



GURU NANAK COLLEGE(AUTONOMOUS)

Affiliated to University of Madras and Accredited at "A++" Grade by NAAC

Velachery Main Road, Chennai – 600042.

National Service Scheme

Event Title	One day workshop on "Youth Empowerment"	
Category	Workshop	
Date	From: 12.01.2023	To:12.01.2023
No. of Resource Person	4	
No. of Beneficiaries	100	

Report

The National Service Scheme of Guru Nanak College has celebrated and organized a one day "Workshop on Youth Empowerment " on 12-01-2023. Mr.R.Sathishraj, CEO, E-Crusaders was the chief Guest for the inaugural session. Dr.S.Athilinga Senjith. NSS PO welcomed the gathering. The workshop has three sessions on Youth Empowerment. 100 Volunteers participated in this workshop out of which 60 were from other Colleges in the city.

Session I "Personality Development" – 11.30am to 12.3pm

This session is on Personality Development. Mr.R.Sathishraj, CEO, E-Crusaders was the resource person for the session. In his address, He stressed more Mental health and physical health. Self-motivation, perseverance and knowledge acquiring are the main factors affecting Personality, Resource person added. He also mentioned a few qualities to be acquired by the Youth for developing their personality. The session was well taken by the volunteers and received good feedback.

Session II "Life-saving Skills"- 12.30pm to 1.30pm

Dr.Manikandan, MBBS, Duty Medical officer, Guru Nanak Medical Centre, GNES, Chennai was the resource person for the session. He taught the procedures of doing first aid techniques such as CPR, Seizure Management, Handling Choking and fire burning. He also demonstrated the first aid techniques with a volunteer. Resource person also highlighted the points not to be executed during the emergency.

Session III “Career Development”

Dr.S.U.Mohamed Rizwan, Assistant Professor, Department of Commerce, The New College was the resource person for the session. He taught volunteers to prepare their resume in a professional line up. All should stick on with ambition until they achieve it. Consistency in hard work is very important in the way of marching towards your career upliftment He added.

Valedictory session – 4.00pm

Mr.A.Karunakaran, Coordinator, National Youth Project was the chief Guest for the valedictory session. Dr.A.Amala Lourthuraj, NSS PO welcomed the gathering. Mr.A.Karunakaran delivered the valedictory address. During his address, He mentioned all the teachings of Mahatma Gandhi ji among the Volunteers. He also pointed out the importance of Peace and Youth in the present scenario. Participation certificates were distributed to all the participants from other city Colleges and Guru Nanak College.

Dr.S. Athilinga Senjith, Dr.A. Amala Lourdhuraj, and Dr.K. Muthupandi, NSS program officers have accompanied the volunteers throughout the workshop.

Programme Objective

- To inculcate the importance of Youth in the Society.
- To create an awareness on duties of Youth.

Programme Outcome

- The importance of Youth was inculcated to the Volunteers.
- Awareness on the duties of Youth was imparted.

Invitation



GURU NANAK COLLEGE (AUTONOMOUS)
Accredited at "A++" Grade By NAAC
Affiliated to University of Madras
Guru Nanak Salai, Velachery, Chennai-600042



UNIVERSITY OF MADRAS



INSTITUTION'S INNOVATION COUNCIL
(Ministry of Education Initiative)

NATIONAL SERVICE SCHEME

(Unit No. 1, 2, 3 & 4)

In Association with
Institution's Innovation Council
Organizes a One Day

"WORKSHOP ON YOUTH EMPOWERMENT"

CHIEF GUEST



Mr. R. SATHISHRAJ
CEO, E-CRUSADERS & Soft Skill Trainer

DATE : 12th January 2023

TIMING : 11:00 AM

VENUE : PAVILION HALL (A/C)

Registration link
<https://forms.gle/eYTazVdXGgcQ8GQM9>

Scan to Register ->



" NO REGISTRATION FEE "

Dr. M. G. Ragunathan
PRINCIPAL

Manjit Singh Nayar
GENERAL SECRETARY &
CORRESPONDENT

AGENDA

INAUGURATION : 11:00 AM

Session 1 - 11:30 am - 12:30 pm
Personality Development

By

Mr.R.Sathishraj

CEO, E-CRUSADERS & Soft Skill Trainer.



Session 2 - 12:30 pm - 1:30 pm

Life Saving Skills

By

Dr.Manikandan MBBS

Duty Medical Officer
Guru Nanak Medical Centre,
GNES, Chennai.



Session 3 - 2:30 pm - 4:00 pm

Career Development

By

Mr.S.U.Mohamed Rizwan

Assistant Professor
Department of Commerce
The New College, Chennai.



VALEDICTORY : 4:00 PM

Guest

Mr.A.Karunakaran

Coordinator, National Youth Project &
Youth Forum for Gandhian Studies.



NSS PROGRAMME OFFICERS

Dr.P.Nedumaran

Dr.S.Athilinga Senjith

Dr.K.Muthupandi

Dr.A.Amala Lourthuraj

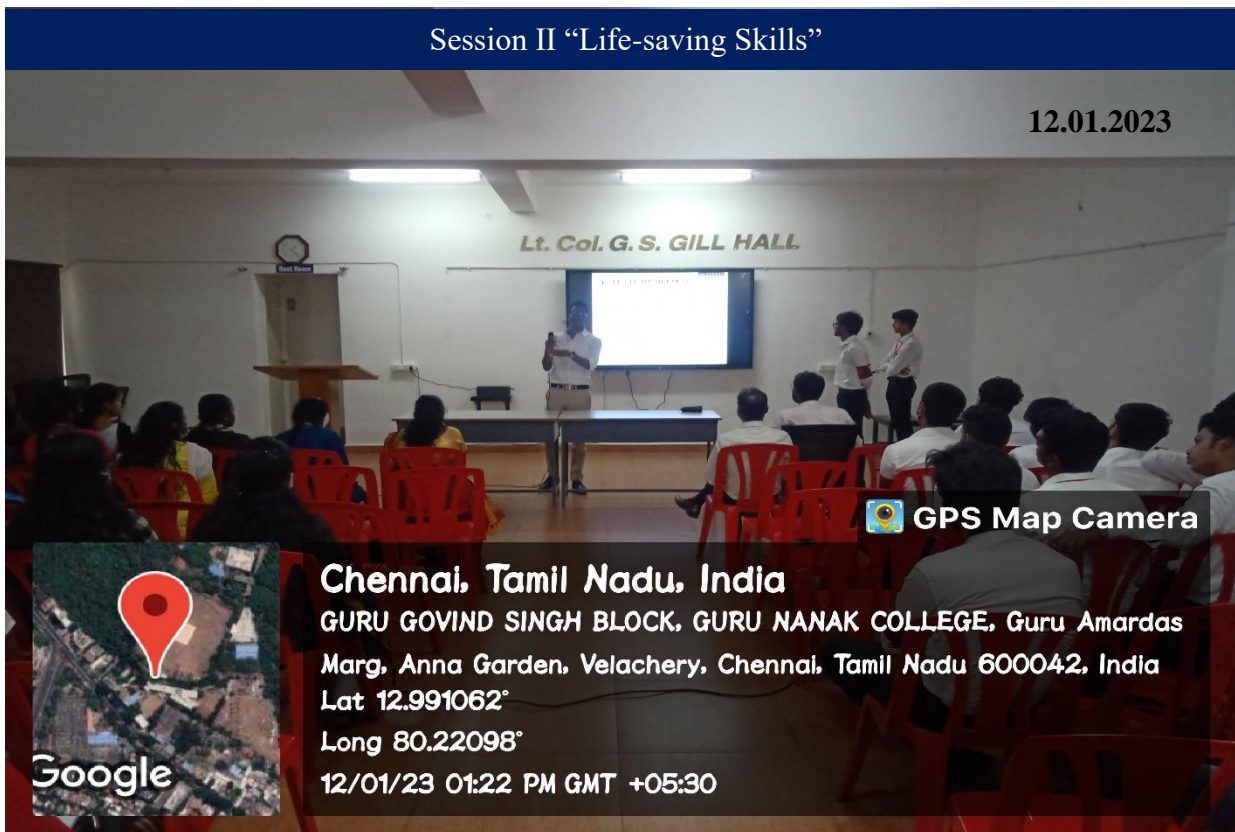
For Enquiries Contact :

S.Sriram
8668164696

S.Sujith
8111080181

P.Porkodi
9626051037

Photos



Session III "Career Development"

12.01.2023



Valedictory Session

12.01.2023



Certificate

	GURU NANAK COLLEGE (AUTONOMOUS) Accredited at "A++" Grade By NAAC Affiliated to University of Madras Guru Nanak Salai, Velachery, Chennai-600042	
	NATIONAL SERVICE SCHEME In Association with Institution's Innovation Council	 rs_gits_and_decor
CERTIFICATE OF PARTICIPATION		
<p>This is to Certify that Mr./ Ms. NSS Volunteer of.....has participated in the ONE DAY WORKSHOP ON YOUTH EMPOWERMENT organized by NSS of Guru Nanak College (Autonomous), Chennai on 12th January 2023.</p>		
 <hr/> Dr. M. G. RAGUNATHAN Principal		 <hr/> MANJIT SINGH NAYAR General secretary & Correspondent