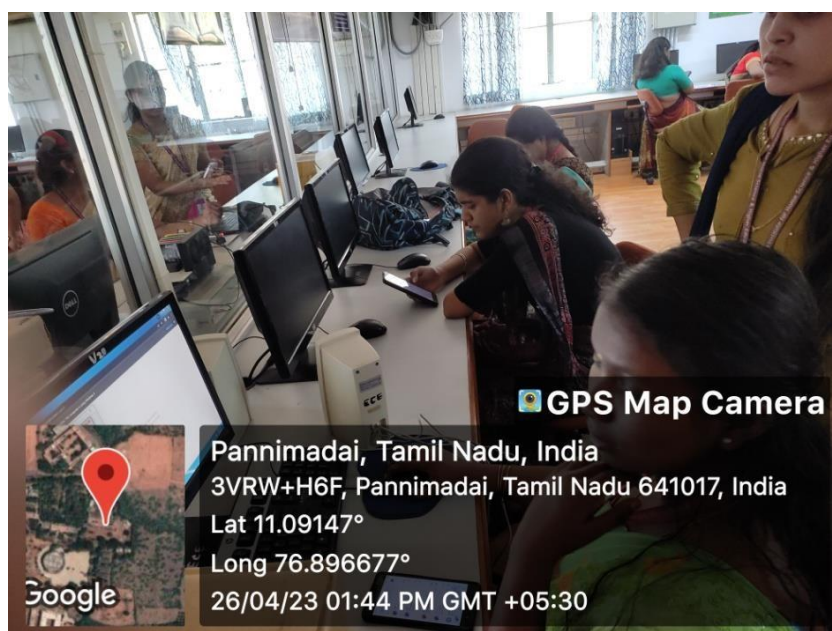
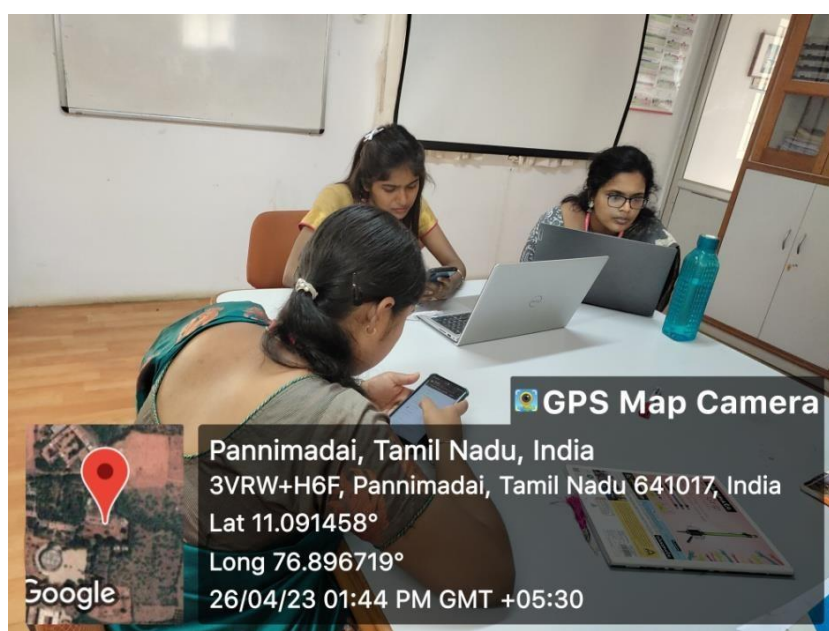
About Programme:

This event will not only carry the message of **“Culture pride”** but also permeate the youth with values assimilated by the knowledge and respect about the country’s culture. There was an active participation of students and staff members in organizing the event to spreading the message about our national culture pride.

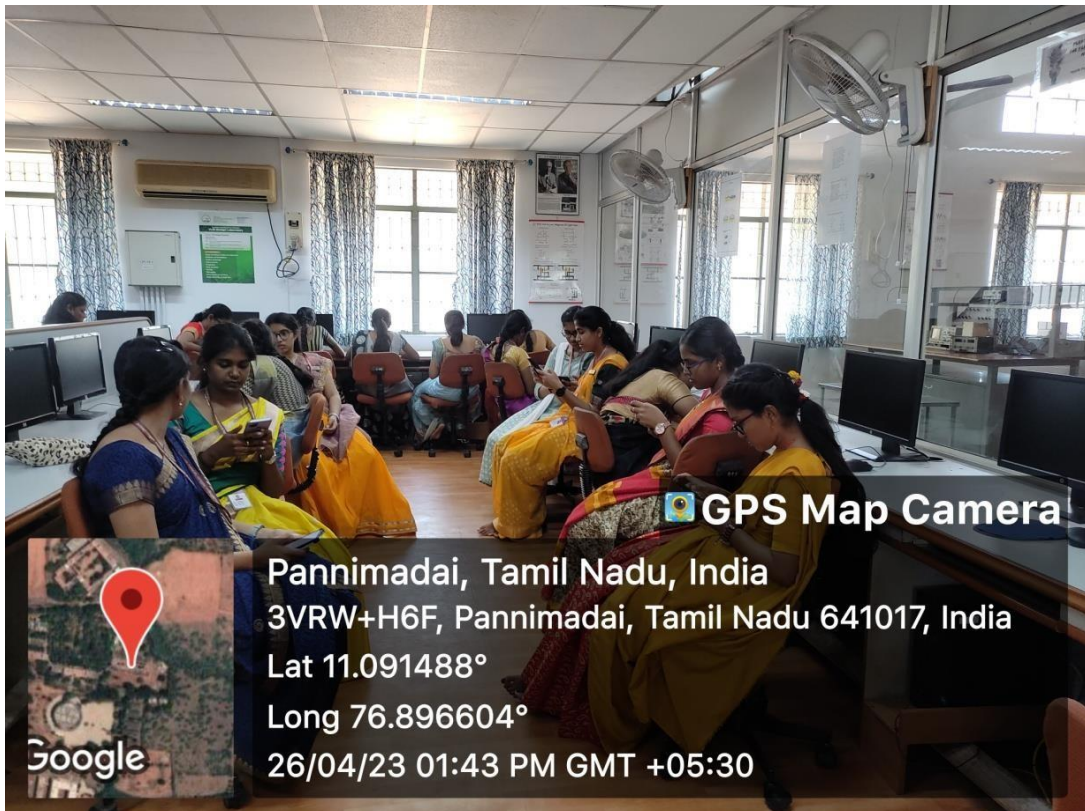
SCHEDULED EVENTS

Theme of the Event	“Culture pride”
Theme of Drawing	“Culture heritage”
Easy theme	“Our Culture our pride”
Slogan theme	“Cultural diversity of India”
Quiz	“Cultural pride”
Debate	“How youngster are dealing with traditional and modern culture pride”.

The competitions were held for students which included Quiz, debate, slogan, drawing and easy writing on relevance of “Culture pride” Quiz competitions will be held on **26.04.2023**

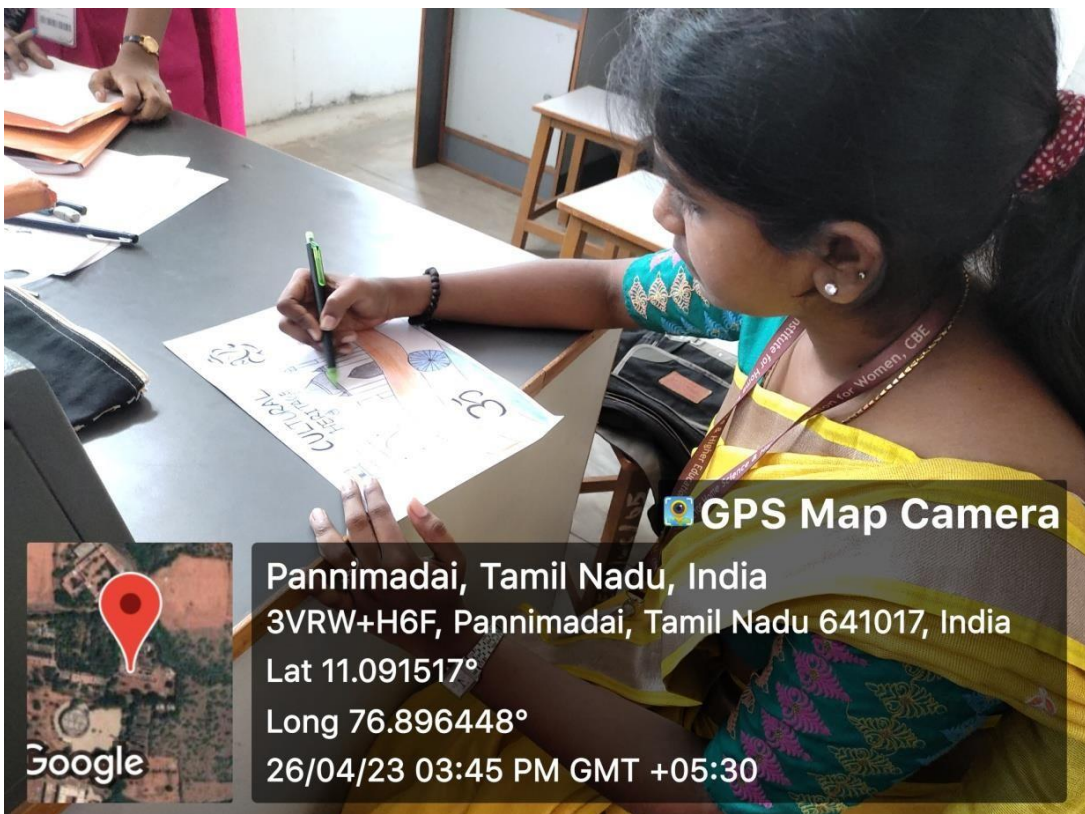


Students are actively participated in the Quiz competition

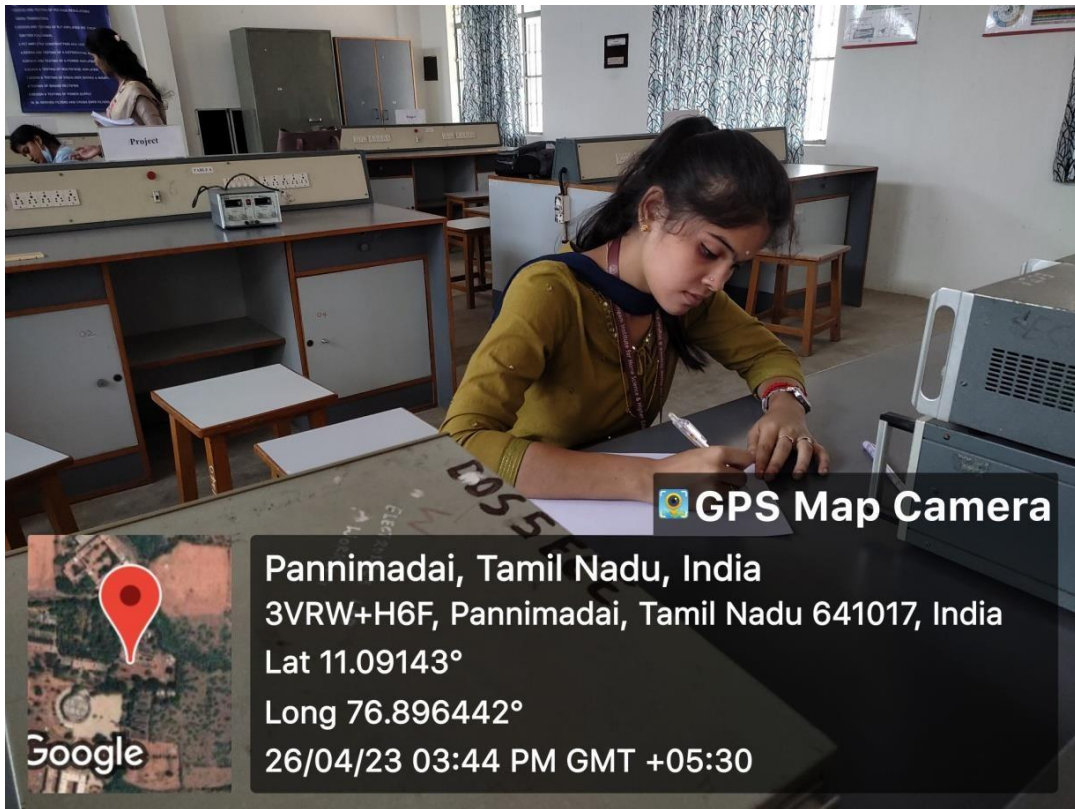


Glimpse of quiz Competition with the guidance of NSS Coordinators, School of Engineering, Varapalayam

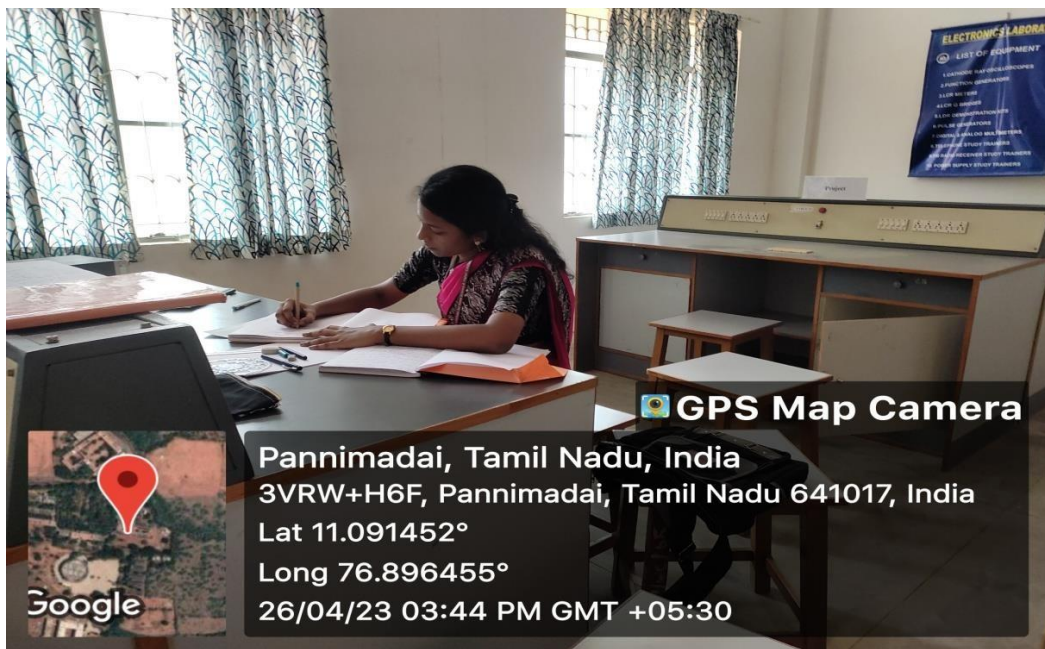
Many students were willing to participate drawing, easy writing and slogan competition with the help of NSS Coordinators.



Students are actively taking drawing competition along with guidance of NSS Coordinators, School of Engineering, Varapalayam.



Glimpse of slogan competition



Glimpse of Eassy Writing

On 28.04.2023, debate was organized for students entitled with the topic of **“How youngster are dealing with traditional and modern culture pride”**. Two teams with three students in each team participated in the Debate. One team spoke about advantage of Culture, another team spoke about disadvantage of Culture pride. Both teams share their thoughts from their point of view. Arguments were made and roved. The competition was so interesting with the exchange of student’s perspective by equally stating the merits and demerits about the topic. The event was judged by Ms.S.Priyadharshini AP/ECE (PO).

Conclusion

Day ended with various activities with the help of all NSS Coordinators. I would like to conclude be stand with **“Culture Pride Always”**

Few Photos from the Event

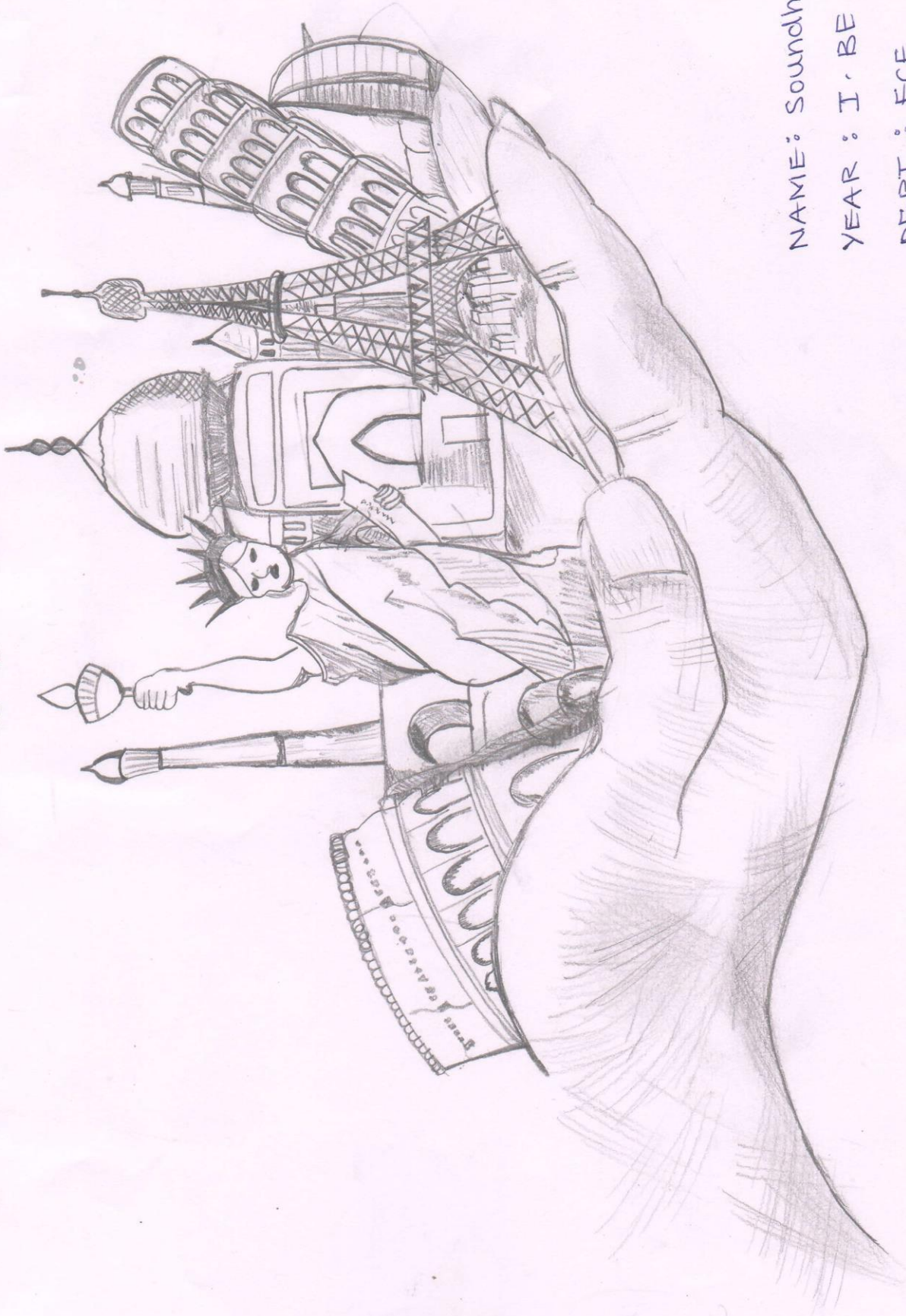
Slogan theme;

K. MONIKA
22UE1020
II. BE. ECE

Cultural Diversity of India

- The cultural heritage of India, the essence of life.
- Keep India's culture alive for generations to come.
- Rise and shine with India's cultural glory
- India's cultural heritage, a source of inspiration
- Our Cultural heritage speaks our future
- Cherish the vibrant soul of India's cultural heritage
- Pledge to preserve India's Cultural heritage
- India's legacy, India's strength

CULTURAL HERITAGE



NAME: Soundharya Lakshmi

YEAR : I . BE

DEPT : ECE

ROLL NO: 22UVEL043

"Our Culture Our Pride" ^{Essay}

"A people without the knowledge of their past history, origin, and culture is like a tree without roots."
— Marcus Garvey

Culture is an integral part of our lives. It is the customs, traditions, beliefs, and values that we share and pass on from one generation to another. Every culture is unique and distinct, and it is something that we can take pride in. Our Culture represents our identity, and it shapes who we are as individuals and as a society.

Culture is not limited to art, literature, and music. This includes languages spoken, our dressing sense, way of interaction, and customs. Our culture is a rich tapestry of diversity and uniqueness. Our culture reflects our past history. One of things that make our culture special is our ability to adapt and absorb new ideas and practices. A culture that is open to change and unafraid to break new ground. This openness to change has allowed our culture to thrive and evolve over the centuries.

Our Culture emphasizes community and family. We value our relationships and take pride in being there for each other in times of need.

"Culture is the arts of collective Intelligence."

—Marshall McLuhan

The culture of any society signifies the acceptable behaviour of a particular group or society. There are various types of cultures, .. those are: Material culture, Non material cultural, corporate culture, culture of Diversity, Popular culture, etc.

THE INDIAN CULTURE :

The culture of India is rich and diverse, reflecting country's long history and the influence of various cultures long history. Here are some additional aspects of Indian Culture: Language, Literature, Art and architecture, Cinema, etc. The fact that India has been ruled by a variety of different empires over the course of its history has had a considerable impact on the country's ability to maintain a high level of cultural diversity even today.

The way in which people in India live their lives, as well as their traditions, values, beliefs, habits, level of caring and knowledge are examples of cultural that exists in the country. Our culture is also a source of inspiration and creativity.

"Cultural pride is the soul of a Nation".

— Unknown

Culture is very significant to us because, It defines our identity and helps us understand our ancestral values.

There are many reasons why our culture is our pride. Firstly, our culture represents our history and heritage. Secondly, Our culture shapes our identity. It helps us to define who we are and where we are from. Thirdly, our culture is a source of inspiration and creativity. Finally, our culture is something that we can share with the world.

In Conclusion, Our Culture is our pride, and it is something that we should cherish and promote.

We should take pride in our culture and do everything we can to ensure that it is passed on to future generations.

"Culture is the art of life, and if we starve ourselves of them, we rob ourselves of life itself."

— Maya Angelou



Avinashilingam Institute for Home Science and Higher Education for Women

**Deemed be University Estd. u/s 3 of UGC Act 1956, Category A by MHRD Re-accredited with 'A++'
Grade by NAAC.CGPA 3.65/4, Category I by UGC Coimbatore.**

School of Engineering

*Ayya Avinashilingam Nagar
Varapalayam, Thadagam P.O., Coimbatore-641 108
Tamil Nadu, India.*

NSS ACTIVITY

FIT INDIA RUN 3.0

75th Years of Independence: Fitness is Matchless

Azadi ke Amrit Mahotsava (AKAM)

UNIT-24

(ECE, CIVIL, AIDS &PT)



Dr.T.Poongodi, Associate Professor/S/H	Overall Coordinator (NSS Coordinator)
Mrs.M.Ramyadevi ,Assistant Professor/Civil	Program Officer (NSS Coordinator)
Ms.S.Priyadharshini ,Assistant Professor/ECE	Assistant Program Officer(NSS Coordinator)

Name of the Event	Fit India Run
Date of the Event	19.10.2022
Venue	Physical Education Department(Ground)
Number of Participants	Students: 1500 & Faculty:50+

Fit India Freedom Run 3.0

Introduction:

Fit India Mission has decided to organize the 3rd edition i.e. Fit India Freedom Run 3.0 from 2nd October to 31st October 2022 under **Azadi Ka Amrit Mahotsav (AKAM)** initiative. Citizens will be urged to inculcate 30 minutes of physical fitness in any form, celebrate achievements of active lifestyle and make a resolve to remain fit on the grand occasion of India's 75th Independence year completion i.e. **"Azadike 75 saal, fitness rahe bemisaal"**. The campaign will kick-off with a Plog Run on 2nd October 2022 to celebrate Mahatma Gandhi's birth anniversary followed by running events for the remainder of the campaign i.e., till 31st October 2022.

The Fit India Movement is a movement to take the nation on a path of fitness and wellness. It provides a unique and exciting opportunity to work towards a healthier India. As part of the movement, individuals and organisations undertake various efforts for their own health and well-being as well as for the health and well-being of fellow Indians.

Objectives of the Event:

- ❖ To encourage people to take up fitness activities such as running and sports in their daily lives.
- ❖ To popularize fitness as a way of life to get freedom from obesity, laziness, stress, anxiety, diseases, etc.
- ❖ To make people adopt healthy and fit life style.
- ❖ To organize the events of fitness run and encourages the students to take part in the fitness run as being practiced by runners / walkers across India.
- ❖ To sensitize the students about the management of healthy lifestyle by running towards the heritage sites in their respective city.

The Event was started by Dr.B.Sargunam, Dean (i/c) School of Engineering along with Dr.T.Poongodi (NSS Incharge), Mrs.Ramyadevi (Program officer), Ms.S.Priyadharshini (Assistant Program Officer).



Flag off by Honourable Dr.B.Sargunam, Dean Incharge School of Engineering



“Swachh Bharat Abhiyan with Fit India Plog Run”





Glimpse of Fit India Run 3.0

Being physically fit has been defined as "the ability to carry out daily tasks with vigor and alertness, without undue fatigue and with ample energy to enjoy leisure-time pursuits and to meet unforeseen emergencies".

*****UNITY IS STRENGTH!!! CELEBRATION OF FESTIVAL UNITY!!!*****



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School of Engineering

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Tamil Nadu, India.*

Gender Equality

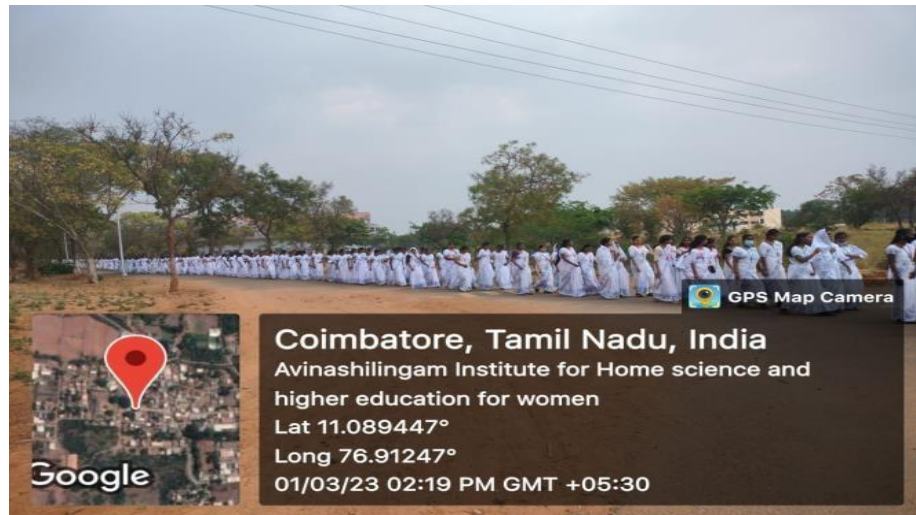
UNIT-24

(ECE, CIVIL, AIDS &PT)

Dr.T.Poongodi, Associate Professor/S/H	Overall Coordinator (NSS Coordinator)
Mrs.M.Ramyadevi ,Assistant Professor/Civil	Program Officer (NSS Coordinator)
Ms.S.Priyadharshini ,Assistant Professor/ECE	Assistant Program Officer(NSS Coordinator)

Name of the Event	Gender Equality
Date of the Event	13.04.2023
Venue	School of Engineering

The Rally was flagged off by Dr.B.Sargunam, Dean (i/c) School of Engineering along with Dr.T.Poongodi (NSS In -charge), Mrs.Ramyadevi (Program officer), and Ms.S.Priyadharshini (Assistant Program Officer). She appreciated the efforts of NSS Volunteers of college. She also conveyed the volunteers that today women excelled in all the fields. The Volunteers took pledge that they would carry the message to every nook and corner of the society



Glimpse of Gender Equality





Avinashilingam Institute for Home Science and Higher Education for Women

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School of Engineering

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Tamil Nadu, India.*

NSS ACTIVITY

“Integrity Pledge for Citizen”

UNIT-24

(ECE, CIVIL, AIDS &PT)

Dr.T.Poongodi, Associate Professor/S/H	Overall Coordinator (NSS Coordinator)
Mrs.M.Ramyadevi ,Assistant Professor/Civil	Program Officer (NSS Coordinator)
Ms.S.Priyadharshini ,Assistant Professor/ECE	Assistant Program Officer(NSS Coordinator)

Name of the Event	Integrity Pledge for Citizen
Date of the Event	04.11.2022
Venue	School of Engineering
Number of Participants	Students: 39

Introduction:

Corruption can be defined as dishonest or unethical conduct by a person entrusted with a position of authority, either to obtain benefit to oneself or to some other person. It is a global phenomenon, affecting all strata of society in some way or the other. Corruption undermines political development, democracy, economic development, the environment, people's health and much more. It is imperative that the public be sensitized and motivated towards efforts for weeding out corruption. E-governance, and systemic changes in procedures, minimal discretion, reduced public interface technology based procurement and automation will go a long way in reducing corruption. The Commission has been advising all organizations/ departments to identify and implement effective preventive measures to fight corruption and to enhance transparency and accountability in their functioning.

Pledge objective:

- ❖ The purpose of Vigilance Awareness Week is to generate awareness in the public at large about the ill effects of corruption.
- ❖ It aims to the promotion of integrity and probity in public life through citizen participation.
- ❖ It aims of spreading awareness and sensitizing the public about ways and means to fight corrupt practices.



Students taking pledge on “Integrity Pledge for Citizen”



Students are actively doing pledge



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)

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Coimbatore - 641 043, Tamil Nadu, India



**School of Engineering
(Approved by AICTE)**

Coimbatore – 641108
NSS Units 24

Report on Yoga Day Celebration

A webinar

YOGA AWARENESS

on

21.06.2022 at 4.00pm

**Number of Participant: 120 students
2 Staff**



Google Meet link: <https://meet.google.com/occe-tpwh-kom>

Name of the Event	International Day of Yoga
Date of the Event	21.06.2022
Venue	School of Engineering

Yoga is a group of physical, mental, and spiritual practices or disciplines which originated in ancient India and aim to control and still the mind, recognizing a detached witness-consciousness untouched by the mind and mundane suffering. There is a wide variety of schools of yoga, practices, and goals in Hinduism, Buddhism, and Jainism and traditional and modern yoga is practiced worldwide.

The ultimate goals of yoga are stilling the mind and gaining insight, resting in detached awareness, and liberation from *samsāra* and *duḥkha*: a process leading to unity with the divine or with Self. This goal varies by philosophical or theological system. In the classical Astanga yoga system, the ultimate goal of yoga is to achieve *samadhi* and remain in that state as pure awareness.

According to Knut A. Jacobsen, yoga has five principal meanings:

1. A disciplined method for attaining a goal
2. Techniques of controlling the body and mind
3. A name of a school or system of philosophy
4. With prefixes such as "hatha-, mantra-, and laya-", traditions specializing in particular yoga techniques
5. The goal of Yoga practice

Patanjali defined an eight-limbed yoga in *Yoga Sutras*

1. Yama (The five abstentions):
Ahimsa (Non-violence, non-harming other living beings),
Satya (truthfulness, non-falsehood),
Asteya (non-stealing),
Brahmacharya (celibacy, fidelity to one's partner) and
Aparigraha (non-avarice, non-possessiveness).
2. Niyama (The five "observances"):
Śauca (purity, clearness of mind, speech and body),
Santosha (contentment, acceptance of others and of one's circumstances),
Tapas (persistent meditation, perseverance, austerity),
Svādhyāya (study of self, self-reflection, study of Vedas) and
Ishvara-Pranidhana (contemplation of God/Supreme Being/True Self).
3. Asana: Literally means "seat", and in Patanjali's Sutras refers to the seated position used for meditation.
4. Pranayama ("Breath exercises"): *Prāna*, breath, "āyāma", to "stretch, extend, restrain, stop".
5. Pratyahara ("Abstraction"): Withdrawal of the sense organs from external objects.
6. Dharana ("Concentration"): Fixing the attention on a single object.
7. Dhyana ("Meditation"): Intense contemplation of the nature of the object of meditation.
8. Samadhi ("Liberation"): merging consciousness with the object of meditation.

Benefits of YOGA:

1. Yoga improves strength, balance and flexibility:

Slow movements and deep breathing increase blood flow and warm up muscles, while holding a pose can build strength.

2. Yoga helps with back pain relief:

Yoga is as good as basic stretching for easing pain and improving mobility in people with lower back pain. The American College of Physicians recommends yoga as a first-line treatment for chronic low back pain.

3. Yoga can ease arthritis symptoms:

Gentle yoga has been shown to ease some of the discomfort of tender, swollen joints for people with arthritis.

4. Yoga benefits heart health:

Regular yoga practice may reduce levels of stress and body-wide inflammation, contributing to healthier hearts. Several of the factors contributing to heart disease, including high blood pressure and excess weight, can also be addressed through yoga.

5. Yoga relaxes you, to help you sleep better:

Research shows that a consistent bedtime yoga routine can help you get in the right mindset and prepare your body to fall asleep and stay asleep.

6. Yoga can mean more energy and brighter moods:

You may feel increased mental and physical energy, a boost in alertness and enthusiasm, and fewer negative feelings after getting into a routine of practicing yoga.

7. Yoga helps you manage stress:

According to the National Institutes of Health, scientific evidence shows that yoga supports stress management, mental health, mindfulness, healthy eating, weight loss and quality sleep.

8. Yoga connects you with a supportive community:

Participating in yoga classes can ease loneliness and provide an environment for group healing and support. Even during one-on-one sessions loneliness is reduced as one is acknowledged as a unique individual, being listened to and participating in the creation of a personalized yoga plan.

9. Yoga promotes better self-care:

The National Institutes of Health and other large organizations are listening to and incorporating scientific validation of yoga's value in health care.

Numerous studies show yoga's benefits in arthritis, osteopenia, balance issues, oncology, women's health, chronic pain and other specialties.

International Day of Yoga is being suggested on June 21st as it is the longest day of the year in the northern hemisphere and shares special significance in many parts of the world. Yoga is a physical, mental and spiritual practice which is an invaluable gift of India's ancient tradition. It is both spiritual and physical. Yoga uses breathing techniques, exercise and meditation helping to improve health and happiness. Yoga, a set of physical exercises that calm the mind and benefit the body, originated in ancient India. Yoga as a means to improve health in its Global action plan on physical activity. The students were involved to do activities like posters illustrating the benefits of yoga, quiz activity and to do yoga exercises. All the volunteers actively performed various yoga and took clicked pictures also



Glimpse of Yoga Activity



Avinashilingam Institute for Home Science and Higher Education for Women

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School of Engineering

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Tamil Nadu, India.*

UNIT-24

(ECE, CIVIL, AIDS &PT)

“Say Yes to Life, No To Drugs”

Dr.T.Poongodi, Associate Professor/S/H	Overall Coordinator (NSS Coordinator)
Mrs.M.Ramyadevi ,Assistant Professor/Civil	Program Officer (NSS Coordinator)
Ms.S.Priyadharshini ,Assistant Professor/ECE	Assistant Program Officer(NSS Coordinator)

Name of the Event	“Say Yes to Life ,No To Drugs”
Date of the Event	10.08.2022
Venue	School of Engineering

As part of spreading the awareness against the ill effects of drugs among citizens, in co-ordination with Narcotic Control Bureau (NCB), Government of India has uploaded an e-pledge titled “Say Yes to Life, No to drugs”.



Glimpse of Pledge activity

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Coimbatore - 641043, Tamil Nadu, India.

NATIONAL SERVICE SCHEME



2022 - 2023

Name of the Programme Officer : Mrs.M.Ramyadevi

Name of the Asst. Programme Officer : Ms.S.Priyadharshini

Name of the Adopted Village : Varapalayam

Unit No : 24

Date of Special Camp : **08.02.2023 to 14.02.2023**

CONTENT

S.No	Title	Page No
1	Village Profile	2
2	Activities conducted with no of beneficiaries	3
3	Photo Gallery (geo tag photos and without geo photos) only selected action oriented photograph	6-24
4	Village survey	16
5	Asset creation and sponsor details with photographs/logo and asset worth amount	25
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7	Invitation	28
8	Other Annexure	33
	a. All permission letters	
	b. Volunteers List with attendance (7 days)	

Village Profile

About Village

Varapalayam is a small Village/hamlet in Periyamayakkanpalayam Block in Coimbatore District of Tamil Nadu State, India. It comes under 22 Nanjundapuram Panchayath. It is located 12 KM towards North from District head quarters Coimbatore. 494 KM from State capital Chennai. Varapalayam Pin code is 641108 and postal head office is Tadagam.

Varapalayam is surrounded by Coimbatore Block towards South , Sarcarsamakulam Block towards East , Thondamuthur Block towards South , Karamadai Block towards North, Coimbatore , Coonoor , Palladam , Udhamandalam are the near by Cities to Varapalayam.



Varapalayam overlook area coverage

Activities conducted with no of beneficiaries

S.NO	Number of Volunteers involved	Number of PO and APO involved
1.	41	2

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

Unit No & Department : 24

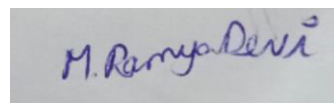
Name of the Allotted Village : 01

Name of the Programme Officer : **Mrs.M.Ramyadevi,AssistantProfessor/Civil**

No. of Volunteers (II UG) : 41

S. No	Activities undertaken in Special Camp Day wise	No of peoples involved	No. of NSS Volunteers involved	Outcome of the Programme
1	DAY 1: *Inauguration *Organic farm visit	41 Students + 2 staffs	41	Inauguration function started at morning session. Chief guest gave a brief statement about NSS activity and its importance. Students get aware about how to harvest the sugarcane without 0% chemical.
2	DAY 2: *School Campus Cleaning Village Cleaning *Yoga session	41 Students +2 staffs	41	Cleaning is a key tool to develop nature creation with the help of youngsters Develop capacity to meet emergencies and natural disasters and Practice national integration and social harmony. Yoga Session Now days youngsters are pressured by new technology, Yoga is a major role to create new feel about health and mind.
3	DAY 3: * Safety awareness program *Village Survey	41 students +2 staffs	41	Awareness Campaign conducted by external staff Vinayaka Moorthi from safety club Students able to understand how to protect themselves from fire accidents, learn about gas cylinder usage and precaution.

				<p>About Survey</p> <ul style="list-style-type: none"> ✓ Identify the needs and problems of the community and involve them in problem solving. ✓ Develop among themselves a sense of social and civic responsibility. ✓ Utilize their knowledge in finding practical solutions to individual and community problems.
4	<p>DAY 4: *Anuvavai Subramanian Temple Cleaning</p>	41 students +2 staffs	41	Cleanliness is the major step to a healthy living. Cleanliness can prevent and cure people from communicable diseases. Effective cleaning can forbid viruses and other infectious diseases.
5	<p>DAY 5: *Survey about village *Aware about eye camp</p>	41 students +2 staffs	41	Awareness Campaign on Health and Clean in the village and in the evening conducted Awareness Program about eye camp for village people by NSS Volunteers.
6	<p>Day 6: *Eye camp</p>	41 students +2 staffs +8 Eye camp volunteers	41	Students are able to understand about how people are suffering without medical facilities in rural areas This help to make assert creation among students
7	<p>Day 7: *Sapling</p>	41 students +2 staffs	41	“Save the tree and Save the future”



Signature of the Programme Officer

Activities conducted with brief

Date	: 08.02.2023
Volunteers	: 40 Students
Day 1	: Wednesday
Programme 1	: Inauguration Function
NSS volunteers start their inauguration work for morning session. The function started by honorable Dr.B.Sargunam, Dean(i/c), School of Engineering along with Varapalayam, School Head master of Dr.Perumalsamy, Over all Coordinator(NSS Coordinator) , Dr.T.Poongodi, Associate Professor/S/H, Mrs.Ramyadevi (Program Officer) and Ms.S.Priyadharshini (Assistant Program Officer).	
Programme 2	: Organic farm visit
Student get some aware about organic farm visit	

Programme 1 : Introduction about NSS & Village adoption

Adoption of a village and area is a very meaningful programme in NSS. It is far better to concentrate attention on one village and take up the task for development perspective, than to fritter away energy in many locations involving too many activities which may not be completed at all or where the follow up action may not be possible. From this point of view, village adoption programme should ensure continuity of work sustained action, evaluation and follow up work.

The Programme officer and Assistant programme officer gave a talk about the plan for one week village camp visit and stressed the importance of the camp in the college at **9.45am**. Then, we reached the Varapalayam village along with Mrs.Ramyadevi (Program officer) and Ms.S.Priyadharshini (Assistant Program officer) from campus II to Varapalayam around **10.00am**.

Finally, keep our belongs to Varapalayam Government school. Student's starts their inauguration work for morning session

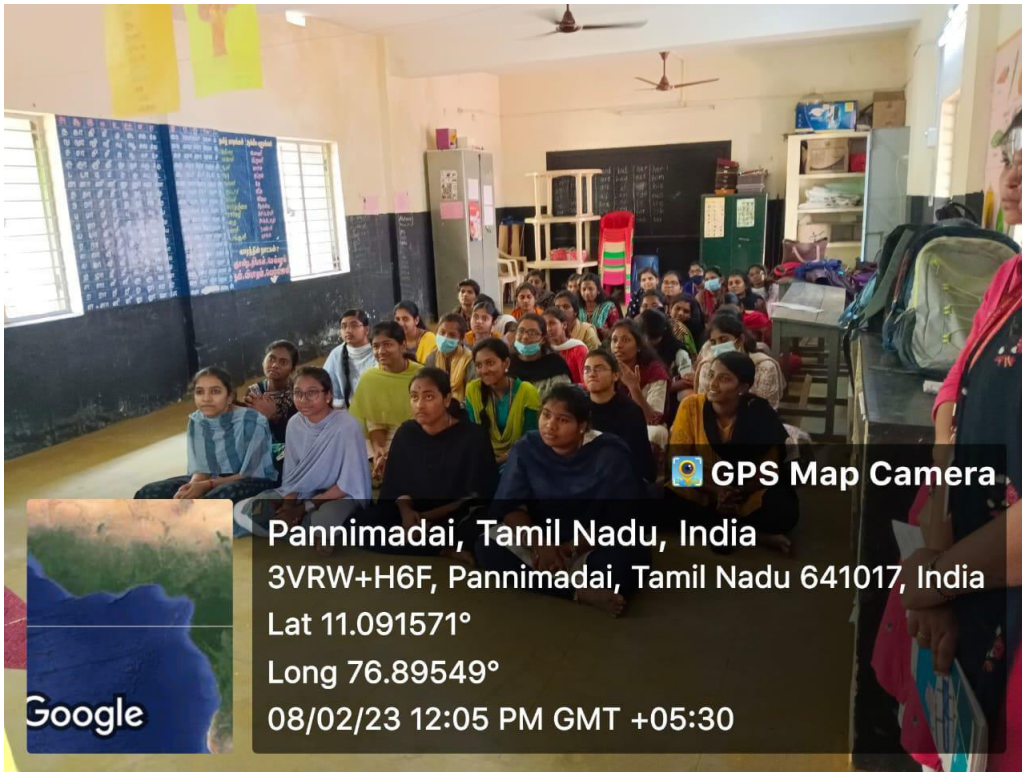
The NSS inauguration function was started by honorable **Dr.B.Sargunam, Dean (i/c) School of Engineering** along with Head master of **Dr.Perumalsamy (Government School**

,Varapalayam), Mrs.Ramyadevi (Program officer), and Ms.S.Priyadharshini (Assistant Program Officer).

Photos from Inauguration event



Glimpse of Inauguration function along with the guide of APO'S and PO'S



**Glimpse of Inauguration Function started by honorable Dr.B.Sargunam, Dean (i/c)
School of Engineering along with the guide of APO'S and PO'S**

Chief Guest shares their own experience about NSS activity. She starts to describe about NSS in detail manner. National Service Scheme (NSS) was introduced in 1969 with the primary objective of **developing the personality and character of the student youth through voluntary community service.** 'Education through Service' is the purpose of the NSS. The ideological orientation of the NSS is inspired by the ideals of Mahatma Gandhi.

As the symbol of the National Service Scheme (NSS) is a Rath Wheel from the Konark Sun Temple or The Black Pagoda which is situated in Orissa, India, it signifies the movement taking place in life through the time and space, it shows us the continuity and changes in a life. It also indicates the hard work of NSS in the field to bring social change. The wheel in the symbol portrays the cycle of creation, preservation and release.

The aim behind the program of NSS is to provide help to everyone who needs it, to enhance and bring a better change in the standard of living and the way they lead their life with dignity.

Programme 2 : Organic farm visit

Afternoon session, students went to visit the organic farm house in Varapalayam village





Glimpse of 100% chemical free sugar cane juice making area.

Farm gave some inputs about chemical free sugar cane juice. Sugarcane is expanding into an extraordinarily diverse range of value-added products such as sugar, ethanol and bioelectricity.

Date	: 09.02.2023
Volunteers	: 40 Students
Day 1	: Thursday
Programme 1	: Campus & Village Cleaning
Cleanliness is the major step to a healthy living. Cleanliness can prevent and cure people from communicable diseases. Effective cleaning can forbid viruses and other infectious diseases.	
Programme 2	: Yoga session
Students learn more about Yoga asana.	

Programme 1 : Campus & Village Cleaning

The NSS Volunteers gathered to clean the surrounding of the individual buildings in the school campus. NSS volunteers enthusiastically collected plastic wastes, tea cups, weeds and dry leaves spread over the surrounding areas. The volunteers gathered all the waste and trash bags to the place where the school arranged for the removal of collected wastes. The whole cleaning drive was quite inspiring and motivating for the NSS team members.

Cleanliness is the major step to a healthy living. Cleanliness can prevent and cure people from communicable diseases. Effective cleaning can forbid viruses and other infectious diseases.

Major tips to maintain Cleanliness personally include brushing and taking bath regularly, washing hands properly before and after every meal, maintaining neatly trimmed nails and eating healthy food.

Environmental cleanliness can be enhanced by cleaning the mess created around us regularly, avoiding plastic bag usage, not littering the road by throwing the garbage, effective disposal of used water, adopting reusing and recycling techniques and always monitoring the pollution levels.

About the fourth benefit, **cleanliness is incredibly important when it comes to cutting down on the spread of diseases in the rural areas** and means that staff and students are able to enjoy a comfortable learning environment. It also improves hygiene levels and can help to reduce the spread of sickness. **'Cleanliness'** as per the Cambridge dictionary means the state of being clean or the act of keeping things clean. One of the first commandments for health is cleanliness. Cleanliness is essential physically, mentally, spiritually and even environmentally

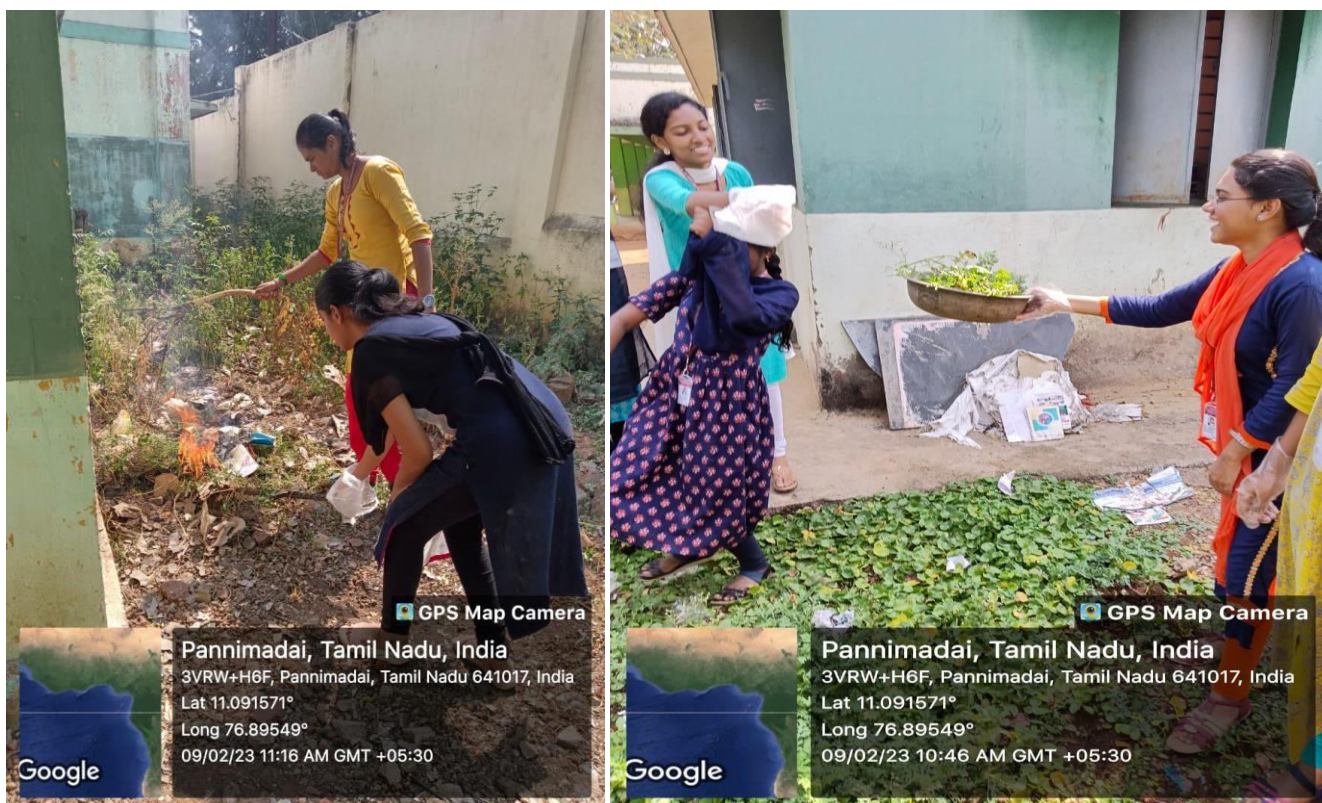


Garbage collection from school campus, Varapalayam, Coimbatore.

Cleaning entire campus by NSS Volunteers, Varapalayam, Coimbatore.

“When your environment is clean you feel happy motivated and healthy”

Maintaining a clean environment sets a good example to students. It encourages learners to take pride in their university or college, which makes them less likely to drop litter and as such they will potentially make a bigger effort to maintain their environment.



Removal of mesquite tree from the school campus, Varapalayam, Coimbatore.

“Cleaning is important for the health and safety”. If the hallways and rooms within a college is cluttered with rubbish, cables, boxes and other obstacles, it increases the likelihood of accidents and mishaps. If a serious injury occurs as a result of a disorganized work environment, it can potentially lead to more severe problems, including lawsuits and a loss of productivity and faith in the college.

Programme 2 : **Yoga session**

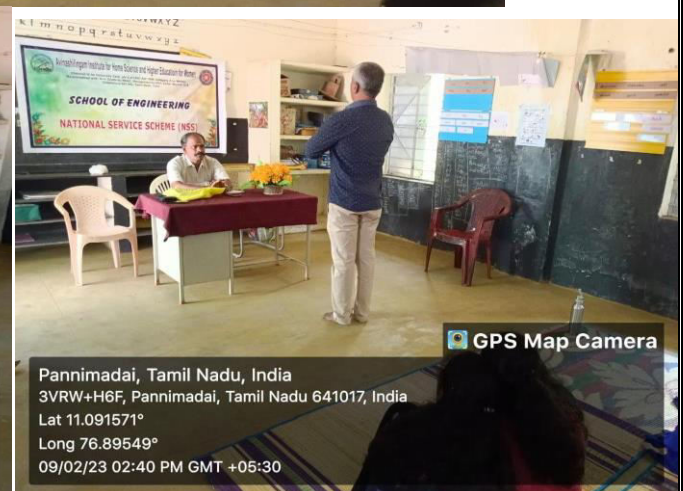
Afternoon session, Students learn some yoga asana from Dr.Sakthivel (Yoga Master).

The instructor of the yoga classes was **Dr.Sakthivel, Yoga master**. A total number of 49 students along with their **PO & APO** are participated in the yoga classes. The classes were conducted in varapalayam government school, the timing of the classes were from **1.30 pm – 4.30 pm**.

He share the importance of yoga asanas, practising yoga asanas or poses helps control an individual’s mind, body, and soul. It brings together physical and mental disciplines to achieve a peaceful body and mind; it helps manage stress and anxiety and keeps you relaxed.

Yoga also helps in increasing flexibility, muscle strength and body tone. It improves respiration, energy and vitality. Practising asanas might seem like just stretching, but it can do much more for your body from the way you feel, look and move.

“Yoga asanas or poses that will help keep your mind and body healthy and fit”



Glimpse of yoga session by NSS Volunteer

Date	: 10.02.2023
Volunteers	: 40 Students
Day 1	: Friday
Programme 1	: Safety awareness program
Students get some aware about safety precaution.	
Programme 2	: Village Survey
Survey about village.	

Programme 1 : Safety awareness program

Safety awareness is a collective commitment from employees toward promoting safe work environments. The presence of safety awareness promotes healthier workplace culture among employees towards managing hazards.



Glimpse of safety awareness program.

Programme 2 : Village survey

Afternoon session, village survey are done by NSS Volunteers

Awareness on Dengue:

Dengue is a viral infection transmitted to humans through the bite of infected mosquitoes. The primary vectors that transmit the disease are Aedes aegypti mosquitoes. Dengue is found in tropical and sub-tropical climates worldwide, mostly in urban and semi-urban areas.

Students Involvement: Students explained the symptoms of Dengue Fever, like continuous vomiting, knee pain, stomach pain, head ache, and body pain, and also gave practical awareness about where it will be in, like breeds in Flower pots, Water coolers, Refrigerators, and Wastages etc. The dengue mosquito prefers to bite its prey on the ankles, legs and knees.

The Camp witnessed the enthusiastic participation of 40 NSS volunteers with the help of Program officers and Assistant Program officer. A very strong performance by NSS volunteers highlighting the importance of cleanliness was presented in front of Village peoples.

Village survey by NSS Volunteers



Glimpse of students taking survey about village.

Date	: 11.02.2023
Volunteers	: 40 Students
Day 1	: Saturday
Programme 1	: Anuvavai Subramanian Temple Cleaning

In anuvavi Subramanian temple the in and around surroundings of had been cleaned by the NSS students.



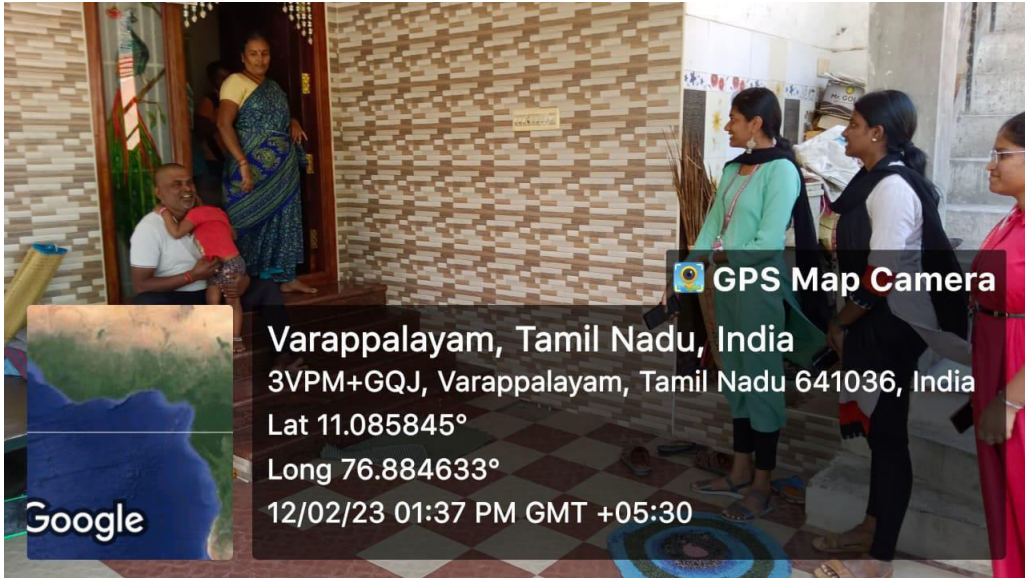
Glimpse of photo from in front of temple

Date	: 12.02.2023
Volunteers	: 40 Students
Day 1	: Sunday
Programme 1	: Survey about Village
Programme 2	: Aware about eye camp

Students have surveyed about people needs and their queries that are lacking in the varappalayam village and also surveyed about population of the village.



Photos from Survey on village



Glimpse of Village survey.

Date	: 13.02.2023
Volunteers	: 40 Students
Day 1	: Monday
Programme 1	: Eye Camp

Programme 1 : Eye Camp

It was time for villagers to get their eyes checked as there are several eye disorders prevailing due to seasonal changes, pollution and more. Following this, a free eye check up camp was organized by the NSS volunteers of Avinashilingam Institute (School of Engineering).

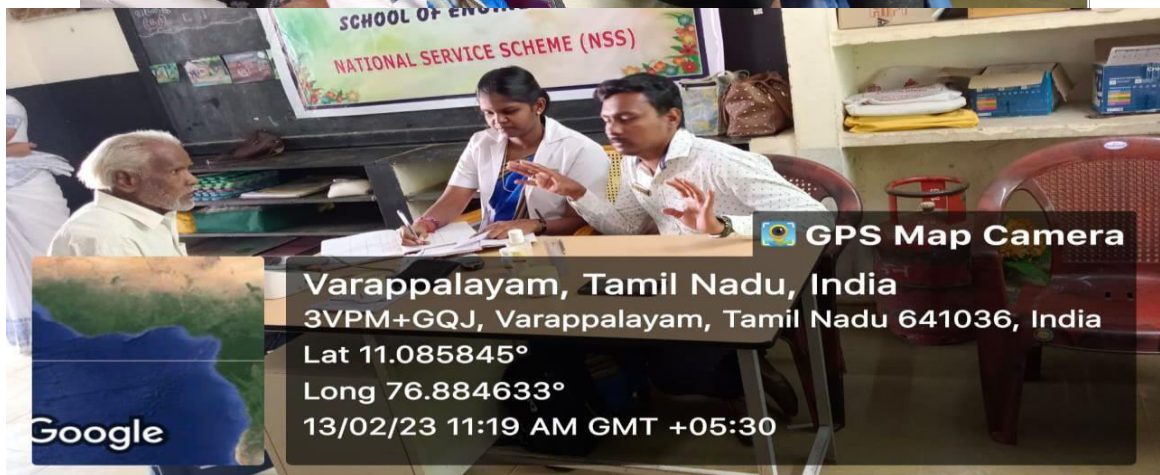
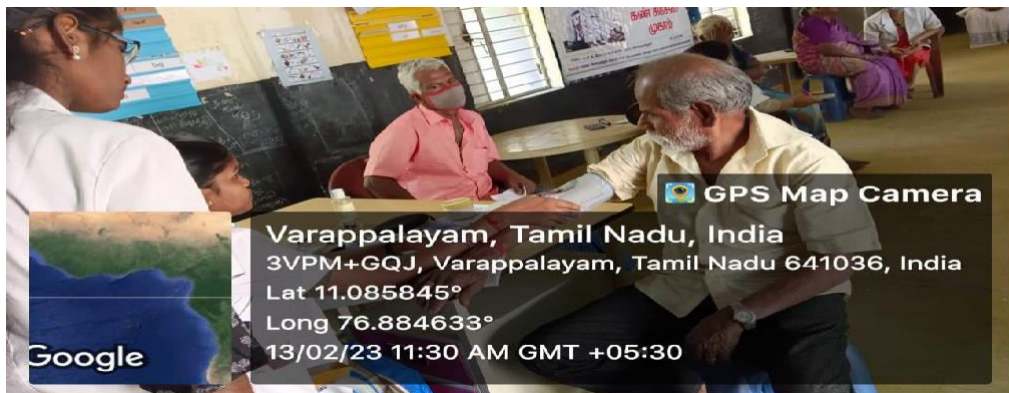
Avinashilingam Institute, in association with **Eye foundation Hospital** located in R.S Puram organized a free eye check up camp under **NSS activity on February 13, 2023**. The camp witnessed a sincere participation of over 49 students and 2 staff members. On this occasion, the experts from **Eye foundation Hospital** conducted a comprehensive computerized eye examination and counseled the patients regarding eye care

In free eye camp,59 village people comes for eye checkup,23 of them got opportunity for free surgery .The free eye camp is very useful for Varapalayam village .

“Save your healthy eyes”



Eye foundation Hospital, R.S Puram, Coimbatore



Glimpse of Eye Foundation Hospital, R.S Puram, Coimbatore

Date	: 14.02.2023
Volunteers	: 40 Students
Day 1	: Tuesday
Programme 1	: Sapling

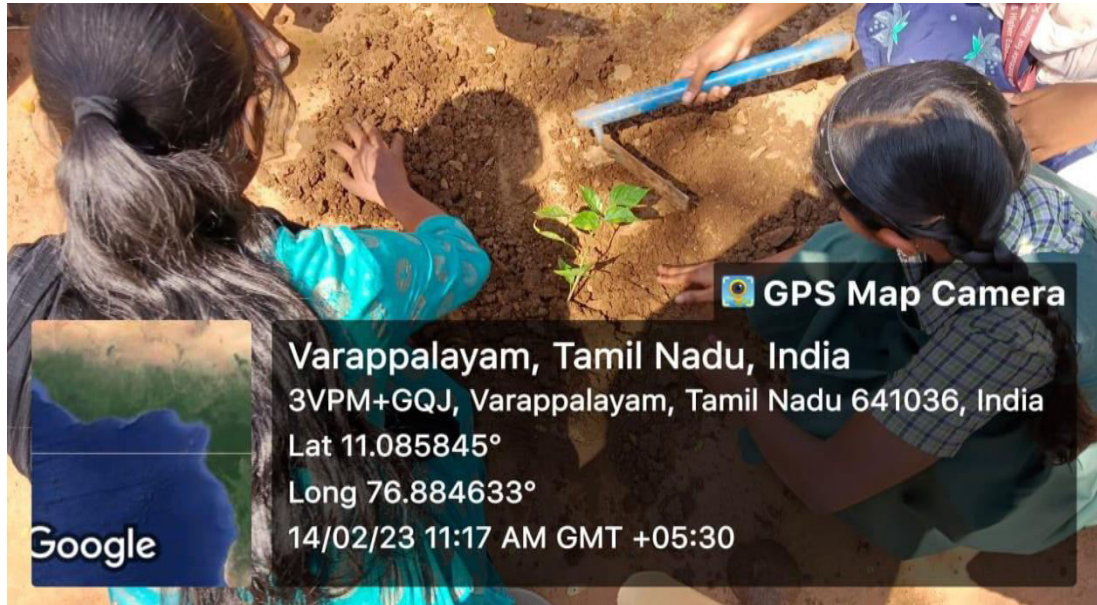
Programme 1 : Sapling

The sustainable benefits of planting trees in campus,

- More oxygen in our air.
- More natural carbon sinks and reduced greenhouse gases.
- Natural habitats for endangered animal species.
- Dependable salaries and careers around the world.
- Healthier soil and natural humidity control.

“Save trees & save future”





Glimpse of tree sapling by NSS volunteers

Conclusion

One week camp ended with various activities. Students are able to understand rural areas cultures, how they are overcoming with their difficulties etc..

Asset Creation and Sponsor Details



Glimpse of students sponsored 102 chart works, handmade scrapbook it involves drawing pages especially for school children along with 5 plastic mug and bucket etc....

Sponsor Details

Handmade Scrapbook	50 (Count)
Chart work for Students	102
Plastic Mug	20
Plastic Bucket	20
Stationary items	It includes Pencil box, rubber, sharper,colorpencil etc...

Budget Allotment

Special Camp II UG	700-25%	Amount
39	175	6825

Invitation Letter



அவினாசிலிங்கம்
மனையியல் மற்றும் மகளிர் உயர் கல்வி நிறுவனம்
கோயம்புத்தூர் - 641 043



வொறியியல் புலம்

குழு எண் : 24

நாட்டு நலப்பணித்திட்ட சிறப்பு முகாம்

08.02.2023 முதல் 14.02.2023 வரை

**தூய்மையான இந்தியா
(SWACHH BHARAT)**

முகாம் தொடக்க விழா அழைப்பிதழ்

நாள் : 08.02.2023 புதன் கிழமை
நேரம் : காலை 11.00 மணி
இடம் : ஊராட்சி ஒன்றிய நடுநிலைப்பள்ளி
வரபாளையம் , கோவை

**எங்களுக்காக அல்ல உங்களுக்காக
NOT ME BUT YOU**

அன்புடையீர்!

வணக்கம். எங்கள் நிறுவன நாட்டு நலப்பணித் திட்டத்தின் சார்பில் 08.02.2023 முதல் 14.02.2023 வரை “தூய்மையான இந்தியா” (SWACHH BHARAT) என்னும் பொருளில் சிறப்பு முகாம் நடைபெற உள்ளது. இச்சிறப்பு முகாமில் தாங்கள் கலந்து கொண்டு நாட்டு நலப்பணித் திட்ட மாணவிகளை ஊக்குவித்து எங்கள் திட்டப்பணிகள் சிறக்க உதவுமாறு பணிவன்புடன் கேட்டுக்கொள்கிறோம்.

இப்படிக்கு
பல்கலைக்கழக நிர்வாகத்தினர்,
திட்ட ஒருங்கிணைப்பாளர்கள், திட்ட அலுவலர்கள்,
நாட்டுநலப்பணித்திட்ட மாணவிகள்

முகாம் அறிவுரையாளர்கள்

முனைவர். திரு. எஸ்.பி. தியாகராஜன், வேந்தர் அவர்கள்

முனைவர். திருமதி வி. பாரதி ஹரிசங்கர், துணை வேந்தர் அவர்கள்

முனைவர் திருமதி எஸ்.கௌசல்யா, பதிவாளர் அவர்கள்

முனைவர். திருமதி சற்குணம், புலன் பொறுப்பாளர் அவர்கள், பொறியியல்புலம்

முனைவர். செல்வி தி, ராதா, நாட்டு நலப்பணித்திட்ட ஒருங்கிணைப்பாளர்

முனைவர். திருமதி டி.பூங்கொடி, நாட்டு நலப்பணித்திட்ட அறிவியல் மற்றும் மனிதநேயத்துறை

முனைவர். திருமதி.சிவகுமாரி , துறைத்தலைவர். கணினி துறை பொறியியல் புலம்

முனைவர். திருமதி.லக்ஷ்மி பிரியா, துறைத்தலைவர். அச்சு துறை பொறியியல் புலம்

முனைவர். திருமதி.நித்யா, துறைத்தலைவர். கட்டிட துறை பொறியியல் புலம்

அன்புடையீர்!

வணக்கம். எங்கள் நிறுவன நாட்டு நலப்பணித் திட்டத்தின் சார்பில் 08.02.2023 முதல் 14.02.2023 வரை “தூய்மையான இந்தியா” (SWACHH BHARAT) என்னும் பொருளில் சிறப்பு முகாம் நடைபெற உள்ளது. இச்சிறப்பு முகாமில் தாங்கள் கலந்து கொண்டு நாட்டு நலப்பணித் திட்ட மாணவிகளை ஊக்குவித்து எங்கள் திட்டப்பணிகள் சிறக்க உதவுமாறு பணிவன்புடன் கேட்டுக்கொள்கிறோம்.

இப்படிக்கு
பல்கலைக்கழக நிர்வாகத்தினர்,
திட்ட ஒருங்கிணைப்பாளர்கள், திட்ட அலுவலர்கள்,
நாட்டுநலப்பணித்திட்ட மாணவிகள்

முகாம் அறிவுரையாளர்கள்

முனைவர். திரு. எஸ்.பி. தியாகராஜன், வேந்தர் அவர்கள்

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முனைவர் திருமதி எஸ்.கௌசல்யா, பதிவாளர் அவர்கள்

முனைவர். திருமதி சற்குணம், புலன் பொறுப்பாளர் அவர்கள், பொறியியல்புலம்

முனைவர். செல்வி தி, ராதா, நாட்டு நலப்பணித்திட்ட ஒருங்கிணைப்பாளர்

முனைவர். திருமதி டி.பூங்கொடி, நாட்டு நலப்பணித்திட்ட அறிவியல் மற்றும் மனிதநேயத்துறை

முனைவர். திருமதி.சிவகுமாரி , துறைத்தலைவர். கணினி துறை பொறியியல் புலம்

முனைவர். திருமதி.லக்ஷ்மி பிரியா, துறைத்தலைவர். அச்சு துறை பொறியியல் புலம்

முனைவர். திருமதி.நித்யா, துறைத்தலைவர். கட்டிட துறை பொறியியல் புலம்

துவக்க விழா அழைப்பிதழ்

நாள் : 08.02.2023

காலை : 11.00 மணி

இடம் : வரபாளையம்

நிகழ்ச்சி நிரல்

- இறை வணக்கம் : செல்வி செளந்தர்யா
இரண்டாம் ஆண்டு
கட்டிட கலை மற்றும் கணினி தொழில் நுட்ப மாணவி
- வரவேற்புரை : செல்வி சாருலதா
இரண்டாம் ஆண்டு
மின்னணு மற்றும் தகவல் தொழில்
நுட்ப மாணவி
- விளக்கவுரை : செல்வி ஹர்ஷினி
இரண்டாம் ஆண்டு
செயற்கை நுண்ணறிவு மற்றும் தரவு அறிவியல் தொழில்
நுட்ப மாணவி
- தலைமையுரை : திரு. பெருமாள்சாமி
தலைமை ஆசிரியர்
ஊராட்சி ஒன்றிய நடுநிலைப்பள்ளி
வரபாளையம்
கோவை
- வாழ்த்துரை : திரு. சுந்தரராஜ்
கிராம பஞ்சாயத்து தலைவர்
வரபாளையம்
கோவை
- நன்றியுரை : செல்வி மதுமிதா
இரண்டாம் ஆண்டு
அச்சு தொழில் நுட்ப மாணவி

----- நாட்டுப்பண் -----

ஒருங்கிணைப்பாளர்கள்

திட்ட அலுவலர் : திருமதி. ரம்யா தேவி
உதவிப் பேராசிரியர், பொறியியல் புலம்

துணை திட்ட அலுவலர் : செல்வி பிரியதர்ஷினி
உதவிப் பேராசிரியர் பொறியியல் புலம்
நாட்டு நலப்பணி திட்டம், குழு எண் : 24
அவினாசிலிங்கம் மனையியல் மற்றும்
மகளிர் உயர் கல்வி நிறுவனம்,
கோயம்புத்தூர்

Permission Letter

கோயம்புத்தூர் மாவட்டக்கல்வி அலுவலரின்(தொடக்கக் கல்வி)
செயல்முறைகள்

ந.க.எண்.0477 /ஆ5/2023 நாள் 06.02.2023

பொருள் : தொடக்கக்கல்வி - நாட்டு நலப்பணித் திட்டம் - கோயம்புத்தூர் அவினாசிலிங்கம் தொழில்நுட்ப கல்லூரி அறிவியல் மற்றும் மகளிர் உயர்கல்வி கல்லூரி, வரப்பாளையம், திப்பனூர், தாளீயூர், அப்பநாயக்கன்பாளையம் ஊராட்சி ஒன்றிய நடுநிலைப்பள்ளிகளில் நாட்டு நலப்பணித் திட்டம் முகாம் நடத்த அனுமதி வழங்குதல் - சார்பு.

பார்வை : முதல்வரின் அவினாசிலிங்கம் தொழில் நுட்ப கல்லூரி கடிதம் நாள்06.02.2023.

பார்வையில் காணும் கடிதத்தின்படி கோயம்புத்தூர் அவினாசிலிங்கம் தொழில்நுட்ப கல்லூரி அறிவியல் மற்றும் மகளிர் உயர்கல்வி கல்லூரியின் சார்பாக பெரியநாயக்கன்பாளையம் ஒன்றியம், வரப்பாளையம், திப்பனூர், தாளீயூர், அப்பநாயக்கன்பாளையம் ஊராட்சி ஒன்றிய நடுநிலைப்பள்ளிகளில் நாட்டு நலப்பணித்திட்டம் சார்பான முகாம் 08.02.2023 முதல் 14.02.2023 வரை நடத்த கீழ்க்கண்ட நிபந்தனைகளின் அடிப்படையில் அனுமதி அளிக்கப்படுகிறது.

நிபந்தனைகள்

- 1) பள்ளியில் அன்றாட தினம் கற்றல் கற்பித்தல் பணிகளுக்கு பாதிப்பு ஏற்படாத வகையில் முகாம் நடத்திட வேண்டும்.
- 2) பள்ளியின் சொத்துக்கோ பொருளுக்கோ எந்தவித சேதாரமும் ஏற்படுத்தக்கூடாது, அவ்வாறு ஏற்பட்டால் கல்லூரி நிர்வாகம் பொறுப்பேற்று மீள சரிசெய்து தர வேண்டும்.
- 3) பள்ளியில் எந்தவித அசம்பாவிதமும் நடைபெற இடம்தரக்கூடாது

மாவட்டக் கல்வி அலுவலர்
(தொடக்கக்கல்வி)
கோயம்புத்தூர்

பெறுநர் :

வட்டாரக் கல்வி அலுவலர்,
பெரியநாயக்கன்பாளையம்

நகல்

1. முதல்வர்,
அவினாசிலிங்கம் தொழில் நுட்ப கல்லூரி,கோயம்புத்தூர்.
2. ஊராட்சி ஒன்றிய நடுநிலைப்பள்ளிகள்
வரப்பாளையம், திப்பனூர், தாளீயூர், அப்பநாயக்கன்பாளையம்
(வழி வட்டாரக்கல்வி அலுவலர் மூலமாக)

கோயம்புத்தூர் மாவட்டக் கல்வி அலுவலரின் (தொடக்கக்கல்வி) செயல்முறைகள்
ந.க.எண் 0477/ஆ5/2023 நாள் 06.02.2023 ஆம் 119 கீழ்க்கண்ட
நிபந்தனைகளின் அடிப்படையில் நாட்டு நலப்பணித்திட்ட முகாம் நடத்த
அனுமதி உறுவீகம் மட்டுமே

Attendance

Yes activity Special Camp

Attendance from 08.02.2023 to 14.02.2023
(7 days)

S.No	Roll No	Name of the students	Day1 Feb 08	Day1 Feb 09	Day1 Feb 10	Day1 Feb 11	Day1 Feb 12	Day1 Feb 13	Day1 Feb 14
1	21006UEL01	Akshayaa S	/	/	/	/	/	/	/
2	21016UEL02	Charu Latha M	/	/	/	/	/	/	/
3	21061UEL03	Keethika S K	/	/	/	/	/	/	/
4	21073UEL04	Nandhana S	/	/	/	/	/	/	/
5	21079UEL05	Nithya A	/	/	/	/	/	/	/
6	21082UEL06	Nivedha S M	/	/	/	/	/	/	/
7	21123UEL07	Sunmathy M	/	/	/	/	/	/	/
8	21130UEL08	Thivani M	/	/	/	/	/	/	/
9	20025UEL04	Devadharsini.N	/	/	/	/	/	/	/
10	21015UEP01	Madhumathi B	/	/	/	/	/	/	/
11	21016UEP02	Mahalakshmi M	/	/	/	/	/	/	/
12	21017UEP03	Swetha V	/	/	/	/	/	/	/
13	21018UEP04	Sushmitha D	/	/	/	/	/	/	/
14	21030UEV01	Gayathri A	/	/	/	/	/	/	/
15	21031UEV02	Gayathri Shreya K	/	/	/	/	/	/	/
16	21060UEV03	Keerthana S	/	/	/	/	/	/	/
17	21089UEV04	Priyadharshini A	/	/	/	/	/	/	/
18	21113UEV05	Soundhariya M B	/	/	/	/	/	/	/
19	21004UEA02	Abinaya M	/	/	/	/	/	/	/
20	21009UEA03	Abinaya T	/	/	/	/	/	/	/
21	21011UEA04	Asvika N	/	/	/	/	/	/	/
22	21012UEA05	Aswini M	/	/	/	/	/	/	/
23	21012UEA05	Avanthika K S	/	/	/	/	/	/	/
24	21018UEA06	Chrislyn Easter Dafna S	/	/	/	/	/	/	/
25	21023UEA07	Dhakshatha V	/	/	/	/	/	/	/
26	21033UEA08	Gowsalya G	/	/	/	/	/	/	/
27	21037UEA09	Harshini A V S	/	/	/	/	/	/	/
28	21043UEA10	Janani S	/	/	/	/	/	/	/
29	21046UEA11	Jaya Suriya A	/	/	/	/	/	/	/
30	21053UEA12	Jyothikaa K P	/	/	/	/	/	/	/
31	21054UEA13	Jyotika R	a	a	a	a	a	a	a
32	21091UEA15	Puranasree M S	/	/	/	/	/	/	/
33	21093UEA16	Raganitharsana C	/	/	/	/	/	/	/
34	21097UEA17	Renkhanayagi A R K	/	/	/	/	/	/	/
35	21098UEA18	Rithanyavarshikaa M	/	/	/	/	/	/	/
36	21101UEA19	R Rakshitha	/	/	/	/	/	/	/
37	21109UEA20	Shakthi M	/	/	/	/	/	/	/
38	21110UEA21	Shrija M	/	/	/	/	/	/	/
39	21115UEA22	Sowndarya B	/	/	/	/	/	/	/
40	21119UEA23	Srinidhi S	/	/	/	/	/	/	/
41	21137UEA24	Yuvathika Sri R	/	/	/	/	/	/	/



Avinashilingam Institute for Home Science and Higher Education for Women

Deemed be University Estd. u/s 3 of UGC Act 1956, Category A by MHRD Re-accredited with 'A++'
Grade by NAAC.CGPA 3.65/4, Category I by UGC Coimbatore.

School of Engineering

*Ayya Avinashilingam Nagar
Varapalayam, Thadagam P.O., Coimbatore-641 108
Tamil Nadu, India.*

NSS ACTIVITY

NATIONAL UNITY DAY (RASHTRIYA EKTA DIWAS) REPORT

Celebration of 'Unity Day' on the Birth Anniversary of Sardar Vallabhbhai Patel from 25th
October to 31st October 2022

UNIT-24

(ECE, CIVIL ,AIDS &PT)

Run for Unity



Dr.T.Poongodi, Associate Professor	Overall Coordinator (NSS Coordinator)
Mrs.M.Ramyadevi ,Assistant Professor/Civil	Program Officer (NSS Coordinator)
Ms.S.Priyadharshini ,Assistant Professor/ECE	Assistant Program Officer(NSS Coordinator)

Name of the Event	National Unity Day
Date of the Event	31.10.2022
Venue	Physical Education Department(Ground)
Number of Participants	Students: 1500 & Faculty:50+

INTRODUCTION:

National Unity Day is an initiative celebrated every year to commemorate Sardar Vallabhbhai Patel's birth anniversary. Sardar Patel was born on 31st of October in 1875 in Gujarat. He was first Home Minister and one of the founding fathers of the Republic of India. He was a great social leader who worked enormously for the integration of people to make India a united and independent nation. National Unity Day initiative was introduced by the Government of India and inaugurated by Prime Minister Narendra Modi in 2014. In an official statement for Rashtriya Ekta Diwas (**National Unity Day**) by the Ministry of Home Affairs quotes that the "**National Unity Day**" will provide an opportunity to re-affirm the inherent strength and resilience of our nation to withstand the actual and potential threats to the unity, integrity and security of our country. Run for Unity is a nation wide campaign organized to celebrate this occasion which signifies peace and harmony among the fellow citizens of the country. Unity in diversity will always remain the prime pillars for the democracy of our vast nation and a key to its global success.

About Programme:

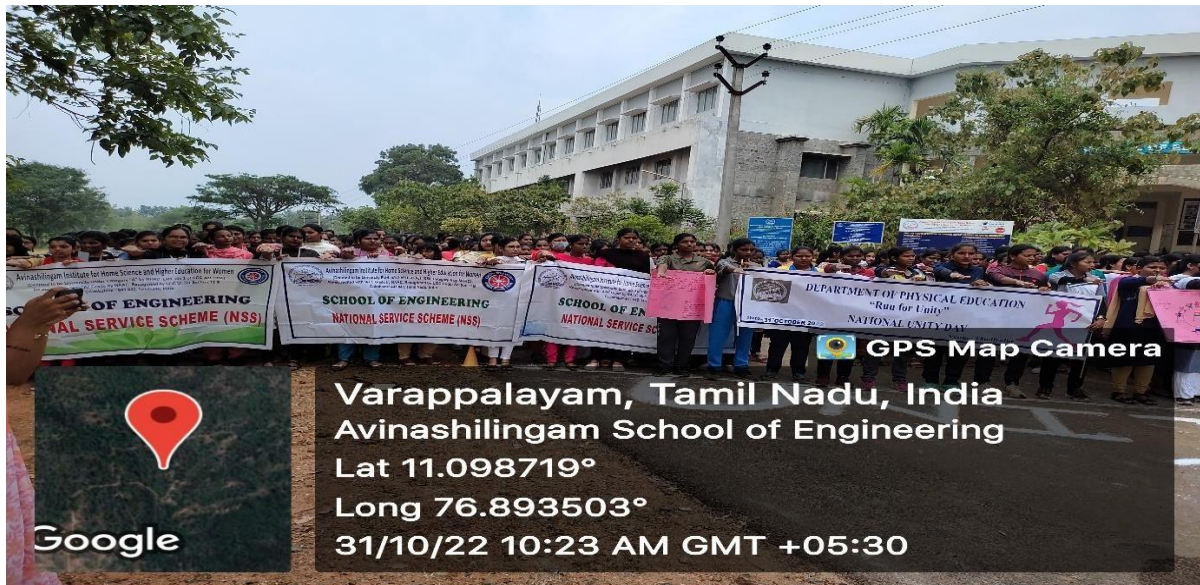
This event will not only carry the message of "Unity in Diversity" but also permeate the youth with values assimilated by the knowledge and respect about the country's diverse legacy. There was an active participation of students and staff members in organizing the event to spreading the message about national security, safety and unity.

Pledge Ceremony:

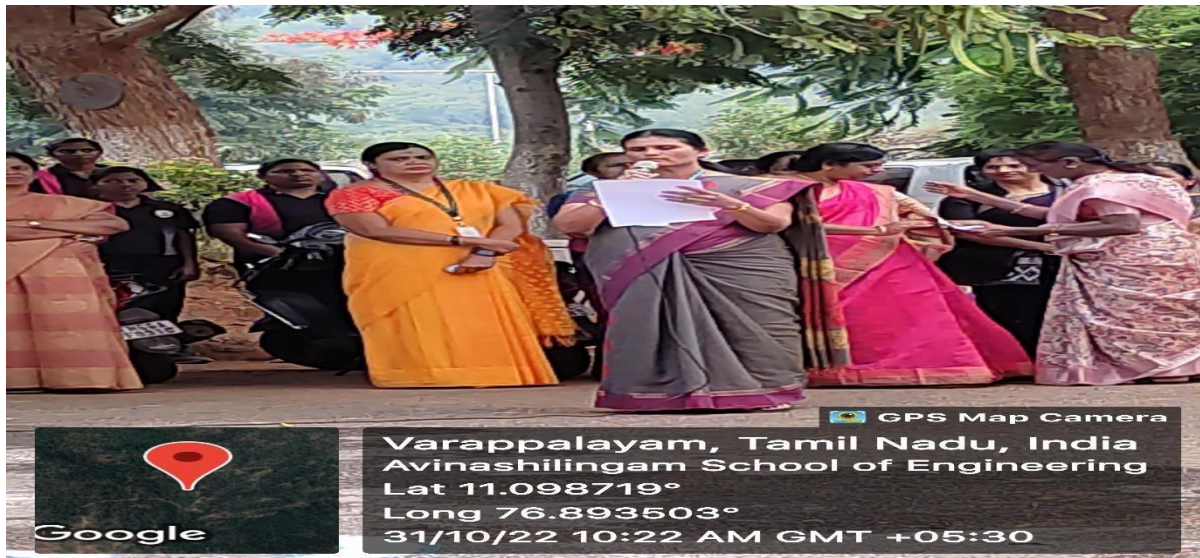
The Unity day event was took place in Physical Education department at 10.00 AM on 31.10.2022 in the presence of the Dr.B.Sargunam, Professor, Dean (i/c),School of Engineering along with the NSS coordinators, Program officer and Asst. Program officer. The event started with a prayer song. During this event the NSS Coordinator of physical education students explain the importance of "Unity day "celebration. The Oath taking

ceremony initiated by Dr.B.Sargunam, Professor, Dean (i/c) (School of Engineering) .The following pledge had been taken by the students.

“Rashtriya Ekta Diwas Pledge Ceremony”



S



Students are actively taking pledge along with guidance of NSS Coordinators, School of Engineering, Varappalayam.

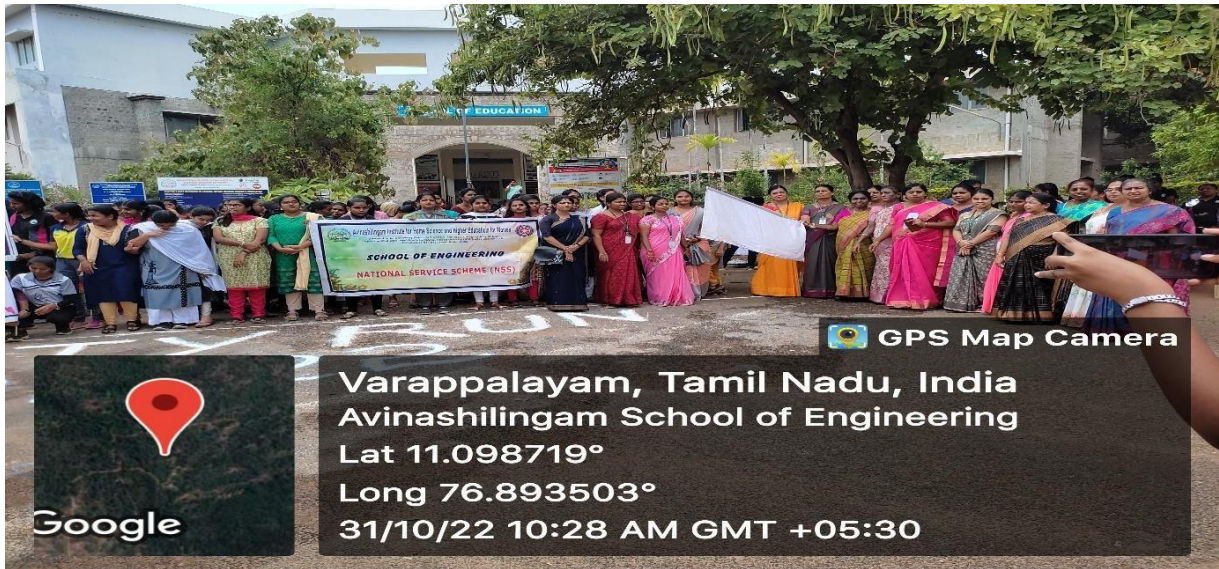


All PO'S and APO'S also take unity day pledge in front of School of Engineering, Varapalayam.

“National Unity Day” Pledge on **31st October 2022**. On the occasion of Sri Sardar Vallabhbhai Patel 145th Birth Anniversary as Unity day and the faculty also took pledge along with the NSS students for the integrity of the country.

“RUN FOR UNITY”

Event of Unity Run was hosted by all Program officers and Asst. Program officers. Students also start to run the activity very enthusiastically to evoke the spirit of integrity among the colleagues and fellow mates. All along their possession they carried a spirited message for cohesive and unified India. Morale for everyone who came across in their way giving a perfect tribute to the Ironman on his anniversary.



Run event was initiated by all PO'S and APO'S, School of Engineering, Varappalayam, Coimbatore.

“SUCCESSFULLY COMPLETION OF UNITY RUN”



All Students reached their destination very actively along with the guidance of NSS Coordinators.

Other Activities

The competitions were held for students which included Quiz, debate and essay writing on the relevance of Sardar Vallabhai Patel. Quiz competitions will be held on **28.10.2022**.



Students are actively participated in the Quiz competition

On 29.10.2022, debate was organized for students entitled with the topic of **“Freedom is good or not to the Society”**. Two teams with three students in each team participated in the Debate. One team spoke about advantage of freedom, another team spoke about disadvantage of freedom. Both teams share their thoughts from their point of view. Arguments were made and roved. The competition was so interesting with the exchange of student’s perspective by equally stating the merits and demerits about the topic. The event was judged by Ms.S.Priyadharshini AP/ECE (PO).





Glimpse of two teams were sharing their thoughts in debate competition.

Many students were willing to write easy writing competition with the help of NSS Coordinators.



Glimpse of Easy Writing Competition hall was conducted by PO



Essay Writing on “Life of Sadar”

Conclusion

Day ended with various activities with the help of all NSS Coordinators. I would like to conclude with few words about Sadar “**Iron Man of India**” .



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UNIT-24

(ECE, CIVIL, AIDS &PT)

**Village Camp Visit
Awareness on Dengue**

Dr.T.Poongodi, Associate Professor/S/H	Overall Coordinator (NSS Coordinator)
Mrs.M.Ramyadevi ,Assistant Professor/Civil	Program Officer (NSS Coordinator)
Ms.S.Priyadharshini ,Assistant Professor/ECE	Assistant Program Officer(NSS Coordinator)

Name of the Event	Village Visit Camp
Date of the Event	05.11.2022
Venue	Varapalayam

Introduction:

Adoption of a village and area is a very meaningful programme in NSS. It is far better to concentrate attention on one village and take up the task for development perspective, than to fritter away energy in many locations involving too many activities which may not be completed at all or where the follow up action may not be possible. From this point of view, village adoption programme should ensure continuity of work vis-a-vis sustained action, evaluation and follow up work.

The Programme officer's and Assistant programme officer's gave a talk about the plan for one day village visit and stressed the importance of the camp in the college at 9.45am. Then, we reached the varapalayam village along with Mrs.Ramyadevi (Program officer) and Ms.S.Priyadharshini (Assistant Program officer) from campus II to varapalayam around 10.15am.

Finally, keep our belongs to Varapalayam Government school. Student's starts their rally.



Student's started their rally along with the guide of APO'S and PO'S



Rally starts from Elementary Government School, Varapalayam, Coimbatore.

A Dengue awareness rally began in the varapalayam school campus at 10:30 am. With strong and effective messages on Dengue and cleanliness, the rally took one complete round of the varapalayam villages waking up every mind and making them aware about the very necessary information regarding the disease.



Glimpse of rally activity, Varapalayam, Coimbatore.

Awareness on Dengue :

Dengue is a viral infection transmitted to humans through the bite of infected mosquitoes. The primary vectors that transmit the disease are *Aedes aegypti* mosquitoes. Dengue is found in tropical and sub-tropical climates worldwide, mostly in urban and semi-urban areas.

Students Involvement: Students explained the symptoms of Dengue Fever, like continuous vomiting, knee pain, stomach pain, head ache, and body pain, and also gave practical awareness about where it will be in, like breeds in Flower pots, Water coolers, Refrigerators, and Wastages etc. The dengue mosquito prefers to bite its prey on the ankles, legs and knees.



Students spread awareness about dengue fever to the village peoples, Varapalyam, Coimbatore.

“PREVENTION IS BETTER THAN CURE”



Dengue awareness among village people, Varaplayam, Coimbatore.

The Camp witnessed the enthusiastic participation of 36 NSS volunteers with the help of Program officers and Assistant Program officer. A very strong performance by NSS volunteers highlighting the importance of cleanliness was presented in front of Village peoples.

Conclusion:

The awareness camp was really conducive to keep the environment free from Dengue virus. The camp also disseminated a note of awareness to the volunteers who has undiminished concern for the society.

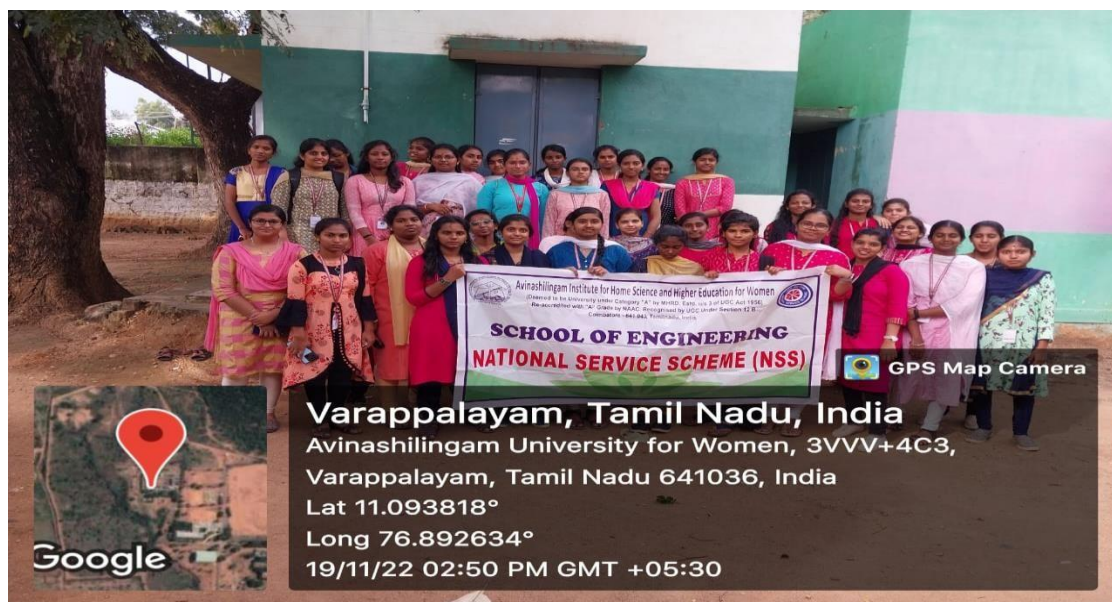
Name of the Event	Camp Visit
Date of the Event	19.11.2022
Venue	Varapalayam Village

Introduction:

Adoption of a village and area is a very meaningful programme in NSS. It is far better to concentrate attention on one village and take up the task for development perspective, than to fritter away energy in many locations involving too many activities which may not be completed at all or where the follow up action may not be possible. From this point of view, village adoption programme should ensure continuity of work sustained action, evaluation and follow up work.

The Programme officer and Assistant programme officer gave a talk about the plan for one day village visit and stressed the importance of the camp in the college at 9.45am. Then, we reached the Varapalayam village along with Mrs.Ramyadevi (Program officer) and Ms.S.Priyadarshini (Assistant Program officer) from campus II to Varapalayam around 10.00am.

Finally, keep our belongs to Varapalayam Government school. Student's starts their rally.



Student's started their rally along with the guide of APO'S and PO'S

Collection of Garbage from the School campus:

The NSS Volunteers gathered to clean the surrounding of the individual buildings in the school campus. NSS volunteers enthusiastically collected plastic wastes, tea cups, weeds and dry leaves spread over the surrounding areas. The volunteers gathered all the waste and trash bags to the place where the school arranged for the removal of collected wastes. The whole cleaning drive was quite inspiring and motivating for the NSS team members.



Garbage collection from school campus, Varapalayam, Coimbatore.



Cleaning entire campus by NSS Volunteers, Varapalayam, Coimbatore.

“When your environment is clean you feel happy motivated and healthy”

Removal of mesquite trees from the school campus

Invasion of mesquite trees in the school campus has been a long concern. Its encroachment reduces herbaceous resources and causes land dryness by sucking ground water. Our NSS volunteers actively took initiative to remove mesquite from the school campus.



Removal of mesquite tree from the school campus, Varapalayam, Coimbatore.





Glimpse of students cleaning the entire school campus

Conclusion:

To encourage students to keep their surroundings clean and to create an awareness on eco-friendly environment.

International Day for Elimination of Violence against Women

Unit 25 : 25.11.2022 : No.of Beneficiaries -
116

International day for elimination of violence against women was celebrated on 25th November, 2022. **Violence Against Women and Girls (VAWG)** is one of the most widespread, persistent and devastating human right. Violations in our world today remains largely unreported due to the impunity, silence, stigma and shame surrounding it.

International day for elimination of violence against women a rally was conducted by the NSS Unit 26, Department of Food Processing and Preservation Technology on 25th November, 2022 at Avinashilingam Institute of Home Science and Higher Education for Women, Campus II, School of Engineering. A total of 116 NSS Volunteers from B.E. Food Processing and Preservation Technology and B.Voc. Food Processing and Engineering, Department of Food Processing and Preservation Technology, School of Engineering, participated in the event. The programme started with a address about the violence against women. The rally was started with hoisting of the flag by the respected Dr.B.Sargunam, The Dean, School of Engineering. The rally took part in the Campus II, School of Engineering, Varapalayam and the awareness was spread among the students about the women violence.

To further clarify, the declaration on the elimination of violence against women issued by the UN general assembly in 1993, defines violence against women as “any act of gender -based violence that results in, or is likely to result in, physical, sexual or psychological harm or suffering to women, including the threats of such acts, coercion or arbitrary deprivation of liberty, whether occurring in public or in private life”.

In general terms it manifest itself in physical, sexual and psychological forms, encompassing;

- Intimate partner violence (battering, psychological abuse, marital rape , femicide);



- Sexual violence and harassment (rape, forced sexual acts, unwanted sexual advances, child sexual abuses, forced marriage , street harassment , stalking, cyber-harassment);
- Human trafficking (slavery , sexual exploitation);
- Female genital mutilation;
- And child marriage

SIGNIFICANCE:

One of the most pervasive, ongoing, and devastating violations of human rights in the world, today is violence against women and girls (VAWG). The International Day for the Elimination of Violence Against Women is observed to increase public awareness of gender-based violence issues and to highlight the physical, sexual, and psychological manifestations of this type of violence.

IMPORTANCE:

Violence against women and girls is a human rights violation, and the immediate and long-term physical, sexual, and mental consequences for women and girls can be devastating, including death. Violence negatively affects women's general well-being and prevents women from fully participating in society. It impacts their families, their community, and the country at large. It has tremendous costs, from greater strains on health care to legal expenses and losses in productivity

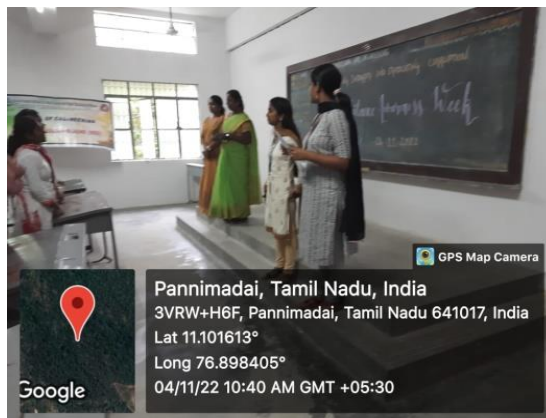
CONCLUSION:

At the end of the rally student were asked to assemble in the foyer for rendering their ears to hear the words of gratitude.

04. Vigilance Awareness

Unit 25 : 04.11.2022 : No.of Beneficiaries - 56

Mishra Dhatu Nigam Limited (MIDHANI), a Miniratna Public Sector Undertaking under the Ministry of Defence, is observing the Vigilance Awareness Week - 2022 from 31.10.2022 to 06.11.2022 with the theme “**Corruption-free India for a Developed Nation**” as per the instructions of Central Vigilance Commission (CVC).1999, declares that the week beginning from 31st October every year should be observed as the Vigilance Awareness Week. The significance of 31st October is that it is the birthday of the Bismarck of India, Sardar Vallabh Bhai Patel. **Vigilance**



Awareness Celebration was conducted by the NSS Unit 26, Department of Food Processing and Preservation Technology on 4th November 2022 at Avinashilingam Institute of Home Science and Higher Education for Women, Campus II, School of Engineering. A total of 33 NSS Volunteers from B.E. Food Processing and Preservation Technology and B.Voc. Food Processing and Engineering, Department of Food Processing and Preservation Technology, School of Engineering, participated in the event. The programme started with the TAMIL THAI VALTHU to begin the event. After that a student from B.E. and B.Voc. were given an introduction about VIGILENCE AWARENESS followed by the pledge which was taken in English. The purpose of Vigilance Awareness Week is to generate awareness in the public at large about the ill effects of corruption. Observance of Vigilance Awareness Week, public meetings will be held at district and block levels involving the students, youth, academics, serving and retired Govt. officials, Self Help Groups, NGOs and members of civil society in order to raise public awareness against perils of corruption and enlist the support of all the stakeholders in the anti-corruption campaign.

Rally on Dengue awareness

Unit 26: 05.11.2022 : No.of Beneficiaries - 60

The objective of the day is to uplift the nation's unity and spread awareness about the Dengue. The day provides an opportunity to reaffirm the strength of the nation, upholding the unity, integrity and security of the country. The personality and character of the student youth through voluntary community service. 'Education through Service' is the purpose of the NSS and visited the houses in the village of Dhaliyur and asked about their vaccination and created the awareness of dengue and water born disease to stop the spread of mosquitoes. The main objective of this event is, "To uplift the rural community through acts of awareness and social services". The event's main theme was "**Dengue awareness**". Dengue fever is one of the most rapidly spreading mosquito-borne viral diseases in the world.

