

**DHARMAPURAM GNANAMBIGAI GOVT. ARTS COLLEGE FOR  
WOMEN, MAYILADUTHURAI**

**NATIONAL SERVICE SCHEME**

**ACTIVITIES REPORT 2019-2020**

**International Yoga Day Celebration**



**D.G. Govt. Arts college for women celebrated International Yoga day (IYD-2019) on 21.06.2019 with the theme 'Yoga for Climate Action'. The aim of the International yoga day is to create awareness worldwide on the benefits of practicing yoga. Mrs. S. Sathyavathi delivered a special lecture on “Life through Yoga” and also gave a practical session on various asanas. Essay Writing and slogan writing competition was conducted for the volunteers. All the four Unit NSS volunteers and staff members actively participated in the practical session and got benefited out of the programme.**

## **SWACHH BHARAT SUMMER INTERNSHIP PROGRAMME**

The NSS volunteers and programme officer attended District level briefing session training prior to field work for Summer Internship Programme on 09.09.2019.

Swachh Bharat Summer Internship programme was conducted for 18.09.2019 to 27.09.2019. The following programmes were conducted.



- Rally on Environmental cleanliness
- Awareness on Personal Hygiene
- School Campus Cleaning
- College Campus Cleaning
- Methods of Hand Washing.
- Door to door awareness on open defecation.

Birth Anniversary of Kamarajar was celebrated in Govt. Higher Secondary School, Thirumanajeri on 15.09.2019. The school children and the volunteer took Oath on clean India.



On 22.07.2019 under Jal Sakthi Abiyan Scheme, Saplings were planted in the campus.





## **SWACHHTA PAKAWADA PROGRAMME FOR NSS VOLUNTEERS**

A Seminar on “Swachhta Pakawada” was organized by the NSS Units of Dharmapuram Gnanambigai Govt. Arts College for Women, Mayiladuthurai. Dr. A. Karmuhilan, Assistant Professor, Department of Tamil, Govt. Arts and Science College, Manalmedu delivered a special lecture on “Role of Youth in Swachh Bharat Mission”. The NSS volunteers of all the four units attended and got benefited out of the programme.



## **LIVE TELECAST OF FIT INDIA MOVEMENT**

Hon'ble Prime Minister of India launched "Fit India" Movement on 29.8.19. The NSS units of our college made arrangements for viewing the live telecast of the Fit India Movement Launch on Doordharshan. The Principal, Staff and NSS Volunteers witnessed the live telecast.



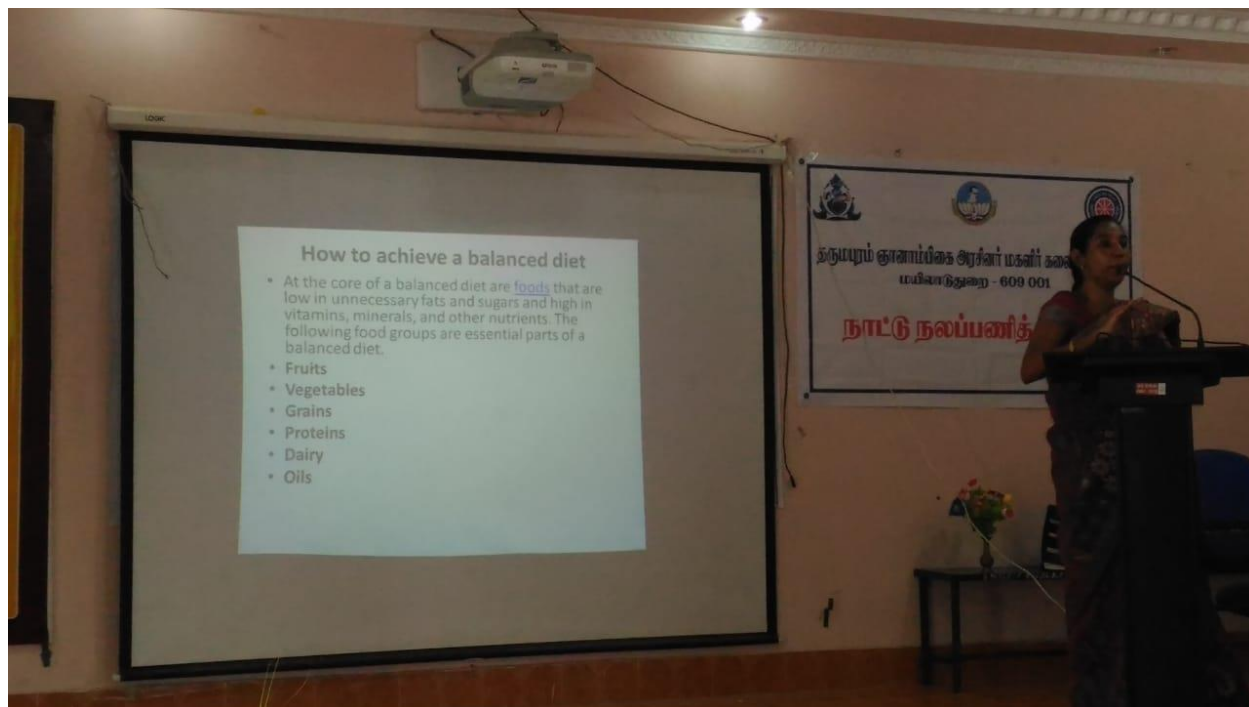
## **NSS DAY CELEBRATION**

The NSS units of the college organized NSS day on 24.9.2019. Dr. P. Jayachandran, M.A., M.Phil., Ph.D., Assistant Professor, Department of Tamil, Govt. Arts College(Autonomous), Kumbakonam was the Chief Guest. He highlighted the importance of NSS in Youth life. He motivated the students to be selfless to serve the society. The Chief Guest also gave Orientation for the First year NSS volunteers and the student participants got benefitted out of it.



## AWARENESS ON NUTRITION AND BALANCED DIET

Awareness on nutrition and balanced diet was organized on 26.09.2019. Mrs. T. Akilandeswari , HOD of Bio-Technology, A.V.C college, stressed the importance of promoting healthy food habits and gave awareness on daily nutritional plan to keep oneself fit.



To Commemorate the 150<sup>th</sup> birth anniversary of Gandhiji, Quiz and Essay writing competitions on Life of Mahatma Gandhi was conducted on 27.09.2019.



## **FIRST AID TRAINING PROGRAMME FOR NSS VOLUNTEERS**

The NSS units of our college conducted First Aid Training Programme for the NSS volunteers on 22.8.2019. Jc. C.P. Saravanan, President JCI, Mayiladuthurai and Jc. J.R. Sathish Narayanan, Secretary, JCI, Mayiladuthurai felicitated the programme. Dr. A. Saravanel M.D., HOD Emergency Department, Meenakshi Hospital, Thanjavur gave awareness and training on First Aid. The NSS volunteers of all the four units attended and got benefitted out of the programme.





## **FIT INDIA PLOG RUN**

The NSS units organised Fit India Plog Run on 3.10.2019 to mark the 150<sup>th</sup> Birth Anniversary of Mahatma Gandhi. The NSS volunteers picked up plastic and other waste from road while jogging. “Each one Pick one” concept was introduced to the NSS volunteers and all the volunteers picked waste from the road, college campus and class rooms.



Joy of giving week was organized on 04.10.2019. The volunteers spread the joy of giving by distributing stationery items and chocolates to the school students of the adopted village.

## AIDS AWARENESS PROGRAMME

AIDS awareness programme was conducted on 3.12.2019. Mrs. S. Vijaya, President, WE foundation and Mr. S. Selvam, President, PEACE foundation highlighted the impact of HIV and the availability of support systems.





## **STUDENT WELLNESS AWARENESS PROGRAMME FOR NSS VOLUNTEERS**

The NSS units of the college conducted Student Wellness Awareness Programme for the NSS volunteers on 08.01.2020. The Chief Guest of the day Dr. Shalini M.B.B.S., M.D (Microbiology), Meenakshi Hospital, Thanjavur, gave awareness on Student Wellness. She insisted on Exercise, Yoga, Balanced Diet and Emotional stability. The aim of the programme is to improve the mental and physical well being of the student and the student participants got benefitted out of it.



On 22.01.2019, Rangoli, Essay and Slogan writing on Voting was conducted.





## **INTERNATIONAL GIRL CHILD WEEK CELEBRATION**

International Girl Child week was celebrated on 24.01.2020. Dr. T.G. Sankar M.A., B.Ed., Ph.D., BT Assistant , Sambandam Higher Secondary School gave awareness on “Empowering girls for a Brighter Tomorrow”.



## VOTERS DAY AWARENESS RALLY

Voters Day Awareness Rally was organized by the NSS units on 25.01.2020. The volunteers raised slogans such as “Voting is a Civic Right”, “Voting is our Birth Right” and “My Vote is my Right” etc.,



## REPUBLIC DAY CELEBRATION

Republic Day was celebrated on 26.01.2020 in the adopted villages. Flag hosting ceremony, competitions and cultural programmes were conducted. Students were given awareness on fundamental rights.





## **NSS CAMP 2019 – 2020( KODANGUDI AND NEDUMARUTHUR VILLAGE)**

NSS Camp was conducted from 31.01.2020 to 06.02.2020. Free Medical camp, Leprosy Awareness rally, clay art, asanas for our day to day life, tailoring, drawing, gardening, fire accident and rescue training, value education, training on vermicompost, self-defence(Karate) were organized for the benefit of the NSS volunteers and the villagers.





## CORONA AWARENESS PROGRAMME

Three days awareness programme on Corona virus has been organized from 10.03.2020 to 12.03.2020. Dr. Rajesh, Head & Assistant Professor of Botany, Dr. Mathimala M.B.B.S., Primary Health Centre, KAALI and Dr. A. Malarvizhi Head and Assistant Professor of Bio-chemistry acted as Resource Persons. They prepared the students to face the challenge and threat caused by the growing pandemic of Covid-19.



