

SHRIMATI INDIRA GANDHI COLLEGE

TIRUCHIRAPPALLI – 620 002

(Nationally Accredited at ‘A’ Grade (3rd Cycle) by NAAC)

National Service Scheme

2019-2020

1. 50 NSS Volunteers participated in “ **Trichy Yogathan - 2019**” organized by Trichy City Corporation on 21.06.2019. The Programme was from 5.45 a.m. to 7.45 a.m. at Uzhavar Sandhai, Trichy. Yoga Demonstrators from MANSA group demonstrated some important asanas and explained the benefits of the same to the participants.



2. National Service Scheme Units and the Department of Physical Education of Shrimati Indira Gandhi College on **21.06.2019** by organizing a demonstration programme to the NSS Volunteers on Yogasanas, Pranayam and Meditation. The yoga Instructor & Physical Director Ms.R.Nithya gave explanation for each Asana and its benefits as the Volunteers performed them. All the 100 NSS Volunteers and yoga students also performed different types of Pranayams that nurtures and promotes good health. Yoga, Pranayam and Meditation improves memory power and IQ levels.



3. 75 NSS & Youth Red Cross Volunteers participated in the Awareness Rally on **Drug Abuse and Illicit Trafficking Celebrations** organized by The Indian Red Cross Society (Trichy Branch) on 26.06.2019. The Rally was flagged off by the District Collector Mr.A.Sivarasu, I.A.S & Trichy City Police Commissioner Mr.Sengamalakannan, Deputy Superintendent of Police, Trichy City. The Rally started at Major Saravanan Circle and ended at Railway Station, Tiruchirappalli.



4. On 21.07.2019 “**Sanitation and General Hygiene Awareness Programme**” was conducted in Shrimati Indira Gandhi College jointly organized by Menstrual Hygiene Management Consortium, National Service Scheme and SCOPE. In this programme they released a booklet and stickers of Slogan on Menstrual Hygiene. The Chief Guest also planted some saplings in the college campus.



5. On the occasion of the **Breast Feeding Week**, the NSS Units conducted a Drawing, Rangoli, Poetry and Slogan Writing Competition to create awareness among the NSS Volunteers, on **01.08.2019**. 100 Volunteers participated in the programme.

The Prize Winners were:

Drawing :

M.Ekammai II B.Com 'D'- I Prize

S.Varsha II B.Com 'D' – II Prize

Slogan Writing :

S.Muthulakshmi II B.Sc M.B – I Prize

S.Baby II B.Lit Tam - II Prize



Rangoli :

J.Yuvalakshmi II B.Com 'D' – I Prize

G.Sivaranjani II B.Sc Chem - II Prize

Poetry :

P.Swetha II B.C.A 'B' – I Prize

H.Sneka II B.C.A 'B' – II Prize

6. On **10.08.2019**, the NSS Units organized a **Campus Cleaning** programme on the basis of **“Swachhta Pakwara”**. 100 Volunteers took the initiative and involved themselves enthusiastically in cleaning the College Campus, Library, Laboratory and Garden. 100 Volunteers participated in this programme along with the NSS Programme Officers.



7. **Menstrual Hygiene Management Awareness Programme** was conducted in Govt. **Adi Dravidar Welfare Girls Higher Secondary School, Kattur** , Trichy, Organised by National Service Scheme Units of Shrimati Indira Gandhi College, Trichy on 16.08.2019. In this programme NSS Volunteers participated and pasted Slogan with regards to Menstrual Hygiene Management in Girls Rest room for creating awareness about Menstrual Hygiene, in addition to that Volunteers gave booklet to the students depicting Menstrual Hygiene .



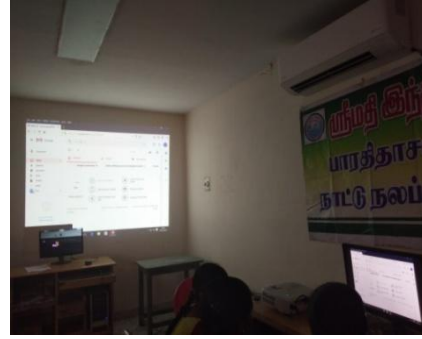
8. 30 NSS Volunteers along with Ms.R.Vasanthi & Dr.S.Karmugil, NSS Programme Officers went to Trichy **Rockfort Temple** to help the temple officials to count the **Hundial Money** on 27.08.2019.



9. Launching of “**Fit India Movement**” by our Honourable Prime Minister on 29th August 2019 by 10.00 a.m. at Indira Gandhi Indoor Stadium, New Delhi, was telecasted live for 100 NSS Volunteers along with the NSS Programme Officers as per communication received from Bharathidasan University, Trichy.



10. On 03.09.2019, National Service Scheme organized a One Day Computer Training Programme on “**Digital Awareness**” at the M.C.A.Lab , Shrimati Indira Gandhi College. 250 NSS volunteers participated in the programme. They were trained to create their e-mail id and the access to the Internet.



11. NSS Programme Officers & 5 NSS Volunteers participated in the **Eye Screening Camp** for the College Teachers jointly organized by the NSS Cell of Bharathidasan University, Rotary Club of Tiruchirappalli Butterflies and Joseph Eye Hospital, Trichy on 05.09.2019. Dr.A.Lakshmiprabha , NSS Co-ordinator i/c , Bharathidasan University inaugurated the Camp with the motto “**Yengazhukaagha Vaazhum Ungazhukaaga**”.



12. On 12.09.2019, The NSS Units of Shrimati Indira Gandhi College, Trichy conducted an Awareness programme on “**Road Safety**” . In this programme **Mr.K.Jeevanandam**, Assistant Engineer, Safety Wings, TNSTC, Thiruvannamalai gave a speech about rules on road safety for 300 NSS Volunteers.



13. On **02.10.2019** the **150th birthday Celebrations of Gandhi** was conducted with Pushpaanjali . Speech was given by students & Staff about the noble person under the memorable Gandhi tree. In this programme faculty members & Students of our college participated.



14. On the occasion of **World Eye Sight** celebrations , St Joseph Eye Hospital, Trichy Organized an Awareness programme on the importance of Eye Donation on **10.10.2019**. The Vice-Chancellor of Bharathidasan University, Trichy, Dr.A.Lakshmi Prabha, NSS Co-ordinator (i/c) of Bharathidasan University, and the Doctors were the speakers. 50 NSS Volunteers and NSS Programme officers took part in this programme.



15. On 15.10.2019, India Post celebrated “National Postal Week” from 9th to 15th October 2019 in the Head Post Office, Tiruchirappalli.. 28 NSS Volunteers and 2 NSS Programme Officers attended the programme



16. The Trichy City Corporation and Department of Revenue And Disaster Management conducted an **awareness programme on Disaster management** on 05.11.2019 at Kalaiyaram, Junction. 30 NSS Volunteers and 5 NSS Programme Officers attended the programme and they got practical exposure on how to save lives during fire, earthquake, flood and various situations arising due to natural calamities (waterbodies)





17. On 01.12.2019 the NSS Units of Shrimati Indira Gandhi College organised an Awareness programme on the occasion of the ‘**AIDS Awareness Programme**’ in the adopted villages(Singalanthapuram, Ammapatti, Ammapatti East, **Kaalipatti and Pagalavaadi**). 50NSSvolunteers participated and gave awareness among rural people.

18. On **14.12.2019 General Orientation programme** was organized by the NSS Units for the I year (250) Volunteers. The NSS programme officers spoke about two kinds of NSS activities, Emblem and Motto of the NSS. The forth coming Regular activities and the Special Camp activities were discussed and the students were thus given motivation to carry out these activities. The Unit leaders were chosen and duties were allotted for each unit by the programme officers.



19. On 19.12.2019 Shrimati Indira Gandhi College NSS Units jointly with Tiruchirappalli District Law & Duties Commission conducted a programme about the **law and Order**. In this programme 100 NSS Volunteers & NSS Programme Officers participated.



20. 50 NSS Volunteers along with Ms.R.Vasanthi & Ms.K.Padmavathy, NSS Programme Officers went to Trichy **Rockfort Temple** to help the temple officials to count the **Hundial Money** on 09.01.2020.



21. On 10.01.2020 the NSS units of Shrimati Indira Gandhi College, Tiruchirappalli conducted an awareness programme on Menstrual hygiene in the adopted Villages (**Singalanthapuram, Ammapatti, Ammapatti East, Kaalipatti and Pagalavaadi**). 50 NSSvolunteers went door to door and spoke to the people in groups to create Menstrual hygiene awareness.

22. The National Service Scheme of Shrimati Indira Gandhi College jointly organized **Pongal Celebration** on 11.01.2020 in the R.V.Auditorium. The Students Celebrated with full enthusiasmbypreparing Pongal with the harvested rice. They wore traditional costumes and danced with Karagam which exhibited the culture of Tamil Nadu. Finally Pongal was distributed to everyone.



23. On 18.01.2020, the NSS units of Shrimati Indira Gandhi College conducted a Rally(Walk) with regard to **FIT India movement** in the College campus. In this activity 50NSS Volunteers participated along with the NSS Programme Officers.



24. On 24.1.2020, the NSS units of Shrimati Indira Gandhi College conducted an awareness rally with regard to **Save the girl Child (Campaign)** to create awareness among rural people about educating the girl child in the adopted villages.



25. On 25.01.2020, the NSS Units of Shrimati Indira Gandhi College organised a **Voter Awareness Rally** in the adopted Villages (**Singalanthapuram , Ammapatti, Ammapatti East, Kaalipatti and Pagalavaadi**). 50 NSS volunteers participate and gave awareness among rural people.



26. On 07.02.2020, the NSS units of Shrimati Indira Gandhi College, Tiruchirappalli conducted an **awareness programme on Nutritious food** for all with regard to FITIndia Campaign in the **adopted Villages (Pagalavaadi, Singalanthapuram, Kaalipatti, Ammapatti and Ammapatti East)**. 50 NSS Volunteers participated and explained the importance of Nutritious food for the village Women in their daily life along with the NSS Programme Officers



27. On 06.02.2020 50 NSS volunteers participated in the **Rain Water Harvesting Rally** in the **Adopted Village** to create awareness among rural people.



28. National Service Scheme & Youth Red Cross of **Shrimati Indira Gandhi College** jointly organized an **awareness programme** about **Novel Corona Virus**, the preventive measure for the same on 08.02.2020 in the R.V.Auditorium. All UG NSS volunteers and NSS programme officers participated and gained a lot through this programme. Ms.D.Lakshmi, Assistant Professor, Department of English was the resource person.



“Dissemination of Herbal Garden”

31.08.2019

Students’ Exnora of Shrimati Indira Gandhi College, Trichy organized a programme on “Dissemination of Herbal Garden” garden near VG Block on 31.08.2019 (Saturday) at 10.30 A.M. Around 50 Exnora students from the Department of Biochemistry, Microbiology and Chemistry participated and benefited by this programme. The Students planted the Herbal Saplings which has various medicinal properties like Hibiscus, Thoothuvalai, *Aloe vera*, Nithyakalyani, Sangu poo, Nandhiya vattai, Keezhanelli, Mudakatthan, Omavalli, Vembu, Kuppaimeni, Pirandai, Thulasi in the garden.



Rally on “Eco Friendly Initiatives”

21.09.2019

A rally on “Eco Friendly Initiatives” was conducted on 21.09.2019 by IQAC in association with Exnora and Nature club. All I and II year under graduate students participated in the rally. Students were asked to dress in 5 different colors. The students formed a human chain and carried placards with slogans followed by oath taking to continue green

TERRACE GARDENING

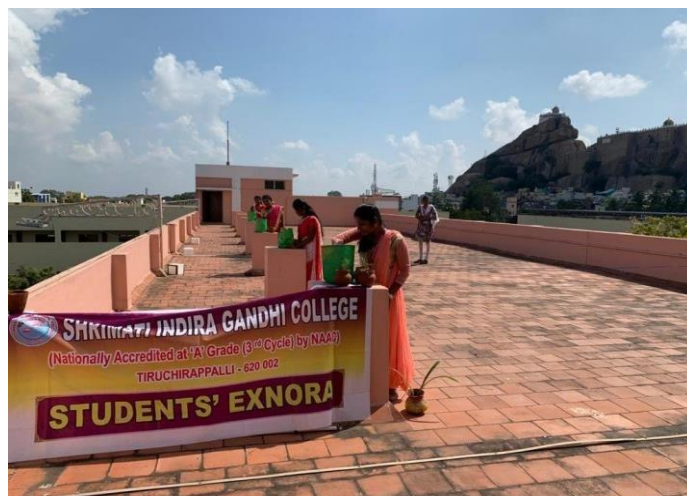
Date: 04.01.2020

The green system works on several facets which include Water Conservation, Tree Plantation, Terrace and vertical garden, Waste Management, Paperless Work, Alternative Energy and Mapping of Biodiversity.

“Being sustainable and responsible for the environment” is the annual motto of the Green practice. The Student’s Exnora, Nature club and Department of Biochemistry of Shrimati Indira Gandhi College jointly organized a programme on **“Terrace Gardening”** at VG block terrace on 04.01.2020.

The main objective of the Terrace gardening is to increase oxygen production in the air which in turn helps them to reduce pollution. A terrace or rooftop garden provides an ideal place to grow organic farming unit through the plantation of fruits, vegetables, flowers in grow bags. Apart from health and environment, Green roofs can improve the thermal resistance of the roof especially in the summer.

More than 100 students of Biochemistry, Student’s Exnora, and Nature club enthusiastically participated in the plantation of vegetables in Terrace Garden.



YOUTH RED CROSS

S.No	Date	Year	Activity
1.	26.06.2019	2019	Rally for “International day against drug abuse and illicit trafficking”
2.	08.02.2020	2020	Power point presentation on awareness of “Novel corona virus”

1. On 26.6.2019, 40 Youth Red cross Students participated the Rally of “Drug Abuse and Illicit Trafficking” organized by Indian Red Cross Society”, Trichy. The Rally was flagged off by the Trichy city police commissioner. The Rally started from Major Saravanan circle and ended at Railway station Trichy.



Sub: Sending report for the Corona virus awareness

programme reg....Ref No: 1511/M/2020 Dated : 03.02.2020

With reference to your letter we wish to send the report for the Corona virus awareness programme. On 08.02.2020 a powerpoint presentation was jointly organized by NSS and YRC of Shrimati Indira Gandhi College, Trichy at 12.30p.m -2.00 p.m at R.V. Auditorium.

The resource person was Ms.D.Lakshmi, M.A., M.Phil., Assistant Professor of English, Shrimati Indira Gandhi College, Trichy. She explained about the cause, symptoms and impacts of corona virus in detail. She also gave stress on the various preventive measures to be taken during the time of emergency.

Further she highlighted that germs may affect the respiratory tract WBC and Kidneys. So she insisted the importance of frequent hand wash with an alcoholic hand rub and to avoid semi-cooked meat and preserved foods. She also explained the initiatives taken by the government to eradicate the epidemic. Finally she concluded that each and every person must be aware of disastrous effects of "corona virus" and to create awareness among their friends and society. Pamphlets were also distributed to the students to create immediate Awareness.



NATIONAL SERVICE SCHEME
&
YOUTH RED CROSS
Of
SHRIMATI INDIRA GANDHI COLLEGE

(Nationally Accredited at 'A' Grade (3rd Cycle) by NAAC)
Tiruchirappalli – 620002

Cordially invite you for an

AWARENESS PROGRAMME FOR UG STUDENTS
on
“Knowledge about Novel Corona virus and
Preventive Intervention”

by
Ms.D.Lakshmi M.A., M.Phil.

Assistant Professor,
Department of English
Shrimati Indira Gandhi College, Trichy

Date : 08.02.2020 (Saturday)
Time : 12.30 p.m. to 2.00 p.m.
Venue : R.V. Auditorium

Knowledge about Novel Corona virus and Preventive Intervention

