



# PERIYAR GOVERNMENT ARTS COLLEGE

CUDDALORE, TAMIL NADU

## NATIONAL SERVICE SCHEME

NSS UNIT IV – DR.S.ARULJOTHISELVI

NSS UNIT III – DR.P.SELVAKUMARI



<b>DATE</b>	<b>04.02.2020</b>	<b>ONE DAY WORKSHOP ON NSS SKILL DEVELOPMENT</b>
<b>TIME</b>	<b>09:30 AM</b>	

One day Workshop on NSS SKILL DEVELOPMENT for NSS students was conducted at Periyar Government arts college, cuddalore. **Thiru M. Shree Abhinav IPS**, Superintendent of Police, Cuddalore District inaugurated the workshop. In his speech, he motivated the students to develop communication skill and leadership quality.

**Dr.K.Ravichandran**, NSS coordinator of Thiruvalluvar University said that students should also participate in various social activities along with curricular activities for the development of society and Nation. This leads to personality development of students when they participate in social activities.

In workshop main emphasis was given for Yoga for health and mind, personality development, health and hygiene, food safety measures, Behaviour and Discipline and Fire safety and rescue – false demonstration. 8 Resource persons delivered lectures in the above mentioned topics. 34 NSS Programme Officers attended the workshop. 328 students participated in the workshop. NSS students from KNC college, Cuddalore, St.Joseph college, Cuddalore, Krishnaswamy College, Cuddalore, Immaculate college, Cuddalore, Mutlur Government arts college, Mutlur, Arignar Anna Government Arts college, Villupuram, Kolangiyappar arts and science college, Virdhachalam, were participated. In the workshop, short film illustrating the activities of the two years NSS work was shown to the students.

In the event, two years NSS activity souvenir was released. At the end of the workshop certificates were distributed to the students.


























**THIRUVALLUVAR UNIVERSITY**  
**NATIONAL SERVICE SCHEME**  
**PERIYAR GOVERNMENT ARTS COLLEGE**  
 CUDDALORE  
**NSS UNIT III & IV**  
 One Day Workshop on  
**“NSS - SKILL DEVELOPMENT”**

DATE 04.02.2020    VENUE : MLA BUILDING    TIME: 09:30 AM

**PROGRAMME SCHEDULE**

THAMIZH THAI VAAZHITHU

**WELCOME ADDRESS**  
**DR .B. KUMARAN**  
 HOD OF TAMIL DEPARTMENT

**PRESIDENTIAL ADDRESS**  
**DR.R.ULAGI**  
 PRINCIPAL  
 PERIYAR GOVERNMENT ARTS COLLEGE  
 CUDDALORE

**CHIEF GUEST**  
**DR. K. RAVICHANDRAN**  
 NSS COORDINATOR  
 THIRUVALLUVAR UNIVERSITY, VELLORE

**SPECIAL GUEST**  
**THIRU.M. SREE ABHINAV IPS**  
 SUPERINTENDENT OF POLICE  
 CUDDALORE DISTRICT

**MADAM K.SHANTHI**  
 DEPUTY SUPERINTENDENT OF POLICE  
 CUDDALORE DISTRICT

<b>SESSION</b>	
INAUGURAL ADDRESS	<b>Dr.P.SELVAKUMARI NSS III</b>
11.15 AM	TEA BREAK
11.30 AM	YOGA FOR HEALTH AND MIND <b>MADAM V. SANGEETHA, (M.A. YOGA)</b> INSPECTOR OF POLICE CUDDALORE COASTAL GUARD SECURITY
12.00 PM	PERSONALITY DEVELOPMENT <b>DR.L. SANTHANA RAJ</b> NSS COORDINATOR ST. JOSEPH'S ARTS AND SCIENCE COLLEGE, CUDDALORE
12.30 PM	HEALTH AND HYGIENE <b>DR.M.V.THAMBIAH, M.S.</b> ORTHO SURGEON CUDDALORE GENERAL HEALTH HOSPITAL
01.00 PM - 2.00 PM	LUNCH
02.00 PM	FOOD SAFETY MEASURES <b>THIRU.P. NALLATHAMBI</b> FOOD SAFETY OFFICER VIRUDHACHALAM
02.30 PM	BEHAVIOUR AND DISCIPLINE <b>DR. M. SUSILA DEVI</b> PRINCIPAL IMMACULATE COLLEGE FOR WOMEN, CUDDALORE
03.00 PM	TEA BREAK
03.30 PM - 04.30 PM	FIRE SAFETY AND RESCUE- FALSE DEMONSTRATION <b>THIRU K. KUMAR A.D.IP.F.E (NFSC)</b> DISTRICT OFFICER FIRE SAFETY AND RESCUE DEPARTMENT CUDDALORE
04.30 PM	VALEDICTORY FUNCTION
VOTE OF THANKS	CERTIFICATE DISTRIBUTION <b>DR.S.ARULJOTHISELVI NSS-IV</b>
<b>NATIONAL ANTHEM</b>	

**NSS ACTIVITIES CONDUCTED AT THE COLLEGE**

Special camp  
Medical camp  
Aids awareness  
Swachh Bharath summer internship Programme  
International yoga day  
Fit India Movement,  
Beti Bachao Beti Padhao  
Cancer awareness  
Plastic awareness  
Dengue awareness  
Kaja cyclone Disaster management, Road safety awareness  
National Deworming day,  
Volunteers service in the election duty along with the Police Department  
Volunteers service to help the elderly and differently abled people at the polling booth,  
Tree sapling plantation  
World Students Day  
False demonstration by the fire Safety and Rescue Department  
Vigilance awareness  
National Unity day  
Youth skill development and safe internet use  
Rainwater Harvest awareness  
Participation in the Parade at the college as well as at Cuddalore Anna Stadium  
World Breast feeding Awareness  
Kargil Vijay Diwas  
Untouchability eradication Pledge  
Cleaning activities – College Campus and Silver Beach.

**ONE DAY WORKSHOP  
ON  
NSS - SKILL DEVELOPMENT**

**04.02.2020**

**THIRUVALLUVAR UNIVERSITY  
NATIONAL SERVICE SCHEME**



**PERIYAR GOVERNMENT ARTS COLLEGE  
CUDDALORE**



**Organized by  
NSS UNIT – III & IV**



**COURSE CONTENTS**

Yoga for Health and Mind
Personality Development
Behaviour and Discipline
Health and Hygiene
Food Safety measures
Fire safety and Rescue

**THIRUVALLUVAR UNIVERSITY  
PERIYAR GOVERNMENT ARTS COLLEGE**

**CUDDALORE  
NATIONAL SERVICE SCHEME UNIT III & IV**

**One Day Workshop**

**On  
NSS - SKILL DEVELOPMENT 04.02.2020**

**REGISTRATION FORM**

1. Name : .....

2. Officer / Volunteer : .....

3. College : .....

4. Age and Date of Birth : .....

5. Experience in NSS : .....

6. Email ID : .....

7. Mobile No. : .....

Address for Communication .....

**DECLARATION**

The information provided by me is true to the best of my knowledge. I agree to abide by the rules and regulations governing the Skill Development Workshop. If selected, I shall attend the program for the entire duration.

Date :

Place :

Signature of the Applicant

**SPONSORSHIP**

Mr./Ms./Dr. .... is an NSS programme Officer / Volunteer of our Institute and is hereby permitted to attend the Workshop, if selected.

Date :

Place :

Signature & Seal  
Head of The Institution

**One Day Workshop**  
On  
**NSS – SKILL DEVELOPMENT**  
**REGISTRATION FORM**

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Date : \_\_\_\_\_ Signature & Seal  
Place : \_\_\_\_\_ Head of the Institution

**ORGANIZING COMMITTEE**

**Chief Patron**  
Prof.Dr.THAMARAI SELVI SOMASUNDARAM  
Vice-Chancellor  
Thiruvalluvar University

**Patron**  
Dr. S.SYED SHAFI  
Registrar i/c.  
Thiruvalluvar University  
Serkkadu, Vellore – 632 115

**Chairman**  
Dr.K. Ravichandran  
Associate Professor of English  
NSS Coordinator  
Thiruvalluvar University  
Serkkadu, Vellore – 632 115

**Convener**  
Prof. Dr. R. ULAGI  
Principal  
Periyar Government Arts College  
Cuddalore

**Coordinators**  
Dr. SARULJOTHISELVI  
NSS – Programme Officer  
Unit- IV

Dr. P.SELVAKUMARI  
NSS – Programme Officer  
Unit – III

Venue : M.L.A BUILDING,  
Periyar Government Arts College  
Devanampattinam, Cuddalore 607001

**ONE DAY WORKSHOP**  
ON  
**NSS-SKILL DEVELOPMENT**

**04.02.2020**

**NATIONAL SERVICE SCHEME**  
**THIRUVALLUVAR UNIVERSITY**



**PERIYAR GOVERNMENT ARTS COLLEGE**  
**CUDDALORE**



**Organized by**  
**NSS UNIT – III & IV**



**PERIYAR GOVERNMENT ARTS COLLEGE**  
**DEVANAMPATTINAM**  
**CUDDALORE - 607001**

**ABOUT THE UNIVERSITY**

The Thiruvalluvar University was established in Vellore district of Tamilnadu by the Government of Tamilnadu in October 2002 under the Thiruvalluvar University Act, 2002. (Government of Tamil Nadu Act 32/2002). The University was named after the great Tamil Saint poet "Thiruvalluvar". In the University, every effort is harnessed to make Educational Institution as temple of learning. The aim of this University is to provide facilities for advancement in Research and dissemination of Knowledge with focus on the Economic and Social upliftment of the society. It is a member of the Association of Indian Universities (A.I.U.)

**ABOUT THE INSTITUTION**

Periyar Government Arts College with its rural background is situated on the shore of Bay of Bengal at Devanampattinam village, 200 km south of Chennai on the East Coast Road. Periyar Government Arts College was started in 1964 at Cuddalore. The Vision of the institution is to emerge as a leading higher educational institution in the rural status to widen the range of knowledge and understanding of the social, economic and political systems in order to create a critical awareness about the environment and social justice.

**ABOUT THE NSS UNITS of**  
**PERIYAR GOVERNMENT ARTS COLLEGE**

The NSS Unit is funded by Thiruvalluvar University. Several programmes such as special camp, Medical camp, Aids awareness, Swachh Bharath summer internship Programme, International yoga day, Fit India movement, Beti Bachao Beti Padhao, Cancer awareness, Plastic awareness, Dengue awareness, Kaja cyclone Disaster management, Road safety awareness, National Deworming day, Volunteers

service in the election duty along with the Police Department and Volunteers service to help the elderly and differently abled people at the polling booth, tree sapling plantation, World students day, False demonstration by the fire and Rescue Department, Vigilance awareness, National Unity day, Youth skill development and safe internet use, Rainwater Harvest awareness, Participation in the Parade at college as well as at Cuddalore Anna Stadium, World Breast feeding Awareness, Kargil Vijay Diwas, of the NSS have been conducted under regular activities

**SCOPE OF THE WORKSHOP**

Students will be benefited by attending this workshop, which is covering both theoretical and practical training programme on Skill Development.

**COURSE CONTENTS**

- Health and Hygiene
- Food Safety
- Fire Safety
- YOGA for Health and Mind

**ELIGIBILITY**

NSS Programme Officers and Volunteers from Arts and Science Colleges affiliated to Thiruvalluvar University.

**RESOURCE PERSONS**

Resource Persons from District fire Station, District Food Safety Office and Reputed Institutions.

**PROGRAM CERTIFICATES**

Participation certificates will be issued to the Participants who attend the Program in full.

**ADDRESS FOR COMMUNICATION**

**For any queries and sending completed registration form :**

The Coordinators,  
NSS Unit III & IV,  
Periyar Government Arts college,  
Cuddalore 607001.

Mobile No: 9488776315

Email ID :  
aruljothiselvi.selvakumari.nss@gmail.com

**REGISTRATION**

**Registration fee : NIL.**

The completed Registration form has to be mailed to the coordinator on or before 31.01.2020. The registered participants will be provided with refreshments and lunch during the Workshop.

The seats are restricted to 100. Participants will be registered on "first come - first serve basis". The registration does NOT cover accommodation.

VENUE:  
M.L.A BUILDING  
PERIYAR GOVERNMENT ARTS COLLEGE  
DEVANAMPATTINAM  
CUDDALORE

