	<p>THIRUVALLUVAR COLLEGE திருவள்ளுவர் கல்லூரி (Affiliated to Manonmaniam Sundaranar University) Papanasam-627425, Vickramasingapuram Tirunelveli-Dt, Tamil Nadu</p>
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Dt.03/04/2024

TO WHOMSOEVER IT MAY CONCERN

This is to certify that the number of extension and outreach programs conducted by the institution through NSS/NCC/Red cross/YRC etc., during the last five years (including government-initiated programs such as Swachh Bharat, Aids Awareness, Gender Issue, etc. and those organized in collaboration with industry, community and NGOs., during the last five year is **118**. The details are given below:

Academic year	2022-23	2021-22	2020-21	2019-20	2018-19
No. of activities	54	46	0	8	10




PRINCIPAL
THIRUVALLUVAR COLLEGE
PAPANASAM
VICKRAMASINGAPURAM - 627 425



REPORT OF NSS ACTIVITIES

2018-19 to -2020-2021



Programme Officers

Dr.A. Packiamuthu (Unit. No-41)

Dr. A. Adaikalam (Unit. No-42)

Dr.A.Meenachi(Unit.No-46)

Annual NSS Activities 2018-19

Thiruvalluvar College, Papanasam.

Unit- 41,42 &46

The NSS unit 41,42&46 of Thiruvalluvar College, Papanasam, have initiated many programmes in the year **2018-2019**. The following is a short report on the achievements and programmes initiated by the units.

I.Orientation to New Volunteers:

- ❖ **Date:**31.07.2018
- ❖ **Venue:** College Auditorium
- ❖ **Activity Experience:** Number of Volunteers-100
- ❖ **Beneficiaries:** NSS Volunteers

Objectives:

An orientation programme was conducted for NSS volunteers on 12th, August, 2017, to give the introduction about NSS and its activities to newly selected students.

Programme Description:

An orientation programme was conducted for NSS volunteers on 31st July, 2018, to give the introduction about NSS and its activities to newly selected students.

Programme Outcome:

The new volunteers were able to understand the main purpose of NSS and their responsibilities towards the community, more than 100 volunteers participated in this programme.



(Students at the programme)

2. International Yoga Day:

- ❖ **Date:**31.07.2018
- ❖ **Venue:** College Campus.
- ❖ **Activity Experience:** Number of Volunteers-40
- ❖ **Beneficiaries:** NSS Volunteers

Objectives:

The Purpose of this Central Government programme is to give students the required awareness about health and Indian Ancient Tradition.

Report:

International Yoga Day was organized by NSS Unit for both students and faculty in college premises on 1stAug, 2018.

Programme outcome:

The students learned many Yoga Asanas and its techniques to lead healthy life.



(Students doing Yogasanas)

3.Road Safety Awareness:

- ❖ **Date:**07.09.2018
- ❖ **Venue:** College Auditorium.
- ❖ **Activity Experience:** Number of Volunteers-90
- ❖ **Beneficiaries:** NSS Volunteers

Objectives:

To educate students about the road safety and what precautions need to be taken to avoid road accidents. Raise awareness about the consequences of reckless driving and negligence.

Programme Description:

Road Safety Awareness Programme was initiated to make every student aware of the road safety rules and to drive safely. This event took place on 7th September-2019 in college auditorium. The students were enlightened towards road traffic rules and safety measures

Programme Outcome:

The road Safety awareness programme successfully achieved its objectives of educating students about road safety and promoting responsible behaviour on the roads.



(Speech by the Chief Guest)

4.Campus cleaning:

- ❖ **Date:**23.09.2018
- ❖ **Venue:** College Campus.
- ❖ **Activity Experience:** Number of Volunteers-90
- ❖ **Beneficiaries:** College Students.

Objectives:

To promote cleanliness in the college premises.

Report:

The NSS volunteers undertook cleaning of classroom, laboratories, auditorium and playground on 23.09.2018. A total of 84 volunteers (52 female and 32 male) participated in this activity.

Outcome:

The motto of clean surrounding was achieved by the student volunteers with a small act of cleaning the college premises.



(Campus Cleaning by NSS Volunteers)

5.NSS Day Celebration:

- ❖ **Date:**24.09.2018
- ❖ **Venue:** Conference Hall.
- ❖ **Activity Experience:** Number of Volunteers-90
- ❖ **Beneficiaries:** NSS Volunteers.

Objectives:

The NSS day was celebrated on the occasion of golden jubilee. It aims to provide hands-on experience to young students in delivering community service.

Programme Description:

On 24th September 2019 the student volunteers and the dignitaries gathered in Auditorium on the occasion of the NSS Day and newly elected student coordinators were appointed. Dr. A.Packiamuthu welcomed the gathering and gave a wonderful speech about the role of NSS volunteers in serving the nation.

Programme Outcome:

The objectives of NSS Mission were highlighted and the contribution of great social workers and other great personalities were discussed.



(NSS Day speech by the Chief Guest)

6. Eye Camp:

- ❖ **Date:** 07.10.2018
- ❖ **Venue:** Conference Hall.
- ❖ **Activity Experience:** Number of Volunteers-90
- ❖ **Beneficiaries:** NSS Volunteers.

Objectives:

The objective of this event to spread awareness on eye disorder, their early detection and detect refractive errors and eye ailments among students.

Programme Description:

The NSS unit 41, 42 and 46 organized an Eye Camp on 07.10.2018 for freshers. Agarval's Eyecare hospital staff carried out the testing of eyes for students, teaching and nonteaching staff of the college. Around 200 students got the benefit of testing their eyes.

Programme Outcome:

The Eye checkup camp was to create awareness on eye disorder among the people, provide general health care services and counselling them on basic eyecare and hygiene.



(Eye Checkup for students)

7.Tree Plantation:

- ❖ **Date:**09.12.2018
- ❖ **Venue:** College Campus.
- ❖ **Activity Experience:** Number of Volunteers-50
- ❖ **Beneficiaries:** College Students.

Objectives:

To educate the students about their immediate environment. To impart knowledge on Eco system and to create a clean and green consciousness among students.

Programme Description:

Plantation program organised by NSS unit 41,42&46 of Thiruvalluvar College on 09-12-2018 in the campus. The 42 volunteers taken up the work and planted 42 plants.

Programme Outcome:

The students get a sense of purpose, a sense of ownership, they are doing something for themselves, their college and society and they really enjoy that.



8. Blood Donation Camp:

- ❖ **Date:** 13.12.2018
- ❖ **Venue:** College Auditorium
- ❖ **Activity Experience:** Number of Volunteers-64
- ❖ **Beneficiaries:** The Beneficiaries of the Blood Donation Camp are general public.

Objectives:

It was an effort to motivate students to come forward and donate for this noble cause. To collect blood units but also to make students aware about blood and its benefits.

Programme Description:

On 13th December 2019, The NSS organised a blood donation camp in college campus. The total of 52 members donated blood and NSS programme officer DR. A.Packiamuthu donated blood. The NSS volunteers had worked towards the contribution for blood donation drive.

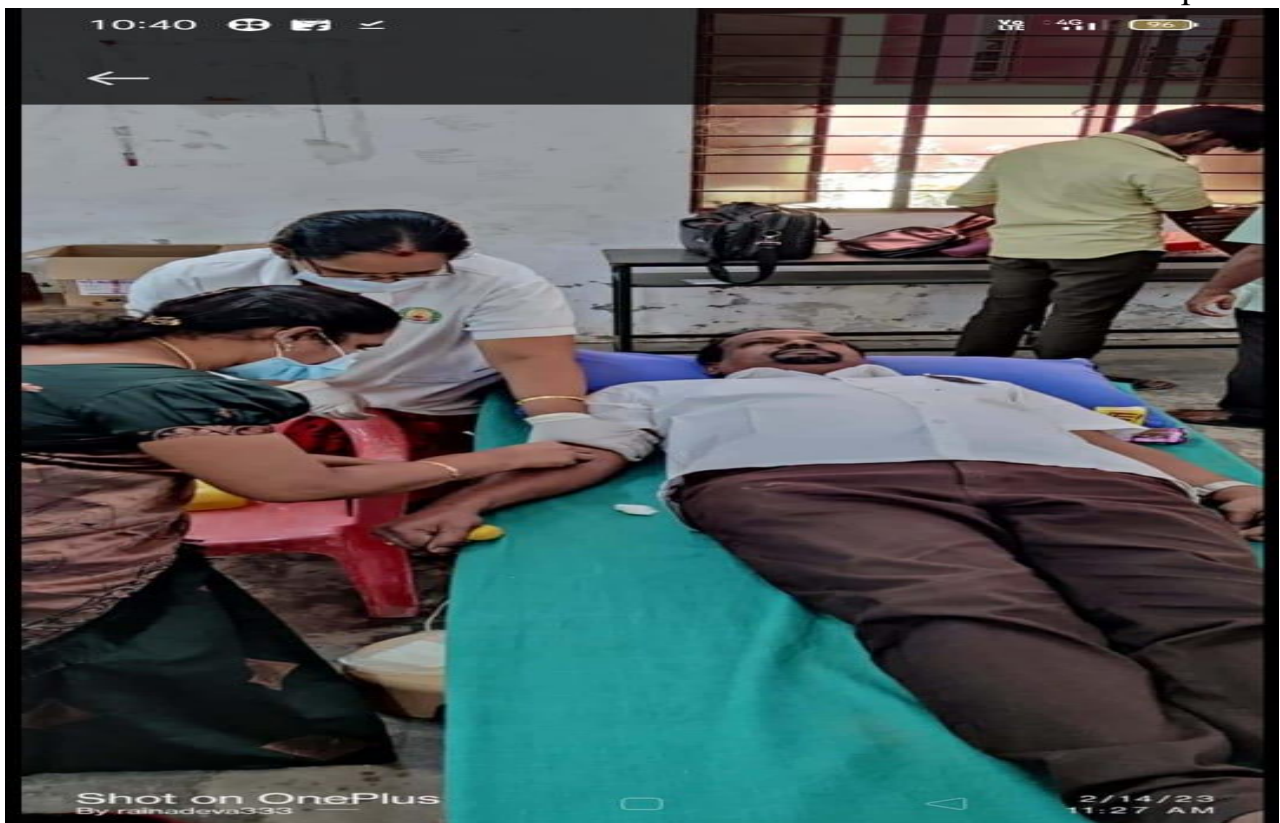
Programme Outcome:

The Blood Donation Camp was an effort to motivate students to come forward and donate for this noble cause. And so many people will get life because

of

this

camp.



(Blood Donation by NSS Programme Officer Dr. A.Packiamuthu)

9.National Unity Day:

- ❖ **Date:**06.01.2019
- ❖ **Venue:** College campus
- ❖ **Activity Experience:** Number of Volunteers-43

Objectives:

To recognize the contribution made by Shri.SardarVallabhai Patel and understand individual responsibility towards National Unity.

Programme Description:

On 6th Jan 2019, the NSS Volunteers had gathered near the Office and taken the Pledge towards sustaining the unity of our country and the efforts made by the Iron man of India were discussed.

Programme Outcome:

The awareness behind the integrity of our country was spread among the volunteers.



(NSS Day Pledge taken by NSS Volunteers and Programme Officer)

NSS Special Camp Report 2018-2019

Thiruvalluvar College, Papanasam.

Unit- 41,42 &46

Kamaraja Nagar, Sivanthipuram.

Cleanliness is the Development of the Country

Number of Volunteers:150(88 female 62 male)

A one-week special NSS camp was organized by the NSS unit of Thiruvalluvar College, Papanasam from 17th March to 23rd March 2019. The main theme of the camp was “**Cleanliness is the Development of the Country**”

Details of activities undertaken during the camp:

Day one -17.03.2019

The camp was formally inaugurated by the chief guest, Dr. C.Azhagappan, Principal of the college. The NSS Programme Officer unit -41,Dr. A. Packiamuthu welcomed the chief guest, faculty members present and the participating NSS volunteers. Mrs.M.Rani, District Development Officer, Mrs. M. Einstein Rosemary District Deputy Development Officer and Mrs. Rachel Franklin Selvaraj, Former Panchayat Councillor delivered felicitations. Thereafter, the NSS Programme Officer unit-42, Dr. A, Adaikalam gave a presentation on the importance and relevance of NSS in colleges. He also gave an outline of the major activities that were proposed to be organized during the one-week special camp. The chief guest in his inaugural address wished good luck to the NSS volunteers and exhorted the students to become self-reliant in line with the main theme of the camp. The inaugural session ended with vote of thanks by Dr. A. Meenachi, NSS Programme Officer unit-46.

Day Two- 18.03.2019

The second day of the camp started early in the morning. The volunteers gathered in the campus and the report of the works carried out during the previous day was discussed. In the morning session, P. Michael Jeyarasu, BSMS gave an awareness speech about Siddha Medicines. In the afternoon session, the resource person, Mrs. W. Nalini gave a lecture on “Entrepreneurial Mentoring”.The day ended with cultural programme in which students showcased their unique talents through skits, songs and dances.

Day Three-19.03.2019

The third day of the NSS camp started with the routine activities of the morning session. Thereafter, the volunteers collected the garbage dumped around the camp site and cleaned the area. The Free Blood Check-Up Camp was conducted in the camp site in association with Durai Blood Check-Up Clinic. In the afternoon session, the resource person, Dr. B. Valasakumar, Former Head, Department of Tamil, gave a lecture on “Role of Youth in Social Change”. The day ended with cultural programme organized by Youth Welfare.

Day Four -20.03.2019

The fourth day of the NSS camp started with the routine activities of the morning session. Thereafter, the volunteers collected the garbage dumped around the camp site and cleaned the area. The Free Dental Check-Up Camp was conducted in the camp site in association with Wins Dental Clinic, V.K. Puram and Dr. W.V. Samuel Wins B.D.S. gave valuable advices to the students. In the afternoon session, the resource person, Dr. Palanikumar, Physical Director, , gave a lecture on “Health Awareness”. The day ended with cultural programme organized by Fence Academy, Thirunelveli, showcased Video Compilation Program, titled “Engae Pokirom? by Dr. P.Anandaraj, Fence Academy.

Day Five -21.03.2019

The fifth day of the NSS camp started with the routine activities of the morning session. Thereafter, the volunteers collected the garbage dumped around the camp site and cleaned the area. The Free Veterinary Health Camp was conducted in the camp site and Dr. N. Ganesh, Veterinary doctor attended the veterinary camp and nearly 100 farm animals participated in the camp which was held in Kamaraja Nagar, Sivanthipuram. In the afternoon session, the resource person, Dr. S.Sivasanker’ Head of the Tamil Department, , gave a lecture on “Youth in Clean India”. The day ended with cultural programme organized by Mr. BarathiG.Kannan.

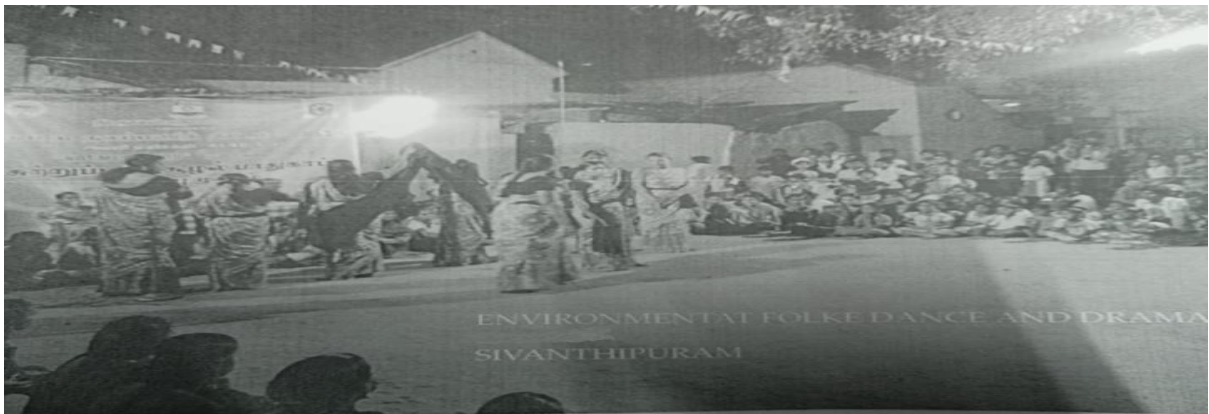
Day Six-22.03.2019

The fifth day of the NSS camp started with the routine activities of the morning session. The Free Eye Check-Up Camp was organized in the camp site in association with Agarval’s Eye Care Hospital. In the afternoon session, the resource person, Dr.Madaswamy, Green Force coordinator, Teacher ,gave a lecture on “Global Warming and Green Revolution”. The day ended with cultural programme organized by Mr. R. Gana Jebamani.

Day Seven-23.03.2019

On the last day of the camp, the camp site was cleaned and the garbage segregated. In the valedictory, the NSS programme officer unit-46 Dr. A.Meenachi welcomed the gathering and the camp was formally closed by the principal. He congratulated the Programme Officers and the volunteers on the successful completion of the camp. The Valedictory session ended with vote of thanks by Dr. A.Packiamuthu, NSS Programme Officer unit-41.

Photos:



Annual NSS Activities 2019-20

Thiruvalluvar College, Papanasam.

Unit- 41,42 &46

I.One Student-One Plant Programme:

- ❖ **Date:**09.07.2019
- ❖ **Venue:** College Campus.
- ❖ **Activity Experience:** Number of Volunteers-50
- ❖ **Beneficiaries:** College Students.

Objectives:

The purpose of this program to create environmental awareness among the students.

Programme Description:

The NSS of the college organized a plantation programme titled 'one student – one plant' on 09.07.2019. The Secretary and Correspondent, Principal, Professors and students were participated in the programme.

Programme Outcome:

The students planted various saplings in the Campus of the college. The event was to bring students and teachers much close together to spend a day for society.



(Plants issued to students by our correspondent

2.Clean River:

- ❖ **Date:**10.08.2019
- ❖ **Venue:** Thamirabarani river, Papanasam.
- ❖ **Activity Experience:** Number of Volunteers-50
- ❖ **Beneficiaries:** The Beneficiaries of Clean River are Papanasam area people.

Objectives:

To expose to young generations the negative impact of stream contamination and water pollution.

To increase awareness and encourage young people from local community on the importance of clean river.

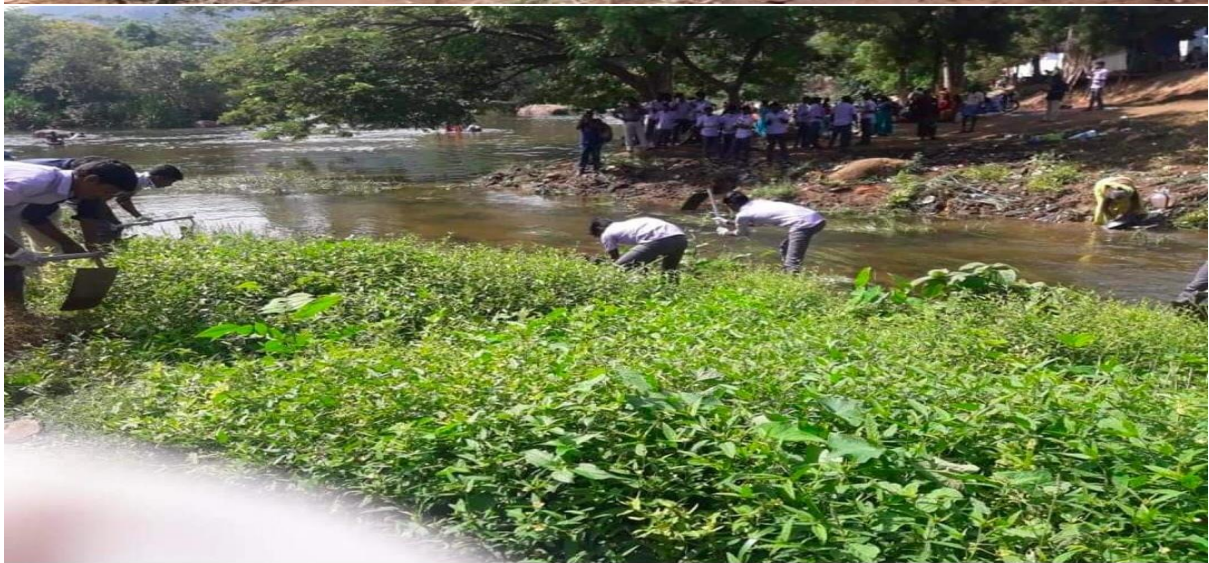
Programme Description:

The NSS volunteers of Thiruvalluvar College decided to put into an action the dictum of 'Save Water' by launching out on a cleaning drive at Thamirabarani river source, on 10.08.2019.

Programme Outcome:

The event promoted the amount of waste in the river can be reduced and make the stream clean.





(River cleaning by NSS Volunteer)

3.Independence Day Celebration:

Date:15.08.2019

- ❖ **Venue:** College Campus.
- ❖ **Activity Experience:** Number of Volunteers-50
- ❖ **Beneficiaries:** College Students.

Objectives:

To commemorate the sacrifices of our freedom fighters and remember the importance of our independence. To celebrate the independence of the country.

Programme Description:

The NSS unit of the college organized the Independence Day celebrations on 15.08.2019 at premises of the college. The NSS Unit took part of the celebrations. All the teaching, nonteaching and NCC cadets attended the programme. Principal hosted the flag and delivered a speech.

Programme Outcome:

Students enlightened with the speeches given by teachers.



4.Disha Rally:

- ❖ **Date:** 03.09.2019
- ❖ **Venue:** College Campus to V.K.Puram.
- ❖ **Activity Experience:** Number of Volunteers-96
- ❖ **Beneficiaries:** The Beneficiaries of this programme are village

people

Objectives:

To spread awareness about the insecure environment of girl child and women along with responsibility of individuals towards their welfare.

Programme Description:

On 3rd September 2019, the NSS of Thiruvalluvar College organized an awareness rally on Save Girl Child and also create awareness on Disha App.

Programme outcome:

The students participating in the rally paid their respect with the gesture of spreading awareness and responsibilities.





(Disha Rally by NSS Volunteers)

5.Campus Cleaning:

- ❖ **Date:**18.12.2019
- ❖ **Venue:** College Campus.
- ❖ **Activity Experience:** Number of Volunteers-90
- ❖ **Beneficiaries:** College Students.

Objectives:

To promote cleanliness in the college premises.

Report:

The NSS volunteers undertook cleaning of classroom, laboratories, auditorium and playground on 23.09.2018. A total of 84 volunteers (52 female and 32 male) participated in this activity.

Programme Outcome:

The motto of clean surrounding was achieved by the student volunteers with a small act of cleaning the college premises.



(Campus Cleaning by NSS Volunteers)

6. Road Safety Awareness program and Helmet Awareness Rally:

- ❖ **Date:**28.01.2020
- ❖ **Venue:** College Auditorium.
- ❖ **Activity Experience:** Number of Volunteers-90
- ❖ **Beneficiaries:** The Beneficiaries of this programme are V.K.Puram area people.

Objectives:

- ❖ Educate students about road safety rules and regulations.
- ❖ Raise awareness about the consequences of reckless driving and negligence.
- ❖ Promote responsible behaviour on the roads.

Programme Description:

Road Safety Awareness Programme aimed to educate students and promote awareness about road safety measures and responsible behaviour on the roads. The program included various activities, interactive sessions and informative sessions to highlight the importance of road safety and its impact on society. It was initiated to make every student aware of the road safety rules and to drive safely. This event took place on 28th Jan, 2020, Helmet Awareness Rally was inaugurated by the Sub Inspector of Police.

Programme Outcome:

The road Safety awareness programme successfully achieved its objectives of educating students about road safety and promoting responsible behaviour on the roads.





(Road Safety Awareness Programme)



(Road Safety Awareness Rally by NSS Volunteers)

7. International Womens Day:

- ❖ Date:08.03.2020
- ❖ Venue: College Auditorium.
- ❖ Activity Experience: Number of Volunteers-90
- ❖ Beneficiaries: NSS Volunteers.

Objectives:

To raise awareness about the status and dignity of women among the students.

Programme Description:

The NSS unit of Thiruvalluvar College organized an awareness programme “Women Safety” on 08.03.2020. The chief guest briefed the present women situation in the society and requested all the girl students to be strong, brave, alert and self-defensive in case of critical situations.

Programme Outcome:

The Awareness programme ensures gender equality, fosters economic growth, promotes education and safeguards health.



8.Clean India- Mass Removal of Plastics in Lower, Karayar:

- ❖ **Date:** 20.03.2020
- ❖ **Venue:** Karayar
- ❖ **Activity Experience:** Number of Volunteers-75
- ❖ **Beneficiaries:** The Beneficiaries of this programme are Karayar area people and wildlife.

Objectives:

To generate awareness and educate youth leaders and volunteers with the help of NSS on the need of cleanliness.

Programme Description:

The volunteers of the National Service Scheme unit 41,42&46 of Thiruvalluvar College, Papanasam organized a mass removal of plastics near Sorimuthu Ayyanar kovil.

Programme Outcome:

The event promoted to empower youth to assume lead roles for educating people on waste collection and its safe disposal.







THIRUVALLUVAR COLLEGE , PAPANASAM

(Re-Accredited with B++ Grade by NAAC)

(Affiliated to Manonmaniam Sundaranar University, Tirunelveli)

REPORT OF NSS ACTIVITIES

2021 -2022

UNIT NO 46

Programme Officer

Dr. R. Varalakshmi



Annual NSS Activies 2021-2022

UNIT NO 46

Contents and schedule

s.no	Events	Date
1.	Rastriya Pojan ma National Nutrition Month Celebration 2021	22.09.2021
2.	NSS day celebration	24.09.2021
3.	Communal Harmony Day Celebration	30.09.2021
4.	Voluntary Blood Donation Day Celebration	01.10.2021
5.	Swachh Bharath: pledge of cleanliness	01.10.2021
6.	Anti Drug Awareness Rally	18.10.2021
7.	Eye Camp	01.11.2021
8.	Cancer Awareness Programme	01.04.2022
9.	Blood Donation Camp	11.05.2022
10.	Special Camp	21.03.2022- 27.03.2022

Activities and Initiatives

NSS Programs offers a diverse range of activities that contribute to community development and student growth. These initiatives are designed to address the specific needs of local communities and promote sustainable change.

Title of the Program: National Nutrition Month Celebration 2021

Theme:Rastriya Pojan ma

Date: 22.09.2021

Venue : Conference Hall , Thiruvalluvar college, Papanasam.

Collaborating agency :Social Welfare And Women Empowerment Department

Chief Guests:

1. Mrs. K.Vijaya meena,Child development project officer,Ambasamudam.
2. Mrs. Rajeswari, Child development project supervisor, Ambasamudam.



Objective:

The aim of Program is to conduct health and hygiene awareness programs and educate the community about the importance of sanitation and personal hygiene. This may include organizing workshops, seminars, and awareness campaigns on the topics like hand washing, health benefits of yoga practices, menstrual hygiene.

Event Description:

National Nutrition Month September 2021 was celebrated to create awareness among the college girls focusing on the lofty goal of an integrated journey towards a healthy life in collaboration with the NSS Unit No 46 and the Social Welfare And Women Empowerment Department .Ambasamudram Child Development Project Officer Mrs.K.Vijayameena spoke about malnutrition caused by child marriage and young marriage and anemia caused by not eating a proper diet.

Under the leadership of college Principal Dr.S.Sundaram, Administrative officer and our professors , child development program office staffs and NSS unit No 46 students participated.

Program Beneficiary:

The beneficiary of the program is NSS volunteers of the event and college students.

Program Outcome:

- The event developed awareness about hand washing, health benefits of yoga practices, menstrual hygiene.
- The event helped to avoid child marriage and young marriage and anemia

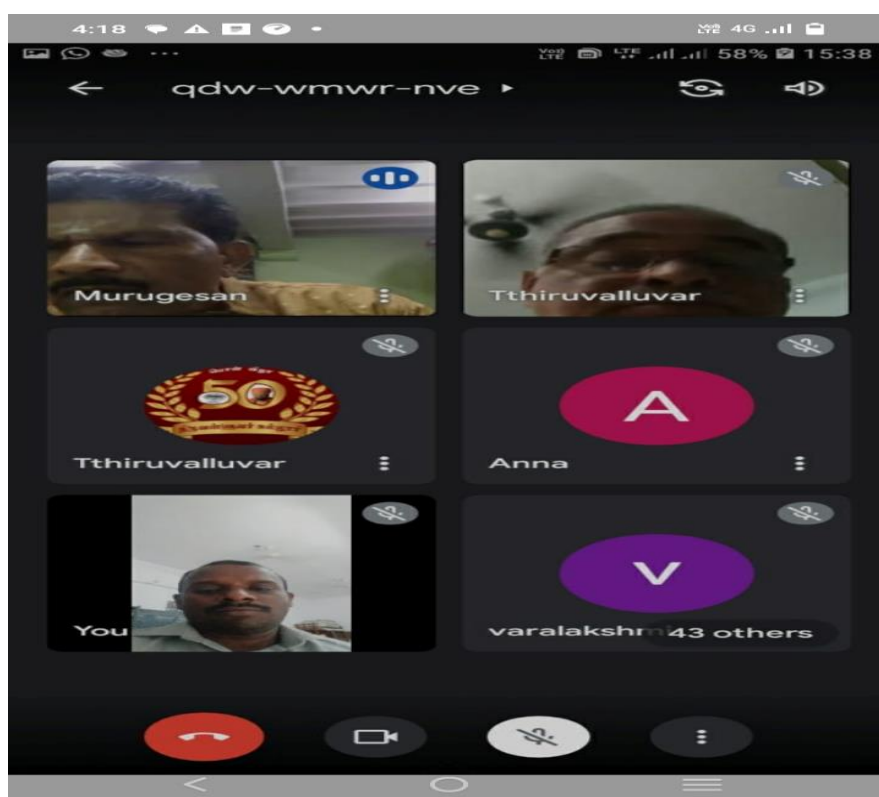
Title of the Program:NSS Day Celebration 2021

Date:24.09.2021

Venue : College campus, Thiruvalluvarcollege, Papanasam.
Online meeting link : meet.google.com/qdw-wmwr-nve
Chief Guest : Dr. R.Murugesan, Former State Liaison Officer

Objective :

The aim of the meeting should address the Vision and Mission of National Service Scheme. Volunteers engage in regular activities like teaching, providing support, cleanliness drives, and awareness programs and organizing recreational activities for the local communities.



Event Description:

An Online Meeting on NSS Day Celebration was held on 24.09.2021at 3pm. Dr.R.Varalakshmi, NSS P.O; Unit No 46 gave a welcome address. Dr.S.Sundaram Principal of the college offered presidential address for the event. The Former State Liaison Officer Dr.R.Murugesan gave a special speech on the service and efforts of the youth in the National Service Scheme.The event was coordinated by Dr.K.Annathurai, NSS P.O. Unit No 42.

Program Beneficiary:

The beneficiary of the program is volunteers of the event.

Program Outcome:

- This event helped them to understand the community in which they work.
- This event identifies the needs and problems of the community and involves them in problem solving.
- This event developed the personality of students through community service.

Title of the Program: Literary Competition
Theme: Celebration of Communal Harmony

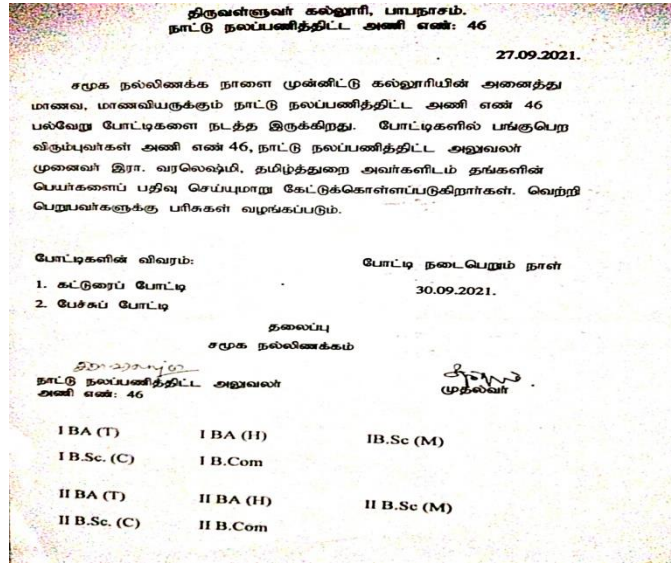
Date: 30.09.2021

Venue : Conference Hall , Thiruvalluvar college, Papanasam.

Collaborating agency : Alumini Association, Thiruvalluvar college, Papanasam.

Chief Guests:

1. Mrs. Uma, Secretary , Alumini Association, Thiruvalluvar college, Papanasam.
2. Mrs. S. Shanmuga sundaranatchiar, HOD of commerce,
3. Dr. M. S. Sree Jeyanthi, Assistant prof. of tamil,



Event Description:

On the Occasion of Social Harmony Day NSS unit No.46 and Alumini Association of the college organized an Essay and Speech competition on the topic of Social Harmony for all the students of the college. Mrs.Uma, secretary, Alumini Association of our college and Mrs.S.Shanmuga sundara natchiar, HOD of commerce, Dr. M.S.Sree Jeyanthi, Asst.prof.of tamil as judges for this event. The Alumini Association has also taken the responsibility of giving cash prizes to the students who secured the first three places in the event. It has been announced that prizes will be awarded to the students who participated in these competitions and won in a ceremony to be held on 1.10.2021.

Elocution competition winners

1. R.Balasriharan (II B.A History)
2. J.Kiruba iswarya (I M.A. English)
3. M.Madhubala (II B.A. English Tamil)

Essay competition winners

1. N.Sangeetha (III B.A Tamil)
2. K. Harini (II B.sc Maths)
3. M.Revathi kannammal (II B.A.

Program Beneficiary:

The beneficiary of the program is the students of Thiruvalluvar College, Papanasam.

Program Outcome:

- It stimulated the student's soft skills.
- It made them to face the difficult situations in bold manner.
- This event helped them to understand the level of their Knowledge.
- This event developed the personality of students through their talents exhibition.

Title of the Program: National Voluntary Blood Donation Day

Date: 01.10.2021

Venue : Conference Hall , Thiruvalluvar college, Papanasam.

Collaborating agency : Alumni Association, Thiruvalluvar college, Papanasam.

Chief Guest:

1. Dr. E.Ramachandran,Former YRC Co-ordinator, HOD of Physics (Rtd), Thiruvalluvar college , Papanasam.



Objective:

The aim of the program should organize blood donation drives on campus in collaboration with reputed blood banks and hospitals. These camps provide an opportunity for students, faculty, and staff to voluntarily donate blood and contribute to save lives.

Event Description:

On the occasion of National Voluntary Blood Donation Day, NSS Unit no 46 organized an awareness program on the theme “Let’s give blood and save lives”. In this event Dr.E.Ramachandran, former YRC co-ordinator and Former HOD of physics gave a special speech to the students information like who can donate blood , the procedures to be followed by blood donors and how many lives can be saved not only through blood .80 students participated in this event and benefited.

Program Beneficiary:

The beneficiary of the program is the volunteers and students of Thiruvalluvar College, Papanasam.

Program Outcome:

- It provided an opportunity for students, faculty, and staff to voluntarily donate blood.
- It made them to face the emergency situations in bold manner to save lives.

Title of the Program: Swachh Bharath: pledge of cleanliness

Date: 01.10.2021

Venue : Conference Hall , Thiruvalluvar college, Papanasam.

Collaborating agency :Alumini Association, Thiruvalluvar college, Papanasam.

Chief Guests:

1. Dr. E.Ramachandran,Former YRC Co-ordinator,HOD of Physics (Rtd), Thiruvalluvar college , Papanasam.
2. Mrs.Uma,Secretary , Alumini Association, Thiruvalluvar college, Papanasam



Objective:

NSS actively participates in the Swachh Bharat Abhiyan (Clean India Campaign) initiated by the Government of India.

The aim of the program should develop cleanliness drives, awareness programs, and campaigns to promote cleanliness and proper waste management practices towards students.

Event Description:

Swachh Bharath pledge taken by the students of Thiruvalluvar college. The pledge was recited by Dr.R.Varalakshmi in the presence of the college principal Dr.S.Sundaram and Administrative officer Mr.R.Natarajan, Former Physics HOD Dr.E.Ramachandran and secretary of Alumini Association Mrs.Uma.

The pledge was taken in pursuance of the central government's announcement that all the colleges and schools of the country should take the clean India Pledge on any day from October 2021 through NSS. 75 girls took the pledge.

Program Beneficiary:

The beneficiary of the program is the volunteers and students of Thiruvalluvar College, Papanasam.

The Students take oath on Gandhiji's vision of Clean India and Green India.

Program Outreach:

- This program made the students to follow hygienic culture.
- This Program made the students to keep their environment clean and greenish.

Title of the Program:Anti Drug Awareness Rally

Date:18.10.2021

Venue : Thiruvalluvar College, Papanasam to Police station, Vickramasingapuram.

Collaborating Agency: Department of Collegiate Education,Tirunelveli Region.

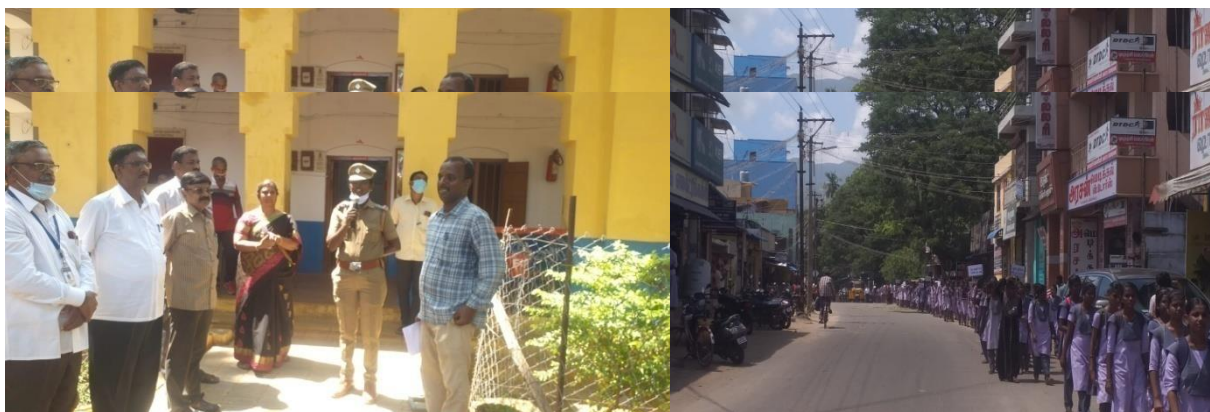
Chief Guests : 1.Mr.L.Francis, IPS., DSP, Ambasamudram.

2.Mrs.R.Seethalakshmi, Inspector of police, Vickramasingapuram

Objective: The aim of the rally create awareness on alcohol abstinence and ill effects of Alcohol and Adulterer Liquor among public.

Event Description:

Tamil Nadu Government Collegiate Education Department, Tirunelveli Region and NSS Unit No.42 & 46 jointly organized an awareness rally on 18.10.2021 from the college gate at 11.30am on the ill effects of liquor and counterfeit liquor.In the presence of college Principal Dr. Sundaram ,Mr.L.Francis ,Deputy superintendent of Police, Ambasamudram inaugurated the Awareness Rally.A Pledge was taken against the liquor and counterfeit liquor.The students along the way kept on campaigning about the evils of liquor and counterfeit liquor. Mrs.R.Seethalakshmi ,Inspector of Police,Vickramasingapuram concluded and addressed. 300 students participated in the rally.



Program beneficiary:

- The Students of our college knew to understand ill effects and the symptoms of drugs.
- The rally reached every people of Vickramasingapuram to work actively to promote a healthy way of life.
- By the Campaign of our students among the school students and common people of this area created awareness on illicit drugs.

Program Outcome :

- This event influenced the parents and other people to fight against the drug usage.
- This event made students to avoid the drugs and they take pledge against drug usage.

Title of the Program: Free Eye Checkup & Awareness Camp

Date: 01.11.2021

Venue : Conferenc Hall & Auditorium Thiruvalluvar college, Papanasam

Collaborating agency : Dr.Agarwal's Eye Hospital,Tirunelveli.

Chief Guests :

1. Dr.Harivansan, Medical officer, Dr.Agarwal's Eye Hospital,Tirunelveli.
2. Mr.K.Jegatheesh, Eye bank Manager, Dr.Agarwal's Eye Hospital,Tirunelveli.
3. Mr.A.S. Manickam, senior manager (camps), Dr.Agarwal's Eye Hospital.



Objective: The aim of the program should brought awareness about eye donation.

Event Description:

The college Principal Dr.s.sundaram presided over Nss Unit No 46 P.O. Dr.r.Varalakshmi to welcome everyone. Dr.Hari vansan, Medical Officer, Dr.Agarwals Eye Hospital, tirunelveli and K.Jegatheesh, Eye Bank Manager brought awareness about eye donation.



This awareness program was held on the leg of the conference at the eye check up camp auditorium about 600 students got their eyes checked.

Program Beneficiary:

The beneficiary of the program is volunteers and students of Thiruvalluvar College, Papanasam.

Program Outcome:

- It provided an opportunity for students, faculty, and staff to voluntarily donate eyes.
- It made them to face the emergency situations in bold manner to save lives.

Title of the Program: Women's Safety Awareness Programme

Date: 04.12.2021

Venue : Auditorium , Thiruvalluvar college, Papanasam

Collaborating agency: Social Welfare and Women Empowerment Department,Tirunelveli
& Police Department

Chief Guests :

1. Mrs.R.Seethalakshmi, Inspector of Police,Vickramasingapuram.
2. Mr. Sivathanu, Sub Inspector of Police,Vickramasingapuram.
3. Mrs. Ponmuthu,Centre Administrator, one stop centre, Social Welfare and Women Empowerment Department,Tirunelveli.
4. Mrs. Gnanavel, Case worker, one stop centre, Social Welfare and Women Empowerment Department,Tirunelveli.



Objective:

The aim of the Program should create awareness on legal and emotional support to the affected women.

Event Description:

Under the leadership of Dr.S.Sundaram, principal of Thiruvalluvar College, the Police Department and the Social Welfare and Women Empowerment Department, Tirunelveli launched a toll free no 181.He pointed out that thus service which was first launched in Delhi by the central government, is working under the safe city scheme with the help of the respective state Police.

Also Mrs.R.Seethalakshmi, Inspector of Police, Mr. Sivathanu, Sub Inspector of Police,Vickramasingapuram, Mrs. Ponmuthu, Centre Administrator, Mrs. Gnanavel, Case worker, one stop centre, Social Welfare and Women Empowerment Department,Tirunelveli also due to violence the students were told the details of this service which provides legal and emotional support to the affected women. The event was specially organized by the NSS unit no 46, Dr.R.Varalakshmi, PO . 200 students participated in the event and benefited.

Program Beneficiary:

The beneficiary of the program is NSS volunteers of the event and college students.

Program Outcome:

- The event developed awareness about legal and emotional support to the affected women.
- The event helped to know the toll free no and Kavalan app

Title of the Program: Cancer Awareness Programme

Date: 01.04.2022

Venue : Auditorium, Thiruvalluvar college, Papanasam

Collaborating agency:

1. Nellore cancer care centre, Tirunelveli.
2. Women's cell, Thiruvalluvar college, Papanasam.

Chief Guests:

1. Dr. Santhiya saroja, Nellore cancer care centre, Tirunelveli.
2. Mrs. Vanitha, Programme coordinator, Nellore cancer care centre, Tirunelveli.



Objective:

The aim of the Program should create awareness about cervical cancer and breast cancer.

Event Description:

NSS unit No 46 & women's cell of our college jointly organised a cancer awareness camp for women with the help of Nellore Cancer Care Centre, Tirunelveli. In this event Dr. Santhiya Saroja highlighted the news about cervical cancer and breast cancer faced by growing teenagers through PPT. How can we prevent? This event was also a way to provide answers to the questions of the students and the treatment methods to be carried out. 100 students participated in this event and benefited.

Program Beneficiary:

The beneficiary of the program is NSS volunteers of the event and college students.

Program Outcome:

- The event developed awareness about cervical cancer and breast cancer faced by growing teenagers.
- The event helped to know the treatment methods.

Title of the Program: Blood Donation Camp

Date: 11.05.2022

Venue : Hall No 19A, Thiruvalluvar college, Papanasam

Collaborating agency :

1. Government Hospital Blood Bank, Ambasamudram.
2. Government Primary Health Centre, Vairavikulam.
3. YRC, Thiruvalluvar college, Papanasam.

Chief Guests :

1. Dr.Rajeswari, Blood Bank officer, Government Hospital, Ambasamudram.
2. Mr.R.Mariappan, Block Health Supervisor, PHC, Vairavikulam.
3. Mr.Ananth, Health inspector, Agasthiarpatti.

11.5.2022

ரத்ததான விழிப்புணர்வு முகாம்

பாபநாசம், மே.12-
பாபநாசம் திருவள்ளுவர் கல்லூரியில் நாட்டு நலப்பணித்திட்ட அணி எண் 46, முன்னாள் மாணவர்கள் சங்கம், இணைஞர் செஞ்சிவசுந்தர சங்கம், வைராவிக்குளம் ஆரம்ப ககாதார நிலையம், அரசு மருத்துவமனை ஆகியவை இணைந்து ரத்ததான விழிப்புணர்வு முகாம் நடத்தினர்.

முகாமிற்கு கல்லூரி முதல்வர் முனைவர் க. சுந்தரம் தலைமை தாங்கினார். நாட்டு நலப்பணித்திட்ட அலுவலர் இரா. வரலட்சுமி வரவேற்றுப் பேசினார். அரசு மருத்துவ ராஜேஸ்வரி சிறப்பு விருந்தினராக கலந்து கொண்டு ரத்த தானம் செய்வது குறித்து மாணவர்களிடையே உரையாற்றினார். கல்லூரி மாணவர்கள் ரத்த தானம் செய்வதை பாராட்டி கல்லூரிக்கு பாராட்டுச் சான்றிதழை வழங்கினார். இரத்த தானம் செய்த 46

மாணவர்களுக்கு பாராட்டு சான்றிதழ் வழங்கப்பட்டது. இனையோர் இணைஞர் செஞ்சிவசுந்தர சங்கத்திட்ட அலுவலர் முனைவர் பேரா. இந்து பாலா நன்றி கூறினார்.

முகாமில் கல்லூரி பேராசிரியர்கள், பழைய முன்னாள் மாணவர்கள் சங்கத் தலைவர் உமா மகேஸ்வரி, ககாதார ஆய்வாளர்கள் ஆனந்த், பாஸ்கர், செவ்வியர்கள் ரேவதி, மின்சிலின் தீபா, ஜெசிந்தா ஆகியோர் கலந்து கொண்டனர். அம்பாசமுத்திரம் அரசு மருத்துவமனை ரத்த வங்கி அதிகாரி இரா. இராஜேஸ்வரி, வட்டார ககாதார மேற்பார்வையாளர் விநாயகமூர்த்தி ஆகியோர் பொறுப்பேற்று முகாமை நடத்தினார்கள்.



Objective:

The aim of the Program should create awareness about importance of the blood donation and essentials.

Event Description:

Blood Donation Awareness Camp was jointly organized by NSS unit No.46 & YRC & Government Primary Health Centre, Vairavikulam, Government Hospital Blood Bank, Ambasamudram. Government doctor R. Rajeswari attended as special guest and addressed the students on blood donation. 46 students donated blood. 46 units of blood were donated.

Program Beneficiary:

The beneficiary of the program is common people and students of Thiruvalluvar College, Papanasam.

Program Outcome:

- It provided an opportunity for students, faculty, and staff to voluntarily donate blood.
- It made them to face the emergency situations in bold manner to save lives.



Second day 22.03.2022

On the second day a Blood test camp was held at Das Blood Test Centre at 10am. D.P.Palanikumar, Physical Director, Thiruvalluvar College gave an address on the topic We will keep our Health Healthy at 2pm. At 6pm there was a performance by the students.



Third day 23.03.2022

On the third day a General Medical camp was held at 10am. Assistant professor, Medical college, Tirunelveli Dr. Michael senraj, M.S., addressed the students about General Medicine. At 2.30pm Dr.P.S.Rajasekar gave an address on the topic of India the Land and Rivers. Dr.M.Muralitharan delivered a lecture on Environmental Protection.



Fourth day 24.03.2022

On the Fourth day a free Eye checkup camp was held on behalf of Dr. Agarwal's Eye Hospital, tirunelveli at 10a,. At 2.30pm Mr. Karpaga vinayagam delivered a speech on manavalam on behalf of pothiga manavalakalai mandram . At 6pm Dr.L.Ravisankar gave a lecture to the students on stress management.



Fifth day 25.03.2023

On the fifth day a cancer awareness camp was held at Nellai cancer Care Centre at 10am . Around 2.30 pm my college students did a demonstration on wastage materials. From around 4 pm the students carried out cleaning work around the place where the camp was



held. They also planted saplings.



Sixth day 26.03.22

A free dental camp was conducted by Dr.Pakirathan ,M.D.S., as the sixth day event. Mr.Murugesan owner of Sorna gas agencies gave hands on training on fuel economy and fuel usage. Mr.Ramkumar consultant gave a speech on the topic laughter therapy and the greatness of laughter.At 6pm Yoga Master and former Physical Director E.S.Veerabagu gave practical training on the topic of Yoga and Healthy living.



Seventh Day 27.03.2022

A closing ceremony was held at the camp as a seventh day event. Dr.S.Sundaram Principal of the college presided over the camp and Mr.I.Esuraja and Mr.K.Mariasingh rayar were also given as a token of gratitude. Mr.R.Natarajan and public relation officer MR.S.Karthikeyan participated in the event was closed by Dr.K.Annathurai. Dr.A.Ponmozhi delivered the vote of thanks.

Program Beneficiary :

The beneficiary of the program is Agasthiyarpuram village people and the students of our college.

Program Outreach:

- This event created awareness and motivated our students to do service for the rural area.
- This camp gave an opportunity to the Agasthiyarpuram village people to get a complete medical assistance.



THIRUVALLUVAR COLLEGE , PAPANASAM
(Re-Accredited with B++ Grade by NAAC)
(Affiliated to Manonmaniam Sundaranar University, Tirunelveli)



REPORT OF NSS ACTIVITIES

2022 -2023

UNIT NO 46

Programme Officer

Dr. R. Varalakshmi



Annual NSS Activities 2022-2023

UNIT NO 46

Contents and schedule

S.NO	EVENTS	DATE
1.	Mega Cleaning Campaign World Environmental Day Celebration 2022	05.06.2022
2.	75 th Independence day celebration	17.08.2022
3.	National Nutrition Month Celebration 2022 <i>Rashtriya pojan ma 2022</i>	08.09.2022
4.	World Suicide Prevention Day-Awareness Programme	14.09.2022
5.	Cancer Awareness Programme	28.10.2022
6.	National Voter's Day Pledge	25.01.2023
7.	Orientaion Programme For NSS Progamme Officers	31.01.2023
8.	Leprosy Awareness Programme	03.02.2023
9.	Blood Donation Camp	14.02.2023
10.	Womens Day Celebration –Cancer Prevention awareness Programme & Hair Donation for Cancer Patients	09.03.2023
11.	Eye Donation Awareness Camp	17.03.2023
12.	Sign Movement to Observe Menstrual Leave & Gender Equality Pledge	17.03.2023
13.	Special Camp	23.03.2023- 29.03.2023

TITLE OF THE PROGRAM: MEGA CLEANING CAMPAIGN
THEME: WORLD ENVIRONMENTAL DAY CELEBRATION 2022

Date: 05.06.2022

Venue: Forest office, Papanasam to Agasthiyar Falls
Collaborating Agency: Kalakad – Mundanthurai Eco Development
Chief Guests: Mrs.Shenbagapriya, Ranger in KMTR

Objective: “Tree Plantation and Environmental Conservation “NSS promotes environmental sustainability by organizing tree plantation drives and engaging in activities related to conservation and preservation of natural resources. They encourage students to actively participate in creating a greener and healthier environment.



Event Description: The students and Programme Officer of Thiruvalluvar College, NSS Unit. No.46 participated as volunteers in the task of removing plastic waste from road side from Papanasam check post to Agasthiyar waterfall and cleaning the waterfall areas On the occasion of the *World Environment Day* conducted by *Kalakadu Mundanthurai Tiger Reserve, Environment Development Division*, Tirunelveli. Forest Officer Senpagapriya created awareness about the importance and usage of *ManjathunniPai* On 5.6.2022. *69 students from our college participated.*

Program Beneficiary:

The Beneficiary of the Program is the local people and tourists. Through eradicating the usage of plastic bags and polythene covers people and the tourists can enjoy a green friendly environment

More than 50kgs of plastic wastes were taken and the area were made free of plastics thereby enriching a friendly atmosphere to the public.

More than 200 volunteers participated in the event. The participants were forest officials and NSS volunteers. It is truly an effort for future clean environment creating an impression in the minds of the volunteers.

Program Outreach:

- This camp inspired our students to preserve the Papanasam area to be clean and plastic free zone.
- This Camp also made awareness to the tourist and local area people on confirming the safety of wild animals.

TITLE OF THE PROGRAM: 75TH INDEPENDENCE DAY CELEBRATION

DATE: 17.08.2022

Venue: Conference Hall, Thiruvalluvar College, Papanasam.

Collaborating agency: Youth Red Cross, Thiruvalluvar College, Papanasam.

Chief Guests: Mr. Bharathi Kannan, Principal, Brilliant Matriculation school.

Objectives: The aim of the program is to create patriotisms among students and the area people

- 1. Commemoration:** To honor and pay tribute to the sacrifices made by freedom fighters.
- 2. Reflection:** To provide an opportunity for citizens to reflect upon the journey of India
- 3. Inspiration:** To inspire citizens, particularly the youth, with the values of freedom, democracy, secularism, and inclusivity, encouraging active participation in nation-building and upholding the principles enshrined in the Indian Constitution.
- 4. Celebration of Diversity:** To celebrate India's cultural, linguistic, and regional diversity, showcasing the richness of its heritage through various cultural performances, exhibitions, and activities, promoting a spirit of harmony and tolerance.
- 5. Recognition:** To recognize the contributions of individuals and organizations towards the progress and development of the nation, honoring achievements in various fields such as science, technology, arts, literature, sports, and social service.

Event Description:

On the Occasion of the *75th Independence Day Celebrations*, NSS Unit No 46 organized an awareness and performance celebration for the students. Chief Guest Mr. Bharathi Kannan delivered an Independence Day speech to the students on the topic "*Role Of Youth In Independence India*". Dances and myme plays were also performed by the students emphasizing Independence. *75 students participated in the event.*

Program Beneficiary:

The Beneficiary of the Program is the students and the local people.

It is important to motivate students about the Independence celebration. As a result the entire college is benefited through developing a spirit of unity and brotherhood.



Program Outreach:

- This event made patriotisms among students and the local area people.
- This event also made the students understand the role of Youth in the development of India.

TITLE OF THE PROGRAM: NATIONAL NUTRITION MONTH CELEBRATION

2022

THEME: RASTRIYA POJAN MA

Date: 08.09.2022

Venue: Auditorium, Thiruvalluvar college, Papanasam.

Collaborating agency: Integrated child Development Scheme, Ambasamudram.

Social Welfare And Women Empowerment Department ,Tirunelveli

Chief Guests:

- 1.Mrs. C.Sorna Latha, Child development project officer,Ambasamudram.
- 2.Mrs. Rajeswari, Child development project supervisor, Ambasamudram.



Objectives: The aim of the program should create awareness among the college girls focusing on the lofty goal of an integrated journey towards a healthy life.

- 1. Raise Awareness:** Increase awareness among the general public about the importance of nutrition in maintaining overall health and well-being.
- 2. Education:** Provide educational resources, workshops, seminars, and informational campaigns to disseminate evidence-based nutrition information, empowering individuals and communities to make informed choices about their dietary habits and lifestyle.
- 3. Promote Healthy Eating Habits:** Encourage the adoption of healthy eating habits and behaviors, including consuming a variety of nutrient-rich foods such as fruits, vegetables, whole grains, lean proteins, and dairy products, while reducing intake of processed foods high in sugar, salt, and unhealthy fats.

4. Address Malnutrition: Highlight the importance of addressing all forms of malnutrition, including undernutrition, micronutrient deficiencies, and overnutrition, through targeted interventions such as nutrition supplementation, micronutrient fortification, and nutrition-sensitive agriculture.

5. Target Vulnerable Groups: Focus attention on vulnerable populations such as children, pregnant and lactating women, elderly individuals, and individuals with chronic diseases or disabilities, ensuring they have access to adequate nutrition and support services tailored to their specific needs.

Event Description:

National Nutrition Month September 2022 was celebrated to create awareness among the college girls focusing on the lofty goal of an integrated journey towards a healthy life in collaboration with the NSS Unit No 46 and the Social Welfare And Women Empowerment Department .Ambasamudram Child Development Project Officer Mrs.C.Sorna Latha spoke about malnutrition caused by child marriage and young marriage and anemia caused by not eating a proper diet. An Pledge was also taken that we will create a healthy growing young society.

Under the leadership of college Principal Dr.L.Ravisankar, Administrative officer Dr.S.Sundaram and our professors , child development program office staffs and NSS unit No 46 *students 80 members participated.*

Program Beneficiary:

The Beneficiary of the Program is the students and local people in nearby village.

During the National Nutrition Month Celebration, people and communities can benefit in several ways:

1. Improved Health and Well-being: By raising awareness and promoting healthy eating habits, individuals can improve their overall health and well-being, reducing the risk of chronic diseases such as obesity, diabetes, cardiovascular diseases, and malnutrition-related disorders.

2. Enhanced Nutrition Knowledge: People gain access to valuable nutrition information through educational resources, workshops, and campaigns, empowering them to make informed decisions about their diets and lifestyles, leading to better nutritional outcomes for themselves and their families.

Program Outreach:

- This event made an integrated journey towards a healthy life.
- This event also get the knowledge about malnutrition causes.

**TITLE OF THE PROGRAM: WORLD SUICIDE PREVENTION DAY-
AWARENESS PROGRAMME**

DATE:14.09.2022

Venue : Auditorium , Thiruvalluvar college, Papanasam.

Collaborating agency : Nss Unit No.42 & Brahma Kumaris Meditation center, Ambasamudram

Chief Guests:

1. P.K.Selvarani, Raja Yoga Teacher, Ambasamudram.
2. P.K. Arunkumar, Raja Yoga Teacher, Ambasamudram.

பாபநாசம் திருவள்ளூர் கல்லூரி நாட்டு நலப்பணித்திட்ட அணி எண் 42 & 46. மற்றும் அம்பாசமுத்திரம் பிரம்மகுமாரி ராஜ யோகா இணைந்து உலக தற்கொலை தடுப்பு நாள் விழிப்புணர்வு நிகழ்ச்சி 14.09.22 மதியம் 2.00 மணிக்கு அடிகளார் அரங்கில் நடைபெற்றது. நாட்டுநலப்பணித்திட்ட அதிகாரி முனைவர் K. அண்ணாத்துரை வரவேற்புரை ஆற்றினார். கல்லூரி முதல்வர் முனைவர் L. ரவிசங்கர் தலைமை உரையாற்றினார். நிர்வாக அதிகாரி முனைவர் S. சுந்தரம் முன்னிலையில் அம்பாசமுத்திரம் பிரம்ம குமாரி ராஜ யோகா ஆசிரியர்கள் B.K.செல்வராணி மற்றும் B.K.அருண் குமார் கருத்துரை வழங்கினார்கள். முனைவர் R.வரலெஷ்மி நாட்டு நலப்பணித்திட்ட அதிகாரி நன்றி கூறினார். முதலாம் மற்றும் இரண்டாம் ஆண்டு நாட்டு நலப்பணித்திட்ட மாணவ- மாணவிகள்(132 பேர்), ஆசிரியர்கள், அலுவலர்கள் இந்நிகழ்ச்சியில் கலந்துகொண்டு பயன்பெற்றனர்.

10:39 PM

**தற்கொலை தடுப்பு
விழிப்புணர்வு 14.9.22**



Objective: The aim of the program should create awareness about ideas and meditation techniques to prevent suicidal thoughts

1. Raise Awareness: Increase public awareness and understanding about suicide as a global public health issue, highlighting the importance of prevention, intervention, and support for individuals at risk.

2. Reduce Stigma: Challenge stigma and misconceptions surrounding suicide and mental health, promoting open dialogue, empathy, and compassion towards individuals experiencing suicidal ideation or struggling with mental health challenges.

3. Provide Education: Provide educational resources, workshops, seminars, and informational campaigns to disseminate evidence-based information about suicide prevention strategies, risk factors, warning signs, and available support services.

4. Promote Help-Seeking Behavior: Encourage individuals to seek help and support for themselves or others experiencing suicidal thoughts or mental health crises, emphasizing the importance of reaching out to trusted sources such as mental health professionals, crisis hotlines, or support groups.

5. Empower Communities: Empower communities to recognize their role in suicide prevention by fostering supportive environments, promoting resilience, and equipping individuals with the knowledge and skills to intervene effectively and support those in distress.

Event Description:

Papanasam Thiruvalluvar College NSS Unit No 42 & 46 and Ambasamudram Brahmakumari Raja Yoga jointly organized the *World Suicide Prevention Day* awareness program on 14.09.2022 at 2 pm at Adigalar Arangam. Principal Dr. L.Ravisankar addressed the Ambasamudram Brahmakumari Raja Yoga in the presence of the Administrative Officer Dr.S.sundaram. Chief Guests P.K.Selvarani and P.K.Arunkumar presented ideas and meditation techniques to prevent suicidal thoughts. *132 students participated in the event.*

Program Beneficiary:

The beneficiary of the program is the students of Thiruvalluvar college, Papanasam.

For Students:

1. Increased Awareness: Students gain a better understanding of the prevalence and seriousness of suicide as a public health issue, enabling them to recognize warning signs and risk factors in themselves and their peers.
2. Enhanced Mental Health Literacy: Students develop knowledge about mental health, suicide prevention strategies, and available support resources, empowering them to seek help for themselves or others experiencing mental health challenges.
3. Strengthened Support Networks: Students learn how to provide effective support and intervene appropriately when someone is struggling with suicidal thoughts or behaviors, fostering a culture of caring and support within their peer groups and communities.

Program Outreach:

- This program gave a confidence to the students those who have inferiority complex.
- This program demolished the obstacles of students in their life.

TITLE OF THE PROGRAM: CANCER AWARENESS PROGRAMME

THEME: NSS DAY CELEBRATION

DATE: 28.10.22

Venue : Auditorium, Thiruvalluvar college, Papanasam

Collaborating agency :

Nellai cancer care centre, Tirunelveli.

Chief Guests :

1. Dr. Abirami, Nellai cancer care centre, Tirunelveli.

2. Mr. P. Murugan, Programme Officer, Nellai cancer care centre, Tirunelveli.



Objective :

The aim of the meeting is to address the Vision and Mission of National Service Scheme. Volunteers engage in regular activities like Cancer Awareness Program for female students, and awareness programs for the local communities.

1. **Raise Awareness:** Increase public awareness about cancer, its risk factors, prevention strategies, early detection methods, and available treatment options, aiming to reduce misconceptions, stigma, and fear associated with the disease.

2. **Promote Early Detection:** Educate individuals about the importance of early detection through regular screenings, self-examinations, and awareness of common signs and symptoms, with the goal of diagnosing cancer at an early, more treatable stage.

3. Empowerment Through Information: Provide accurate and evidence-based information about cancer prevention, risk reduction, and healthy lifestyle choices, empowering individuals to make informed decisions about their health and reduce their cancer risk.

Event Description

On the occasion of *NSS Day*, NSS Unit No 46 along with Nellai Cancer Care Centre conducted Cancer Awareness Program for female students. Dr. R.Varalakshmi welcomed by Everyone. Principal(Incharge) of the college Dr.L.Ravisankar presided over the address.

College Administrative Officer Dr.S.Sundaram deliver the felicitation address and Nellai Cancer Care Center Programme Officer Mr.Murugan talked about Cancer and ways to prevent Cancer. Dr.Abirami addressed the students about the symptoms of Breast Cancer in Women and ways to prevent them. *75 students participated and benefited.*

Program Beneficiary:

The Cancer Awareness Programme can provide numerous benefits for both people and students:

1. Education and Awareness: Students gain valuable knowledge about cancer prevention, early detection, and treatment options, increasing their awareness and understanding of this important public health issue.
2. Health Promotion: The programme encourages students to adopt healthy lifestyle behaviors such as regular physical activity, healthy eating habits, tobacco cessation, and sun protection, which can reduce their risk of developing cancer later in life.
3. Empathy and Compassion: Students learn to empathize with individuals affected by cancer and develop a sense of compassion and empathy towards those who may be struggling with the disease or its effects on themselves or their loved ones.
4. Volunteer Opportunities: The programme may provide students with opportunities to volunteer and participate in cancer awareness activities, fundraising events, and community outreach initiatives, allowing them to make a positive impact in their communities.
5. Professional Development: Students interested in healthcare, public health, or social services may gain valuable experience and skills through their involvement in the programme, including communication skills, teamwork, leadership, and cultural competence.

Program Outcome:

- This event helped them to understand the Cancer and ways to prevent Cancer.
 - This event identifies the symptoms of Breast Cancer in Women.

TITLE OF THE PROGRAM: NATIONAL VOTER'S DAY PLEDGE

DATE: 25.01.2023

Venue : Hall No19, Thiruvalluvar college, Papanasam



Objectives:

The aim of the program is to create awareness on maintain the dignity of free, fair and peaceful elections in the tradition of our interests.

1. Civic Engagement: Encourage citizens to actively participate in the democratic process by registering to vote, exercising their right to vote, and engaging in informed decision-making during elections.
2. Voter Awareness: Raise awareness about the importance of voting as a fundamental right and civic duty, emphasizing the role of every citizen in shaping the future of the nation through the electoral process.
3. Electoral Participation: Promote higher voter turnout and participation in elections, especially among young and first-time voters, by highlighting the significance of their voices in influencing government policies and governance.

4. Voter Education: Provide voter education and information about electoral procedures, voting rights, voter registration, polling locations, and voting methods, ensuring that citizens are equipped with the knowledge and resources to participate effectively in elections.

5. Electoral Integrity: Reinforce confidence in the electoral process by promoting transparency, accountability, and fairness in elections, and by encouraging citizens to report any instances of electoral malpractice or misconduct.

Event Description:

On the occasion of the *National Voter's Day*, We the citizens of India, have pledged to maintain the dignity of free, fair and peaceful elections in the tradition of our interests and to vote in every election fearlessly without being influenced by religion, race, caste, language or any other incitement. *100 students took the pledge.*

Program Beneficiary :

The following are the benefits for the students:

1. Civic Education: Participation in the National Voter's Day Pledge provides students with valuable civic education, teaching them about the importance of democracy, voting rights, and civic responsibilities from a young age.
2. Increased Awareness: Students gain a deeper understanding of the electoral process, including voter registration, polling procedures, and the significance of their vote in influencing government policies and decisions.
3. Social Responsibility: Taking the pledge reinforces the importance of social responsibility and active citizenship, encouraging students to uphold democratic values, respect for diversity, and the rule of law in their interactions with others.

Program Outreach:

- This program created awareness about importance of Vote among first time voters.
- This program enhanced our students to conduct our college students head election through this program.

TITLE OF THE PROGRAM: PO'S ORIENTATION PROGRAM

DATE: 31.01.2023

Venue: Manonmaniam Sundaranar University

Objective: The aim of the program is to encourage and appreciate the Programme officer's and volunteers towards community services.

Event Description:

I participated in the Orientation Program for the College Programme Officer's on 31.01.2023 under the Manonmaniam Sundaranar University, by National Service Scheme Cell, Manonmaniam Sundaranar University, Tirunelveli.

Program beneficiary:

The Program officer of Thiruvalluvar College acquired various skills about NSS. The orientation not only boosted the program officer but in turn helped many students to know about various skills.

Program Outreach:

- This Orientation program helped our Program officers to conduct the NSS activity in innovative way.
- This orientation program gave an opportunity to the Program officers to lead their team to achieve the goal of NSS.



TITLE OF THE PROGRAM: LEPROSY AWARENESS PROGRAMME

DATE: 03.02.2023

Venue :Hall No 16, Thiruvalluvar college, Papanasam

Collaborating agency :

- 1. Government Primary Health Centre, Vairavikulam.
- 2. YRC, Thiruvalluvar college, Papanasam.

Chief Guests :

- 1.Mr. R.Mariappan, Block Health Supervisor, PHC, Vairavikulam.
- 2.Mr.N.Ganesan, Non-Medical Supervisor, Vairavikulam.

**தொழுநோய் விழிப்புணர்வு கூட்டம்
03.02.2023**



யுபகாசம்
திருவள்ளூர் கல்லூரியில் தொழுநோய் விழிப்புணர்வு கூட்டம்
குடும்பம், 00.7 வகுப்பினர் ஆரம்பப் பாடநாள் திருவள்ளூர் கல்லூரியில் தொழுநோய் விழிப்புணர்வு கூட்டம் நடைபெற்றது. தொழுநோய்க்கான உலகளாவிய விழிப்புணர்வு கூட்டம் நடைபெற்றது. அன்று மாலை 5 மணிக்கு தொடங்கிய இயல்பான விழிப்புணர்வு கூட்டம், மாணவர்கள் ஆர்வத்துடன் கலந்துகொண்டனர். மாணவர்கள் தொழுநோயின் காரணம், அறிகுறிகள், சிகிச்சை மற்றும் தடுப்பூசி குறித்து கேள்விகள் கேட்டனர். மாணவர்கள் தொழுநோயின் காரணம், அறிகுறிகள், சிகிச்சை மற்றும் தடுப்பூசி குறித்து கேள்விகள் கேட்டனர். மாணவர்கள் தொழுநோயின் காரணம், அறிகுறிகள், சிகிச்சை மற்றும் தடுப்பூசி குறித்து கேள்விகள் கேட்டனர். மாணவர்கள் தொழுநோயின் காரணம், அறிகுறிகள், சிகிச்சை மற்றும் தடுப்பூசி குறித்து கேள்விகள் கேட்டனர்.



Objectives:

The aim of the Program is to create awareness message among the students about leprosy caused by micro bacterium lepra

- 1. Raise Awareness: Increase public awareness about leprosy as a neglected tropical disease, dispelling myths and misconceptions surrounding the disease, and promoting accurate information about its causes, symptoms, and treatment.

2. **Early Detection and Diagnosis:** Promote early detection and diagnosis of leprosy through community-based screening programs, training healthcare workers to recognize early signs and symptoms, and encouraging individuals to seek timely medical care.
3. **Reduce Stigma and Discrimination:** Combat stigma, discrimination, and social exclusion faced by individuals affected by leprosy, advocating for the rights and dignity of people affected by the disease and promoting inclusive attitudes and behaviors within communities.
4. **Access to Treatment and Rehabilitation:** Improve access to multidrug therapy (MDT) and other essential treatments for leprosy, ensuring that individuals affected by the disease receive timely and appropriate medical care, rehabilitation services, and social support.
5. **Empowerment Through Education:** Provide educational resources, materials, and workshops to empower individuals affected by leprosy, their families, and communities with knowledge about the disease, self-care practices, and strategies for social integration and livelihoods.

Event Description

NSS 46 & YRC and Government Primary Health Centre ,Vairavikulam organized a *Leprosy Awareness Programme*. Non-Medical Health Supervisor Mr.N.Ganesan gave an awareness message among the students about leprosy caused by micro bacterium lepra. District Block Health Supervisor Mr. R.Mariappan said that if leprosy patients are treated at an early stage, they can prevent their recovery and physical disability. Also, the soread of tenque fever is the reason and how to prevent it; he instilled awareness among the students.

Program Beneficiary:

The beneficiary of the program is the NSS volunteers especially girl children.

Program Outcome:

- This event helped them to understand the leprosy.
- This event identifies the symptoms of leprosy patients in Women.

TITLE OF THE PROGRAM: BLOOD DONATION CAMP

DATE:14.02.2023

Venue : Auditorium, Thiruvalluvar college, Papanasam

Collaborating agency :

1. Government Hospital, Ambasamudram.
2. Government Primary Health Centre, Vairavikulam.
3. YRC, Thiruvalluvar college, Papanasam.



திருவள்ளூர் கல்லூரியில்

ரத்ததான விழிப்புணர்வு முகாம்

பாபநாசம், பிப்.15-

பாபநாசம் திருவள்ளூர் கல்லூரியில் ரத்ததான விழிப்புணர்வு முகாம் நடைபெற்றது. கல்லூரியின் நாட்டு நலப்பணித்திட்ட அணி எண் 46, இளைஞர் செஞ்சிலுவைச் சங்கம், வைராவி குளம் அரசு ஆரம்ப சுகாதார நிலையம், அம்பாசமுத்திரம் அரசு மருத்துவமனை ஆகியவை இணைந்து இம்முகாமை நடத்தின. கல்லூரி முதல்வர் (மேஜர்) முனைவர் ரவிசங்கர் தலைமை தாங்கினார். நாட்டு நலப்பணி திட்ட அலுவலர் இரா. வரலெட்சுமி வரவேற்புரை ஆற்றினார்.

அம்பை அரசு மருத்துவ அலுவலர் ஜெசிமா சலைகா, யாரெல்லாம் ரத்த தானம் செய்யலாம் யாரெல்லாம் இரத்த தானம் செய்யக்கூடாது என்பதை விளக்கினார். தொடர்ந்து தேசிய குடற்புழு நீக்க நாள் உறுதிமொழி எடுக்கப்பட்டது. அதைத் தொடர்ந்து குடற்புழு நீக்க மாத்திரைகள் மாணவர்களுக்கு வழங்கப்பட்டன. இளைஞர் செஞ்சிலுவைச் சங்க திட்ட அலுவலர் இரா. இந்து பாலா நன்றி கூறினார்.

இந்த முகாமை, வட்டார சுகாதார மேற்பார்வையாளர் ஆர்.மாரியப்பன், மருத்துவமில்லா மேற்பார்வையாளர் என்.கணேசன் ஆகியோர் முன்னின்று நடத்தினர்.



Objectives:

The aim of the program is to organize blood donation drives on campus in collaboration with reputed blood banks and government hospitals. These camps provide an opportunity for students, faculty, and staff to voluntarily donate blood and contribute to save lives.

Event Description:

NSS Unit No 46 & YRC and PHC, vairavikulam and Ambasamudram Government Hospital jointly organized a blood donation awareness Camp Dr.L.Ravisankar Principal of the college presided over the NSS PO,Unit No 46 Dr.R.Varalakshmi gave welcome address .

Ambai Government Medical Officer Dr Jesima sulaika who can donate Blood and who cannot donate blood . 90 students donated blood. *90 units of blood were donated.*

Program Beneficiary:

Students can benefit from participating in a Blood Donation Camp in several ways:

1. Community Engagement: Volunteering at or participating in a Blood Donation Camp allows students to actively engage with their community and contribute to a worthy cause. This involvement fosters a sense of responsibility and social awareness among students, encouraging them to play a positive role in society.

2. Health Awareness: Blood Donation Camps often include educational sessions on the importance of blood donation, the process of blood donation, and the impact of blood donation on saving lives. Students gain valuable knowledge about blood donation, blood types, and the significance of maintaining an adequate blood supply for medical emergencies.

3. Personal Development: Participating in a Blood Donation Camp provides students with opportunities for personal growth and development. They learn important skills such as communication, teamwork, organization, and leadership, which are valuable in both academic and professional settings.

Program Outcome:

- It provided an opportunity for students, faculty, and staff to voluntarily donate blood.
- It made them to face the emergency situations in bold manner to save lives.

TITLE OF THE PROGRAM: NATIONAL DEWORMING DAY – PLEDGE

Date: 14.02.2023

Venue : Auditorium, Thiruvalluvar college, Papanasam

Collaborating agency :

1. Government Hospital, Ambasamudram.
2. Government Primary Health Centre, Vairavikulam.
3. YRC, Thiruvalluvar college, Papanasam.



Objectives:

The aim of the program is to create awareness on National Deworming Day.

Event Description:

NSS Unit No 46 & YRC and PHC, Vairavikulam and Ambasamudram Government Hospital jointly organized a National Deworming Day. Dr. L. Ravisankar, Principal of the college, presided over the NSS PO, Unit No 46. Dr. R. Varalakshmi gave the welcome address.

The Pledge was taken on the occasion of National Intestinal Deworming Day. Deworming Tablets were then given to the students. The Camp was presided over by District Health supervisor Mr. R. Mariappan and Non-Medical supervisor Mr. N. Ganesan. 90 students participated in this event.

Program Beneficiary :

The beneficiary of the program is the students of Thiruvalluvar college, Papanasam. The National Deworming Day program provides several benefits:

1. **Improved Health:** Deworming helps in the treatment and prevention of intestinal worm infections, such as roundworm, hookworm, and whipworm. By removing these parasites from the body, individuals experience improved health, reduced symptoms such as abdominal pain and diarrhea, and decreased risk of complications related to chronic worm infestations.
2. **Enhanced Growth and Development:** Intestinal worm infections can impair nutrient absorption, leading to malnutrition and stunted growth in children. Deworming treatments help restore normal nutrient absorption, promoting healthy growth and development in children, including physical, cognitive, and educational outcomes.
3. **Reduced Anemia:** Intestinal worms can contribute to iron-deficiency anemia by causing blood loss and impairing iron absorption. Deworming treatments reduce the burden of intestinal parasites, leading to increased iron levels in the body and decreased prevalence of anemia, particularly among children and pregnant women.

Program Outreach:

- This program created awareness about importance of National Intestinal Deworming Day.
- The Pledge was taken on the occasion of National Intestinal Deworming Day.

TITLE OF THE PROGRAM: WOMEN'S DAY CELEBRATION
CANCER PREVENTION AWARENESS PROGRAMME & HAIR DONATION FOR
CANCER PATIENTS

Date: 09.03.2023

Venue : Auditorium, Thiruvalluvar college, Papanasam.

Collaborating agency :

1. Social Welfare And Women Empowerment Department ,Tirunelveli.
2. Adaiyar Cancer Care Institute,Chennai.
3. Nellai Cancer Care Centre,Tirunelveli.
4. YRC ,Thiruvalluvar College.



Objective:

The aim of the program is to highlight the problems faced by women in the society.

Event Description:

On the occasion of *Women's Day Celebration* ,Tamilnadu Social Welfare And Women'sEmpowerment Department ,Tirunelveli and Nellai cancer care centre ,tirunelveli organized a Cancer prevention awareness Camp By NSS Unit No 46. Dr.Rupavathi explained the methods to prevent cancer and the treatment methods to be followed if it occurs. District Social Welfare office Mrs.K.Dhanalakshmi explained about the schemes implemented by the government for women. Mrs. Ponmuthu Central Administrator of the Integrated Services Centre, highlighted the problems faced by women in the society and the phone numbers that

the government has set up to address the problems. Mr.Paul explained methods of donating hair to cancer patients. 11 students donated their hair to cancer patients.

Program Beneficiary:

The beneficiary of the program is the NSS volunteers and the college students. By creating the importance of feminine and womanhood the program is highly beneficial for the girl students.

Program Outcome:

- This event helped them to understand the Cancer and ways to prevent Cancer.
- This event identifies the methods to prevent cancer and the treatment methods.

TITLE OF THE PROGRAM: EYE DONATION AWARENESS CAMP

Date:17.03.2023

Venue : Auditorium, Thiruvalluvar college, Papanasam

Collaborating agency :

1. Bright Vision Charitable Trust, Sivakasi.
2. Lions Club, Pavoorchatram.
3. YRC ,Thiruvalluvar College.

Objective:

The aim of the program is to highlight the message of eye donation among the students visually and systematically.

Event Description:

Sivakasi Bright Vision Charitable Trust along with lions Club and NSS Unit No 46 organized *Eye Donation Awareness Camp*. In this World Record in Eye Donation & D.C. for Sight first (2006-2020) Lion Dr.J.Ganesh explained the message of eye donation among the students visually and systematically. *100 students benefited from the program*



Program Beneficiary:

The beneficiary of the program is the volunteers and students of Thiruvalluvar College, Papanasam and also the people in nearby areas.

Program Outcome:

- It provided an opportunity for students, faculty, and staff to voluntarily donate eyes.
- It made them to face the emergency situations in bold manner to save lives.

**TITLE OF THE PROGRAM: SIGN MOVEMENT TO OBSERVE MENSTRUAL
LEAVE &
GENDER EQUALITY PLEDGE**

Date: 17.03.2023

Venue : Auditorium, Thiruvalluvar college, Papanasam

Collaborating agency :

1. Police Department
2. YRC ,Thiruvalluvar College
3. News 7

Objective:

The aim of the program should enhance the Signature Drive for Menstrual Leave and Gender Equality.

Event Description:

News 7 Tamil news channel along with Police Department and NSS Unit No.46 organized a ***Signature Drive For Menstrual Leave And Gender Equality Pledge***. All the college professors signed the petition urging the government to give working women leave during their menstrual periods and that men and women are equal in this world. Emphazing that there should be no differences between men and women. Ambasamudram ***ASP .Palveer Singh I.P.S*** gave the gender equality pledge and everyone made a gender equality Pledge.

Program Beneficiary :

The beneficiary of the program is the staffs and students of Thiruvalluvar college, Papanasam. By implementing menstrual leave policies and pledging to promote gender equality, organizations create a more inclusive and supportive workplace culture that values the health and well-being of all employees, regardless of their gender or menstrual status.



Program Outreach:

- This program created awareness about no differences between men and women.
- The Pledge was taken on the occasion of Signature Drive For Menstrual Leave And Gender Equality.

TITLE OF THE PROGRAM: SEVEN DAYS – NSS SPECIAL CAMP

Theme : Women’s Development And Higher Education

Date: 23.03.2023 To 29.03.2023

Venue : Kottavillaipatti & Agasthiya puram.

<p>விடயம் நாள் : 27-03-2023 திங்கள்-திருவள்ளூர்</p> <p>காலம் 10.00 மணி : “பத்துநாள் விடுபயணக் குழு” திரு. அ. சுவாமிநாதன், உதவி இயக்குநர் திரு. ச. சுவாமிநாதன், உதவி இயக்குநர்</p> <p>காலம் 2 - 4 மணி : “வாழ் தாய்” குமாரி R. சிவசுந்தரி, உதவி இயக்குநர் குமாரி M. சுவாமிநாதன், உதவி இயக்குநர்</p> <p>காலம் 6.00 மணி : “மனைவியின் உரிமைகள்” குமாரி M. சுவாமிநாதன், உதவி இயக்குநர்</p> <p>திருவள்ளூர் நாள் : 25-03-2023 ஞாயிறாதிருவள்ளூர்</p> <p>காலம் 10.00 மணி : “வாழ் தாய் விடுபயணக் குழு” குமாரி M. சுவாமிநாதன், உதவி இயக்குநர்</p> <p>காலம் 2 - 4 மணி : “உயர்நிலைப் பள்ளி” குமாரி R. சிவசுந்தரி, உதவி இயக்குநர்</p> <p>காலம் 6.00 மணி : “மனைவியின் உரிமைகள்” குமாரி M. சுவாமிநாதன், உதவி இயக்குநர்</p> <p>திருவள்ளூர் நாள் : 29-03-2023 ஞாயிறாதிருவள்ளூர்</p> <p>காலம் 10.00 மணி : “வாழ் தாய் விடுபயணக் குழு” குமாரி M. சுவாமிநாதன், உதவி இயக்குநர்</p>	<p>குமாரி - திருவள்ளூர்</p> <p>காலம் 10.00 மணி : “வாழ் தாய் விடுபயணக் குழு” குமாரி M. சுவாமிநாதன், உதவி இயக்குநர்</p> <p>காலம் 2 - 4 மணி : “உயர்நிலைப் பள்ளி” குமாரி R. சிவசுந்தரி, உதவி இயக்குநர்</p> <p>காலம் 6.00 மணி : “மனைவியின் உரிமைகள்” குமாரி M. சுவாமிநாதன், உதவி இயக்குநர்</p> <p>திருவள்ளூர் நாள் : 25-03-2023 ஞாயிறாதிருவள்ளூர்</p> <p>காலம் 10.00 மணி : “வாழ் தாய் விடுபயணக் குழு” குமாரி M. சுவாமிநாதன், உதவி இயக்குநர்</p> <p>காலம் 2 - 4 மணி : “உயர்நிலைப் பள்ளி” குமாரி R. சிவசுந்தரி, உதவி இயக்குநர்</p> <p>காலம் 6.00 மணி : “மனைவியின் உரிமைகள்” குமாரி M. சுவாமிநாதன், உதவி இயக்குநர்</p>	<p>“மனைவியின் உரிமைகள்” மனைவியின் உரிமைகள் பற்றிய விழிப்புணர்வுப் பணிகளை மேற்கொள்ளும்.</p> <p>திருவள்ளூர் கல்வாரி யாழ்ப்பாணம் - 627 425.</p> <p>நாடு நலப்பணித்திட்டம் அளி எண்கள் 41, 42, 46</p> <p>ஏழு நாட்கள் சிறப்பு முகாம் அழைப்பிதழ் 23.03.2023 முதல் 29.03.2023 வரை</p> <p>குறிப்பு : கோவை, கிள்கோட்டம் மற்றும் அகஸ்தியாபுரம் “மனைவியின் உரிமைகள்” குமாரி M. சுவாமிநாதன், உதவி இயக்குநர்.</p>
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<p>அகஸ்தியாபுரம்</p> <p>யாழ்ப்பாணம், திருவள்ளூர் அகஸ்தியாபுரம் நாடு நலப்பணித்திட்டம் (NSS) அளி எண்கள் 41, 42, 46. இவற்றை நடைமுறைக்கு கொண்டுவர உதவியளிக்கும் மனைவியின் உரிமைகள் பற்றிய விழிப்புணர்வுப் பணிகளை மேற்கொள்ளும்.</p> <p>திருவள்ளூர் நாள் : 27-03-2023 திங்கள்-திருவள்ளூர்</p> <p>காலம் 10.00 மணி : “வாழ் தாய் விடுபயணக் குழு” குமாரி M. சுவாமிநாதன், உதவி இயக்குநர்</p> <p>காலம் 2 - 4 மணி : “உயர்நிலைப் பள்ளி” குமாரி R. சிவசுந்தரி, உதவி இயக்குநர்</p> <p>காலம் 6.00 மணி : “மனைவியின் உரிமைகள்” குமாரி M. சுவாமிநாதன், உதவி இயக்குநர்</p> <p>திருவள்ளூர் நாள் : 29-03-2023 ஞாயிறாதிருவள்ளூர்</p> <p>காலம் 10.00 மணி : “வாழ் தாய் விடுபயணக் குழு” குமாரி M. சுவாமிநாதன், உதவி இயக்குநர்</p>	<p>குமாரி - அகஸ்தியாபுரம்</p> <p>காலம் 10.00 மணி : “வாழ் தாய் விடுபயணக் குழு” குமாரி M. சுவாமிநாதன், உதவி இயக்குநர்</p> <p>காலம் 2 - 4 மணி : “உயர்நிலைப் பள்ளி” குமாரி R. சிவசுந்தரி, உதவி இயக்குநர்</p> <p>காலம் 6.00 மணி : “மனைவியின் உரிமைகள்” குமாரி M. சுவாமிநாதன், உதவி இயக்குநர்</p> <p>திருவள்ளூர் நாள் : 25-03-2023 ஞாயிறாதிருவள்ளூர்</p> <p>காலம் 10.00 மணி : “வாழ் தாய் விடுபயணக் குழு” குமாரி M. சுவாமிநாதன், உதவி இயக்குநர்</p> <p>காலம் 2 - 4 மணி : “உயர்நிலைப் பள்ளி” குமாரி R. சிவசுந்தரி, உதவி இயக்குநர்</p> <p>காலம் 6.00 மணி : “மனைவியின் உரிமைகள்” குமாரி M. சுவாமிநாதன், உதவி இயக்குநர்</p>	<p>“மனைவியின் உரிமைகள்” மனைவியின் உரிமைகள் பற்றிய விழிப்புணர்வுப் பணிகளை மேற்கொள்ளும்.</p> <p>திருவள்ளூர் கல்வாரி யாழ்ப்பாணம் - 627 425.</p> <p>நாடு நலப்பணித்திட்டம் அளி எண்கள் 41, 42, 46</p> <p>ஏழு நாட்கள் சிறப்பு முகாம் அழைப்பிதழ் 23.03.2023 முதல் 29.03.2023 வரை</p> <p>குறிப்பு : கோவை, கிள்கோட்டம் மற்றும் அகஸ்தியாபுரம் “மனைவியின் உரிமைகள்” குமாரி M. சுவாமிநாதன், உதவி இயக்குநர்.</p>
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Objective:

NSS conducts the awareness programs to educate the community about the importance of Women Empowerment, Education, Health and Hygiene Awareness Programs, Tree Plantation and Environmental Conservation, Social Service Initiatives, Swachh Bharat Abhiyan, Rural Development Programs, Awareness Campaigns and Other Social Relevance Activities. This may include organizing workshops, seminars, and awareness campaigns on topics like hand washing, health benefits of Yoga Practices, menstrual hygiene, and waste management.

Event Description:

First day (23.03.2023)

First day of the camp on (23.03.2023) the students who came to the camp were divided into five groups and discussed about the camp preparations. College Principal Dr. Dr. Ravi Shankar presided over the opening ceremony of the camp. Vikramasingapuram Municipality Council Member Mr. I. Eshuraja and Executive Officer Dr. S. Sundaram delivered the felicitation address. Dr. K. Annathurai gave the welcome address, Dr. R. Varalakshmi gave the camp explanatory speech and Dr. A. Ponmozhi gave the vote of thanks for the camp.

After dinner, the program officers discussed the day's events and the next day's events with the student groups.



Second day (24.03.2023)

Second day of the camp on after breakfast Mr. R. Mariyappan District Health Supervisor, Government Primary Health Centre, Vairavikulam spoke about health awareness. Afternoon Prof.G. Muruganandhi and Prof.K. VelMurugan explained about maintaining mental and physical health. After the evening exercise and refreshments, Dr. R. Kumaran, Principal, Government College of Arts and Science, Kadayanallur gave an excellent speech on woman education. After dinner the students went to sleep.





Third day (25.3.2023)

Third day in the morning, Nellai Cancer Care Center doctors spoke about cancer symptoms and prevention methods among the public of Kotavilaipatti. People who participated in the camp were tested and advised about the symptoms of the disease.

After lunch, Dr. M. Kannan, Assistant Professor, Department of Chemistry gave a keynote address to the students on climate change. In the evening, is family a major contributor to student welfare? Or society? - Pattimandram was held on the topic. Bhakti Tamil Bhawalar Bharti G. Kannan, Principal, Brilliant Higher Secondary School, Vickramasingapuram presided over the pattimandram.





Fourth day (26.3.2023)

Fourth day in the morning blood test was done for the students who attended the camp and the residents of North Agasthiyapuram. In the afternoon Dr. M. Maduraiveeran, Assistant Professor and Head, Department of History spoke to the students about the role of women in the freedom struggle. At 6.00 pm Lion L.Meena Raja, Soft Skills Coach and Counselor inspired students about the you within you (Unakkul Ni).



Fifth day on (27.3.2023)

Fifth day on 27.03.2023 Mrs. S. Kannaki, Co-ordinator of Environment Center gave a lecture to the students on the necessity of environmental protection. After lunch Dr. R. Indhubala, Coordinator of Youth Red Cross Society gave a lecture on Women's Welfare. Dr. M. Muralitharan, Assistant Professor, M. S. University, Tirunelveli explained the views on gender equality.



Sixth day (28.3.2023)

Sixth day at 10.00 am in anti-drug awareness rally, students walked with banners raising awareness slogans. Dr. A. Adaikalam, Assistant Professor, Department of History inaugurated the rally.

Dr. B. Palanikumar, Director of Physical Education taught the students exercises on maintaining physical health. In the evening, there was a special performance by the students of Youth Welfare. Dr. D. Wilfin John, Assistant Professor, Department of English hosted the performances on the occasion.



Final day (29.3.2023)

Final Day of the camp on 29.3.2023 a free eye checkup camp was conducted in association with Dr. Agarwal Eye Hospital, Tirunelveli at Ramar Hindu Primary School, Kottavilapatti.

After the lunch, in the closing ceremony of the camp, Principal Dr.L. Ravi Sankar, Administrative Officer Dr. S. Sundaram, Municipal Councilor Mr.I. Esuraja felicitated the students by giving certificates.



Program Beneficiary:

The beneficiary of the program is the people of North Agasthiyarpuram village and Kottaivilaipatti.

Program Outreach:

- This camp made co operation , Humanism, Service and equality among students.
- These two villages unused buildings were renovated by our college students and gave it to their usage.



THIRUVALLUVAR COLLEGE , PAPANASAM

(Re-Accredited with B++ Grade by NAAC)
(Affiliated to Manonmaniam Sundaranar University, Tirunelveli)

REPORT OF NSS ACTIVITIES

2021 -2023

UNIT NO 42

Programme Officer

Dr. K. Annathurai

Annual NSS Activities 2021-2023

UNIT NO 42

Contents and schedule

S.No	Events	Date
1.	NSS day celebration of 2021	24.09.2021
2.	Literary Competitions	13.10.2021
3.	Anti - Drug Awareness Rally	18.10.2021
4.	Cleaning Campaign – College Campus	05.12.2021
5.	Seminar on Bio Gas & Solar Energy	22.02.2022
6.	Seven Days Special Camp	21.03.2022-27.03.2022
7.	Swachh India-“ TuyaPorunaiNellaikkuPerumai”	23.04.2022
8.	World Environmental Day Celebration	05.06.2022
9	AmirthapPeruvizha – National Flag Distribution	13.08.2022
10	Hundi Collection & Plowing Work in Sri Papanasam Temple	25.08.2022
11	World Suicide Prevention Day-Awareness Programme	14.09.2022
12	A Session On Substance Free Program For Students	29.09.2022
13	Cultural Competitions On National Voters Day Celebrations	25.01.2023
14	Republic Day Celebration –Prize Distributions	26.01.2023
15	Programme Officers Meeting at MSU	31.01.2023
16	Road Safety Week – Awareness Program	10.02.2023
17	Orientation Camp of NaanMudhalvan Scheme for POs, Chennai	14 & 15.02.2023
18	Forest Fire Prevention Methods – Awareness Program	22.02.2023
19	Mentoring Programme OfNaanMudhalvan Scheme	27.02.2023
20	Seven Days Special Camp	23.03.2023 to 29.03.2023
21	NaanMudhalvan-District Level Training at Scad College	02.05.2023
21	Anti – Drug Awareness Rally– Dana	26.06.2023
22	Swachh India- Clean India (SorimuthuIyanar Temple)	19.08.2023
23	Five Days Residential Training Programme	21.08.2023 to 25.08.2023
	Anti – Drug Awareness Rally –Vickramasingapuram	26.09.2023
24	Swachh India – Clean India (Gandhi Jayanthi Celebrations)	01.10.2023
25	Adventure Camp at Yercaud	16.10.2023 to 20.10.2023
26	District Level Drama Competitions	07.11.2023
27	District Level Selection for Youth Festival	15.11.2023

Activities and Initiatives

NSS Programs offers a diverse range of activities that contribute to community development and student growth. These initiatives are designed to address the specific needs of local communities and promote sustainable change.

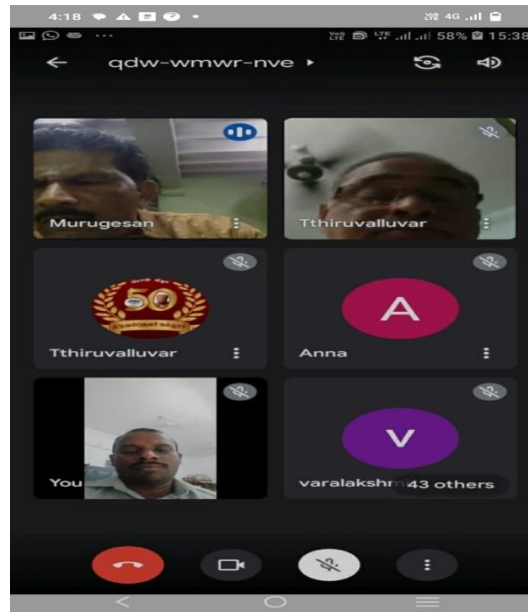
Title of the Program:NSS Day Celebration 2021

Date:24.09.2021

Venue : College campus, Thiruvalluvarcollege, Papanasam.
Online meeting link : meet.google.com/qdw-wmwr-nve
Chief Guest : Dr. R.Murugesan, Former State Liaison Officer

Objective :

The aim of the meeting should address the Vision and Mission of National Service Scheme. Volunteers engage in regular activities like teaching, providing support, cleanliness drives, awareness programs and organizing recreational activities for the local communities.



Event Description:

An Online Meeting on NSS Day Celebration was held on 24.09.2021 at 3pm. Dr. R. Varalakshmi, NSS P.O; Unit No 46 gave a welcome address. Dr. S. Sundaram Principal of the college offered presidential address for the event. The Former State Liaison Officer Dr. R. Murugesan gave a special speech on the service and efforts of the youth in the National Service Scheme. The event was coordinated by Dr. K. Annathurai, NSS P.O. Unit No 42.

Program Beneficiary:

The beneficiary of the program is volunteers of the event.

Program Outcome:

- This event helped them to understand the community in which they work.
- This event identifies the needs and problems of the community and involves them in problem solving.
- This event developed the personality of students through community service.

Title of the Program: Literary Competitions

Date:13.10.2021

Venue : College campus, Thiruvalluvar college, Papanasam.

Judges: 1.Mrs.Shunmuga SundaraNatchiar,HOD,Dept.of Commerce.

2. Dr. U.Revathi,Assistant Professor, Department of Mathematics.

3. Mrs.D.Subha, Assistant Professor, Department of Mathematics.

Objective: The aim of the Program should create awareness on Drug abuse, Tobacco and alcohol effect on health. This competition aimed to sensitize individuals and communities towards the importance of these issues and promote positive change

Event Description:

Tamil Nadu Government Department of Collegiate Education, Tirunelveli Region and National Service scheme, Unit no.42 & 46 jointly organized awareness program on alcohol abstinence and ill effects of alcohol and adulterated liquor under the leadership of Dr. S. Sundaram, College Principal on 13.10.2021. Competitions were conducted for the students on the topic of Speech Competition on Alcohol, Don't Lose Humanity, Essay Competition on Alcohol Consumption as a Social Untouchability and Painting Competition on Addiction, Not only Humiliation but Dangerous. Mr. Francis, Deputy Superintendent of Police, Ambasamudram flagged off the anti-drug awareness rally by presenting prizes to the students who won the first three positions in the competitions.

Program beneficiary :

- The beneficiary of the program is the students of ThiruvalluvarcollegePapanasam.
- The Program build a social awareness to the rural area of vickramasingapuram.

Program Outcome :

- This event prevented the younger generation from the drinking alcohol.
- This event changed the minds of alcoholic addicted people physically and mentally by recreations.
- This event encouraged the people to have right conversation about alcohol.

Title of the Program:Anti Drug Awareness Rally

Date:18.10.2021

Venue : Thiruvalluvar College, Papanasam to Police station, Vickramasingapuram.

Collaborating Agency: Department of Collegiate Education,Tirunelveli Region.

Chief Guests : 1.Mr.L.Francis, IPS., DSP, Ambasamudram.

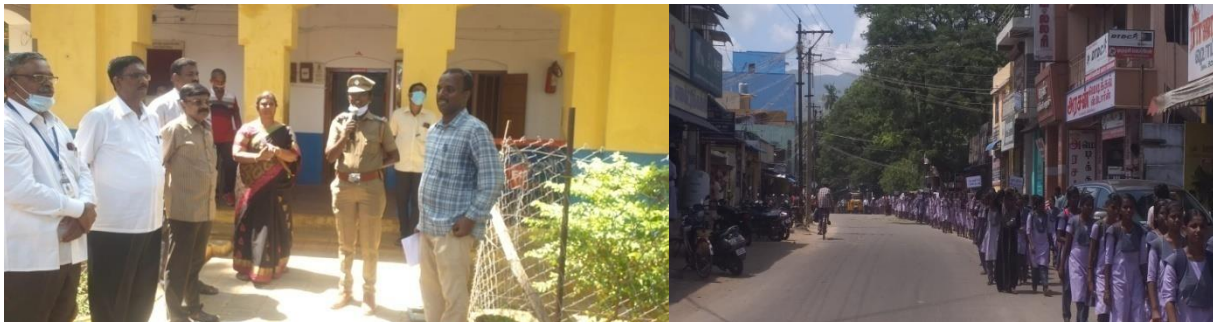
2.Mrs.R.Seethalakshmi, Inspector of police, Vickramasingapuram



Objective:The aim of the rally create awareness on alcohol abstinence and ill effects of Alcohol and Adulterer Liquor among public.

Event Description:

Tamil Nadu Government Collegiate Education Department, Tirunelveli Region and NSS Unit No.42 & 46 jointly organized an awareness rally on 18.10.2021 from the college gate at 11.30am on the ill effects of liquor and counterfeit liquor.In the presence of college Principal Dr. Sundaram ,Mr.L.Francis ,Deputy superintendent of Police, Ambasamudram inaugurated the Awareness Rally.A Pledge was taken against the liquor and counterfeit liquor.The students along the way kept on campaigning about the evils of liquor and counterfeit liquor. Mrs.R.Seethalakshmi ,Inspector of Police,Vickramasingapuram concluded and addressed. 300 students participated in the rally.



Program beneficiary:

- The Students of our college knew to understand ill effects and the symptoms of drugs.
- The rally reached every people of Vickramasingapuram to work actively to promote a healthy way of life.
- By the Campaign of our students among the school students and common people of this area created awareness on illicit drugs.

Program Outcome :

- This event influenced the parents and other people to fight against the drug usage.
- This event made students to avoid the drugs and they take pledge against drug usage.

Title of the Program: Cleaning Campaign(Swachh Bharat Abhiyan)

Date: 05.12.2021

Venue : College Campus, Thiruvalluvar college, Papanasam.

Objective:

NSS actively participates in the Swachh Bharat Abhiyan (Clean India Campaign) initiated by the Government of India. They organize cleanliness drives, awareness programs, and campaigns to promote cleanliness and proper waste management practices towards students.



Event Description: The Volunteers cleaned the weeds and the non-biodegradable garbage from the plants. After the cleaning work, the plants were filled with nutritious soil and watered.

Program Beneficiary:

- The College Campus was cleaned by the volunteers for a healthy hygienic campus.
- The Students Planted Herbal Plants and fruitful trees around the campus as a part of the event.

The Students take oath on Gandhiji's vision of Clean India and Green India.

Program Outreach :

- This program made the students to follow hygienic culture.
- This Program made the students to keep their environment clean and greenish.
- Through this program our college campus becomes plastic free campus.

Title of the Program: Seminar on Bio Gas & Solar Energy

Date: 22.02.2022

Venue : Thiruvalluvarcollege, Papanasam
Collaborating agency : Miracle New Life Social Welfare Trust, Vickramasingapuram.
Chief Guests : 1. Dr.S.MeenakshiSundaram, Head & Assocoate Professor, Sri Paramakalyani College, Alwarkurichi.
 2. Dr.A.M.Murugan, Professor, Dept. of Bio-Technology, Prathyusha Engineering College, Thiruvallur, Chennai-25.

Objective:

The aim of the seminar should know biogas and solar energy play crucial roles in sustainable development, environmental conservation, and improving livelihoods. They offer cleaner alternatives while addressing energy needs and promoting resilience in our communities.



Event Description:

Thiruvalluvar College, NSS Unit No 42 & *Miracle New Life Social Welfare*

Trust, Vickramasingapuram jointly organized TANSOST & NCSTC sponsored seminar on Bio-gas & Solar energy on 22.02.2022 at Adigalararangam. Dr.K.Annathurai, NSS P.O. Unit No 42 organized the seminar under the leadership of college Principal Dr.S.Sundaram and in the presence of Mr.R.Natarajan AO & Mr. Abraham Fynes Johnson, Chairman of Miracle New Life Social Welfare Trust, Vickramasingapuram.

Program beneficiary :

- The students of our college get a chance to know about Bio Gas and solar energy.
- Some of our students tried how to generate bio gas and solar energy in their local circle.

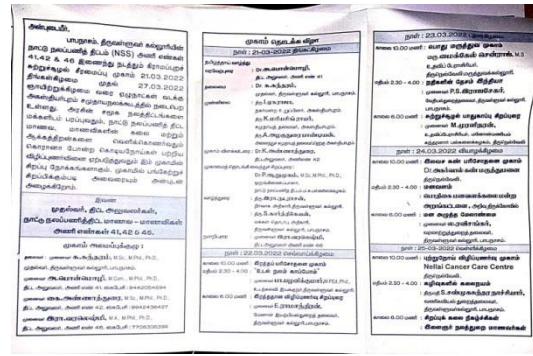
Program Outreach :

- This seminar made students to enrich their knowledge on biogas and solar energy.
- This seminar gave an opportunity to make energy by using Natural source.

Title of the Program: A seven Day Special Camp
Theme : Role of Youth in Environmental Protection
Date:21.03.2022 – 27.03.2022
Venue :North Agasthiyarpuram, Community Hall.

Objective:

NSS conducts the awareness programs to educate the community about the importance of Health and Hygiene Awareness Programs, Tree Plantation and Environmental Conservation, Social Service Initiatives, Swachh Bharat Abhiyan, Rural Development Programs, Awareness Campaigns and Other Social Relevance Activities. This may include organizing workshops, seminars, and awareness campaigns on topics like hand washing, health benefits of Yoga Practices, menstrual hygiene, and waste management.



Event Description:

Firstday 21.03.2022

The first day event was the opening ceremony of the camp. Dr.A.Ponmozhi to welcome all of them to give Dr.K.Annathurai the purpose of the camp in the presence of the council member Mr.I.Esuraja and Mr.K.Mariasinghrayar under the leadership of the college principal.Dr.R.Varalakshmi gave a vote of thanks.



Second day 22.03.2022

On the second day a Blood test camp was held at Das Blood Test Centre at 10am. D.P.Palanikumar, Physical Director, Thiruvalluvar College gave an address on the topic We will keep our Health Healthy at 2pm. At 6pm there was a performance by the students.



Third day 23.03.2022

On the third day a General Medical camp was held at 10am. Dr. Michael Senraj, M.S., Assistant Professor, Medical college, Tirunelveli addressed the students about General Medicine. At 2.30pm Dr. P.S. Rajasekar gave an address on the topic of India the Land and Rivers. Dr. M. Muralitharan delivered a lecture on Environmental Protection.



Fourth day 24.03.2022

On the Fourth day a free Eye checkup camp was held on behalf of Dr. Agarwals Eye Hospital, tirunelveli at 10a,. At 2.30pm Mr. Karpagavinayagam delivered a speech on manavalam on behalf of PothigaManavalakalaiMandram . At 6pm Dr.L.Ravisankar gave a lecture to the students on stress management.



Fifth day 25.03.2022

On the fifth day a cancer awareness camp was held at NellaiCancer Care Centre at 10am . Around 2.30 pm my college students did a demonstration on wastage materials. From around 4 pm the students carried out cleaning work around the place where the camp was held. They also planted saplings.



Sixth day [26.03.22](#)

A free dental camp was conducted by Dr.Pakirathan, M.D.S., as the sixth day event. Mr.Murugesan owner of Sorna gas agencies gave hands on training on fuel economy and fuel usage. Mr.Ramkumar consultant gave a speech on the topic laughter therapy and the greatness of laughter.At 6pm Yoga Master and former Physical Director E.S.Veerabagu gave practical training on the topic of Yoga and Healthy living.



Seventh Day [27.03.2022](#)

A closing ceremony was held at the camp as a seventh day event. Dr.S.Sundaram Principal of the college presided over the camp and Mr.I.Esuraja and Mr.K.Mariasinghrayar were also given as a token of gratitude. Mr.R.Natarajan and public relation officer Mr.S.Karthikeyan participated in the event was closed by Dr.K.Annathurai. Dr.A.Ponmozhi delivered the vote of thanks.



Program Beneficiary :

The beneficiary of the program is Agasthiyarpuram village people and the students of our college.

Program Outreach:

- This event created awareness and motivated our students to do service for the rural area.
- This camp gave an opportunity to the Agasthiyarpuram village people to get a complete medical assistance.

Topic of the Program:Swachh India-“ TuvaPorunai Nellaikku Perumai”

Date:23.04.2022

Venue:Papanasam Temple

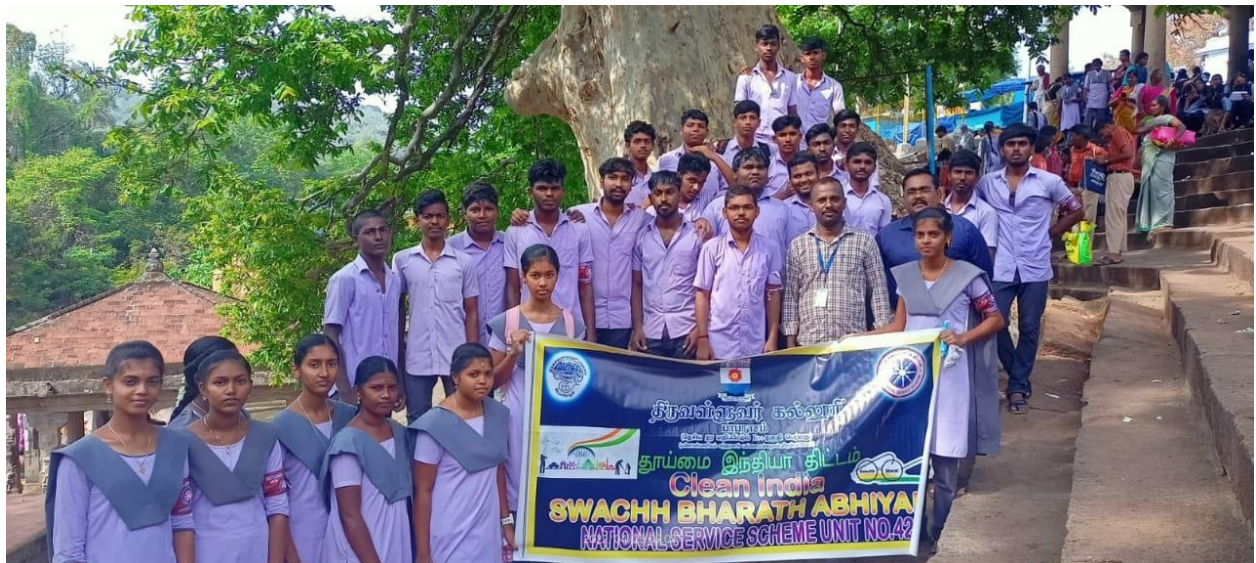
Event Description:The Thamirabarni River was cleaned by the students of our college.

Program beneficiary:

The beneficiary of the program is Papanasam Holy Pilgrimars and the people of this area.

Program Outreach:

- It motivated our students to save the elixir of Tirunelveli District
- The River’s holiness and purity regained by the hard work of all.



Title of the Program: World Environmental Day Celebration

Date: 05.06.2022

Venue:Forest office, Papanasam to Agasthiyar Falls

Collaborating Agency:Kalakad – Mundanthurai Eco Development

Chief Guests:Mrs.Shenbagapriya, Ranger in KMTR

Objective:“Tree Plantation and Environmental Conservation “NSS promotes environmental sustainability by organizing tree plantation drives and engaging in activities related to conservation and preservation of natural resources. They encourage students to actively participate in creating a greener and healthier environment.



Event Description: The students and Programme Officer of Tiruvalluvar College,NSS Unit. No.42 participated as volunteers in the task of removing plastic waste from road side from Papanasam check post to Agasthyar waterfall and cleaning the waterfall areas On the occasion of the WorldEnvironment Day conducted by Kalakadu Mundanthurai Tiger Reserve, Environment Development Division, Tirunelveli. Forest Officer Senpagapriya created awareness about the importance and usage of ManjathunniPai On 5.6.2022.69 students from our college participated.

Program Beneficiary :

The Beneficiary of the Program is local people and tourist.

Program Outreach:

- This camp inspired our students to preserve the Papanasam area to be clean and plastic free zone.
- This Camp also made awareness to the tourist and local area people on confirming the safety of wild animals.

Title of the Program: 75th Independence Day Celebration

Date:13.08.2022

Venue: Pothigaiadi

Event Description:

The students of National Service Scheme, Unit No.42 celebrated the **75th Independence Day(Amirtha Peruvizha)** on 13.08.2022 by distributing National Flags among the People of Pothigaiadi under the slogan of hoisting the National Flags at Homes.



Program Beneficiary:

The Beneficiary of the Program is Pothigaiyadi area people

Program Outreach:

- This rally made patriotisms among the area people.
- This rally also made the Pothigaiyadi people to hasting our national flag on their rooftop.

Report on Hundi Collection & Plowing Work in Papanasam Temple

Date: 25.08.2022

Venue: Papanasam Temple

Event Description:

The students of National Service Scheme, Unit No.42 made a great contribution in plowing work and counting of Hundi collection held at Papanasam Temple on 25.08.2022 till 6.00 pm.





Program Beneficiary:

The Beneficiary of the program is Arulmigu Papanasanathar Ulagamman Temple Administration.

Program Outreach:

- This event developed a unity and servicing mentality among our students.
- It also created unity and diversity among this area, the students from different religion voluntarily participated in this event.

Title of the Program World Suicide Prevention Day-Awareness Programme

Date:14.09.2022

Venue : Auditorium , Thiruvalluvar college, Papanasam.

Collaborating agency : Nss Unit No.42 & Brahma Kumaris Meditation center, Ambasamudram

Chief Guests:

1. P.K.Selvarani, Raja Yoga Teacher, Ambasamudram.
2. P.K. Arunkumar, Raja Yoga Teacher, Ambasamudram.

Objective: The aim of the program should create awareness about ideas and meditation techniques to prevent suicidal thoughts

தற்கொலை தடுப்பு விழிப்புணர்வு 14.09.22

பாபநாசம் திருவள்ளுவர் கல்லூரி நாட்டு நலப்பணித்திட்ட அணி எண் 42 & 46. மற்றும் அம்பாசமுத்திரம் பிரம்மகுமாரி ராஜ யோகா இணைந்து உலக தற்கொலை தடுப்பு நாள் விழிப்புணர்வு நிகழ்ச்சி 14.09.22 மதியம் 2.00 மணிக்கு அடிகளார் அரங்கில் நடைபெற்றது. நாட்டுநலப்பணித்திட்ட அதிகாரி முனைவர் K. அண்ணாத்துரை வரவேற்புரை ஆற்றினார். கல்லூரி முதல்வர் முனைவர் L. ரவிசங்கர் தலைமை உரையாற்றினார். நிர்வாக அதிகாரி முனைவர் S. சுந்தரம் முன்னிலையில் அம்பாசமுத்திரம் பிரம்ம குமாரி ராஜ யோகா ஆசிரியர்கள் B.K. செல்வராணி மற்றும் B.K. அருண்குமார் கருத்துரை வழங்கினார்கள். முனைவர் R. வரலெஷ்மி நாட்டு நலப்பணித்திட்ட அதிகாரி நன்றி கூறினார். முதலாம் மற்றும் இரண்டாம் ஆண்டு நாட்டு நலப்பணித்திட்ட மாணவ- மாணவிகள்(132 பேர்), ஆசிரியர்கள், அலுவலர்கள் இந்நிகழ்ச்சியில் கலந்துகொண்டு பயன்பெற்றனர்.

10:39 PM



Event Description:

Papanasam Thiruvalluvar College NSS Unit No 42 & 46 and Ambasamudram Brahmakumari Raja Yoga jointly organized the **World Suicide Prevention Day** awareness program on 14.09.2022 at 2 pm at Adigalar Arangam. Principal Dr. L.Ravisankar addressed the Ambasamudram Brahmakumari Raja Yoga in the presence of the Administrative Officer Dr.S.sundaram. Chief Guests P.K.Selvarani and P.K.Arunkumar presented ideas and meditation techniques to prevent suicidal thoughts. **132 students participated in the event.**

Program Beneficiary:

The beneficiary of the program is students of Thiruvalluvar college

Papanasam.

Program Outreach:

- This program gave a confidence to the students those who have inferiority complex.
- This program demolished the obstacles of students in their life.

Title of the Program: Substance free program for Students

Date: 29.09.2022

Venue: Adigalar Arangam

Event Description:

On the Occasion of ***Gandhi Jayanthi Celebrations***, a special seminar on Substance free program for Students organized by NSS Unit.No:42 in collaboration with ***Sri Sivasailam Vama Foundation and Art of Living*** was held on 29.09.2022 at Adigalar Arangam.Trainers of Art Of Living K.L.Jegatheeswaran, Sri.T.N.Prabhu, Bangalore, Sri.S.Govindarajan, Chennai gave a special lecture on Humanitarianism, Self reliance, helping the helpless, developing good thoughts and thinking & acting patiently among the students.



Program Beneficiary:

The beneficiary of the program is students and faculty members of Thiruvalluvar college, Papanasam.

Program Outreach:

- Humanitarianism, Self reliance, helping the helpless, developing good thoughts and thinking & acting patiently among the students.

Title of the Program Cultural Competitions On National Voter's Day Celebrations

Date: 25.01.2023

Venue: College Campus

Objective: The aim of the program should create awareness on maintain the dignity of free, fair and peaceful elections in the tradition of our interests

Event Description:

Literary Competition among College Students was conducted by NSS Unit.No:42 on ***25.01.2023 on the Occasion of National Voter's Day Celebrations.*** On Republic Day, Dr.L.Ravisankar, Principal of Thiruvalluvar College felicitated the students who won the first three places in the Literary Competitions by giving prizes.



Program Beneficiary :

The beneficiary of the program is the students of Thiruvalluvar college, Papanasam.

Program Outreach:

- This program created awareness about importance of Vote among first time voters.
- This program enhanced our students to conduct our college students head election through this program.

Title of the Program: PO's Orientation Program

Date: 31.01.2023

Venue: Manonmaniam Sundaranar University

Objective: The aim of the program should encourage and appreciate the Programme officer's and volunteers towards community services.

Event Description:

I participated in the Orientation Program for the College Programme Officer's on 31.01.2023 under the Manonmaniam Sundaranar University, by National Service Scheme Cell, Manonmaniam Sundaranar University, Tirunelveli.



Program beneficiary:

The Beneficiary of the program is students and Program officers of Thiruvalluvar college, Papanasam.

Program Outreach:

- This Orientation program helped our Program officers to conduct the NSS activity in innovative way.
- This orientation program gave an opportunity to the Program officers to lead their team to achieve the goal of NSS.

Title of the Program: Road Safety Week Celebrations

Date: 10.02.2023

Venue: Conference Hall

Event Description:

A Seminar on Road Safety Rules and Regulations and Motor Vehicle Amendment Act on the *Occasion of Road Safety Week* was organized by NSS Unit.No:42, on 10.02.2023 to create awareness among the students. Students and Staff's participated in the event and benefited by *getting two wheeler & four wheeler license.*



Program beneficiary:

The beneficiary of the program is students and faculty members of Thiruvalluvar College, Papanasam.

Program outreach:

- This Program created awareness among students about traffic rules and regulations.
- Through this Program, the students of our college those who are coming college by their two wheeler started to wear Helmet.

Title of the Program: Orientation Camp in NaanMudhalvan Scheme

Date: 14th & 15th February 2023

Venue: Anna Centenary Library, Chennai

Event Description:

A two-Day Orientation Camp in NaanMudhalvan Scheme for NssProgramme Officers was organized by Nss Cell, State of Tamilnadu on 14th & 15th February 2023 at Anna Centenary Library, Chennai. In this training camp, as an event of the Naan Mudhalvan Program Officers were trained on the procedure and practical challenges of Plus two school students to get Higher Education.



Program beneficiary:

The beneficiary of the program is the faculty members of Naan Mudhalvan Scheme.

Program Outreach:

- This program was an opportunity to the Officers of Naan Mudhalvan on creating Job facility to their students.
- The students of our college started to boost their soft skill in this competitive world through this program.

Title of the Program: Awareness Meeting on Forest Fire Prevention

Date: 22.02.2023

Venue: KMTR, Forest Office

Event Description:

I participated in an *Awareness Meeting on Forest Fire Prevention Methods* on 22.02.2023 at Kalakkad - Mundanthurai Tiger Rescue Forest Office, Papanasam.



Program Beneficiary :

The Beneficiary of the program is Dr.K.Annathurai, Assistant Professor of Thiruvalluvar College.

Program outreach:

- Through the effect of this program, the students of Thiruvalluvar college, Papanasam started to preserve the forest of their area.
- The students planted the saplings on the verge of extinct.

Title of the Program: Mentoring Program of NaanMudhalvan Scheme

Date: 27.02.2023

Venue: College Campus

Event Description:

A Mentoring Program of *NaanMudhalvan Scheme* on the topic “ *KallurisutruPovom*” (*Exposure Visit to College Campus*) was held on 27.02.2023 to create awareness among school students about higher education organized by NSS, Unit.No.42 of Thiruvalluvar College, Papanasam. Dr.L.Ravisankar, Principal & Dr.K.Annathurai, Program Coordinator welcomed the students by giving sweets. Students visited the classrooms of each department and interacted with the students and teachers of the college. After lunch the school students enjoyed the dance, singing and spectacular performances of the college students. *Two teachers & 57 students* from TVS Girls Higher Secondary School, Thirukkurgudi, Government Boys Higher Secondary School & Government Girls Higher Secondary School, Eravadi and Government Higher Secondary School, Vallioor participated in the program.



திருவள்ளூர் கல்லூரி
வளாகச் சுற்றுலா
27.02.23



Program Beneficiary:

The beneficiary of the program is the students of TVS Girls Higher Secondary School, Thirukkurgudi, Government Boys Higher Secondary School & Government Girls Higher Secondary School, Eravadi and Government Higher Secondary School, Vallioor.

Program Outreach :

- The Students of different schools visited our college and its infrastructure.
- Through this program, so many students joined in higher education.

Title of the Program: Seven Days – NSS Special Camp

Theme : Women’s Development And Higher Education

Date: 23.03.2023 To 29.03.2023

Venue: Kottavilaipatti & Agasthiarpuram

Objective:

NSS conducts the awareness programs to educate the community about the importance of Women Empowerment, Education, Health and Hygiene Awareness Programs, Tree Plantation and Environmental Conservation, Social Service Initiatives, Swachh Bharat Abhiyan, Rural Development Programs, Awareness Campaigns and Other Social Relevance Activities. This may include organizing workshops, seminars, and awareness campaigns on topics like hand washing, health benefits of Yoga Practices, menstrual hygiene, and waste management.

Event Description:

On the first day of the camp on (23.03.2023) the students who came to the camp were divided into five groups and discussed about the camp preparations. College Principal Dr. Dr. Ravi Shankar presided over the opening ceremony of the camp. Vickramasingapuram Municipality Council Member Mr.I.Eshuraja and Executive Officer Dr.S.Sundaram delivered the felicitation address. Dr.K.Annathurai gave the welcome address, Dr.R.Varalakshmi gave the camp explanatory speech and Dr.A.Ponmozhi gave the vote of thanks for the camp. After dinner, the program officers discussed the day's events and the next day's events with the student groups.



On the second day(24.03.2023) of the camp on after breakfast Mr. R. Mariyappan District Health Supervisor, Government Primary Health Centre, Vairavikulam spoke about health awareness. Afternoon Prof.G. Muruganandhi and Prof.K.VelMurugan explained about maintaining mental and physical health. After the evening exercise and refreshments, Dr. R. Kumaran, Principal, Government College of Arts and Science, Kadayannallur gave an excellent speech on woman education. After dinner the students went to sleep.



On the third day(25.3.2023) in the morning, Nellai Cancer Care Center doctors spoke about cancer symptoms and prevention methods among the public of Kotavilapatti. People who participated in the camp were tested and advised about the symptoms of the disease.

After lunch, Dr. M. Kannan, Assistant Professor, Department of Chemistry gave a keynote address to the students on climate change. In the evening, is family a major contributor to student welfare? Or society? - Pattimandram was held on the topic. Bhakti Tamil



BhawalarBharti G. Kannan, Principal, Brilliant Higher Secondary School, Vickramasingapuram presided over the pattimandram.

On the fourth day(26.3.2023) in the morning blood test was done for the students who attended the camp and the residents of North Agasthiyarpuram. In the afternoon Dr. M. Maduraiveeran, Assistant Professor and Head, Department of History spoke to the students about the role of women in the freedom struggle. At 6.00 pm Lion L.Meena Raja, Soft Skills Coach and Counselor inspired students about you within you (Unakkul Ni).



On the fifth day on (27.3.2023) Mrs. S. Kannaki, Co-ordinator of Environment Center gave a lecture to the students on the necessity of environmental protection. After lunch Dr. R. Indhubala, Coordinator of Youth Red Cross Society gave a lecture on Women's Welfare. Dr. M. Muralitharan, Assistant Professor, M. S. University, Tirunelveli explained the views on gender equality.



On Sixth day 28.3.2023 at 10.00 am in anti-drug awareness rally, students walked with banners raising awareness slogans. Dr. A. Adaikalam, Assistant Professor, Department of History inaugurated the rally. Dr. B. Palanikumar, Director of Physical Education taught the students exercises on maintaining physical health. In the evening, there was a special performance by the students of Youth Welfare. Dr. D. Wilfin John, Assistant Professor, Department of English hosted the performances on the occasion.



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On the final day of the camp on 29.3.2023 a free eye checkup camp was conducted in association with Dr. Agarwal Eye Hospital, Tirunelveli at Ramar Hindu Primary School, Kottaivilapatti. After the lunch, in the closing ceremony of the camp, Principal Dr.L. Ravi Sankar, Administrative Officer Dr. S. Sundaram, Municipal Councilor Mr.I. Esuraja felicitated the students by giving certificates.



Program Beneficiary:

The beneficiary of the program is North Agasthiyarpuram village and Kottavilaipatti.

Program Outreach:

- This camp made co operation , Humanism, Service and equality among students.
- These two villages unused buildings were renovated by our college students and gave it to their usage.

Title of the Program: Swachh Bharath Activity-Clean India

Date: 30.04.2023

Venue: Papanasam Temple

Event Description

The District Collector initiated the Cleaning Work of the Thamirabarani River on 30.04.2023 to emphasize the “ *TuyaPorunai, Nellaikkup Perumai* “. The Nss Programme Officer and 18-students of Thiruvalluvar College participated in the cleaning work by removing old clothes, bottles, plastic & waste materials from the in front of the Papanasam Temple.



Program Beneficiary:

The People of Ambasamudram Taluk and worshipers of the temple.

Program Outreach:

- The People started to drop their waste cloths and ritual things in allocated area instead of throwing into the river.
- BY the efforts of all, the purity and holiness of the river rejuvenated.

Title of the Program: Anti-Drug Awareness Rally

Date: 26.06.2023

Venue: College Gate to Dana

Objective: “ Awareness Campaigns ” NSS organizes awareness campaigns on various social issues such as literacy, gender equality, drug abuse, Tobacco and alcohol effect on health and environmental conservation. These campaigns aim to sensitize individuals and communities towards the importance of these issues and promote positive change

Event Description

Anti – Drug Awareness Rally was held on 26.06.2023 by Nss, Unit No:42, Thiruvalluvar College. Students marched with banners from the College gate to Dana. The rally was inaugurated by the Principal Dr.L.Ravisankar.*150 students participated in the rally.*

Program Beneficiary:

The beneficiary of the program is students of Thiruvalluvar college and People of Vikramasingapuram.

Program Outreach:

- This Program gave awareness to students about drugs and its ill effects.
- Through this program, the students take pledge of not using drugs in their life.

சர்வதேச போதை ஒழிப்பு தினம்

26.06.23

ஜூன்-26, சர்வதேச போதைப்பொருள் பயன்பாடு மற்றும் சட்டவிரோத கடத்தலுக்கு எதிரான விழிப்புணர்வு பேரணி நாட்டு நலப்பணித்திட்ட அணி எண்கள்: 42 மற்றும் 46, திருவள்ளூர் கல்லூரி, பாபநாசம், திருநெல்வேலி -627425 இணைந்து நடத்தியது. விழிப்புணர்வு பேரணியை கல்லூரி முதல்வர் முனைவர்.L.ரவிசங்கர் தொடங்கி வைத்தார் மற்றும் முனைவர்.K.அண்ணாத்துரை மற்றும் முனைவர்.R.வரலக்ஷ்மி ஆகியோர் நிகழ்ச்சி ஏற்பாடுகளை செய்திருந்தனர்.



Title of the Program: Swachh Bharath Activity-Clean India

Date: 19.08.2023

Venue: Karaiyar SorimuthuIyanar Temple

Event Description

Tirunelveli District Disaster Management Authority (Apada Mitra Rescue Team) , Vickramasingapuram Municipality and Nss, Unit No:42 jointly organized the cleanup of garbage in the Karaiyar SorimuthuIyanar Temple complex and along the banks of the Thamirabarani River under the Leadership of the District Collector on 19.08.2023. The Nss students(25) did great work as volunteers along with the cleaners who could work in the municipality.



Program beneficiary :

The beneficiary of the program is Sorimuthu Ayyanar Temple and its surrounding wild forest.

Program Outreach :

- The students pledged to avoid using the plastics.
- It made awareness among the students regarding the environmental conservation.

Title of the Program: Five Day Residential Training Programme

Date: 21.08.2023 to 25.08.2023

Venue: MSU, Tirunelveli

Objective: “ **Disaster Management And Relief** ” NSS provides training to students in disaster management techniques and actively participates in disaster relief activities during natural calamities. Volunteers help in distributing relief materials, providing medical aid, and supporting rehabilitation efforts.

Event Description: I participated in a five – day Residential Training of Trainers Programme on Engaging Youth & Adolescents in Disaster Risk Management & Climate Change Adaptation held at the M.S.University Campus from 21.08.2023 to 25.08.2023 jointly organized by the Department of History, Manonmaniam Sundaranar University, Tirunelveli and National Institute of Disaster Management . Honorable M.S.University Vice – Chancellor Chandrasekhar presided over the training programme. District Collector Mr.K.P.Karthickeyan& Director of National Institute of Disaster Management delivered keynote address at the closing ceremony.



Program Beneficiary:

The faculty members of affiliated colleges under Manonmaniam Sundaranar University, Tirunelveli.

Program outreach :

- It created awareness about disaster management.
- It gave knowledge of reducing risk factors during disaster period.

Title of the Program: State Level Adventure Camp

Date: 16.10.2023 to 20.10.2023

Venue: Don Bosco House, Yercaud

Event Description

I participated in the *State Level Adventure Camp* organized by *Tamilnadu State National Service Scheme and Nss Cell, Periyar University, Salem* from 16.10.2023 to 20.10.2023 at Don Bosco House, Yercaud. *130 students & 17 Programme Officers* from affiliated colleges to various Universities of Tamilnadu participated in this Adventure Camp. The camp was well organized under the Leadership of Dr.M.Senthilkumar, State Liaisons Officer & Dr.S.Sathish, Coordinator, Nss Cell, Periyar University, Salem.



Program Beneficiary: The Students and Programme officers of NSS.

Program Outreach:

- It developed the skills of the students
- It recreated the thinking of the students through the activities during the camp.

Title of the Program: State Level Drama Competition

Date: 07.11.2023

Venue: St.Johns College, Palayamkkottai

Event Description

Tirunelveli *District Level Drama Competition* organized by *Tamilnadu State Aids Control Sangam (Tansacs)* on 07.11.2023 at St.Johns College, Palayamkkottai. The students belonging to NSS, Unit No.42 & 46 bagged the first prize in the Drama Competition. The *District Collector Mr.K.P.Karthickeyan distributed prizes* and certificates to the winning students on *World Aids Day* held at District Collector's Office, Tirunelveli on **01.12.2023**.

Program beneficiary:

The beneficiary of the program is The Students of Thiruvalluvar college, Papanasam.

Program Outreach :

- It stimulated the student's soft skills.
- It made them to face the difficult situations in bold manner.



Topic: Cultural Competitions of District Level Selection for Youth Festival

Date: 15.12.2023

Venue: St.Johns College, Palayamkkottai

Event Description

National Service Scheme Cell of Manonmaniam Sundaranar University, Tirunelveli organized Cultural Competitions of District Level Selection for Youth Festival on 15.12.2023 at St.Johns College, Palayamkkottai. The students of Nss,Unit No.42 expressed their talents in Various arts and literature competitions. Selvi.Deepika won the first place in the Reclaiming competition.

Program beneficiary: The students of affiliated college under Manonmaniam Sundaranar University, Tirunelveli,

Program Outreach:

- It stimulated the student's soft skills.
- It made them to face the difficult situations in bold manner.



Report for the Academic Year 2021 -2022

Organizing / Participation - Important NSS Events:

Sl.No	Name of the Event	Date	Place
1	Independence Day Celebration	15.08.2021	Thiruvalluvar College, Papanasam
2	NSS Day Celebration – Online	25.09.2021	Thiruvalluvar College, Papanasam
3	Poshan Maah – Seminar	30.09.2021	Thiruvalluvar College, Papanasam
4	International Voluntary Blood Donation Awareness Seminar	1.10.2021	Thiruvalluvar College, Papanasam
5	Women’s Day Celebration	08.03.2022	Thiruvalluvar College, Papanasam
6	Special Camp Report	21.03.2022 to 27.03.2022	North Agasthiarpuram



A handwritten signature in blue ink, consisting of several loops and a long horizontal stroke.

PRINCIPAL
THIRUVALLUVAR COLLEGE
PAPANASAM
VICRAMASINGAPURAM - 627 425

1. Independence Day Celebration (15.08.2021)

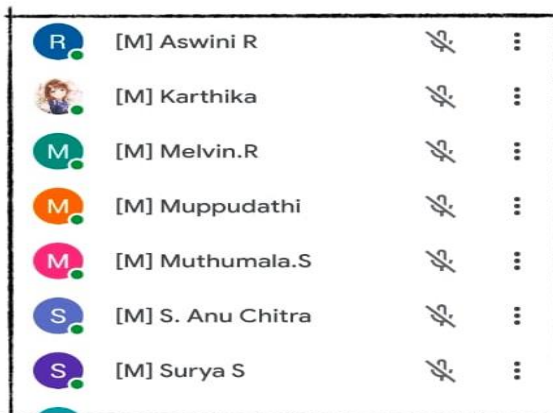
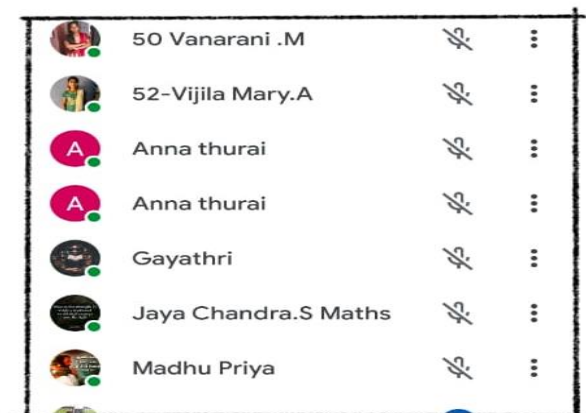
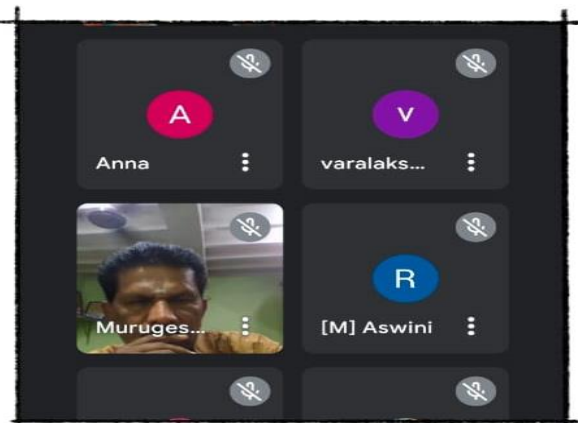
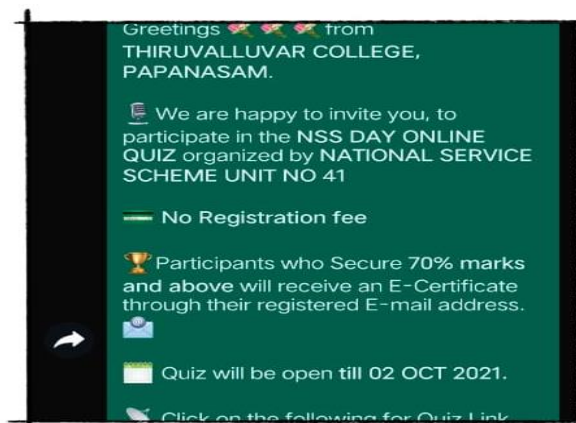
Title of the Programme	Independence Day Celebration
Conducted Date	15.08.2021
Number of Participants	25
Inside Campus / Outside Campus	Inside
Objective	To remember the freedom fighters
Outcome	Volunteers understand their responsibilities towards the country.

National Service Scheme celebrates the 75th Independence Day celebration. Dr.L.Ravisankar principal of our college hosted the National flag. In this programme NSS Volunteers, NCC students, Teachers and Non teaching Staff members were participated.



2. NSS Day Celebration (25.09.2021) – REPORT

Title of the Programme	NSS Day Celebration
Conducted Date	24.09.2021
Number of Participants	59
Inside Campus / Outside Campus	Outside / Online Mode
Objective	To create an awareness about NSS activities to the new volunteers



← About this call

People

Info

IN CALL

-  tvc pons (You)
-  [M] Rohini S  
-  [M] Aishwarya  
-  [M] Aswini R  
-  [M] Melvin.R  
-  [M] Muppudathi  
-  [M] Muthumala.S  
-  [M] Rama Lakshmi.A  
-  [M] S.shenbaga meena  
-  [M] Surya S  
-  [M] Jasmine Iyyappan  
-  [M]Thirumalai saravan  





About this call

People

Info



tvc pons (You)



[M] Rohini S



[M] Aswini R



[M] Karthika



[M] Melvin.R



[M] Muppudathi



[M] Muthumala.S



[M] S. Anu Chitra



[M] Surya S



[M] Vaishnavi.S



[M] Jasmine Iyyappan



[M]Thirumalai saravan...



O1.Abirami .T



People

Info



33 Rajagopal K



37 Roselin Roselin



50 Vanarani .M



52-Vijila Mary.A



Anna thurai



Anna thurai



Gayathri



Jaya Chandra.S Maths



Madhu Priya



Murugesan R



SARASWATHI AMUTHA



Saru Mathi M



shanmuga sundara na...



People

Info



tvcs pons (You)



[M] Rohini S



[M] Aswini R



[M] Karthika



[M] Melvin.R



[M] Muppudathi



[M] Muthumala.S



[M] S. Anu Chitra



[M] Surya S



[M] Vaishnavi.S



[M]Jasmine Iyyappan



[M]Thirumalai saravan...



O1.Abirami .T





About this call

People

Info

IN CALL



tvc pons (You)



[M] Rohini S



[M] Aishwarya



[M] Aswini R



[M] Melvin.R



[M] Muppudathi



[M] Muthumala.S



[M] Rama Lakshmi.A



[M] S.shenbaga meena



[M] Surya S



[M] Jasmine Iyyappan



[M]Thirumalai saravan

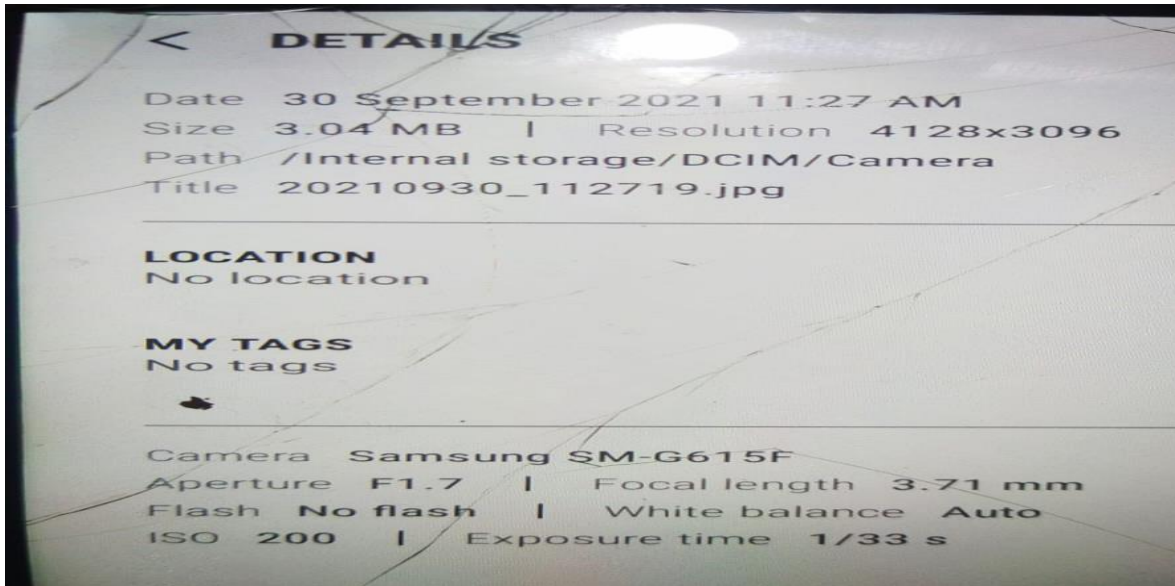


3. Rastriya Poshaan Maah – Seminar (30.09.2021)

Title of the Programme	Rastriya Poshaan Maah – Seminar
Conducted Date	30.09.2021
Number of Participants	56
Inside Campus / Outside Campus	Inside
Objective	To spread awareness about holistic nutrition
Outcome	Volunteers know about the malnutrition and nutritional understanding

Ministry of Women and Child Development department celebrates the Rashtriya Poshan Maah Month. Thiruvalluvar College NSS organises a seminar under the heading “Herbal for Healthy Life”. Mr.Balasubramanian was the guest speaker and gave a special talk about the types of herbal, its benefits, malnutrition and how to use them in a proper way.

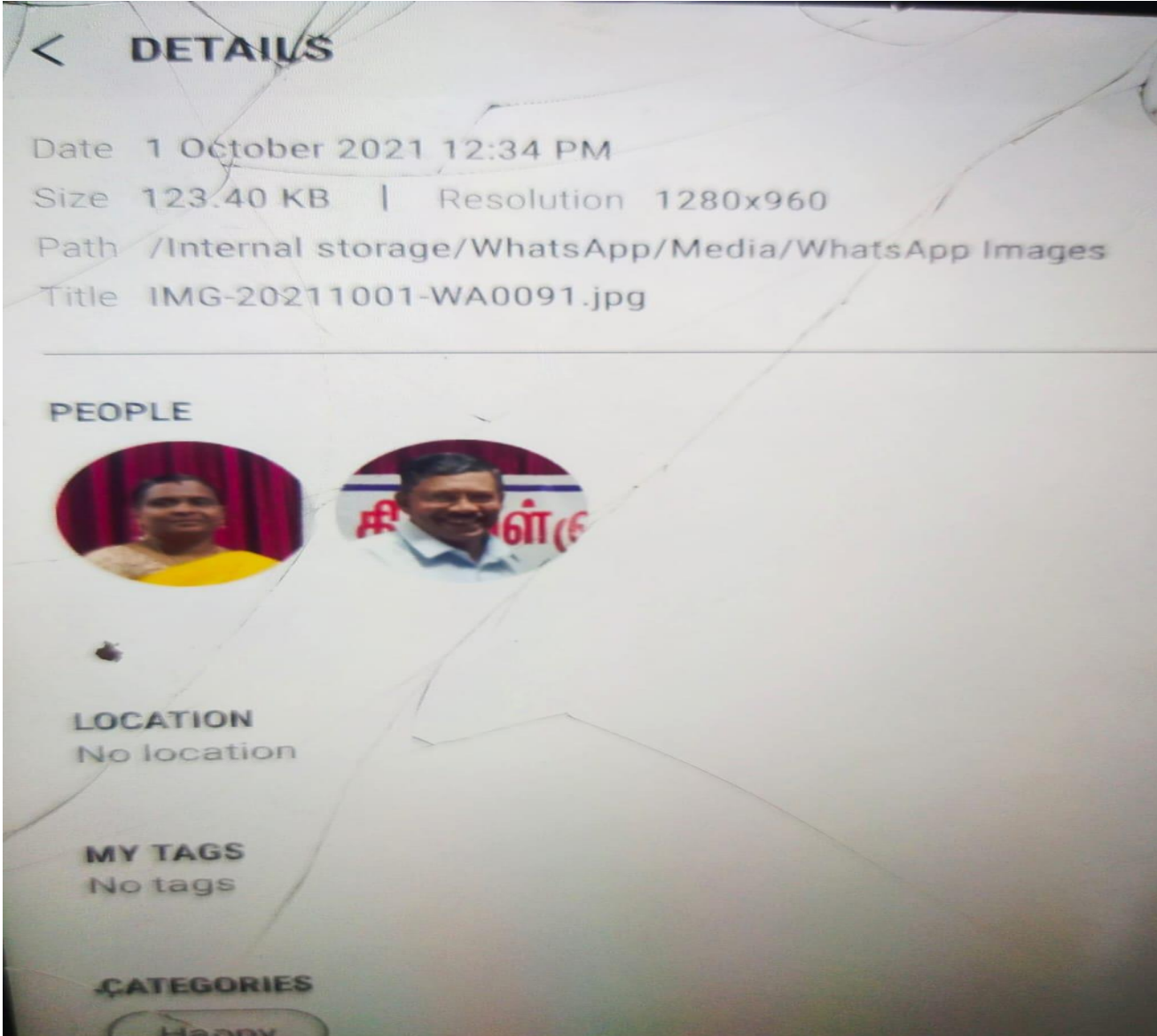




4. International Voluntary Blood Donation Day

Title of the Programme	International Voluntary Blood Donation Day
Conducted Date	1.10.2022
Number of Participants	65
Inside Campus / Outside Campus	Inside
Objective	To raise awareness of the need for safe blood and blood product
Outcome	More number of volunteers are willing to donate blood

Celebration of National Voluntary Blood Donation Day on 01.10.2022. Dr.Xavior Jothi Sargunam, Senior Manager, (Rtd,) SDAT, Sports Department Government of Tamilnadu invited as a chief guest. He gave a lecture under the topic ‘Awareness about Blood Donation. He explained the need to donate blood and the benefits to the donor and the beneficiaries.



5. International Women's Day Celebration– Seminar

Title of the Programme	Seminar on Gender Equality Today for Sustainable Tomorrow
Conducted Date	08.03.2022
Number of Participants	57
Inside Campus / Outside Campus	Inside
Objective	To know about Gender Equality
Outcome	Volunteers are awoken to evaluate issues about women remind everyone to break barriers.

International Women's Day seminar was organised on 08.03.2022. Mrs.V.Rajarajeshwari Veeravel, Director of Vels Vidhyalaya Group of School, Ambasamudram invited as a guest speaker. She gave a very motivating and inspiring speech about Gender Equality Today for Sustainable Tomorrow.



< **DETAILS**

Date 8 March 2022 12:15 PM

Size 2.03 MB | Resolution 4032x3024

Path /Internal storage/WhatsApp/Media/WhatsApp Document

Title 20220308_121522.jpg

LOCATION

No location

MY TAGS

No tags

Camera Samsung SM-G781B

Aperture F1.8 | Focal length 5.40 mm

Flash No flash | White balance Auto

ISO 200 | Exposure time 1/50 s

6. Blood Group Check up

Title of the Programme	Blood group Check up
Conducted Date	22032022
Number of Participants	52
Inside Campus / Outside Campus	Outside – Agasthiarpuram
Objective	To check and know about the blood group
Outcome	Public from camp site and NSS volunteers check their blood group

“Free Blood Group Check Up”, camp conducted by *Dhas Medical Vickramasingapuram*. In this camp totally 52 public and NSS Volunteers were benefited.



22.3.2022

NSS SPECIAL CAMP Unit UNIT No-41

Day-2. Blood BLOOD GROUP CHECK UP

BENEFICIARIES NAME LIST

S.No	NAME	UNIT NO	UNIT NO	CLASS	BLOOD GROUP
1.	S. ANGELIN INFANTA		46	II-B.A(7)	B+ive
2.	M. KAVIYA		46	II-B.A(7)	AB+ive
3.	E. BHUVANESHWARI		42	I-B.A(7)	B+ive
4.	A. RAMAKRISHNA LAKSHMI		41	II-B.A(7)	B+ive.
5.	T. ABIRAMI		46	II-B.A(7)	O+ive
6.	M. MEENAKSHI		41	II-B.A(7)	O+ive
7.	V. NITHYA.		46	I-B.A(7)	A+ive
8.	A. SORNAM.		42	II-B.com	A ₁ +ive
9.	S. KARTHIKA.		42	II-B.com	O+ive
10.	M. SUBBU LAKSHMI		41	I-B.Sc(M)	B+ive
11.	M. PUSHPARAKINI		42	I-B.Sc(M)	AB+ive
12.	S. SURYA		42	II-B.com	B ^{-ve}
13.	M. MATHAMARI		42	II-B.com	B+ive
14.	A. MAHESHWARI		42	II-B.com	O+ive
15.	S. TIYYAMMAL DEVI		42	II-B.com	O+ive
16.	M. ESAKKI MANJIA		41	I-B.Sc(M)	AB+ive
17.	D.K. DEEPA		46	II-B.com	A ₁ +ive
18.	M. UMA		41	I-B.Sc(M)	O+ive
19.	R. AARTHY		46	II-B.Sc(M)	A+ive
20.	K. MADHUMITHA		41	II-B.Sc(M)	B+ive
21.	A. KUTTI		41	II-B.Sc(M)	B+ive
22.	S. JENCY		46	II-B.Sc(M)	A ₁ B ^{+ve}
23.	V. NARAYANAVADIVU		41	II-B.Sc(M)	O+ive
24.	P. BANUMATHI		46	II-B.com	A ₁ B ^{+ve}
25.	M. ELAKKIYA		46	II-B.com	B ^{+ve}
26.	V. BHUVANESHWARI		46	II-B.com	O+ive
27.	J. RAHMATH HAJEE NISHA.		42	II-B.com	O+ive
28.	G. MAHESHWARI		42	II-B.A(7)	O+ive
29.	R. KAMALI		42	II-B.A(7)	B ^{+ve}
30.	K. PRADEEPA.		42	II-B.A(7)	A ₁ ^{+ve}
			41	II-B.A(7)	A+ive

Sl.No	BENEFICIARIES NAME	Unit No	Class	Blood Group
31.	M. ROSLIN	H1	II.B.A(T)	A ⁺
32	S. ANUSHA	H1	II.B.A(T)	B ⁺
33	B. PERIYANAYAKI	H1	II.B.Sc(C)	O ⁺
34	I. NOORA HYUM	H1	II.B.Sc(C)	A ⁺
35	B. MUTHU LAKSHMI	H1	II.B.Sc(C)	B ⁺
36	M. HANEETHA BEEVI	H6	II.B.Sc(C)	A, B ⁺
37	M. MARI SELVI	H1	II.B.Sc(C)	B ⁺
38	M. MALA	H2.	II.B.Sc(C)	A, B ⁺
39	M. POORANIAMMAL	H2.	II.B.Sc(C)	O ⁺
40	P. JEYA	H6	II.B.Sc(C)	A ⁺
41	A. MOTHU SUDHARSHA	H1	I.B.A(H)	B ⁺
42	P. PATTAMMAL	H2.	I.B.A(H)	O ^{-ve}
43	P. VIDHYA	H2.	II.B.Sc(M)	A ⁺
44	B. SHALOM HEBZIBA	H2	II.B.Sc(M)	B ⁺
45	J. THANGA LAKSHMI	H2.	II.B.Sc(M)	O ⁺
46	L. SELVI	H2.	II.B.Sc(M)	A, B ⁺
47	R. BALA SRI RAM.	H2.	II.B.A(H)	A ⁺
48	E. DURGESH	H1	II.B.A(H)	A ⁺
49	M. KARTHIKEYAN	H1	II.B.A(H)	O ⁺
50	G. AJITH KUMAR	H1	II.B.Sc	O ⁺
51	M. ANUSHA	H1	II.B.Sc(C)	A ⁺
52.	A. PONMOZHI	H1	Staff	A ⁺

S. S. S. S.
PRINCIPAL

V. P. R.
NSS. P.O. Programme Officer.
Unit No - 41

7. Free Eye Check up -

Title of the Programme	Free Eye Check up
Conducted Date	24.03.2022
Number of Participants	53
Inside Campus / Outside Campus	Outside – Agasthiarpruam
Objective	To create awareness to donate eye and to check their eyes
Out come	Public and NSS volunteers check their eye related issues and 4 volunteers are willing to donate their eyes.

Free Eye Check up Camp was organised by *Dr.Agarwal Eye Hospital, Tirunelveli.*

In this camp *4 volunteers are voluntarily willing to donate their eyes* and they filled the form. In this camp 53 public and NSS volunteers were benefited.



PLEDGE FORM FOR EYE DONATION

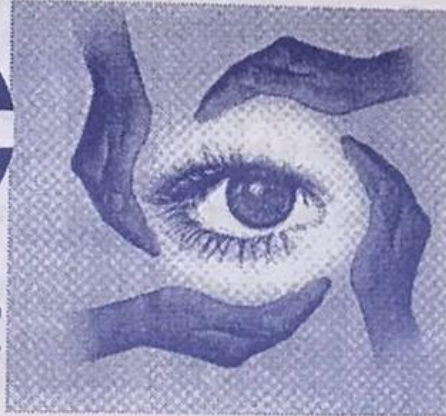
Donor No. :

Date :

To :
The Manager,
Eye Bank,
Dr. Agarwal's Health care Ltd
No. 10/1/1-5, Land Mark Towers,
South Bye Pass, Opp. to BSNI,
Vannarpet, Tirunelveli - 627 003.
Cell : 90 42 21 21 21



175219
People have taken the
CHALLENGE.....
Have You?



Name : B. Choekalingam

Address (Permanent) : 174 A, Bhasani St
Pothigai Nagar, Dana - 627425

Date of Birth : 06/12/1961 Email : _____

Mobile : 944 2265058 Blood Group : B+

Dear Sir,

I wish to pledge my eyes after death to the Eye Bank. I have informed my kith and kin accordingly and there will be no objection from them.

Witness with address :

1. R. Vasalakshmi, Asst Prof in
Tamil, Thiruvalluvar College,
Papanasam
2. C. Annathoari, Asst Prof
in Maths, Thiruvalluvar College,
Papanasam

yours faithfully,

J. O. Ann

Signature

PLEDGE FORM FOR EYE DONATION

Donor No. :

Date :

To :
The Manager,
Eye Bank,
Dr. Agarwal's Health care Ltd
No. 10/1/1-5, Land Mark Towers,
South Bye Pass, Opp. to BSNI,
Vannarpet, Tirunelveli - 627 003.
Cell : 90 42 21 21 21



175219
People have taken the
CHALLENGE.....
Have You?



Name : S. Jalaludeen

Address (Permanent) : Pothai, Railway Feeder Road,
Ambasamedam - 627425

Date of Birth : 8/9/2004 Email : Jalaludeen1456@gmail.com

Mobile : 9360843718 Blood Group : B+

Dear Sir,

I wish to pledge my eyes after death to the Eye Bank. I have informed my kith and kin accordingly and there will be no objection from them.

Witness with address :

1. E. Sakimathu, 120/97,
Sepsamaniyapuram, Yadhava
Kallidai Crosshi - 627416 St.
2. Muthupattan, 5/198, M.G.R. Nagar,
Aisarikulam, Kallidai - 627416

yours faithfully,

S. Jalaludeen
Signature

PLEDGE FORM FOR EYE DONATION

Donor No. :

Date :

To :
The Manager,
Eye Bank,
Dr. Agarwal's Health care Ltd
No. 10/1/1-5, Land Mark Towers,
South Bye Pass, Opp. to BSNI,
Vannarpet, Tirunelveli - 627 003.
Cell : 90 42 21 21 21



175219
People have taken the
CHALLENGE.....
Have You?



Name : F. Sakkinathan

Address (Permanent) : 120/92 Subramanijapuram
Yadhava St, Kallidaiweisichi - 627416

Date of Birth : 23/12/2002 Email : esakk/nathan5025@gmail.com

Mobile : 6369378820 Blood Group : O+

Dear Sir,

I wish to pledge my eyes after death to the Eye Bank. I have informed my kith and kin accordingly and there will be no objection from them.

Witness with address :

1. S. Jalaluddeen, Pothai,
Railway feeder Road, Arabad

2. Muthupattan, 5/195
M.G.R. Nagan Vidyalayam,
Kallidaiweisichi - 627416

yours faithfully,

F. Sakkinathan
Signature

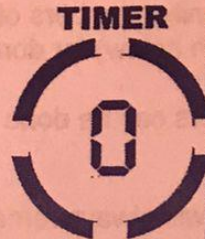
Alternatively visit us at : www.dare2stare.in & help others to fill the simple form online

PLEDGE FORM FOR EYE DONATION

Donor No. :

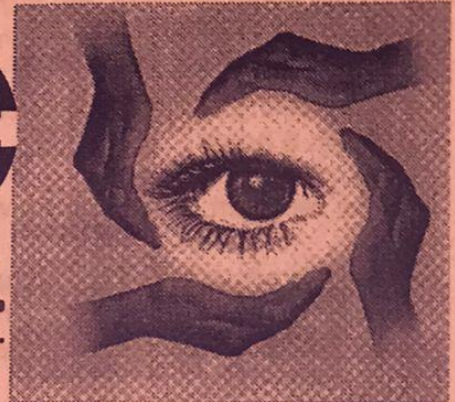
Date :

To :
The Manager,
Eye Bank,
Dr. Agarwal's Health care Ltd
No. 10/1/1-5, Land Mark Towers,
South Bye Pass, Opp. to BSNI,
Vannarpet, Tirunelveli - 627 003.
Cell : 90 42 21 21 21



175219

People have taken the
CHALLENGE.....
Have You?



Name : C. Muthu Pattan

Address (Permanent) : 5/195, M.G.R Nagar,
Vaidarikulam, Vallidaikeuzhi

Date of Birth : 15/10/2001 Email : 637 Muthupattan5566 @

Mobile : 6374 731345 Blood Group : B⁺ gmail.com

Dear Sir,

I wish to pledge my eyes after death to the Eye Bank. I have informed my kith and kin accordingly and there will be no objection from them.

Witness with address :

1. S. Jalaluddeen, Pothai
Railway Peeder Road, Ambai
2. E. Sakkinathan, (120/97)
Subramanijapuram,
Yadhevar St, Calidai

yours faithfully,

C. Muthu Pattan
Signature

Alternatively visit us at : www.dare2stare.in & help others to fill the simple form online

24.3.22

DBCS EYE CAMP

UNIT NO - 41.

Day - 4

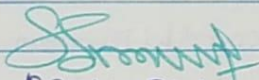
AGASTHIAR PURAM.

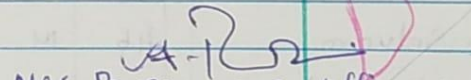
S.No.	NAME	Age	Sex	Ph.No	Address.	
1.	S. Thanga Poo	67	F	9942280683	Vickramasingapuram	35
2.	S. Maria Pankiam	61	F	9524495777	Agasthiar Puram	36
3.	V. Joseph	75	M	04634-221746	Agasthiar Puram	37
4.	J. Kalai Sundari	62	F	9444947140	Agasthiar Puram (CN)	38
5.	M. Phillommal	66	F	9626010151	Agasthiar Puram (CN)	39
6.	M. Mariammal	47	F	9788742077	Agasthiar Puram (CN)	40
7.	V. Parvathi	61	F	9629177525	Agasthiar Puram (CN)	41
8.	S. Antony Philommal	45	F	9626017900	Agasthiar Puram (CN)	42
9.	B. Teja	56	F	9787658513	Agasthiar Puram (CN)	43
10.	C. Rama Lakshmi	68	F	9894148179	Agasthiar Puram (CN)	44
11.	S. Subbaiyah	90	M.	-	Kottai vilapatti	45
12.	S. sarmakani	67	F	9367771745	Agasthiar Puram (CN)	46
13.	S. Subramanian	77	M.	9367771745	Agasthiar Puram (CN)	47
14.	S. Lakshmi	45	F	6385002806	Dana.	48
15.	A. Santhana Mariyam	75	M	-	Agasthiar Puram (CN)	49
16.	B. Paul raj	46	M	8870955263	Agasthiar Puram (CN)	50
17.	S. Chandra Mohan	45	M	9865086139	Agasthiar Puram (CN)	51
18.	A. Mariappan	51	M	8148180400	Dana.	52
19.	S. Nallathurai	65	M	7639938236	V.K. Puram	53
20.	B. cheekalingam	60	M	9944467074	Dana.	
21.	N. Mahendran	51	M	9887942781	Agasthiar Puram (CN)	
22.	M. Ulagammal	62	F	-	Agasthiar Puram (CN)	
23.	S. Annakili	70	F	-	Agasthiar Puram (CN)	
24.	M. Uma	18	F	9600484832	Mela kallur	
25.	S. Kantlika	18	F	9487173937	Kadayam	
26.	P. Durga	17	F	7904153009	Ambasamudram	
27.	G. Rajarathnam	52	M.	8870923018	Agasthiar Puram (CN)	
28.	S. Kanniammal	82	F	7598365273	Agasthiar Puram (CN)	
29.	S. Parvathiammal	80	F	9600373047	Agasthiar Puram (CN)	
30.	R. Jenifer	28	F	9944604872	Sivemthi Puram	
31.	A. Sakthi Kalaiarasi	37	F	9626017732	Agasthiar Puram (CN)	
32.	A. Ponmozhi	40	F	9442054894	Dana	
33.	S. Michael.	17	M.	9025529012	Mela ermal Puram	
34.	K. Annadurai	41	M.	9942436427	Dana.	

Dr. AGARWAL EYE HOSPITAL

97

Sl. No.	NAME	Age	Sex	Ph.No	Address.
35	G. Janaki	80	F	9626017732	Agasthiar Puram.
36	A. Muthulakshmi	18	F	9585907585	Shenkottai
37	E. Mathu Indhu	19	F	7339488948	V. K. Puram.
38	D. K. Deepha	18	F	9787203540	Dara
39	D. Banumathi	19	F	6369510180	Sivanthipuram.
40	S. Karthika	19	F	9600748808	Vaiyavikulam
41	S. Natesan	62	M	9539135484	Agasthiar Puram ^(N)
42	S. Athiraja Lakshmi	17	F	9003503554	V. K. Puram
43	K. Aric Ramu	52	M	9380833330	Agasthiar Puram(N)
44	D. Antoniammal	38	F	8012719655	Agasthiar Puram(N)
45	T. Shanmuga Priya	19	F	9944045029	Kalldai
46	R. Antonyammal	63	F	9746282594	Peruvanthanam
47	G. Arul Meena	17	F	9976047434	Melaikantthai Kulam
	K. Harini	19	F	9770819439	V. K. Puram.
	E. Bhuvaneshwari	17	F	9600395064	Govindhaperi
	B. Naveen Karthikeyan	18	M	8489826158	Dara
	S. Leema Rose	53	F	-	Agasthiar Puram (N)
	R. Roslin	46	F	9746282594	Idukki Kerala
	A. Oliva	70	F	9588003092	Agasthiar Puram(N)


PRINCIPAL


NSS Programme Officer

8. Cancer Check up

Title of the Programme	Cancer Check up
Conducted Date	24.03.2022
Number of Participants	15
Inside Campus / Outside Campus	Outside Agasthiarpuram
Objective	To create awareness to breast cancer and regular check up by the girls students
Out come	Public and NSS volunteers has an awareness about the breast cancer.

The fifth day started with yoga. In this day Cancer Awareness Programme was organised by **“Nellai Cancer Care Centre, Tirunelveli”**. In this camp breast cancer was checked to public and girl volunteers. In this camp totally -32 public and NSS volunteers are benefitted.



Dr. Ramkumar Head of the Nellore Cancer Care Centre gave a “**Laughter Therapy**”

to the NSS volunteers and they are actively participated the programme.



In the evening session **Sri Sorna Indane Gas** organised an awareness programme about “**Fire Safety**”. They demonstrated how to protect ourselves of the fire accidents occur.



And the *M.Com student Megalingam* conducted a magical show and the two *M.Com students Kandhiah and Siva* demonstrated how to make best product from the waste materials. Best out of Waste Programme was conducted by them.



9. Health Awareness Programme

Title of the Programme	Dental Check up
Conducted Date	27.05.2022
Number of Participants	30
Inside Campus / Outside Campus	Outside – Agasthiarpuram
Objective	To create an health awareness
Outcome	30 children and Public were benefited

Free Dental Camp was organised by *Dr.Bakeerathan BDS* Vickramasingapuram. In these camp *30 children, public and NSS volunteers are benefited.*



Date: 27.3.2022.

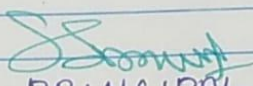
DENTEL CAMP.

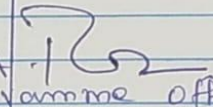
Day - 7.					
S.N.	NAME	Age	Sex	Ph. NO.	Address.
1.	B. Valhagan	18	M.	8870 364454	8/165, Perumal kovil St, Anai nathanadar Petti
2.	V. Narayana Vadivu	18	F	812414 0337	12/279 A, Moorthy Samudra St, Pulavan Petti
3.	M. Anushiya	16	F	868104 2009	74 A, Kattapuli Metu St, v.k. Puram.
4.	S. Muthumari	19	F	9345651304	488, Main Road, Adaya Karunkulam.
5.	T. Shanmuga Priya	19	F	9944045029	76 Pudhu Amman Kovil Kallidai
6.	R. Sri Dhanalalshmi	17	F	9087697291	41/22, Somnathi Street Veeravannallur.
7.	J. Sivamegala	50	F	9659258916	8B/2 North Street, Agasthiar Puram.
8.	K. Harini	19	F	770 819 16319	557/7 Main Road, v.k. Puram.
9.	D.K. Deepa	18	F	6369901514	21A/10, Kuyavem Potha Dama
10.	M. Anitha	43	F	9750 444654	42G/2, Antoniyar St, Agasthiar Puram.
11.	V. Angelin Rose	9	F	7899602836	Agasthiar Puram (N)
12.	T. EbiSha	63	F	7299602836	Agasthiar Puram (N)
13.	C. Selvam	46	M	9790597378	Kandhipuram St, v.k. Puram.
14.	A. Antony Raja	8	M	8940335809	7C velankanni St, Agasthiar Puram.
15.	J. Siva	4	M	7598720161	69/7c velankanni St, Agasthiar Puram.
16.	T. Saravanan	5	M	7598720161	69/7c velankanni St, Agasthiar Puram.
17.	P. Antoniammal	38	F	8012719655	15A, velankanni St, Agasthiar Puram.
18.	P. Sam Anto	10	M	8012719655	15A, velankanni St, Agasthiar Puram.
19.	P. Jeyushan	9	M	8012719655	15A, velankanni St, Agasthiar Puram.

UNIT NO: 41.

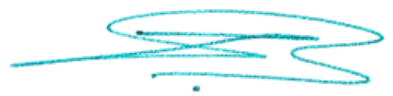
DR. PAKKERATHAN, DENTIST.

Sl. No.	NAME	Age	Sex	Place: Ph. No.	Address
20	R. Daisy Pami	41	F	9688 410 743	9, Main Road Agasthiar Puram.
21	S. Mariya Thangam	68	M.	-	Antony koil St, Agasthiar puram
22	M. Uma	18	F	9600 48 42 32	1/44 Mela St, Melakallur.
23	S. Rohini	18	F	8610 95 15 51	151, Vaikalingapuram St, V.K. Puram.
24	R. Backia Thai	48	F	9585 99 86 97	Antony koil St, Agasthiar Puram
25	S. Lakshmi	45	F	6385 00 28 06	11A, watchman St, Dana.
26	S. Rajam	56	F	89 73 34 7 35 9	North Agasthiar Puram
27	M. Vaishravi	18	F	8056 84 93 94	8 B, Veyilar St, Nanner kovi 1
28	P. Ponvasantha	18	F	93 630 72 634	4/427 Amman kovi 1 st Siventhipuram.
29	P. Durga	17	F	7904 15 30 0 9	84/35 A, manalodai st Ambai
30	S. Antony Pilomi	45	F	9626 01 7 900	69 D, Main Road Agasthiar Puram.


PRINCIPAL


A.I.S.S. Programme Officer.
Unit No - 41





PRINCIPAL
THIRUVALLUVAR COLLEGE
PAPANASAM
VICRAMASINGAPURAM - 627 425



NATIONAL SERVICE SCHEME REPORT

2022 - 2023

1. Clean Forest and Green Forest - REPORT

Title of the Programme	Clean Forest and Green Forest
Conducted Date	24.09.2022
Number of Participants	35
Inside Campus / Outside Campus	Outside – Kaakad MMdatrai Fr
Objective	To create an awareness to protect forest
Outcome	Volunteers clean the forest and make it clean and Green forest.

One day Kalakadu Mundanthurai Forest cleaning programme on 24.09.2022 at papanasam foreign region plastic papers were collected and yellow bag were distributed to the public and the volunteers.



2. Sanitary Napkin Distribution

Title of the Programme	Sanitary Napkin Distribution
Conducted Date	28.0.2022
Number of Participants	65
Inside Campus / Outside Campus	Outside
Objective	To improve the hygiene among girls students
Outcome	Sanitary Napkin was distributed to the girl students

In order to improve hygiene among girl students on 28.06.2022 Government primary Health Centre Vickramasingauram and NSS Unit No – 41 of Thiruvalluvar College papanasam jointly organized an event to provide free sanitary napkins to the students.



3. Independence Day Rally & Flag Distribution

Title of the Programme	Independence Day Rally
Conducted Date	14.08.2022
Number of Participants	67
Inside Campus / Outside Campus	Outside – Pothigaiadi
Objective	To aim remember freedom fighters
Outcome	Students understand the history of freedom and the understand the..ir responsibility

Independence Day rally was held on 14.08.2022 on behalf of NSS Unit No – 41 of Thiruvalluvar College, papanasam as an event to celebrate the 75th Independence Day. The rally started from Thiruvalluvar College and move on to pothigaiadi and return to college campus. At the time of rally National Flag was distributed to the public.



← Details

File name

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Time

8/13/22 11:53:37 AM

Location

Location: Papanasam Main Road, Tirunelveli, Tamil Nadu, 627425, India

More details

Size: 4000 * 1840

Orientation: 0

File size: 4.14 MB

Maker: Xiaomi

Model: M2010J19SI

Flash: No flash

Focal Length: 27 mm (35 mm equivalent focal length)

Aperture: 1.79

Exposure time: 1/2688

ISO: 98

Path: Phone storage/WhatsApp/Media/WhatsApp Documents/IMG_20220813_115335_1.jpg

4. Aaptha Mithra Volunteers Training

Title of the Programme	Aapthamithra Disaster Management
Conducted Date	
Number of Participants	34
Inside Campus / Outside Campus	Outside – Tirunelveli
Objective	To train the volunteers to work and protect them at the time of natural disaster reduction
Outcome	Volunteers actively participated at the time of food relief



5. Swachhata Abhiyan

Title of the Programme	Swachhata Abhiyan
Conducted Date	24.09.2022
Number of Participants	34
Inside Campus / Outside Campus	Outside - Sivanthipuram
Objective	To clean the Thamirabarani River
Outcome	Thamirabarani river cleaned by NSS volunteers

One day camp for Thamirabarani River cleaning programme on 24.09.2022 at Sivanthiuram.



6. International Disaster Reduction Day

Title of the Programme	Disaster Reduction Seminar
Conducted Date	26.10.2022
Number of Participants	65
Inside Campus / Outside Campus	Inside
Objective	Awareness to reduce the disaster risk
Outcome	Volunteers aware about how to reduce the disaster risk

One day seminar on International Disaster Reduction on 26.10.2022 guest speaker explained how to reduce disaster and how to protect ourselves at the time of disaster.



7. Health Awareness Programme

Title of the Programme	Dengue Awareness
Conducted Date	24.03.2023
Number of Participants	65
Inside Campus / Outside Campus	Outside – Kottavilapatti
Objective	To protect ourselves from the dengue
Outcome	Awareness created to the public about the dengue

“Health Awareness”, camp was conducted by District Health Superintendent Mr.R.Mariappan and Mr.Murugan, Supervisor, Government Primary Health Centre, Vickramasingapuram. They create awareness about Dengue and how to protect ourselves from Dengue and what practices we have to follow to avoid dengue. In this camp totally 73 public and NSS Volunteers were benefited.

24.03.23

Kottai vilai putti

Day - 2.

Dengu Awareness Programme

In the second day NSS special camp started with Tamil Thai vazhithu.

Dr. R. Mariappan District Health Inspector. of Primary Health Centre in vairavikulam. create an awareness about health. He explained how we should maintain cleanliness in our body^(TB) and our Environment and Mr. Ganesham "Marunthila maruthuram Inspector." explained how we have to cure and secure our body without using any medicine. and Mr. Ananth health Inspector of Primary health centre in vairavikulam is also create an awareness about our health.

At the end of the programme. DV. A. PONMOLINSS PO give vote of thanks. The Programme ended with National Anthem.

1) Mr. R. Mariappan -

R. Senthil
BUS 26/3/2023

2) Mr. Ganesham.

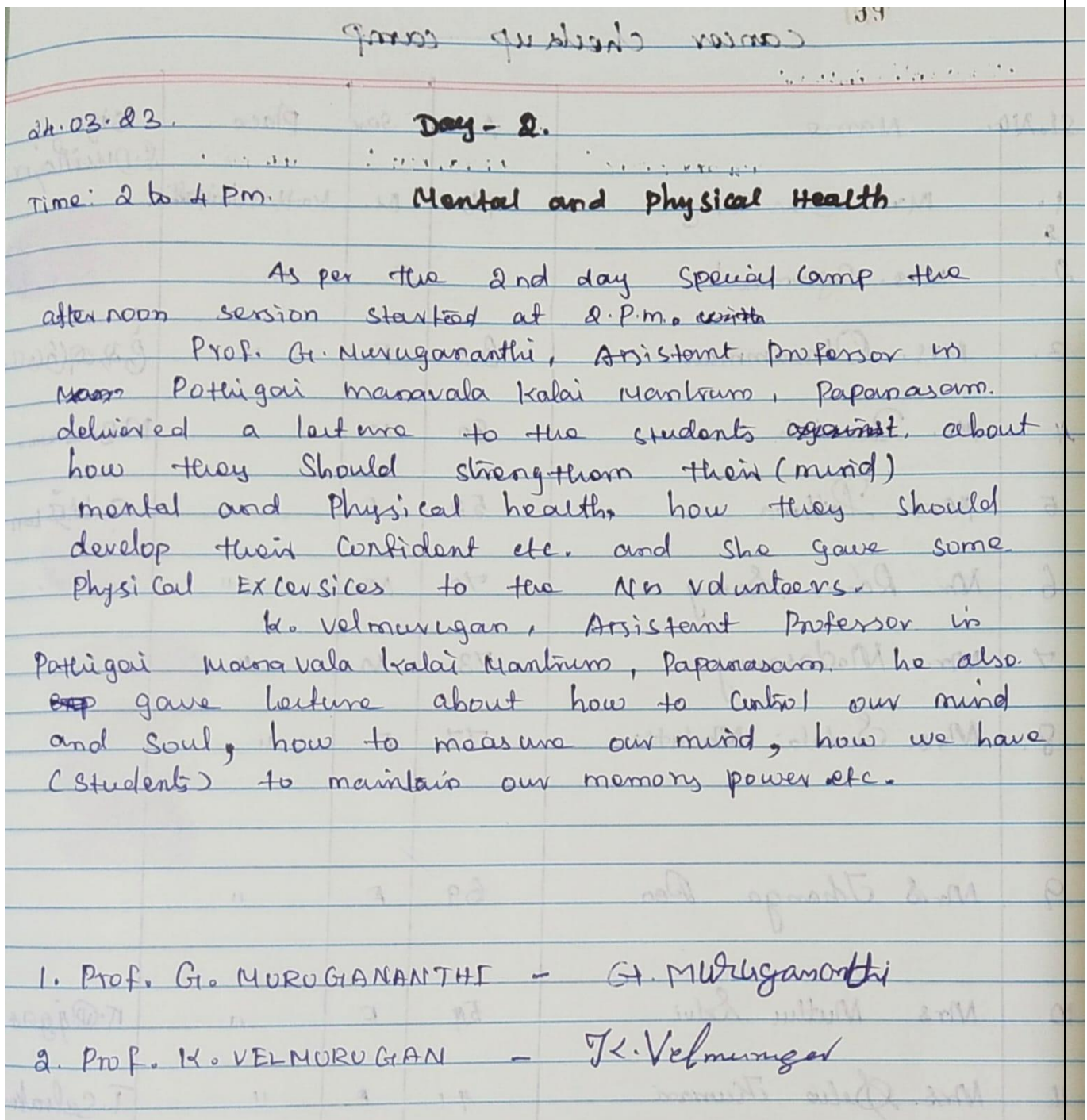
B. Senthil
NMS

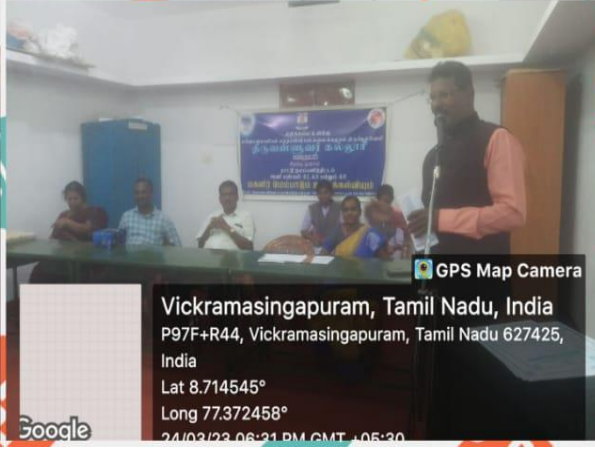
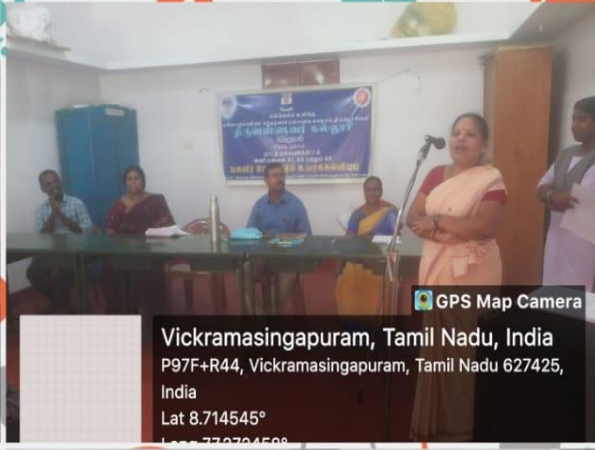
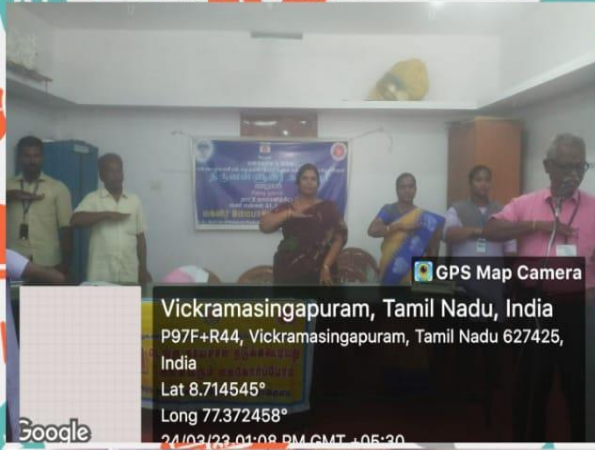
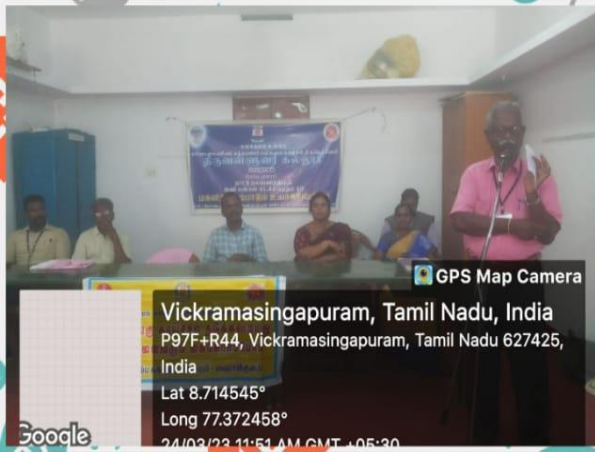
3) Mr. Ananth. -

A. Senthil
H.T. - GP HC Agasthiyapuram

In the afternoon session "Pothigai Manavalakalai Mantram Arakattalai, Arivu Thirukoil" organised a workshop under the heading "Manavalam" Professor G. Muruganathi & Professor K. Velmurugan gave a lecture about the topic "Mental and Physical Health". They gave breathing

exercises to protect our lungs and meditation, physical exercises and activities to the NSS volunteers.





8. Cancer Awareness Programme

Title of the Programme	Cancer Awareness Programme
Conducted Date	24.03.2023
Number of Participants	15
Inside Campus / Outside Campus	Outside – Kottaivilaipatti
Objective	To check and awareness about breast cancer
Outcome	Public check whether they have any cancer issues and they aware to self check uo for beast cancer

In the morning session Cancer Awareness Programme was organized by “Nellai Cancer Care Centre, Tirunelveli”. In this camp breast cancer was checked to public and girl volunteers. In this camp totally 15 public and NSS volunteers were benefitted

cancer check up camp

Sl. No.	Name	Age	Sex	Place	Sign.
1.	Mrs. Subba Lakshmi Subba Lakshmi	62	M.	Kottavilipatti	S. D. S. Raju
2.	Mrs. Rajammal		F.	"	
3.	Mrs. Ohanamma	62	F.	"	
4.	Mr. Ramaiah	80	M.	"	M. D. S. Raju
5.	Mrs. Pathma	52	F.	"	C. L. S. Raju
6.	Mr. Rama Sany	70	M.	"	
7.	Mr. Madasamy	73	M.	"	
8.	Mrs. Sudalai Madathi	77	F.	"	
9.	Mr. S. Thanga Poo	69	F.	"	
10.	Mrs. Nuttlu Selvi	59	F.	"	K. P. S. Raju
11.	Mrs. Julia Kumari	41	F.	"	T. Selva
12.	Mrs. Pushpa Bai	61	F.	"	T. S. Raju
13.	Mrs. Navamani Raja Rathinam	60	F.	"	M. D. S. Raju
14.	Mrs. Parvathi	54	F.	"	P. L. S. Raju
15.	Mrs. Subbu Lakshmi	64	F.	"	M. D. S. Raju



GPS Map Camera

Vickramasingapuram, Tamil Nadu, India
P97F+R44, Vickramasingapuram, Tamil Nadu 627425,
India
Lat 8.714545°
Long 77.372458°



9. Free Blood Group Check up

Title of the Programme	Free Blood Group Check up
Conducted Date	25.03.2023
Number of Participants	37
Inside Campus / Outside Campus	Outside – Kottavilapatti
Objective	To know the blood group
Outcome	Public check their blood group and the HP counting

“Free Blood Check up”, camp conducted by Dhas Medical Vickramasingapuram. In this camp totally 37 public and NSS Volunteers were benefited.

In the evening session Ln.Jc.HGF.S.L.Meena Raja Soft skill Trainer and Advisor gave a lecture about the skills and how to use those skills in proper way.



Blood Group check up 43
Awareness Programme

No	NAME	Age	M/F	Blood Group	Signature
1	R. Pon Vani Shree	18	F	B ⁺	R. Pon Vani Sri
2	G. Mariammal	18	F	B ⁺	G. Mariammal
3	R. Sangeetha	17	F	A ⁺	R. Sangeetha
4	M. Mari Selvi	17	F	B ⁺	M. Mari selvi
5	L. Gayathri	17	F	B ⁻	L. Gayathri
6	O. Palmathi	17	F	O ⁺	O. Palmathi
7	S. Mariselvi	18	F	O ⁺	S. Mariselvi
8	A. Martina	17	F	AB ⁺	A. Marteen
9	J. Anbija Mary	18	F	B ⁺	J. Anbia Mary
10	P. Anandhi	19	F	O ⁺	P. Ananthi
11	M. Priya	18	F	O ⁺	M. Priya
12	A. Kamala Priya	18	F	A ⁺	A. Kamala Priya
13	C. Suiya Prabha	18	F	A ⁺	C. S uiya prabha
14	M. Chermakani	18	F	O ⁺	M. Chetma Kani
15	L. Abirami	18	F	AB ⁻	L. Abirami
16	A. Anu Girana Anusiya	19	F	A ⁺	A. Anu Girana Anusiya
17	J. Asvathi	18	F	O ⁺	J. Asvathi
18	U. Revathi	17	F	B ⁺	U. Revathi
19	A. Shanmuga Priya	18	F	O ⁻	A. Shanmuga Priya
20	M. Anushiya	18	F	O ⁺	M. Anushiya
21	M. Madhumitha	17	F	B ⁺	M. Madhumitha
22	M. Bharathi	17	F	O ⁻	M. Bharathi
23	P. Sharmila	18	F	B ⁺	P. Sharmila
24	L. Diviya Sabari	18	F	B ⁺	L. Divya Sabari
25	S. Maha Devi	18	F	O ⁺	S. Mangadevi
26	S. Gayathri	18	F	O ⁺	S. Gayathri
27	M. Karthiga	17	F	B ⁺	M. Karthiga
28	M. Kamalini	19	M	AB ⁻	M. Kamalini
29	J. Selvam	18	M	A ⁺	J. Selvam
30	S. Muthu Selvan	19	M	A ⁺	S. Muthu Selvan
31	M. Muthu Bala	17	M	B ⁺	M. Muthu Bala
32	G. Thiruguna Selva Sli	14	F	A ⁺	G. Thiruguna Selva Sli
33	P. Dhanush @ Sarany	19	M	B ⁻	P. Dhanush @ Sarany
34	J. Bala Sundar	19	M	B ⁺	J. Bala Sundar
35	S. Esakki Muthu	18	M	O ⁺	S. Esakki Muthu

44 Blood Group check up

Awareness Programme

36	C. Teba Suiya	18	M	B ⁺	C. Teba Suiya
37	P. Pradup Manikandan	19	M	AB ⁺	P. Pradup Manikandan
38					

10.Environment Protection

Title of the Programme	Environmental Protection
Conducted Date	27.03.2023
Number of Participants	65
Inside Campus / Outside Campus	Outside Kottaivilaipatti
Objective	TO know about how to protect our environment
Out come	Volunteers aware of environment protection

Mrs.S.Kannaki, Co-ordinator, ECO Club gave a lecture about the heading “Environment Protection”. She explained how to protect our environment, if we fail to protect our environment what are the problems that we have to face in future. Dr.R.Indubala, Co-ordinator Youth Red Club gave a lecture about women welfare.



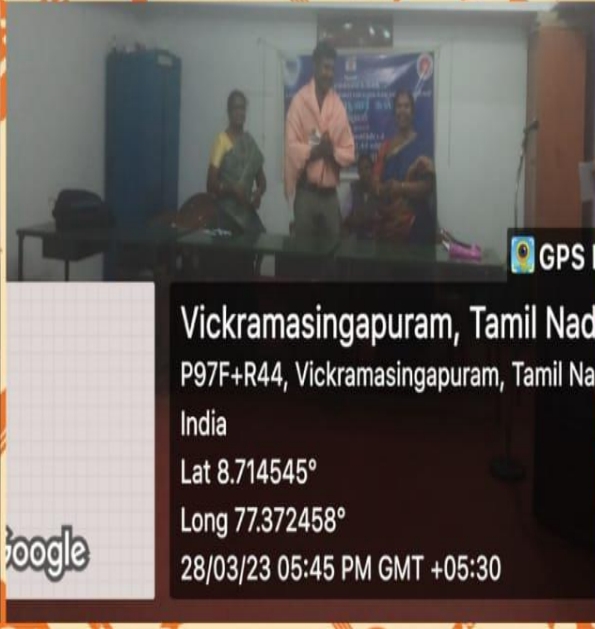
11 Anti Drug Rally


Title of the Programme	Anti Drug Rally
Conducted Date	28.03.2023
Number of Participants	65
Inside Campus / Outside Campus	Outside – Kotaivaiipatti
Objective	To create awareness about drug abuse
Outcome	Students issue notice to the public and insist on the dangerous liquid about the drugs

“Drug Abuse Rally” was organised by the NSS units. Dr.A,Adaikalam Co-ordinator Anti Drug Club inaugurated the rally, it started from the NSS camp site and it goes each and every street of the camp village students shouted the anti drug slogans and the rally ended at the camp site.

In the afternoon session Dr.B.Palanikumar, Director of Physical Education gave a lecture about the topic “Protect our Body”. He also conducted physical exercises, games and activities to the NSS volunteers.

In the evening session “Special Cultural Programme” was organised by Dr. D.Willfin John, Co-ordinator, Youth Welfare Department. NSS Volunteers and the youth welfare department students were explicit their skills through dance songs and dramas.



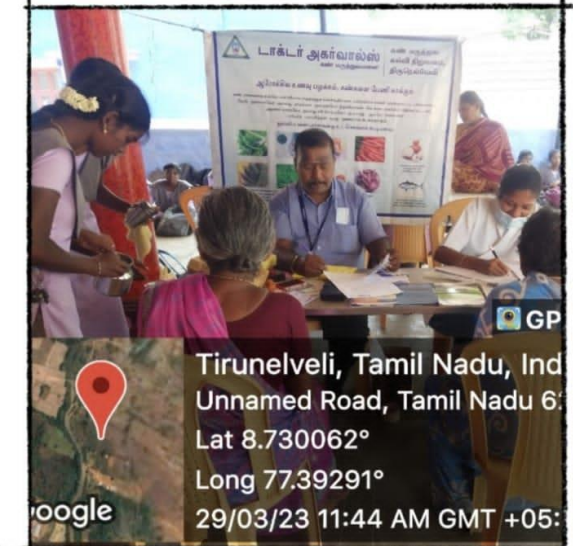
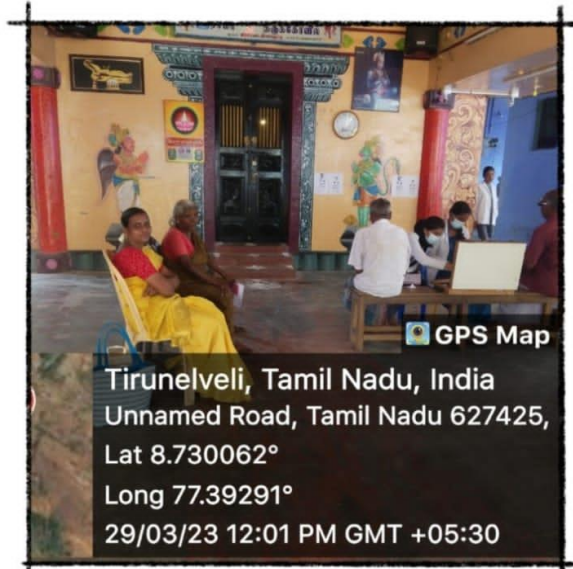
 GPS M
 Vickramasingapuram, Tamil Nadu
 P97F+R44, Vickramasingapuram, Tamil Nadu
 India
 Lat 8.714545°
 Long 77.372458°
 28/03/23 05:45 PM GMT +05:30

Google

12 Health Awareness Programme

Title of the Programme	Eye Camp
Conducted Date	29.03.2023
Number of Participants	50
Inside Campus / Outside Campus	Outside
Objective	To check the eye
Outcome	Volunteers and public are the beneficiaries

“Free Eye Check up Camp” It was organised by Dr. Agarwal Eye Hospital, Tirunelveli. In this camp 36 public and NSS volunteers were benefited.



DBCS public Camp (Eje Camp)
Kottavilapatti.

45

29.03.2023.

S.No	Name	Age	Gr.	Address	Ph. no.
1	M. Ramagga ^{yy}	80	M.	60, F thekku theru Kottavilapatti	888 364 3574
2	Velsamy	71	M	894/178 Middle St. Kottavilapatti	9488244905
3	chollamadathi	75	F	Thekku theru. Kottavilapatti	-
4	Madasamy	73	M.	57A, Vadakku theru Kottavilapatti	888 354 3574
5	Nadsathisalingam	73	F	74, Middle 86 Kottavilapatti	9788233009
6	Essakkiammal	81	F	106 A-1 Ramarkovil 8F. Kottavilapatti	814 8775 210.
7	Thenammal	61	F	160, 115/116/117, Kottavilapatti	994 2516 286
8	Nesammal	80	F	Thekku theru Kottavilapatti	984 2089853
9	T. pushpa bai	61	F	111/c, Thekku theru Kottavilapatti	984 2089853
10	P. Thamarai	66	F.	151, Nadu theru. Kottavilapatti	-
11	S. Suppaiah	80	M	Meerkku theru Kottavilapatti	-
12	K. Sundari	54	F	49, Main road. Kottavilapatti	63 6379490961

13.	R. Kannan	56	F	19, Main road Kottavilapatti	63794 9096
14.	S. Mariammal	70	F	32/B, Mearkku theru Kottavilapatti	-
15.	M. Bharathi	17	F	7 Jaminsingampatti 1/9, Meala theru	9042 52552
16.	M. Mathumitha	17	F	191, Therkkutheru, Sengulam Veeravanallur	8754764639
17.	P. Sharmila	18	F	318, Therkkutheru Moolachi	9092956334
18.	Kanthasami	87	M	89 Ramarkovil theru V.K. puram.	-
19.	^B P. pushpa Kumari	47	F	143 B Nadutheru Kottavilapatti.	-
20.	R. Varakkshmi	40	F	59/k4 Bharani street, d'ana.	77083083
21.	^{N.} S. nairiya durai	60	M	140 P Vakku Agasthiyar puram Kottavilapatti.	9791710522
22.	A. ponmozhi thiruv	42	F	99/1 chellaiah Cottage Dana.	944 20548

1	23	S. Thangapoo	70	F	17/19, Agasthiyar puram Mela theru. Kottavilai patti.	8807736459
	24	M. Kala	53	F	163, South Street Kottavilai patti	9047513631
28	25	G. Grandhi Mathi	50	F	139, Keela theru Kottavilai patti.	9798952080
9	26	P. Duraga Devi	18	F	5 Main road Kallidai kurichi.	9344671727
	27	P. Vigneshwari	18	F	66/7 C1, poonchai theru Ambasamudram.	9360488900
4	28	S. Sa Rasamma	84	F.	60/B, Therkku theru Kottavilai patti	-
	29	J. Ansiamary	18	F	14/A Ramalingpuram North stit, V. k puram.	9566306915
	30	M. Karthiga	17	F	29/17 Mettu thangammah koil stit, V. k puram	8220156176
399	31	K. Thanga Kumitha	18	F	9A3, North stit, V. k puram	875490448
	32	C. Suriyaprabha	17	F	5/17 A North stit pallakkal puthukudi	977604950 4
394	33	A. Kamala priya	18	F	17 B, 79 A Aambur road Dana.	95972625
	34	P. Savanya	18	F	7/223 pallivasal theru Kallidai kurichi Pagnaiyan kurichi	83814257

35.	K. Pakya latha	50	F	39, Vadakkutheru Kottaiilai patti.	9791885239
36.	M. Akshaya	18	F	4 B/4 Ramalingapuram Middle street V.Kpuram.	805683591



PRINCIPAL
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THIRUVALLUVAR COLLEGE, PAPANASAM

Affiliated to Manonmaniam Sundaranar University

Re-Accredited with “B++” by NAAC

Website: <https://thiruvalluvarcollege.net>, E-mail : tvl.valluvar@gmail.com



REPORT OF ECO – CLUB ACTIVITIES

01.10.2021 – 30.10.2023



“Where there is Green, there is Prosperity”

Programme Co - ordinator

Mrs. S. Kannaki



THIRUVALLUVAR COLLEGE
PAPANASAM..VICKRAMASINGAPURAM..627 425
Tirunelveli District.. Tamilnadu

Phone..04634..220327,221631
e-mail..tv1.valluvar@gmail.com
Website..www.thiruvalluvar.edu.com

Govt. Aided Institution

Re - Accredited with 'B++' Grade by NAAC

Dr.S. SUNDARAM M.Sc., M.Phil., PGDCA., Ph.D.,
PRINCIPAL

Ref.No..ECO/P.O./APP.1/2021.
Date :

ORDER

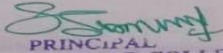
Mrs.S.Kannaki M.A.,M.Phil., Assistant Professor in Tamil is appointed as Eco Club Co-ordinator in this College with effect from **01.10.2021** in the place of **Mrs.S.Shanmuasundara Natchiyar M.Com.,M.Phil.**, Assistant Professor in Commerce, who completes the tenure as Eco Club Co-ordinator.

Mrs.S.Shanmugasundra Natchiyar, Eco Club Co-ordinator, in this College is relieved off her duties with effect from the after-noon of 30.09.2021. She is asked to handover all registers and files to the newly appointed Co-ordinator.

Mrs.S.Kannaki is asked to take charge accordingly.

To

Mrs.S.Kannaki.,
Assistant Professor in Tamil,
Thiruvalluvar College, Papanasam.


PRINCIPAL
THIRUVALLUVAR COLLEGE
PAPANASAM
VICKRAMASINGAPURAM - 627 425.

Copy to:

Mrs.S.Shanmugasundara Natchiyar.
Assistant Professor in Commerce,
Thiruvalluvar College, Papanasam

APPOINTED AS A ECO-CLUB ON 04.10.2021



BANNER OF THE ECO-CLUB WITH MOTTO



ANNUAL ECO – CLUB ACTIVITIES
01.10.2021 – 30.10.2023

CONTENT AND SCHEDULE

S. No	PARTICULARS	DATE OF ACTIVITY
1.	INAUGURATION OF ECO – CLUB	04.10.2021
2.	SPEECH COMPETITION ON PROTECTING RIVER WATER	18.10.2021
3.	CAMPUS CLEANING	09.11.2021
4.	PLANTING TREES	16.12.2021
5.	ONE DAY STATE LEVEL SEMINAR ON RESTORATION OF ECO-SYSTEM	20.12.2021
6.	PLANTS PLANTING	11.01.2022
7.	SAPLINGS DISTRIBUTION	05.09.2022
8.	FIELD WORK IN KANNI KUDIYIRUPPU	10.05.2023
9.	SOCIAL AWARENESS PROGRAM	12.10.2023

1) INAUGURATION OF ECO – CLUB

EVENT REPORT OF THE FIRST MEETING

- ▶ **Date : 04.10.2021**
- ▶ **Topic : Inauguration of Eco-Club**
- ▶ **Venue : Seminar Hall**

Objectives:

Motivate the Students in Understanding the Value and the importance of Our **Natural Resources**.

Program Description:

Inauguration programme of Eco-club held on 04.10.2021. **Dr. B.Michael Jayaraj** , Founder Chairman, Ulaga Tamil Maruthuva kalagam, Papanasam, delivered inaugural address. Program co ordinator **Tmt. S. Kannaki** conducted the program successfully.

Beneficiaries:

Ninety Students from various Departments of our College participated and benefited.

Programme Outreach:

Students were benefitted out of the programme and the event promoted them to involve in many activities related to environment.



திருவள்ளூர் கல்லூரி, பாபநாசம் - 627 425

பாபநாசம் கல்லூரி பல்முகக்கழகத்தின் இணைப்பு (தேசியத் தரமதிப்பீட்டில் "B++" தகுதி பெற்றது)

சூழலியல் கழகம் (Eco Club)

தொடக்கவிழா மற்றும் உரைப்பொழிவு

பொருண்மை : பொதிகை மலையும் பல்லுயிர்ச்சூழலும்

நாள் : 04.10.2021

இடம் : கருத்தரங்க அறை

நேரம் : நண்பகல் 12.00 - 1.00

வரவேற்புரை : பேராச.கண்ணகி, உதவிப்பேராசிரியர் & சூழலியல் கழக ஒருங்கிணைப்பாளர், திருவள்ளூர் கல்லூரி, பாபநாசம்.

தலைமையுரை : முனைவர் க. கருத்தரம், முதுவர், திருவள்ளூர் கல்லூரி, பாபநாசம்

வாழ்த்துரை : திரு. இரா.நடராஜன், நிர்வாக அலுவலர், திருவள்ளூர் கல்லூரி, பாபநாசம்

சிறப்புரை



மருத்துவர் பி.மைக்கேல் ஜெயராசு BSMS., நிறுவனர், தலைவர், உலகத் தமிழ் மருத்துவக் கழகம்.

நன்றியுரை : சுராஜலட்சுமி, இளங்கலைத் தமிழ் இலக்கியம் மூன்றாமாண்டு திருவள்ளூர் கல்லூரி, பாபநாசம்.

INVITATION OF THE PROGRAM



INAGURATION PROGRAM

**2) SPEECH COMPETITION ON PROTECTING RIVER WATER IS
ESSENTIAL
EVENT REPORT**

- ▶ **Date : 18.10.2021**
- ▶ **Topic : Protecting River water is Essential**
- ▶ **Venue : Tamil Department**

Objectives :

By protecting and **restoring our rivers**, we play an important role in bending the biodiversity curve. River Eco-system services the provision of drinking water, fish and other foods, flood protection are important to human well-being.

Program Description :

Eleven students from various departments participated and won prizes. **Tmt.S.Kannaki**, co-ordinator of Eco-club conducted the program.

Beneficiaries :

Eleven participants get benefited directly, through them many students get benefited. They act as representatives and shared the message to many students and public.

Program Outreach:

The program empowered the students with knowledge and confidence, ensuring they were prepared to get awareness about River Water.



ELOCUTION COMPETITION



PRIZE DISTRIBUTION

**3) CAMPUS CLEANING -LIVE LIFE CLEANER, MAKE EARTH
GREENER
EVENT REPORT**

- ▶ **Date : 09.11.2021**
- ▶ **Activity : Campus Cleaning**
- ▶ **Venue : Our College Campus**

Objectives :

Cleanliness gives rise to a good character by keeping body, mind and soul clean and peaceful. It encourages the learners to take pride inside the campus.

Program Description:

Though we have plenty of workers to clean our campus, we would like to initiate the habit of cleanliness among our students. Twenty five Eco-club volunteers from various departments participated. Tmt. S. Kannaki, the co-ordinator of the Eco-club presides over the function.

Beneficiaries :

Our students understood the importance of cleanliness, and maintained our campus clean.

Program Outreach :

Students understood cleanliness, 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.



CAMPUS CLEANING

4) PLANTING TREES-TREES ARE THE LUNGS OF THE WORLD

EVENT REPORT

- ▶ **Date : 16.12.2021**
- ▶ **Topic : Planting Trees**
- ▶ **Venue : Thiruvalluvar College - Campus**

Objectives :

Everyman needs oxygen for their life and trees are the foremost source of oxygen. To reduce temperature and increase humidity, we must plant trees.

Programme Description :

Ten students from various departments participated in the **TREE PLANTING** program. Five **Pungai** Trees were planted in our Campus, in the presence of the principal, **Dr.S.Sundaram**.

Beneficiaries :

Pungai Trees improve our air quality by filtering harmful dust and pollutants such as ozone, carbon monoxide, and sulphur dioxide from the air we breath. Oxygen form Pungai Trees is very helpful, especially for women.

Programme Outreach :

Trees release life supporting oxygen and absorb harmful gases like carbon dioxide during the process of photosynthesis. Students

understood the important of tree plantation and the roots of trees bind the soil together thereby preventing erosion.



PLANTING TREES

**5) ONE DAY STATE LEVEL SEMINAR ON RESTORATION OF ECO-
SYSTEM
EVENT REPORT**

▶ **Date : 20.12.2021**

▶ **Topic : One day state level seminar on "Restoration Of Eco - System"**

▶ **Venue : Conference Hall**

Objectives :

Restoration of Eco-system aims to recreate, initiate the **recovery of a ecosystem** that has been disturbed.

Programme Description :




Environmentalists **Dr.Vijayalakshmi**, Retired Professor **Dr. A.Selvin Samuel**, and M.S. University Eco club co ordinator Professor **Dr. S. Uma Maheshwari** were the Chief Guests. They high-lighted the importance of restoration of Eco-system. Sixty students from various colleges participated in the one day state level seminar.

Beneficiaries :

All the students were benefited and definitely they would spread the message to their close circle.

Programme Outreach :

Eco-system restoration encompasses a wide range of activities, employed singly or collectively, which aim to repair degraded ecosystems of all kinds. All the participants felt that it was the need of the day.

<p>THIRUVALLUVAR COLLEGE PAPANASAM – 627 425 (Affiliated to Manonmaniam Sundararar University) Re-Accredited with "B+" by NAAC</p>  <p>ONE DAY State Level Seminar On "Restoration of Eco - System"</p>  <p>Date : 20.12.2021(Monday) Time : 10.00 AM Venue : Conference Hall</p> <p>Organized by Eco - Club</p>  <p>"Where there is green, there is prosperity"</p>	<p>About The College</p> <p>Thiruvalluvar College was established in 1968 to improve the educational system of the rural poor students. Various organisations are functioning in this college under the guidance of the secretary of college kundrakudi Thavathiru ponnambala adikalur. The Eco - Club has organized a one day state level seminar on "Restoration of Eco - System". The seminar focus on the theme of "Restoration Environment", Which has announced by United Nation Council in 2021.</p> <p>Patron Thavathiru Kundrakudi Ponnambala Adikalur, Secretary, Thiruvalluvar College, Papanasam.</p> <p>Chairman Dr. N. Sundaram, Principal, Thiruvalluvar College, Papanasam.</p> <p>Convener Prof. S. Kannaki Eco - Club Co - Ordinator, Dept. of Tamil, Thiruvalluvar College, Papanasam. Mobile No : 646972824</p> <p>Notes : No Registration fee, No TA/DA For Participants. Lunch is arranged.</p>	<p>PROGRAMME</p> <p>Prayer Song Prof. S. Kannaki Eco-Club Co-ordinator, Dept. of Tamil Thiruvalluvar College, Papanasam.</p> <p>Welcome Address Dr.S.Sundaram, Principal, Thiruvalluvar College, Papanasam.</p> <p>Felicitation Thiru.R.Natarajan, Administrative Officer, Thiruvalluvar College, Papanasam.</p> <p>Eco - Note Address Prof. Dr. G. S. Vijayarajasekhar M.Sc., Ph.D., District President, Kanna International And District NGC Co-ordinator, Tenkasi.</p> <p>Technical Session</p> <p>Session - I Prof. Dr. A. Selvin Samuel M.Sc., Ph.D., District NGC Co - Ordinator, Former Principal, St. John's College, Palayamkottai.</p> <p>Session - II Prof. Dr. S. Umamaheswari M.Sc., Ph.D., Department of Bio - Technology and Director, Women Cell, M.S.University, Tirunelveli.</p> <p>Vote of Thanks NATIONAL ANTHEM</p>
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STATE LEVEL SEMINAR INVITATION



STUDENTS FROM VARIOUS COLLEGES PARTICIPATING THE SEMINAR

6) PLANTING PLANTS

EVENT REPORT

- ▶ **Date : 11.01.2022**
- ▶ **Topic : Planting Plants**
- ▶ **Venue : our college campus**

Objectives :

Students can learn about the life cycle of trees, the importance of biodiversity, and the interdependence of ecosystem.

Programme Description :

Six students participated in the programme. Programme co-ordinator Tmt.S.Kannaki organised the programme on the celebration of Teachers day. Students brought ornamental plants from their houses and planted them inside our college Campus.

Beneficiaries :

Not only the Eco-club students but the whole college.

Programme Outreach :

Students develop a deeper understanding of environmental stewardship, cultivating a lifelong commitment to preserve and protect nature.



PLANTING ORNAMENTAL PLANTS INSIDE THE CAMPUS

7) SAPLINGS DISTRIBUTION

EVENT REPORT

- ▶ **Date : 05.09.2022**
- ▶ **Topic : Saplings Distribution**
- ▶ **Venue : Adihalar Arangam**

Objectives :

To create an awareness among the citizens about afforestation and climate change. To **understand an ecological as well as environmental balance.**

Program Description :

Department of Tamil conducted Teacher's day celebration. One hundred and fifty students of Tamil department and twelve teaching staff participated. Dr. A. Packiamuthu presided over the function. Saplings were distributed to twentyone students volunteers of Eco-club.

Beneficiaries :

All the participants were benefited and understood the need of saplings distribution as climatically condition is going worse.

Programme Outreach :

Plants Plantation helps in green revolution and has several environmental development to reduce adverse impacts on the environment and instil societal sustainability.



SPEECH ON THE IMPORTANCE OF PLANTATION



DISTRIBUTION OF SAPPLINGS TO OUR STUDENTS

8) FIELD WORK IN KANNI KUDIYIRUPPU

EVENT REPORT

- ▶ **Date : 10.05.2023**
- ▶ **Topic : Field trip**
- ▶ **Venue: kaani kudiyruppu , papanasam Hills – Karaiyar.**

Objectives :

Providing field trip to students make learning more engaging, memorable and relevant. It also promote critical thinking, enhance observational skills and nurture a sense of curiosity and wonder.

Programme Description :

Twenty students with a Professor went to Kaani Kudiyrupu as a field trip. They learnt about herbal plants and life style of the tribals.

Beneficiaries :

All the twenty students were the beneficiaries. They came to know about the rare species of plants and medicinal plants. They learnt how tribal people get cured by using those herbs.

Programme Outreach :

Our students visit Pothigai Hill, which is the dwelling place of Tribal people. Our students were very happy to meet those people and learnt many useful, valuable details about the herbs.



FIELD WORK IN KANNI KUDIYIRUPPU

**9) SOCIAL AWARENESS PROGRAM-AWARENESS COMES WITH
RESPONSIBIITY AND CHOICE
EVENT REPORT**

- ▶ **Date : 12.10.2023**
- ▶ **Topic : Social awareness program**
- ▶ **Venue : Adihalar Arangam**

Objectives :

The main aim of social awareness program is to make the community more informed, alert, self-reliant and capable of participating in all activities.

Program Description :

Sixty two students from various departments participated with four professors. Dr. B. Michel Jayaraj BSMS., the founder of Avizhtham trust delivered a guest lecture on “Western Ghats-Biodiversity Conservation”. Tmt.S.Kannaki, the co-ordinator OF Eco-club organised the programme.

Beneficiaries :

Social awareness is an important skill for students to build positive relationships and make responsible decision. Social awareness is also important for our own emotion well-being.

Programme Outreach :

Social awareness programmes are an educational process practiced for the holistic development of students. Students inculcate the ability to understand social and ethical norms for behaviour and to recognize family, school, and community resources and supports.



AWARENESS SPEACH

“Where there is Green, there is Prosperity”

THANK YOU



Thiruvalluvar College ,Papanasam, Vickramasingapuram -627425

(Re-accredited with 'B++' Grade by NAAC)

Report Of YRC Activities -2021 September onwards

Principal

Dr (Major).L.Ravisankar

Programme Officer

Dr.R.Indubala

YOUTH RED CROSS ACTIVITIES

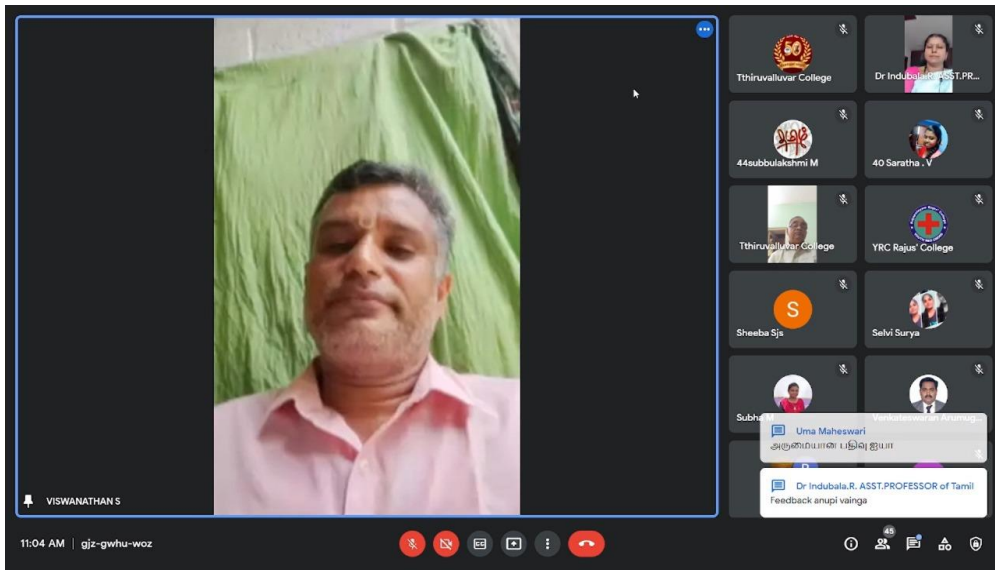
Sl. No	Particulars	Date of Activity	Page Number
1	World Environmental Health Day	26.09.2021	1-2
2	World Heart Day	29.09.2021	3-4
3	International Day of Non-Violence	05.10.2021	5-6
4	World Mental Health Day	10.10.2021	7-8
5	World Students Day	13.10.2021	9
6	World Food Day	20.10.2021	10=12
7	Corona Prevention Camp (Kabasurakudineer Distribution)	23.11.2021	13
8	World AIDS Day awareness meeting	01.12.2021	14
9	National Pollution Control Day	02.12.2021	15-16
10	World day of Persons with Disabilities	03.12.2021	17
11	World Health Day	07.04.2022	18
12	World Book Day	27.04.2022	19
13	World Heritage Day	28.04.2022	20-21
14	YRC One Day Orientation Programme	10.05.2022	22-23
15	Blood Donation Camp	11.05.2022	24-25

16	One Day Seminar-Tholliyil Verkalum Vizhuthukalum	27.05.2022	26-30
17	Corona Vaccine Camp	05.08.2022	31-32
18	Drug Abolition Pledge	12.08.2022	33-34
19	World Youth Day	13.08.2022	35-36
20	75th Independence Day	17.08.2022	37-39
21	Teacher's Day Celebration	05.09.2022	40-41
22	De Worming Day-Awareness Programme	09.09.2022	42-43
23	World Environmental Day	26.09.2022	44-48
24	Anti Suicide Day Awareness Meeting	29.09.2022	49-52
25	World First Aid Day Programme	30.09.2022	53-55
26	Non Violence Day	02.10.2022	56-57
27	Eye Donation Awareness Day	06.10.2022	58-59
28	World Food Day	02.11.2022	60-61
29	Leprosy Awareness Day	02.02.2023	62=63
30	Blood Donation Camp	14.02.2023	64-67

1. World Environmental Health Day

- Date : 26.09.2021
- Venue : Online meeting
- Beneficiaries :
Number of Students Participated : 52
- Number of Faculties Participated : 5
- CHIEF GUEST :

Prof.Dr.S.Viswanathan, Associate Professor, Sri Parama Kalyani College, Azhwarurichi



OBJECTIVE: To encourage communities to take action towards protecting the environment.

Program Description: The Youth Red Cross of Thiruvalluvar College, Papanasam has conducted an Awareness meeting through online platform, on the occasion of “World Environmental Health Day” on 26.09.2021. The Principal, the Professors, the students and the YRC volunteers have participated in the meeting. The Chief Guest delivered his speech on maintaining our environment including rivers. Further he added that maintain the cleanliness of the environment to be the duty of everyone.

YRC Programme Officer Dr.R.Indubala conducted the programme in an effective way.

PROGRAM OUTCOME: The participants understood the importance of protecting the environment and maintaining the cleanliness in and around.

2. World Heart Day

- Date : 29.09.2021
- Venue : Online meeting / Conference Hall
- Number of Students Participated _75
- Number of Faculties Participated _5
- Chief GUEST :Dr.S.Citra M.D.(S)
Asst.Prefessor, Govrnment Siddha Medical College,Palayamkottai



THIRUVALLUVAR COLLEGE
Re-Accredited with "B++" Grade by NAAC
Papanasam – 627 425



Youth Red Cross

YOUTH RED CROSS WING
THROUGH HUMANITY TO PEACE
Organizing Webinar on

PROTECT HEARTS FROM FOOD HABITS & EXERCISES



Resource Person

Dr. S. CHITRA MD(s)
Lecturer Grade-2
Government Siddha Medical College
Palayamkottai

Presided By,
Dr. S. SUNDARAM
Principal, Thiruvalluvar College

With Warm Regards,
Dr. R. INDUBALA,
YRC Co-ordinator
Asst. Professor Thiruvalluvar College

Scan Google Meet Link



Or
<https://meet.google.com/gjz-gwhu-woz>

In the Presence of,
THIRU. R. NATARAJAN
Administrative Officer
Thiruvalluvar College

DATE : 29-09-2021 WENSDAY
TIME : 12:15 PM – 01:30 PM

பாபநாசம் திருவள்ளுவர் கல்லூரியில் உலக இதய தினம்



விடுகேபுரம், அக்.1: பாபநாசம் திருவள்ளுவர் கல்லூரியில் உலக இதய தினத்தை முன்னிட்டு இளைஞர் செஞ்சிபுவை சங்கம் சார்பில் விழிப்பு வார்வு கூட்டம் நடந்தது. கல்லூரி முதல்வர் கந்தரம் தலைமை வந்தார். ஆட்சிமன்ற உறுப்பினர் நடராஜன் முன்னிலை வகித்தார். பாளை சித்த மருத்துவக்கல்லூரி உதவி பேராசிரியர் சிதரா, "இதயத்தை காப்போம்"

என்ற தலைப்பில் தமது உடலின் ஆரோக்கியத்தில் இதயத்தின் பங்கு மற்றும் சிறப்பினை எடுத்துக்கூறினார். தற்காலத்தில் சரியான உடற்பயிற்சி, உணவு பழக்கவழக்கம், உறக்கம் இல்லாமல் இதய நோயாளிகளின் எண்ணிக்கை நாளுக்கு நாள் அதிகரித்து கொண்டே போகிறது. அந்நிலையைச் சரி செய்யவேண்டும். தினமும் 8

மணி நேரம் உறக்கம், அரை வயிறு உணவு, அரை மணி நேரம் நடை பயிற்சி, மூச்சுப்பயிற்சி, சமச்சீர் உணவு போன்ற ஆரோக்கியமான பழக்க வழக்கங்களைப் பின்பற்றினால் நமது இதயத்தை பாதுகாக்கலாம் என்றார்.

திகழ்ச்சியில் வரலாற்றுத்துறை பேராசிரியர்கள் அடைக்கலம், மதுரை வீரன், ஒருங்கிணைப்பாளர் கேப்டன் ரவிசங்கர், முனைவர் ரேவதி, முனைவர் பொன்மொழி, முனைவர் நாச்சியார், மாணவர்கள், பொதுமக்கள் பங்கேற்றனர். ஏற்பாடுகளை இளைஞர் செஞ்சிபுவை சங்க ஒழுங்கிணைப்பாளர் இந்து பாலா செய்து குத்தார்.

OBJECTIVES: To raise awareness about heart health and accelerate actions to prevent, detect and manage cardiovascular diseases.

Program Description: The Youth Red Cross Wing of Thiruvalluvar college, Papanasam has organized an awareness meeting on the occasion of World Heart Day on 29.09.2021. The Chief Guest Dr. S. Chitra delivered a lecture on the topic “Save the Heart” through Google meet in a projected screen, at the Conference hall. The Principal, the Administrative Officer, Faculties and YRC volunteers have attended the meeting and mentioned it as an useful event.

The YRC Programme Officer Dr. R. Indubala conducted the programme in a polished manner.

PROGRAM OUTCOME: The participants understood the importance of heart health and are given exposure to the actions to prevent, detect and manage cardiovascular diseases.

3.International Day of Non –Violence

- Date : 05.10.2021

- Venue : Conference Hall
BENEFICIARIES

- Number of Students Participated _78
- Number of Faculties Participated _4

Chief Guest : Revathy Srinivasan .M.A.,M.Com.,M.B.A.

Vazhga Valamudan

JCI Trainer, Founder of RR Computers , Ambasamudram



அகிம்சை தின விழிப்புணர்வு கூட்டம்

நெல்லை, அக்.7
பாபநாசம் திருவள்ளூர் கல்லூரியில் உலக அகிம்சை தினத்தை முன்னிட்டு விழிப்புணர்வு கூட்டம் இளைஞர் செஞ்சிலுவை சங்கம் சார்பில் நடைபெற்றது. நிகழ்ச்சியில் கல்லூரி முதல்வர் முனைவர் சுசந்தரம் தலைமை உரை வழங்கினார். கல்லூரியின் நிர்வாக அலுவலர் இரா. நடராஜன் வாழ்த்துரை வழங்கினார்.

நிகழ்ச்சியின் சிறப்பு விருந்தினராக இளம் தலைவர்கள் மற்றும் தொழில் முனைவோர் அமைப்பின் பயிற்சியாளரும் வாழ்க வளமுடன் அமைப்பின் உதவிப் பேராசிரியரும் ஆன ரேவதி கலந்து கொண்டார்.

இன்றைய மாணவர்கள் எவ்வாறு அகிம்சையை



பின்பற்ற வேண்டும் என்பதை காந்திஜி வழிகாட்டிய உண்மை, அகிம்சை, ஆடைத்தேர்வு, சரியான உணவுப் பழக்கவழக்கம் இவற்றை மாணவர்கள் பின்பற்ற வேண்டும் திரைப்படங்களை பார்த்து தங்கள் கடமைகளை மறந்து விடக்கூடாது என்று

அவர் கூறினார். நிகழ்ச்சியி் இளைஞர் செஞ்சிலுவைச் சமணவர்கள் பேராசிரியர்க்கு கலந்து கொண்டனர்.

நிகழ்ச்சியை இளையோர் செஞ்சிலுவை சங்க ஒருங்கிணைப்பாடு முனைவர் இரா இந்து பாடு ஏற்பாடு செய்திருந்தார்.

OBJECTIVE: To honour Gandhian principle of non-violence.

Program Description: The Youth Red Cross Wing of Thiruvalluvar College, Papanasam organized a meeting on the occasion of “ International Day of Non Violence” on 05.10.2021. The Chief Guest insisted the participants to lead the life without violence and live as per Gandhiji’ s thoughts/principles. Besides she advised the students to take care of their physique in a positive manner with Love and self care.

YRC Programme Officer Dr.R.Indubala conducted this meeting in a well organized and effective manner.

Program Outcomes: The participants got a clear idea about the principles of Gandhi and also the application of these principles in their daily life.

4. World Mental Health Day

- **Date : 10.10.2021**
 - **Venue : Online mode –Google Meet**
- BENEFICIARIES**
- **Number of Students Participated _52**
 - **Number of Faculties Participated _3**
- Chief Guest : Dr. G. Ramanujam, Associate Professor,
Tirunelveli Medical College, Tirunelveli**

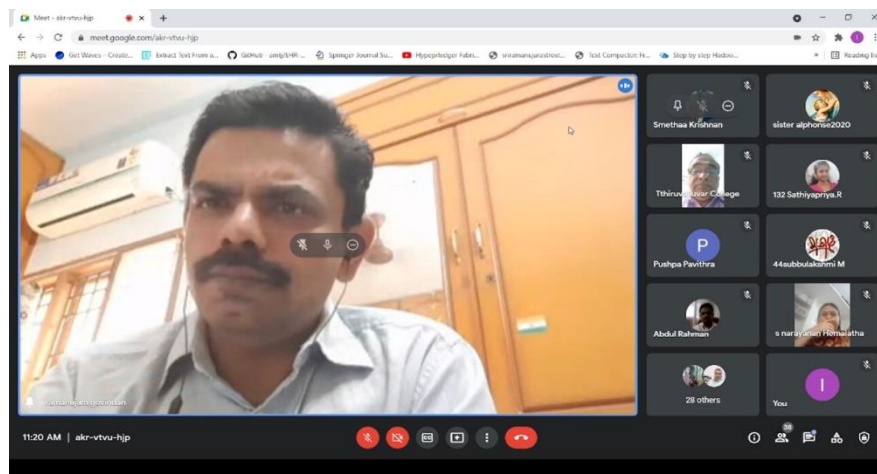
OBJECTIVE: To raise awareness of mental health issues around the world to the students community and the public and make awareness on the efforts on maintaining a good mental health.

Program Description: The Youth Red Cross Wing of Thiruvalluvar College, Papanasam organised an awareness meeting on the occasion of “ World Mental Health Day” on 10.10.2021 through online mode –Google Meet. The Principal, the Faculties , the YRC Volunteers and a few public people also participated in the meeting. Dr. G. Ramanujam, the Chief Guest delivered his speech with a Power Point Presentation, on “Stress Management Strategies” which all the participants found useful.

The Programme Officer Dr.R.Indubala conducted the Programme successfully.

Program Outreach: The program provided an opportunity for all the participants to know about various mental health issues and the efforts in support of mental health.

World Mental Health Day



‘மன அழுத்தத்தில் இருந்து விடுபடும் வழிமுறைகள்’

நெல்லை, அக்.12-

பாபநாசம் திருவள்ளூர் கல்லூரியில் உலக மன வள நாளை முன்னிட்டு இணையவழி விழிப்புணர்வு கூட்டம் நடைபெற்றது. கூட்டத்தில் கல்லூரி முதல்வர் முனைவர் சுசந்தரம் தலைமை உரை ஆற்றினார். கல்லூரியின் நிர்வாக அதிகாரி இரா. நடராஜன் வாழ்த்துரை வழங்கினார்.

சிறப்பு விருந்தினராக நெல்லை மருத்துவ கல்லூரியின் மனநலத்துறை பேராசிரியர் கோ. இராமானுஜம் கலந்துகொண்டு “மன அழுத்தத்தை மேலாண்மை செய்யும் வழிமுறைகள்” என்ற தலைப்பில் சிறப்புரை ஆற்றினார். அவர் பேசியதாவது:-

தற்போதைய சூழலில் அனைவருக்கும் மன அழுத்தம் ஏற்படுகிறது. அதை நம்மால் தடுக்க முடியாது. ஆனால் வரும்முன் நம்மால் காத்துக்கொள்ள முடியும்.

மருத்துவக்கல்லூரி பேராசிரியர் விளக்கம்

இன்றைய மாணவர்களுக்கு கல்வி கற்றலில் நிறைய இடையூறுகள் உள்ளன. தொழில்நுட்ப கருவிகளைத் தேவைக்கு ஏற்ப பயன்படுத்த வேண்டும். தேவையில்லாத பயன்பாட்டை குறைக்க வேண்டும். நேரத்தை திட்டமிடப் பழக வேண்டும். நேரமேலாண்மை மிக முக்கியமானது. நமது அன்றாட வாழ்வில் கல்விக்காகவும் உடற்பயிற்சிக்காகவும், பயனுள்ள பொழுது போக்கிற்காகவும், போதுமான அளவு தூக்கத்திற்கும் நேரத்தை ஒதுக்க வேண்டும்.

எல்லா வேலைகளையும் இழுத்துப் போட்டு பார்ப்பதை விட நம்மால் எது முடிகிறதோ அதை மட்டும் செய்யவேண்டும். பிறர் விமர்சனங்களுக்கு செவிகொடுக்க வேண்டும். ஆனால் அதை நமது முன்னேற்றத்திற்காக மட்டுமே எடுத்துக் கொள்ள வேண்டும். நாம் நூறு சதவிகிதம்

சரியான சரியான வர்களாக இருப்பது கடினம். நம்மிடம் உள்ள குறைகளை நாம் ஏற்றுக் கொள்ளப் பழக வேண்டும். அதே சமயம் பிறரிடம் உள்ள குறைகளையும் சகித்துக்கொண்டு மன்னிப்பதற்கு பழகிக்கொள்ள வேண்டும். அப்போதுதான் மனநெருக்கடி அற்ற ஒரு வாழ்வை வாழ முடியும். இவ்வாறு அவர் பேசினார்.

இந்த நிகழ்ச்சியில் வரலாற்றுத்துறை பேராசிரியர்கள் அடைக்கலம், துறைத்தலைவர் ரவி சங்கர், சுயநிதி பாடப்பிரிவுப் பேராசிரியர்கள் முஜிபூர் ரகுமான், ராஜலட்சுமி, இளைஞர் செஞ்சிலுவைச் சங்கமாணவர்கள் கலந்து கொண்டனர். இளைஞர் செஞ்சிலுவைச் சங்க ஒருங்கிணைப்பாளர் இரா. இந்து பாலா நிகழ்ச்சியை ஏற்பாடு செய்திருந்தார்.

5. World Students Day

- **Date : 13.10.2021**
 - **Venue : Conference Hall**
 - **BENEFICIARIES**

 - **Number of Students Participated _58**
 - **Number of Faculties Participated _4**
- Chief Guest : Mr. R. Gnana Jeya Mani, Rtd Teacher
St. Marys Hr. Sec. School,
Vickramasingapuram**

OBJECTIVE: To make the students understand their role in the society to make it better.
Program Description: The Youth Red Cross Wing of Thiruvalluvar College, Papanasam organised an awareness meeting on the occasion of “ World Students Day” on 13.10.2021 . The Principal, the Faculties , the YRC Volunteers and the students participated in the meeting. The Chief Guest delivered his speech on “Towards the Social Changes” in an interesting manner which all the participants felt useful.

Programme Officer Dr.R. Indubala conducted the Programme smoothly.

Program Outreach: The participants understood their role in shaping the society.

World Students Day



6. World Food Day

- Date : 20.10.2021
- Venue : Hall Number 19
- BENEFICIARY
- Number of Students Participated _62
- Number of Faculties Participated _4
- Chief Guest : Mr. R. Nallaiya Raj, PG Assistant Teacher,
PLWA Hr. Sec. School, Vikramasingapuram

திருவள்ளூர் கல்லூரி, பாபநாசம்.
இளைஞர் செஞ்சிலுவைச் சங்கம்

**உலக உணவு நாள் -
விழிப்புணர்வுக்கூட்டம்**

தலைப்பு- பழந்தமிழர்
உணவு முறை

அக்டோபர் 20
புதன்கிழமை
காலை 11 மணி

இரா. நல்லையா ராஜ்
**M.com., M.A., M.Phil.,
B.ed**

தமிழ் வனம் இயற்கை
வாழ்வியல் ஆய்வு
மையம்

இடம் - கருத்தரங்க அறை
(மாடி)



உலக உணவு நாள் விழிப்புணர்வு கூட்டம்



பாபநாசம், அக்.21-
பாபநாசம் திருவள்ளூர் கல்லூரியில் உலக உணவு நாளை முன்னிட்டு இளையோர் செஞ்சிலுவை சங்கம் சார்பாக விழிப்புணர்வு கூட்டம் நடைபெற்றது. நிகழ்ச்சி ஒருங்கிணைப்பாளர் இரா. இந்து பாலா வரவேற்றார். ஆங்கிலத்துறை தலைவர் ல. ரவிசங்கர் தலைமை உரை ஆற்றினார். ஆட்சி மன்ற உறுப்பினர் இரா. நடராஜன் வாழ்த்துரை வழங்கினார். சிறப்பு விருந்தினராக தமிழ் வனம் அறக்கட்டளையின் நிர்வாகி இரா. நல்லையா ராஜ் கலந்துகொண்டு பழந்தமிழர் உணவு முறைகள் என்னும் தலைப்பில் சிறப்புரை நிகழ்த்துகையில், நமது உடலுக்கும் ஆரோக்கியத்திற்கும் ஏற்ற வகையில்

உணவை தேர்ந்தெடுக்க வேண்டும். உடலுக்கு ஒவ்வாத உணவுகளை தவிர்க்க வேண்டும். நம் மரபு உணவுகளான கம்பு, திணை, கேழ்வரகு இவற்றால் ஆன உணவு வகைகளை தினமும் நாம் சாப்பிட வேண்டும் நமது ஊரில் விளையும் காய்கறிகளை, கீரைகளை தினமும் சாப்பிட வேண்டும் வாரம் ஒருமுறை எண்ணெய் தேய்த்து குளிக்க வேண்டும் என்று கூறினார். இயற்கை முறையில் தயாரிக்கப்பட்ட உணவுப் பொருட்கள், உணவு தானியங்கள், இயற்கை முறையில் விளைவிக்கப்பட்ட கருப்பு அரிசி, கருப்பு கவுனி, பட்டை தீட்டாத கைக்குத்தல் அரிசி, சிறுதானியங்கள் போன்றவை இடம் பெற்ற கண்காட்சிக்கும் ஏற்பாடு செய்யப்பட்டிருந்தது.

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OBJECTIVE: To make the students aware of the food habits of the people of Sangam age.

Program Description: The Youth Red Cross Wing of Thiruvalluvar College, Papanasam organised an awareness meeting on the occasion of “ World Food Day” on 20.10.2021 . The Principal, the Faculties, the YRC Volunteers and the students participated in the meeting. The Chief Guest delivered his speech on “Sangam People’s Food habits” in an engaging manner which gave the participants an insight into the food habits of the people of the Sangam age. Following the Chief Guest's speech was a small traditional food exhibition arranged on the stage located near the Department of Tamil. A few Professors also brought the rice, honey , millet cookies, Honey Amla, etc. to display in the exhibition.

Programme Officer Dr. R. Indubala conducted the Programme successfully.

Program Outreach: The participants are exposed to the food habits of the people of Sangam age.

7. Corona Prevention Camp

- **Date : 23.11.2021**
 - **Venue : College Ground near Flag Pole**
- BENEFICIARIES**
- **Number of Students Participated -Above 800**
 - **Number of Faculties Participated -All the Faculties and non Teaching staffs**
- Chief Guest : Dr.S.Sundaram, The Principal, Thiruvalluvar College, Papanasam.**



Objective: To enhance the immunity of students as a preventive measure against corona.

Program Description: The Youth Red Cross Wing of Thiruvalluvar College, Papanasam organized “ Corona Prevention Camp” on 23.11.2021. Dr.S.Sundaram, the Principal inaugurated the Camp. Kabasurakudineer was prepared and distributed to all the students, faculties and non teaching Staffs. Because as the time was the Covid 19 viral Infection spreads fastly and affected lots of people, The Camp was arranged.

Programme Officer Dr.R.Indubala took great efforts to conduct the Camp smoothly.

Program Outreach: The participants were immunised with the Kabasurakudineer.

8. World AIDS Day Awareness Meeting

- Date : 01.12.2021
 - Venue : Conference Hall
- BENEFICIARIES**
- Number of Students Participated - Above 75
 - Number of Faculties Participated -5
- Chief Guest : Dr. Shanmugam,
Siddha Doctor , Palayamkottai**



Objective: To show support for people living with and affected by HIV and to remember those who lost their lives to AIDS.

Program Description: The Youth Red Cross Wing of Thiruvalluvar College, Papanasam organised an awareness meeting on the occasion of “ World AIDS Day” on 01.12.2021 . The Principal, the Faculties , the YRC Volunteers and the students participated in the meeting. The Chief Guest delivered his speech regarding 'AIDS –Acquired Immune Deficiency Syndrome' in an interesting way. He emphasised the students to know the causes of disease and prevent themselves. "Self discipline and self control are very important to all” he added.

Programme Officer Dr. R. Indubala took great efforts to conduct the Camp smoothly.

Program Outcome: The participants understood various points regarding the AIDS and the preventive measures.

9.National Pollution Control Day

- **Date : 02.12.2021**
- **Venue : Conference Hall**
- **BENEFICIARIES**
- **Number of Students Participated - Above 62**
- **Number of Faculties Participated - 3**
- **Chief Guest:**
Dr. S. Senthil Nathan,
Department of Environmental Studies.
Sri Parama Kalyani College, Alwarkurichi.
Prof. Dr. S. Sornam ,
Department of Environmental Studies,
M. S. University, Tirunelveli.



Objective: To raise awareness about the different measures to control pollution and to prevent industrial disasters, carbon monoxide from vehicles, plastics and e-wastes, etc.

Program Description: The Youth Red Cross Wing of Thiruvalluvar College, Papanasam organised an awareness meeting on the occasion of “National Pollution Day” on 02.12.2021 . The Principal, the Faculties, the YRC Volunteers and the students participated in the meeting. The Chief Guest delivered his speech regarding 'Pollutions' and 'the ways to control them'. He informed the students about the water resources of Tirunelveli District and added that the students must save them.

Programme Officer Dr.R.Indubala took great efforts to conduct the Camp smoothly.

Program Outcomes: The participants gathered the knowledge about different pollutions and the measures to control them.

10. World Day of Persons with Disabilities

- Date : 03.12.2021
 - Venue : Conference Hall
- BENEFICIARIES**
- Number of Students Participated _Above 64
 - Number of Faculties Participated _3
 - Chief Guest :
Prof. Dr. K. Madurai Veeran, Asst. Professor in History
Prof. Dr. K. Saravanapandy, Asst. Professor in Tamil



OBJECTIVES: To raise awareness of the situation of persons with disabilities in all aspects of political, social, economic and cultural life.

Papanasam Thiruvalluvar college YRC wing organised the awareness meeting on the occasion of “World Day of Persons with Disabilities” on 03.12.2021 .The Principal, Faculties , YRC Volunteers and Other students were participated in the meeting. Chief Guests delivered his speech in a Motivational way, “Regarding Disabilities” .Disability is not only meant Physical Disability..Its also mentioned mental Disorder.Though one has physical disability, if he has mental strength, he can achieve anything under the sky.Dr.KSP talked about how he achieved his career successfully”

Programme Officer Dr.R.Indubala took great efforts to conduct the Camp smoothly.

Program Outcomes: The participants are exposed to the situation of persons with disabilities in all aspects of political, social, economic and cultural life.

11. World Health Day

- Date : 07.04.2022
 - Venue : Conference Hall & Stage
- BENEFICIARIES**

- Number of Students Participated -Above 100
- Number of Faculties Participated -15
- Chief Guest :Dr.Gnana Amali,Medical Officer, PHC, Vickramasingapuram



Objective: To create awareness of a specific health theme and to highlight a priority area of concern for the World Health Organization.

Papansam Thiruvalluvar college YRC wing conducted the awareness meeting on the occasion of World Health day on 07.04.2022. The Chief guest Dr.Gnana Amali delivered a very good speech regarding Healthy Life.She advised the students should adopt healthy habits and good habits. After the meeting , more than 90 students , 15 faculties and office assistants were vaccinated Covid 19 .

Programme Officer Dr.R.Indubala took great efforts to conduct the Camp smoothly.

Program Outcomes: Proper awareness was created to the participants on specific health theme.

12. World Book Day

- Date : 27.04.2022
 - Venue : Conference Hall
- BENEFICIARIES**

- Number of Students Participated _65
- Number of Faculties Participated _4
- Chief Guest :Dr. S. Sivashankar, Rtd Professor, Thiruvalluvar College
Dr. A. Packiamuthu, Associate Professor & HOD, Thiruvalluvar College



Objective: To promote reading for self development.

Papansam Thiruvalluvar college YRC wing conducted the awareness meeting on the occasion of World Book day On 27.04.2022. The Chief guest Dr. S. Sivasankar delivered a very good speech regarding the Habit of reading Books. He advised the students that” Reading is a basic skill to develop our language skills as well as to improve our knowledge. Every good book acts as a Good Friend to everyone. Now-a- days we came to know all over world news through Media. Though, Book is Unique one. Book reading is a one way travel, but,it gives pleasure, experiences, Knowlege etc.”

Programme Officer Dr.R.Indubala took great efforts to conduct the Camp smoothly.

Program Outcome: The participants learnt the significance of developing the reading habits.

13. World Heritage Day.

Date : 28.04.2022

- Venue : College Auditorium
BENEFICIARIES
- Number of Students Participated _82
- Number of Faculties Participated _4
- Chief Guest :Dr.P Heritage.Senthil Kumaran,Asst. Professor,Sri Parama Kalyani College,Azhwarkurichi.



OBJECTIVE: To celebrate all the world's cultures and to bring awareness to important cultural monuments and cites and to espouse the importance of preserving the world's culture.

Program Description: Papanasam Thiruvalluvar college YRC wing conducted the awareness meeting on the occasion of World Heritage day 0n 28.04.2022.Chief guest Prof.P.Senthil Kumaran delivered a very good speech regarding Our world Famous Heritage Symbols Like Tajmahal ,Pallava Period temples and buildings etc.He advised the students that” India is an ancient country rich in tradition and we should respect and protect the symbols and Historical famous places of our country.”

Programme Officer Dr.R.Indubala took great efforts to conduct the Camp smoothly.

Program Outcomes: The participants understood the importance of knowing the various cultures around the world and the benefits of preserving the world heritage sites.

14.YRC One Day Orientation Programme

- Date : 10.05.2022
- Venue : College ground for flag Hoisting & Conference Hall
- Number of Students Participated _148
- Number of Faculties Participated _18 YRC POs
- Chief Guest : Dr. Veliappan , YRC Zonal Officer, M.S. University, Tirunelveli

6



இளைஞர் செஞ்சிலுவைச் சங்க நோக்குநிலை திட்டம்

பாபநாசம், மே.14-
பாபநாசம் திருவள்ளூர் கல்லூரியில் இளைஞர் செஞ்சிலுவைச் சங்கம் சார்பில் இளைஞர் செஞ்சிலுவை சங்க தன்னார்வலர் மற்றும் திட்ட அலுவலர்கள் பயன்பெறும் பொருட்டு மண்டல அளவிலான ஒருநாள் நோக்குநிலை திட்டம் நடைபெற்றது.

இளைஞர் செஞ்சிலுவை சங்கத் திட்ட அலுவலர் இரா. இந்து பாலா வரவேற்று பேசினார். நிகழ்ச்சியில் மாவட்ட ஒருங்கிணைப்பாளர் இசக்கி முன்னிலை வகித்தார் மனோன்மணியம் சுந்தரனார் பல்கலைக்கழக பேராசிரியர் மற்றும் இளைஞர் செஞ்சிலுவை சங்க மண்டல அளவிலான ஒருங்கிணைப்பாளர் வெளியப்பன் சிறப்பு விருந்தினராக கலந்து கொண்டார்.

கல்லூரி முதல்வர் சு. சுந்தரம் தலைமை ஏற்று செஞ்சிலுவைச் சங்க கொடியை ஏற்றினார். தன்னார்வலர்கள் பாடல் பாடி உறுதி மொழி எடுத்துக்கொண்டனர் நிகழ்ச்சியின் முதல் அமர்வில் பேர்டர் மேலாண்மை குறித்து இந்திய செஞ்சிலுவை சங்க பயிற்சியாளர் பிளைத் சுதர் மாணவர்களிடையே

உரையாற்றினார்.

நிகழ்ச்சியின் இரண்டாவது அமர்வில் ரத்த தானம் குறித்து பாலகப்பிரமணியம் விழிப்புணர்வு உரை ஆற்றினார். மூன்றாவது அமர்வில் மாவட்ட ஒருங்கிணைப்பாளர் இசைக்கி இளைஞர் செஞ்சிலுவை சங்கம் தோன்றிய வரலாறு, குறிக்கோள்கள், செயல்பாடுகள் குறித்து உரையாற்றினார். நான்காவது அமர்வில் யோகாவும் உடல்நலமும் குறித்து யோகா மாஸ்டர் வீரபாகு மாணவர்களிடையே உரையாற்றினார் இறுதியில் மாணவர்களுக்கு சான்றிதழ்கள் வழங்கப்பட்டன.

இந்த நிகழ்ச்சியில் தென்காசி, திருநெல்வேலி, தூத்துக்குடி, கன்னியாகுமரி மாவட்டங்களைச் சேர்ந்த கல்லூரிகளிலிருந்து பதினாறு திட்ட அலுவலர்களும், என்பத்து ஒன்பது தன்னார்வலர்களும், திருவள்ளூர் கல்லூரி பேராசிரியர்கள் அண்ணாதுரை, பாலசந்திரன், ஜெயந்தி, வெங்கடேஸ்வரன், நாச்சியார் ஆகியோரும் கலந்து கொண்டனர். இந்த நோக்குநிலை திட்டத்தை இளைஞர் செஞ்சிலுவை சங்க திட்ட அலுவலர் இரா. இந்து பாலா ஏற்பாடு செய்திருந்தார்.

கட்
பா
புன்
மாநில

வீர
முன்ன
சார்பில்
சாலங்க
கொண்
வரதரா

நெ
வீரபா
சார்பில்
66வது
முன்னி
பாளை
உள்ள
சாலங்
ஜோதி
பேரண
இந்
விநாய
பாலாஜி
ஆகியே
கட்ட
கண்ண
நாயக்க
மாநில
மாவட்
மேற்ப
கழக
தொட
நாயக்க
தொட
தெய்வ
சிலுக்க
ஆகிய
வரவே

யென்

நெ
மேலக
சப்பிர
பகுதி



OBJECTIVE: To conduct social and health awareness programs.

Program Description: Papansam Thiruvalluvar college YRC wing conducted the Zonal Level One Day Orientation Camp on 10.05.2022. After the Red Cross flag hoisting and Pledge of Allegiance, the Chief guest Prof. Dr.Veliappan delivered the Inaugural address. Tami Nadu branch First aid trainer Mr.Blithe Sudhar addressed the Disaster first aid methods. Mr. Subramaniam gave an awareness talk about “ Blood Donation” ,YRC District co-ordinator talked about the History & Structures of YRC, Rtd. Physical Director E. S. Veera Bagu talked about “ Yoga and Health”. At last Participation certificates were distributed to all Volunteers (148) and Programme Officers(18)

Programme Officer Dr. R. Indubala took great efforts to conduct the Camp smoothly.

Programme Outcomes: The participants got ideas about upcoming social and awareness programmes.

15. Blood Donation Camp:

Organised with NSS. Unit Number 46 , Vairavi kulam PHC and Ambasamudram Government Hospital

Date : 11.05.2022

- Venue : Hall Number 19

BENEFICIARIES

Number of Students Participated _64

- Number of Faculties Participated _2
- Chief Guest :Dr.Rajeshwari ,Blood Bank In-charge Medical Officer , Ambai GH, Mr.Vinayaka Murthy, BHC, Vairavikulam





OBJECTIVE: TO supply blood to the blood banks for the need of patients.
Programme Description: Dr. Rajeshwari delivered a talk on the benefits of blood donation and blood donation to save lives to the YRC Volunteers and students who are willing to donate blood to needy people

YRC Programme Officer Dr.R.Indubala and NSS.Unit 46 Programme officer Dr.R.Varalakshmi took great efforts to conduct the Camp smoothly.

16. One Day Seminar--Tholliyal Verkalum Vizhuthukalum

Organized with History Department

Date : 27.05.2022

- **Venue : Conference Hall**

BENEFICIARIES

- **Number of Students Participated _70**
- **Number of Faculties Participated _6**
- **Chief Guests :Mrs. Siva Sathiyavalli , Curator, Government Museum, Tirunelveli.
Mr. P. J. Cheriyan Former Founder and Director of Kerala Historical Research
Centre and Founder of PAMA
Prof. Dr. P. Kanthasamy, Asst. Professor, Rajapalayam Rajus College,
Rajapalayam.**



அரசு அருங்காட்சியகம் திருநெல்வேலி
திருவள்ளூர் கல்லூரி பாபநாசம் இணைந்து நடத்தும்
தொல்லியல் வேர்களும் விழுதுகளும்
ஒரு நாள் தேசியக் கருத்தரங்கம்

நாள்: 27.05.2022

நிகழ்ச்சிக்கு வருகை கருடும்.....

திருமதி. **சிவ.சத்தியவள்ளி**

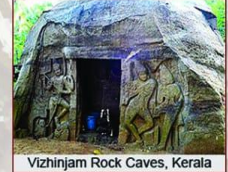
மாவட்ட காப்பாட்சியர், அரசு அருங்காட்சியகம், திருநெல்வேலி.

திரு. **P.J.செரியன்**

மேனாள் நிறுவனர் மற்றும் இயக்குநர்,
கேரள வரலாற்றியல் ஆய்வு மையம்
இயக்குநர், பாமா நிறுவனம்

முனைவர். **போ.கந்தசாமி**

உதவிப்பேராசிரியர், முதுகலை மற்றும் வரலாற்று ஆய்வு மையம்
ராஜபாளையம் ராஜலிங்கர் கல்லூரி, ராஜபாளையம்



Vizhinjam Rock Caves, Kerala



தமிழ்த்துறை & வரலாற்றுத்துறை பேராசிரியர்கள், ஆராய்ச்சி மாணவர்கள், முதுகலை, மற்றும்
இளங்கலை மாணவர்களை வரவேற்கிறோம்...

முனைவர். **இரா.இந்துயாலா**

முனைவர். **லெ.ரவிசங்கர்**

முனைவர். **சு.சுந்தரம்**

திருவள்ளூர் கல்லூரி பாபநாசம்





பாபநாசம் திருவள்ளூர் கல்லூரியில் தொல்லியல் வேர்களும் விழுதுகளும் கருத்தரங்கு நடந்தது.

பாபநாசத்தில் கருத்தரங்கு

விக்கிரமசிங்கபுரம், மே 30-

பாபநாசம் திருவள்ளூர் கல்லூரியில் தொல்லியல் வேர்களும் விழுதுகளும் என்ற தலைப்பில் கருத்தரங்கு நடந்தது.

பாபநாசம் திருவள்ளூர் கல்லூரி இளைஞர் செஞ்சிலுவை சங்கம், நெல்லை அரசு அருங்காட்சியகம் இணைந்து நடத்திய கருத்தரங்கிற்கு கல்லூரி முதல்வர் சுந்தரம் தலைமை வகித்தார். கல்லூரி நிர்வாக அதிகாரி நடராஜன், வரலாற்று துறை தலைவர் ரவிசங்கர் முன்னிலை வகித்தனர்.

கல்லூரி இளைஞர் செஞ்சிலுவை சங்கம் அலுவலர் இந்துபாலா

வரவேற்றார்.

சிறப்பு விருந்தினராக நெல்லை அரசு அருங்காட்சியக காப்பாட்சியர் சத்தியவள்ளி, கேரள வரலாற்றியியல் ஆய்வு மைய இயக்குனர் செரியன், ராஜபாளையம் ராஜாக்கள் கல்லூரி முதுகலை மற்றும் வரலாற்று ஆய்வு மையம் பேராசிரியர் கந்தசாமி தொல்லியல் வேர்களும், விழுதுகளும் என்ற தலைப்பில் பேசினார். கருத்தரங்கில் பங்கேற்ற பல்வேறு கல்லூரி பேராசிரியர்கள் மற்றும் மாணவ, மாணவியர்களுக்கு சான்றிதழ்களை கல்லூரி முதல்வர் சுந்தரம் வழங்கி பேசினார். பேராசிரியர் கவிதா நன்றி கூறினார்.

OBJECTIVES: To acquire maximum retrievable information from the field within the given content of a well defined programme of research.

Programme Description: Papanasam YRC wing & Department of History organised a One day seminar associated with Tirunelveli Government Museum on 27.05.2022 in the context of Tholliyal the initiation and spreading areas. Chief guest Mrs.Siva.Sathyavalli , Dr.P.S.Chериан and Prof Dr. P.Kanthasamy delivered the great lectures(Reg.The sessions) the sangam peoples traditions, cultures ,trades and evidence for them.Prof .Kantha samy talked about Hero stones..and where are they and the contents they have etc. At last the participant certificates were distributed

Programme Officer Dr.R.Indubala took great efforts to conduct the one day National seminar smoothly.

Programme Outcomes: The participants understood the culture and the trade among the countries during the ancient periods.

17. Corona Vaccination Camp

Date : 27.05.2022

- **Venue : Open Stage**
BENEFICIARIES
- **Number of Students Participated _More than 100**
- **Number Of Faculties Participated- 8 and All Office Staff**

Programme Organized With ICAP and Primary Health Centre, Vairavi Kulam





Objective: TO Vaccinate everyone with immune increasing COVID prevention injection.

Programme Description: Papanasam Thiruvalluvar college YRC wing organized “ Corona Vaccine Camp” on 05.08.2022 ,with ICAP and Vairavi Kulam Primary Health Centre. Students, faculties and Office Staffs ,those who were not vaccinated , are insisted to get vaccination and booster dose. ICAP ‘s President Mrs. Uma, PHC Medical officers and Nurses participated. YRC Programme Officer Dr.R.Indubala arranged the camp smoothly.

Programme Outcome: The Participants are vaccinated.

18. Drug Abolition Pledge

Date : 12.08.2022

- Venue : Hall Number 17
BENEFICIARIES
- Number of Students Participated _55
- Number of Students Faculties-1
Chief Guest- Principal

Drug Abolition Pledge





OBJECTIVE: TO pledge to abolish the drugs

Programme Description: The YRC, Thiruvalluvar College, Papanasam organized “ Drug Abolition Pledge” on 12.08.2022 On the occasion of Drug abolition Day. The Principal Dr. L. Ravishankar advised the students not to take drugs like Cigarettes, alcohol etc. The students are asked to take Pledge .The YRC PO arranged the awareness programme.

Programme Outcomes: The students took pledge against the usage of drugs.

19. World Youth Day

Date: 13.08.2022

- Venue : Conference Hall
BENEFICIARIES
- Number of Students Participated _53
- Number of Students Faculties-4
Chief Guest- Mr. M. Arun Kumar, MBA., M.Phil., PhD
Objective: To motivate the youth to promote the country for a better future.



THIRUVALLUVAR COLLEGE
Re-Accredited with "B++" Grade by NAAC
PABANASAM- 627425.



**YOUTH
RED CROSS WING**
Organising

Resource Person

M. ARUNKUMAR
MBA, mphil, phd

Topic
சிறகை விரித்து
உலகை அளப்போம்

**13.8.2022, SATURDAY,
11.30AM.
VENUE :
CONFERENCE HALL.**

Presided by
Dr.(Major) L. RAVISANKAR
Principal
Thiruvalluvar College

With Warm Regards,
DR.R.INDUBALA
YRC PROGRAMME OFFICER
Thiruvalluar College





Programme Description: The YRC, Thiruvalluvar College, Papanasam organized “ Motivation meeting -Sirakai viriththu ulakai alappom” "on 13.08.2022 On the occasion of Drug abolition Day. The Principal Dr. L. Ravishankar advised the students not to take drugs like Cigarettes, alcohol etc. The students are asked to take Pledge .The YRC PO arranged the awareness programme.

Programme Outcome: The students are motivated to promote the country for a better future.

20.75th Independence Day

- Venue : Conference Hall
BENEFICIARIES

- Number of Students Participated _87
- Number of Students Faculties-5
Chief Guest- Ln. Bharathi Kannan, Principal, Brilliant Metric. Hr. Sec. School

75th Independence Day







Objective: To celebrate the 75th independence day of our country.

Programme Description: The Youth Red Cross and the National Service Scheme (unit 46) jointly organised a programme to celebrate the 75th Independence day of our country. The Chief Guest delivered a speech on the importance of independence and remembered the long struggle for the freedom.

Programme Outcomes: The students are made aware of the importance of being independent and the need to celebrate the independence day.

21. Teacher 's Day Celebration

Date 05.09.2022

- Venue : Kundrakudi Adikalar Arangam
BENEFICIARIES

- Number of Students Participated _120
- Number of Students Faculties-7

Chief Guest- Prof. S. J. Geetha Ranjitha Packiyam, Tirunelveli.
TEACHER'S DAY CELEBRATION

அழைப்பிதழ்-INVITATION

திருவள்ளூர் கல்லூரி - பாபநாசம் - தமிழ்த்துறை

சூழலியல் கழகம்-திருவள்ளூர் கல்லூரி
இணைஞர் செஞ்சிலுவைச் சங்கம்-திருவள்ளூர் கல்லூரி

இணைந்து

ஆசிரியர் தின விழா

TEACHER'S DAY

நிகழ்ச்சி திரவல்

இறைவணக்கம்-தமிழ்த்தாய் வாழ்த்து-மாணவர்கள்

வரவேற்புரை
பேரா.எஸ்.கண்ணகி
ஒருங்கிணைப்பாளர்-சூழலியல் கழகம்

முன்னிலை
முனைவர்.அபாக்கியமுத்து
தலைவர்-தமிழ்த்துறை

தலைமை
முனைவர்.லெ.ரவிசங்கர்
முதல்வர்-திருவள்ளூர் கல்லூரி

வாழ்த்துரை
முனைவர்.க.சுந்தரம்
முன்னாள் முதல்வர்-திருவள்ளூர் கல்லூரி

சிறப்புரை
பேரா.சா.ஜா.கீதா ரஞ்சித பாக்கியம்
முன்னாள் பேராசிரியர்-திருநெல்வேலி

நன்றியுரை
முனைவர்.இரா.இந்தபாலா
ஒருங்கிணைப்பாளர்-இணைஞர் செஞ்சிலுவைச் சங்கம்
திருவள்ளூர் கல்லூரி

தேசியக் தம்-மாணவர்கள்

அன்புடன்
அழைக்கும்
தமிழ்த்துறைப்
பேராசிரியர்கள்
மற்றும்
மாணவர்கள்

சிறப்பு அழைப்பாளர்

தலைநிலை
05.09.2022 - ஆழ்வார்
2:00 மணி
திருவள்ளூர்

இடம்
அழகனார்
அரங்கம்



Objective:

To make the students aware of the relationship between teacher and student.

Programme Description:

The Youth Red Cross Wing, the Eco-Club and the Department of Tamil of Thiruvalluvar College, Papanasam jointly organised the Teacher's day programme on 05.09.2022 at the auditorium. The Chief Guest delivered a thought provoking speech on the relationship between teachers and students.

The organizers conducted the programme successfully.

Programme Outcome:

The students become aware of maintaining a healthy relationship with the teacher.

22.De-Worming Day Awareness Programme

- Venue : Class Rooms
BENEFICIARIES

- Number of Students Participated _53
- Number of Students Faculties-2
Chief Guests. Primary Health Nurses

DE-WORMING DAY AWARENESS PROGRAMME





Objective: To improve the health outcomes- well being, reduces the risk of stunting/anaemia, improves nutrition, height and weight.

Programme Description: The Youth red Cross wing of Thiruvalluvar College, Papanasam organised a special awareness programme on the de-worming day. The Nurses from the Primary Health Centre made the students aware of the formation of worms in the intestine and the need to prevent them. Further they also distributed the tablets to de-worm.

Programme Outcomes: The students are made aware of the formation of worms in the intestine and are given de-worming tablets.

23. World Environment Day

Date: 26.09.2022

- Venue : Thaamirabarani River Bank
BENEFICIARIES
- Number of Students Participated _43
- Number of Students Faculties-2
Chief Guest- President, Sivanthipuram Panchayat

RIVER BANK CLEANING









OBJECTIVE: To encourage communities to take action towards protecting the environment.

Program Description: The Youth Red Cross of Thiruvalluvar College, Papanasam organised a field work for the students to clean the banks of the river Thamirabarani on the occasion of “World Environmental Health Day” on 26.09.2022. YRC Programme Officer Dr.R.Indubala conducted the programme with Sivanthipuram Panchayat Union, in an effective way.

PROGRAM OUTCOME: The participants understood the importance of protecting the environment and maintaining the cleanliness in and around.



24. Anti Suicide Awareness Meeting

Date: 29.09.2022

- Venue : Conference Hall
BENEFICIARIES
 - Number of Students Participated _80
 - Number of Students Faculties-3
- Chief Guest- Mrs. JC .HGF. S. L. Meena Raja
Zone Traniner, Zone 18,
ICI India
Topic-“Live Your Life”
AINTI SUICIDE AWARENESS MEETING





THIRUVALLUVAR COLLEGE

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Papanasam – 627 425

YOUTH RED CROSS WING

THROUGH HUMANITY TO PEACE

Organizing for Awareness Program regarding



Youth Red Cross

WORLD SUICIDE PREVENTION DAY

Resource Person



JC.HGF.S.L Meena Raja

Zone Trainer, Zone 18

JCI India

Topic - Live Your Life

Presided By,

Dr.(Major) L.Ravi Sankar

Principal, Thiruvalluvar College

In the Presence of,

Dr. Sundaram

**Director of self finance
courses**

&

Administrative officer

Date:28.09.2022, Wednesday

Time:1.30PM-2.30PM

With Warm Regards,

Dr.R.Indubala

YRC Programme officer

Dr.G.Kavitha

YRC Programme officer (SF)





OBJECTIVE: To create the awareness among the students on facing the difficulties and challenges of life.

Programme Description: The Chief Guest delivered a speech on the importance of understanding the challenges of life and the obstacles the students have to face and motivated them to overcome them.

Programme Outcomes: The students are motivated to lead their life out of obstacles.

25. World First Aid Day Awareness Meeting

Date: 30.09.2022

- Venue : Conference Hall
BENEFICIARIES

- Number of Students Participated _80
- Number of Students Faculties-3

Chief Guest- Prof. Jeba Mani Samuvel, Asst. Professor and Head of the Department of English'

Thiruvalluvar College, Papanasam.

Topic- "World First Aid Day"

OBJECTIVE: To promote first aid education and training.

Programme Description: The Chief guest gave the instructions to the students on various ways providing first aids.

Programme Outcomes: The participants are made aware of the various techniques of providing first aids.

WORLD FIRST AID DAY







THIRUVALLUVAR COLLEGE

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Papanasam – 627 425

YOUTH RED CROSS WING

THROUGH HUMANITY TO PEACE

Organizing for Awareness Program regarding



Youth Red Cross

WORLD FIRST AID DAY



Resource Person

Prof.K Jebamani Samuel M.A M.Phil
Asst.Prof and Head of The Department od English
Thiruvalluvar college

Presided By,

Dr.(Major) L.Ravi Sankar

Principal, Thiruvalluvar College

In the Presence of,

Dr.sundaram

Director Of Self Finance course

&

Administartive officer

Date: 30.09.22 -Friday

Time: 11 AM -12.30 PM

With Warm Regards,

Dr.R.Indubala

YRC Programme Officer

Dr.G.Kavitha

YRC Programme Officer(SF)

26 .Non Violence Day

Date: 02.10.2022

- Venue : Conference Hall
BENEFICIARIES

- Number of Students Participated _54
- Number of Students Faculties-3

Chief Guest- Prof. Quba Antonyo , Asst. Professor of the Department of English' Thiruvalluvar College, Papanasam.

Topic- "World Non Violence Day"

OBJECTIVE: To honour Gandhian principle of non-violence.

Program Description: The Youth Red Cross Wing of Thiruvalluvar College, Papanasam organized a meeting on the occasion of " International Day of Non Violence" on 02.10.2022. The Chief Guest insisted the participants to lead the life without violence and live as per Gandhiji' s thoughts/principles. Besides she advised the students to take care of their physique in a positive manner with Love and self care.

YRC Programme Officer Dr.R.Indubala conducted this meeting in a well organized and effective manner.

Program Outcomes: The participants got a clear idea about the principles of Gandhi and also the application of these principles in their daily life.

NON VIOLENCE DAY





27. Eye Donation Awareness meeting and Camp

Date : 06.10.2022

- Venue : Conference Hall & Adikalaar Arangam
- BENEFICIARIES
- Number of Students Participated _More than 75
- Number of Students Faculties-10

Chief Guest- 'Eye Doctor_Anitha'. Doctor Agarwals Eye Hospital, Tirunelveli

OBJECTIVE: To create awareness on eye donation.

Programme Description: The Chief Guest delivered a special lecture on the functions of eye and the need for donating them after the death.

Programme Outcomes: The participants understood the significance of eye donation.

EYE DONATION AWARENESS MEETING AND CAMP





28. World Food Day

Date: 02.11.2022

Venue : Conference Hall & Adikalaar Arangam
BENEFICIARIES

- Number of Students Participated _More than 75
- Number of Students Faculties-10

Chief Guest- Mr.S.Ganapathy Raman, Food Safety Officer, Vickramasingapuram.

OBJECTIVE: To promote the idea of feeding the world and eliminating poverty in rural areas.

PROGRAMME DESCRIPTION: The Chief Guest delivered the speech on the importance of taking healthy food to avoid malnutrition and stay healthy.

Programme Outcomes: The participants understood the importance of taking sufficient nutrition to stay healthy.

WORLD FOOD DAY





29.Leprosy Awareness Day

Date: 02.02.2023

- Venue : Hall Number 17
- BENEFICIARIES
- Number of Students Participated _47
- Number of Students Faculties-2

Chief Guest- Block Health Supervisor Mr. Mariappan
And Asst. Officer. Mr. Ganesan

OBJECTIVE: To raise awareness on the general public about Leprosy.

PROGRAMME DESCRIPTION: The Chief Guest delivered a speech to create awareness on the disease called Leprosy which is an infection caused by slow growing Bacteria called " Myco Bacterium Leprae" and insisted that finding initial stage and treating it would prevent organ damages.

PROGRAMME OUTCOMES: The Participants are made aware of Leprosy and its related thoughts.

LEPROSY AWARENESS MEETING





பாபநாசம்

திருவள்ளூவர் கல்லூரியில் தொழுநோய் விழிப்புணர்வு கூட்டம்

நெல்லை, பிப்.7

பாபநாசம் திருவள்ளூவர் கல்லூரியில் தொழுநோய் விழிப்புணர்வு கூட்டம் நடந்தது.

தொழுநோய் விழிப்புணர்வு கூட்டம்

நெல்லை மாவட்டம் பாபநாசம் திருவள்ளூவர் கல்லூரியில் இளைஞர் செஞ்சிலுவை சங்கம் நாட்டு நலப்பணி திட்டம் அணியின் அணி என் 46 இணைந்து தொழுநோய் விழிப்புணர்வு கூட்டம் நடத்தியது. கூட்டத்தில் இளைஞர் செஞ்சிலுவைச் சங்க திட்ட அலுவலர் முனைவர் இரா இந்து பாலா வரவேற்புரை ஆற்றினார். மருத்துவம் இல்லா வட்டாரம் சுகாதார மேற்பார்வையாளர் கணேசன் மாணவர்களிடையே "மைக்கோ பாக்டீரியம் லெப்ரே" என்ற கிருமியால் தோன்றும் தொழுநோய் குறித்த விழிப்புணர்வு செய்திகளை கூறினார்.

தொழுநோயின் ஆரம்ப கட்ட அறிகுறி உணர்ச்சியற்ற வெளிறிய அல்லது சிவந்த தேமல் போன்று வரும். அப்போதே உடனடியாக கவனித்து அருகில் உள்ள சுகாதார மையங்களுக்கு அல்லது மருத்துவமனைக்கு சென்று சிகிச்சையை தொடங்க வேண்டும் என்று கூறினார்.

4 ஆயிரம் பேர்

மருத்துவ அறிவியல் முன்னேறி உள்ள இந்த காலத்திலும் தினமும் நான்காயிரம் பேர் தொழுநோயால் பாதிக்கப்பட்ட

வருகின்றனர். அவர்களை ஆரம்ப கட்டத்திலேயே கவனித்து சிகிச்சை அளித்தால் அந்த நோய் மற்றவர்களுக்கு பரவாமல் தடுக்கலாம். தொழுநோயாளியின் தும்மல் இருமல் சுவாசக் காற்றின் மூலமாக மற்றவர்களுக்கு நோய் பரவும் அபாயம் அதிகம் இருக்கிறது. நமது அரசாங்கம் தொழுநோயாளிகளைக் கண்டறிந்து அவர்களுக்குத் தேவையான மருந்துகளை இலவசமாக வழங்கி வருகிறது. சாதாரண தேமல் தோல் அலர்ஜி இவற்றிற்கும் தொழுநோயின் ஆரம்ப அறிகுறிக்கும் வேறுபாடு உள்ளது மாணவர்கள் தங்களை சுற்றி இருப்பவர்களுக்கு ஏதேனும் அறிகுறி தென்பட்டால் உடனடியாக தங்களை தொடர்பு கொள்ள வேண்டும் என்று அறிவுறுத்தி கூறினார்.

வட்டார சுகாதார மேற்பார்வையாளர் தொழுநோயாளிகளை ஆரம்ப கட்டத்திலேயே கவனித்து விட்டால், அவர்கள் குணமாவதை உடல் ஊனமாவதை தடுத்து விடலாம் என்று கூறி மேலும் தற்போது மாவட்ட முழுவதும் பரவி வரும் டெங்கு காய்ச்சல் அதற்கு காரணம் அதை எவ்வாறு தடுக்கலாம் என்றெல்லாம் கூறி மாணவர்களுக்கு விழிப்புணர்வு சிந்தனைகளை தூவினார். நாட்டு நலப்பணித் திட்ட எண் 46 திட்ட அலுவலர் முனைவர் இரா வரலட்சுமி நன்றி கூறினார்.

30.Blood Donation Camp

Date: 14.03.2023

- Venue : Conference Hall & Adikalaar Arangam
BENEFICIARIES

- Number of Students Participated _More than 75

- Number of Students Faculties-10

Chief Guest- 'Eye Doctor_Anitha'. Doctor Agarwals Eye Hospital, Tirunelveli

OBJECTIVE: To supply blood to the blood banks for the need of patients.

Programme Description: The Chief Guest delivered a talk on the benefits of blood donation and blood donation to save lives to the YRC Volunteers and students who are willing to donate blood to needy people

YRC Programme Officer Dr.R.Indubala and NSS.Unit 46 Programme officer Dr.R.Varalakshmi took great efforts to conduct the Camp smoothly.

BLOOD DONATION CAMP





REDMI NOTE 11
ANANTHPONSINGH



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Thank You