

## Report of NSS & RRC activities 2018-19

---

The National Service Scheme was started by Government of India, Ministry of Education and Culture, Govt. of India, in Collaboration with State Government in the year 1969 in 37 selected Universities. The main objective of the National Service Scheme as envisaged originally was service to the community, offered while undergoing instruction, in an educational institution. It was sought to arouse the social consciousness of students and provide them with the opportunity to work with the people around the educational campuses creatively and constructively and to put the education they received to concrete social use. It has been felt that the primary aim of the scheme is to enable the students to upgrade their personality and experience through community service. Every year, 24th September is celebrated as NSS Day.

The motto, i.e., the watchword of the NSS is “Not Me But You”. This expresses the essence of democratic living and upholds the need for selfless service and appreciation of the other man’s point of view and also to show consideration for fellow human beings. It underlines that the welfare of an individual is ultimately dependent on the welfare of the society as a whole. Vidhya Sagar Women’s College has been in the forefront of NSS activities. The NSS unit has strength of three units totally 300 volunteers. The impetus is to give the students best educational experience in order to make them responsible and productive citizens of the country. It has undertaken many socially and environmentally viable programmes which are very much helpful to the mankind Service is the motto of RRC & NSS.

An effervescent NSS unit has been established with a rudimentary objective of providing a dais for the interested students to partake in social work during their free time. The report of the activities of the unit for the academic year 2018-19 has been a record of accomplishments and triumphs. NSS is a platform to serve the society and bring happiness and smile on many faces. It is a hub created to deliver services to the society by showcasing the potential for service. So it’s not simply an association, it’s a reason to achieve the objective and carry on the legacy for the coming years.

### **Seven Days Special Camp:**

NSS Unit of the College had organised Seven Days Residential Camp from **19.02.2018 to 25.02.2018** at Pazhaveli the adopted Village. Camp was attended by 150 students and 3 staff members. The Theme of the Camp was **CLEAN INDIA-GREEN INDIA** Various activities were conducted for NSS Volunteers such as

#### **Inauguration: Day -I:**

NSS units of Vidhya Sagar Women's College organized a 7 days special camp in the adopted village Venpakkam during 19.02.2018 to 25.02.2018. Around 150 NSS student volunteers, 300 community people and 3 NSS Programme Officers have participated in the camp and performed many activities in the theme of "Healthy Youth for Healthy India". The Day-I kick started with a lot of enthusiasm and the camp was inaugurated by the village Former President Mr.Salguru, Mr.Sivakalaiselvan, Scheme B.D.O, Kattankulathur Panchayat Union, Mrs.Srividhya Headmistress Govt.Middle School Venpakkam, and presided over by Dr.C.Shalini Kumar, Principal Vidhya Sagar Women's College Chengalpattu

**During afternoon Session, Shri.D.Hari and Srimathi.Hari" Founder BharatGyan** Highlighted the importance, maintenance, conservation, and management of water resources under the topic of "**Water Resource Management** for future generation. It was an interactive session for the student volunteers of NSS. All the UG first year students are actively participated in this programme and it was very useful for them.

#### **Day-II**

The second day began with the same excitement and the NSS prayer. During morning session Mr. M. Krishnan, District Treasurer, Indian Red Cross Society, Teacher of Marvar Govt.Boys Higher Secondary School, Acharapakkam engaged the community people and NSS students' volunteers, with an interactive and demonstrative session on the topic "Disaster Management and First Aid Training".

**During afternoon session, Mr. S. Janarthanam, Joint Secretary, IRCS, Kanchipuram, delivered a speech on the topic of "Protect our Nation". He gave a useful and informative speech for our NSS Student Volunteers about the protection of our Nation.**

#### **Day-III**

**During morning session of the 3<sup>rd</sup> day Dr.S.Geethakumari, Teacher Govt. Girls Hr.Sec.School, Chengalpattu engaged the community people and NSS students' volunteers on the topic "CLEAN INDIA CLEANLINESS".**

**During afternoon Session, Mr.R.M.GnanaKannan, Naturopathy & Yogic Science, Holistic & Acu Healer delivered the speech about usage, importance and implementation of “ORGANIC FARMING” to the NSS students’ volunteers.**

#### **Day-IV**

We have organized “Free health camp-General Health check-up” for the community people and NSS students’ volunteers in associate with JSP Hospitals Chengalpattu . Around 300 people were benefitted.

**During afternoon Session, Mr.N.Prasath Safety Officer, GTTPL-NH-45, delivered the speech about Road Safety rules, demonstrating the videos regarding road accidents, on the topic “ROAD SAFETY AWARENESS” distributed the pamphlets to the NSS volunteers.**

#### **Day-V**

Fifth day of the camp began with the NSS prayer. “Smart girl & Yoga Training programme was organized by NSS students’ volunteers, students’ council and the school students of Govt.Middle School Venpakkam benefitted. This programme was mainly focused the women’s protection through self defence technique(Karate)

**During afternoon Session, Dr.Aathirai, Community Service Centre, Kanchipuram delivered the speech about importance and good health and the way to maintain good health to the NSS volunteers on the topic “HEALTH & HYGIENE”.**

#### **Day VI**

Sixth day of the camp began with NSS prayer. NSS students’ volunteers cleaned the Govt. Middle School venpakkam.

**During afternoon Session, various competitions like Essay writing, Kavithai, Drawing, Speech and Mime was conducted to the NSS students’ Volunteers on the topic “PROTECT OUR NATION”. Students were actively participated and won the prizes.**

#### **Valedictory:**

#### **Day-VII**

The valedictory function was organized in our college premises with the Chief Guest. Mr.R.Manickam, Treasurer, Indian Red Cross Society Kanchipuram district, and Dr.C.Shalini Kumar, Principal, Vidhya Sagar Women’s College welcome the gathering, the camp report was read by Mrs.K.Sridevi, competitions prizes were distributed by the chief guest to the prize winners. NSS Programme Officer and the thanking note was given by Ms.K.Latha NSS Programme Officer.

### **Women's Day Celebration:**

On behalf of NSS Units of Vidhya Sagar Women's College, Women's Day was Celebrated on 8<sup>th</sup> March 2018 in our College Premises. Smt. RADHA KRISHNASWAMY, Strength & Conditioning Coach, Indian Women Cricket Team, Chennai was the Chief Guest for the celebration.

### **Blood donation camp:**

The NSS, RRC of Vidhya Sagar Women's College jointly organized a one day Blood Donation Camp, held on 30<sup>th</sup> June 2018. Mrs.V..RAMA, Tahsildar, Chengalpet Inaugurated the camp, around 150 NSS Student volunteers donated their blood

### **International Yoga Day:**

“INTERNATIONAL YOGA DAY” was conducted by Vidhya Sagar Women's College Chengalpet on 21.06.2018. In that occasion Mr.K.S.Ram Prasad, Engineer Ram Construction and Mrs.R.Geetha Rtd.Teacher were the chief guests. Nearly 1200 students were participated.

### **Enrolment drive and Orientation program:**

Enrolment drive was conducted in the month of July and enrolled 150 volunteers for the year 2018-19. In order to educate the newcomers an Orientation and Training program was organized on 14th July, 2018.

### **General Health Check-up**

The NSS and RRC of Vidhya Sagar Women's College jointly organized a one-day health Camp, held on 30 th July 2018. Sri.D.Muthuadivel,Revenue Divisional Officer-Chengalpattu, inaugurated the Camp. Management members have participated and honored the Chief Guest and Doctors.Overall 500 public have participated. Our College NSS units took over the general health check-up; around 150 have been participated & benefitted.

### **One day Programme**

On behalf of NSS units of Vidhya Sagar Women's College, Chengalpet 10 students were participated in One Day Training Programme On "Human Rights supported by National Human Rights Commission(NHRC) 24.08.2018 Conducted by **Madras Christian College-Tambaram.**

### **Kerala Flood Relief**

On behalf of NSS, RRC units & the students of Vidhya Sagar Women's College, Kerala Flood Relief Things (Clothes, Diapers, Matchbox, Water Bottles, Biscuit Pockets, Sanitary Napkins etc..) were Contributed and handed over the same to the NSS Cell University of Madras on 28.08.2018.

## **Orientation Programme for Nss volunteers**

The NSS & RRC Units of Vidhya Sagar Women's College jointly organized NSS orientation programme on 30.08.2018 with the chief guest Dr.G.Bhaskaran, NSS Co-Ordinator University of Madras-Chennai. In this programme, Our Principal Dr.C.Shalini Kumar welcomed and honored the guest and NSS volunteers. Chief Guest conveyed his blessings to the NSS volunteers for their zeal to serve the society through NSS and also emphasized on the personality development through NSS. The Chief guest also delivered his speech regarding programme and activities being done under the National Service Scheme.

## **Rice Packets Donation**

On behalf of NSS, RRC units & the students of Vidhya Sagar Women's College-chengalpattu, Rice packets are donated to the IGM Children's Home Guduvanchery & Good Service Trust Vallam-Chengalpattu on 31.08.2018.

## **Ariviyal Kalajiyam Tamil Competitions**

On behalf of NSS units of Vidhya Sagar Women's College-Chengalpet, 10 students were participated Science Communication Review Competition in Tamil Ariviyal Kalanjyiam Awards on 01.09.18 Conducted by University of Madras, M.T.S Academy, Nehru Yuva Kendra, and Ministry of Youth Affairs and Sports, Government of India.

## **NSS Day Celebration:**

On **28.09.2018** NSS Day was celebrated in our college Auditorium. Mr.R.M. GNANA KANNAN,D.C.E., B.Nat (Naturopathy & Yogic Science) Holistic &Acu Healer was the Chief Guest and Prof. S. MANICKAM, District Secretary, IRCS, Kanchipuram was the Guest of Honour on that occasion. Various competitions like ENGLISH SPEECH, TAMIL SPEECH, DRAWING, KAVITHAI AND SKIT were conducted and give away the prizes for the winners of the competitions.

## **ONE DAY SPECIAL CAMP:**

On 23.10.2018 around 60 volunteers of NSS and RRC units of Vidhya Sagar Women's College-chengalpattu, went to UDAYAM REHABILITATION CENTRE - PALLIAGRAM and

conducted campus cleaning activity and donated steel plates and tumblers to the special children of that school.





































# Report of NSS & RRC activities 2019-2020

---

The National Service Scheme was started by Government of India, Ministry of Education and Culture, Govt. of India, in Collaboration with State Government in the year 1969 in 37 selected Universities. The main objective of the National Service Scheme as envisaged originally was service to the community, offered while undergoing instruction, in an educational institution. It was sought to arouse the social consciousness of students and provide them with the opportunity to work with the people around the educational campuses creatively and constructively and to put the education they received to concrete social use. It has been felt that the primary aim of the scheme is to enable the students to upgrade their personality and experience through community service. Every year, 24th September is celebrated as NSS Day.

The motto, i.e., the watchword of the NSS is “Not Me But You”. This expresses the essence of democratic living and upholds the need for selfless service and appreciation of the other man’s point of view and also to show consideration for fellow human beings. It underlines that the welfare of an individual is ultimately dependent on the welfare of the society as a whole. Vidhya Sagar Women’s College has been in the forefront of NSS activities. The NSS unit has strength of three units totally 300 volunteers. The impetus is to give the students best educational experience in order to make them responsible and productive citizens of the country. It has undertaken many socially and environmentally viable programmes which are very much helpful to the mankind Service is the motto of RRC & NSS.

An effervescent NSS unit has been established with a rudimentary objective of providing a dais for the interested students to partake in social work during their free time. The report of the activities of the unit for the academic year 2019-20 has been a record of accomplishments and triumphs. NSS is a platform to serve the society and bring happiness and smile on many faces. It is a hub created to deliver services to the society by showcasing the potential for service. So it’s not simply an association, it’s a reason to achieve the objective and carry on the legacy for the coming years.

## **Seven Days Special Camp:**

NSS Unit of the College had organised Seven Days Residential Camp from **18.02.2019 to 24.02.2019** at Venpakkam the adopted Village. Camp was attended by 150 students and 3 staff members. The Theme of the Camp was “**GO GREEN - GROW GREEN**” Various activities were conducted for NSS Volunteers such as “**Healthy Youth for Healthy India**”, “**ORGANIC FARMING**”, “**kuk; tsh;g;Nghk;! kio ngWNthk;!**”, “Cleaning Activity” The Govt. Middle

School Venpakkam, “Ban Plastic”, “Personality Development”, “PULWANA MARTYRES”, “Free Health Camp-General Health Check-Up”, “General Health Check-Up”, “Breast Cancer Awareness”, “Health & Hygiene”, “First Aid Training”, “Save the Nature”. The purpose of the camp was to inculcate various values such as social, moral, cultural educational and ethical.

### **Women’s Day Celebration:**

On behalf of NSS Units of Vidhya Sagar Women’s College, Women’s Day was celebrated on 7<sup>th</sup> March 2019 in our College Premises. The chief guest was Mrs Eva James vice president- ISIT Renault Nissan Technology & Business centre private ltd,

### **International Yoga Day:**

“INTERNATIONAL YOGA DAY” was conducted by Vidhya Sagar Women’s College Chengalpet on 21.06.2019 in associated with “Art of Living”. In that occasion Mr.Jayaprakash perumal, Senior Manager,MNC & Certified Yoga Teacher, Mr.Teja Renganathan, Senior Engineer, Automobile Firm & Certified Yoga Teacher, Mr.Raju Bala Subramanian, Senior Engineer, Oil & Gas Exploration Development Industry, Certified Yoga Teacher were the guest of honour,. Nearly 1200 students were participated.

### **Blood donation camp:**

The NSS, RRC of Vidhya Sagar Women’s College jointly organized a one day **Blood Donation Camp**, held on 28<sup>th</sup> June 2018.Mr.N.Selvam Revenue Divisional Officer Chengalpet Inaugurated the camp, around 120 NSS Student volunteers donated their blood.

### **Enrolment drive and Orientation program:**

Enrolment drive was conducted in the month of July and enrolled 150 volunteers for the year 2019-20. In order to educate the newcomers an Orientation and Training program was organized on 14<sup>th</sup> July, 2019.

### **NSS ORIENTATION PROGRAMME:**

An Orientation Programme for NSS Volunteers has been organized on August 07, 2019. The programme was started with College Prayer followed by the Thamiltai Vazhthu & NSS Song. Warm welcome was extended to the dignitary by Dr. C.Shalini Kumar, Principal Vidhya Sagar Women’s College Chengalpattu., The Programme was presided by Mr.V.Moses Selvakumar Assistant Professor,Madras School of Social Work, Egmore. He conveyed his blessings to the NSS volunteers for their zeal to serve the society through NSS and also emphasized on the personality development through NSS. The Chief guest also delivered the speech about the programme and activities being done under the National Service Scheme. Mime and speech performed by the NSS

volunteers on the topic "SAVE WATER" The programme ended with Vote of Thanks delivered by NSS Programme Officer Mrs.T.Janaki.

### **General Health Check-up:**

The NSS, RRC, Enviro, Karuna, Rrotract and YRC of Vidhya Sagar Women's College jointly organized a one day health Camp, held on 18<sup>th</sup> August 2019. Mr.DineshLakahwat, Secretary Mahaveer International Inaugurated the Camp. Management members have participated and honored the Chief Guest and Doctors. Overall 110 public have participated. Our College NSS units took over the general health check-up; around 100 have been participated & benefitted.

### **SWACHHTA PAKHWARA:**

Day-1 For the observance of **SWACHHTA PAKHWARA- "Campus Cleaning"** Activity was conducted by Vidhya Sagar Women's College Chengalpet on 13.08.2019.. Day-2 **CAMPUS CLEANING & RICE PACKET DONATION**, at Good Service Trust Vallam, held on 14<sup>th</sup> August 2019. Day-3 NSS, RRC unit of Vidhya Sagar Women's College conducted **"Tree Plantation Activity"** at our College campus on 15.8.2015. Around 60 NSS volunteers were participated

### **Fit India Movement:**

'Fit India Movement', on Thursday, August 29. Here are the highlights of Prime Minister Narendra Modi speech at the launch, On being successful-- "The relationship of success and fitness is also interlinked. Take any field today, look at your icons, see their success stories, whether they are in sports, films, business, most of them are fit. NSS & RRC Volunteers are encouraged to view the live telecast, at last NSS programme Officers and Volunteers were took the "Fit India Pledge"

### **Mahindra World City:**

The NSS, RRC of Vidhya Sagar Women's College has Participated in Chennai's Largest 1.5 Lakhs Tree Plantation Drive in collaborated with TOI & Hero Motors held at Mahindra World City. Around 120 NSS & RRC Volunteers Took part in this event.

### **LITERACY DAY-RALLY:**

An account of celebrating the International Literacy Day on September 8, 2019. The NSS, RRC of Vidhya Sagar Women's College has conducted the Rally at adopted village on September 9, 2019.

### **Swachh Bharat –Rally & Cleaning Activities:**

The NSS, RRC of Vidhya Sagar Women's College has Participated in swachh bharat –Rally & Cleaning Activities in collaborated with Southern Railway-Chengalpattu Junction. Around 75 NSS & RRC Volunteers Took part in this event.

### **Ariviyal Kalajiyam Tamil Competitions**

On behalf of NSS units of Vidhya Sagar Women's College-Chengalpet, 10 students were participated Science Communication Review Competition in Tamil Ariviyal Kalanjiyam Awards on 21.09.19 Conducted by University of Madras, M.T.S Academy, Nehru Yuva Kendra, and Ministry of Youth Affairs and Sports, Government of India.

### **NSS DAY CELEBRATION:**

NSS Day Celebration Programme has been organized on september 24, 2019 by the NSS & RRC Club. The Programme was presided Mr.G.SAMBANDAM, M.A.,Deputy Superintendent of Police (Rtd.) Vigilance & Anti-Corruption,Chennai. Our Principal Dr.C.Shalini welcomed and honoured the guest and NSS volunteers.Chief Guest conveyed his blessings to the NSS volunteers.

### **POSHAN ABHIYAAN:**

For the observance of **POSHAN ABHIYAAN - “NUTRITION AWARENESS CAMPAIGNS”** conducted the **Awareness programme about Nutrition foods**. Day-1 The chief of Programme was Mrs.R.GnanaPushpam, M.Sc (Nutrition & Food Technology) Vidhya Sagar Women's College Chengalpet on 25.09.2019. Day-2 The chief guest of programme **Dr.Sowjan MBBS, M.D.** Associate Professor Department of Pediatrics Karpag Vinayaka Institute of Medical Science-Chengalpattu. Day-3 **“FOOD DEMONSTRATION & POSTER MAKING”** at our College auditorium on 30.8.2019. The programme was supervised by **our college principal Dr.C.Shalini**, Best poster and nutrition foods are appreciated and honoured by NSS Programme Officers.

### **Rice Packets Donation**

On behalf of NSS, RRC units & the students of Vidhya Sagar Women's College-chengalpattu, Rice pockets are donated to the IGM Children's Home Guduvanchery on 09.10.2019.











**CCC REPORT 18-19**

**Health Camp Report-2018**

Vidhya sagar women's college organized free health camp on **29<sup>th</sup> July (sunday), 2018** for the public peoples living in and around vedhanarayanapuram villege, chengalpattu taluk. In this free health camp our citizen consumer club organized and arranged dental check-up in association with medical team headed by Dr.SANTHOSH and Dr.Bhavani along with eight staff nurses from the karpaga vinayaga institute of medical studies and research. The camp was inaugurated by Mr.Pannerselvam, Revenue Divisional Officer, Chengalpattu and Dr.Shalini madam principal honoured the chief guest with shawl and memento.

Under the free dental check-up more than 100 peoples were participated and 25 patients get minor treatment the camp and benefited from the free health

### **Inaugural program Report-2018**

Citizen Consumer Club of our college is established for the purpose of spread the awareness about consumer rights amongst all consumer segments and to help consumers get justice when affected. Citizen Consumer Club was inaugurated by **E.NandhaKumar**.BA,BL,Advocate, chengalpet court, Member of Indian Human Rights Organization & Women's Empowerment and Welfare Activist) for 250 students' members on 07.08.2018. **Mr.NandhaKumar** made the students to understand fundamental rights of citizen and make them realize and learn fundamental duties of a good citizen. He built a base of enlightened citizen consumer as the foundation of future India. He brought awareness and realization about duties and responsibilities as citizen of India. He made the students aware of laws enacted for protection or welfare of consumers & enforcement authorities concerned.

Mr. Nandha Kumar enable students understand fundamental rights of citizen and make them realize and learn fundamental duties of a good citizen.

He builds a base of enlightened citizen consumer as the foundation of future India.

He brings awareness and realization about duties and responsibilities as citizen of India.

He makes the students aware of laws enacted for protection or welfare of consumers & enforcement authorities concerned.

Citizen consumer club is established for the purpose of spread the awareness about consumer rights amongst all consumer segments and to help consumers get justice when affected.

**Goods Adulteration & Experiment Programme-2018**

## REPORT

Citizen Consumer Club of Vidhya Sagar Women's College organized **Goods Adulteration & Experiment Programme**. The Programme was held on 19<sup>th</sup> Dec, 2018(Wednesday) at III floor auditorium.**Dr.Perumal**.MBBS, Health inspector, Department of Public Health, Government of TamilNadu was the chief guest of the experimental programme.

Dr.**G.Valarmathi**, Head, Department of Commerce & IQAC Coordinator, Mrs.**B.Kalpana**, Head, Department of Mathematics and Mr.**P.D.Yekanath**, Head, Department of Computer Applications were also participated in the programme.Mr.**A.Christhu Kamalraj**, Coordinator of the Citizen Consumer Club honored Our Chief guest with a shawl and Dr.**G.Valarmathi**, presented momento to the chief guest.

Mrs.**P.Geetha**, Advisor of Citizen Consumer Club invites our chief guest and all dignitaries in her welcome address and introduced about the chief guest.

The programme was held in a grand manner. Nearly 30 different types of sample goods was displayed in the programme.60 of student volunteers were arranged and showed their experiment how the goods were adult. The students also explained about the causes and remedies of the adult goods.

Around 200 of our College students from various departments were visits and benefitted from the experiment programme. Many staff members also participated and appreciated our students.

**Dr.Perumal** explained about the goods adulteration through power point presentation with pictures in his key note address helps students understand about the concept well.

The program was ended fruitfully with the Vote of Thanks presented by CCC co-ordinator Mr.A.Christhu Kamalraj.



