

S.D.N.B Vaishnav College For Women

NSS Program

For the months June - July 2018

S. No	DATE	EVENT	SPEAKER/GUEST	ACTIVITIES	BENEFICIALS	DOCUMENTS
1.	20 th JUNE 2018	International yoga day	<p>1. Mr. Venkat, a trainer from Heartfulness Institute</p> <p>2. Dr. V. Varalakshmi former Principal S.D.N.B.V.C</p> <p>3. Dr. J.R. Banumathy H.O.D of History depart-ment</p>	<p>1. Lecture on benefits of yoga day.</p> <p>2. Demo of meditation and yoga.</p>	Students of NSS, Statistics, PB&PB, Economics, History and Mathematics department.	  
2.	03 rd JULY 2018	No plastic day	Principal Dr. Geetha S.D.N.B.V.C	<p>1. Oath taken by college students and NSS students (Individually) to Refuse, Reduce, Reuse and Recycle the plastics.</p> <p>2. A Poem on "SAY NO FOR A PLASTIC AGE" was presented by NSS student in college assembly.</p> <p>3. Awareness on avoiding plastic materials was conveyed to the college students.</p> <p>4. Posters were prepared by NSS students on "No plastics".</p>	SDNB Vaishnav college students.	 

3.	05 th JULY 2018	Awareness on "WOMEN SAFETY DRIVING".	<p>Speakers; Mr.V. Murugan (Sales Manager), Mr. Shahul, Mr. Manikandan and their team from Lodha Honda.</p> <p>Guest; Principal Dr. Geetha</p>	<p>1. PPT presentations and Videos.</p> <p>2. Lecture on safety, traffic rules and regulation.</p> <p>3. Driving demo with computerized vehicle.</p> <p>4. Practice on driving in a hurdle setup.</p> <p>5. Encouragement gifts of key chain, ATM card, Pouches.</p>	2 nd year NSS Students, Students coming to college by two wheeler and teachers.	   
4.	10 th July 2018	U&I program	U&I volunteer and Dr. R. Savithri H.O.D Dept. of commerce.	<p>1. Orientation on the U&I teaching program.</p> <p>2. Interview for interested NSS students and college girls for selection as U&I volunteer.</p>	College students and U&I volunteers.	
5.	11 th July 2018	World population day	Dr. R. Saraswathy NSS P.O Unit I and Dr. S. Amudha NSS P.O Unit II	<p>1. Chart presentation on World population day.</p> <p>2. Puppets were displayed representing a family of 3 members.</p>	College students and teachers.	 






6.	12 th July 2018	Malala day	Dr. R. Saraswathy NSS P.O Unit I and Dr. S. Amudha NSS P.O Unit II	<p>1. Supporting Malala's voice for education NSS students wore sky blue color dress (for educational field).</p> <p>2. Presented an exhibit to show "A pen is mightier than a sword".</p>	College students and teachers.	 
7.	15 th July 2018	Karmaveerar Kamarajar's birthday	Principal Dr. Geetha S.D.N.B.V.C	Shirt painting of Mr. Kamarajar and spread information about him to students, teachers and principal.	College students and teachers.	 
8.	17 th July 2018	International justice day	Dr. R. Saraswathy NSS P.O Unit I and Dr. S. Amudha NSS P.O Unit II	Charts presentation on International justice day	College students and teachers.	
9.	24 th to 26 th July 2018	Swachh Bharat summer internship camp	Principal Dr. Geetha S.D.N.B.V.C	<p>1. Survey</p> <p>2. Campaigning</p> <p>3. Mass cleaning</p> <p>4. Wall painting</p> <p>5. Awareness program on health & hygiene to school children</p> <p>6. Awareness program on conservation of environment</p> <p>7. Rally</p>	NSS, Rotaract students, Nanmangalam villagers and teachers.	 

				<p>8. Poster making competition</p> <p>9. Display of documentary videos to school children</p> <p>10. Discussion with general public on health and personal hygiene</p>		   
10.	27 th July 2018	A. P. J. Abdul Kalam's death anniversary	Principal Dr. Geetha S.D.N.B.V.C	<p>1. 20 saplings were planted in the college campus.</p> <p>2. NSS students presented an awareness dance for welcoming fresh year students.</p>	College students and teachers.	 
11.	28 th July 2018	World nature conservation day	Dr. Thangam Dept. of English, NSS coordinator	Competition for a pair of NSS and non NSS from each department on the topic "SAVE NATURAL RESOURCES".	College students and teachers.	 








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NSS Program


For the months August 2018

S. No	DATE	EVENT	SPEAKER/GUEST	ACTIVITIES	BENEFICIALS	DOCUMENTS
1.SWACHHTA PAKHWARA FROM 1st to 15th AUGUST 2018						
I.1	1st August 2018	Seminar on swachhta and Swachhtashapath (oath)	MR. S. MANIKAVALU, chief manager of C.C. Bank, head office	<p>I.A seminar on Swachhta by a local eminent speaker MR. S. MANIKAVALU. He spoke on cleanliness with a power point presentation with many quotes related to cleanliness. In his speech the points covered were HEALTH, HYGINE AND CLENLINESS.</p> <p>2. Video created by the NSS secretary M.N.Nishma 2nd Chemistry on pollution free environment, was displayed to the gathering,</p> <p>3. Towards the end all the NSS Functionaries and Volunteers with the guest took (Oath) SWACHHTASHAPATH.</p>		   
I.2	2nd-5th August 2018	Campus cleaning	—	<p>1. Around 250 NSS students actively participated in cleaned the class rooms, laboratories, library, play-ground, lawn, auditoriums and club rooms etc.</p> <p>2. Twenty saplings</p>		

				were planted across the college campus by the NSS students.		 
I.3	6th-8th August 2018	Door to door campaign	—	A special survey at Nanmangalam Village was conducted.		 
I.4	9th-10th August 2018	Mass cleaning of village	—	Cleaning the rural localities in and around Nanmangalam Village.		
I.5	11th-13th August 2018	Serving welfare agencies in cleaning	—	The NSS Students visited the locally base welfare agencies like Government Hospital, old age home and railway station in and around Chrompet and dedicated their service for cleaning the area, We offered 10 free saplings to the GH concern.		 

1.6	14th August 2018	Rally	—	150 NSS students went by walk around the streets of Nanmangalam village, yelling around the streets to avoid plastics, promoting proper separation of bio and non-bio degradable garbage		
1.7	15th August 2018	Meeting and declaring as “clean institution”	Principal Dr. R. Geetha, teachers and staffs of S.D.N.B.V.C	<p>1. On 72th Independence Day celebration at S.D.N.B Vaishnav College, a report about SWACHHTA PAKHWARA was Summarized by NSS secretary M.N. Nishma.</p> <p>2. The College Principal Dr. R. GEETA declared the campus as “CLEAN INSTITUTION”</p>		 
2.	7th AUGUST 2018	World Handloom Day	Principal Dr. R. Geetha S.D.N.B.V.C	<p>1. Encouraging weavers hand works cloths, cotton bags for sales and Hand works (wonders from waste) by college students were collected and displayed at college entrance.</p> <p>2. Wonders from waste competition for a pair of students from each department were conducted.</p>	College students, staffs and teachers.	 
3.	13th AUGUST 2018	NSS Inauguration	Dr. R. Kamala Murugan, NSS Program officer, Asst. Prof. Dep. Tamil, Queen Mary's college	<p>1. Prayer</p> <p>2. Watering the plant</p> <p>3. Welcome Address</p> <p>4. Felicitation of chief guest.</p> <p>5. Presentation of NSS report.</p>	Students and teachers.	 




				6. Chief guest address		
				7. Vote of thanks		
4.	15 th AUGU ST 2018	Golden jubilee of S.D.N.B Vaishnav college was celebrated	Principal Dr. R. Geetha, teachers and staffs of S.D.N.B.V.C	With college cultural the NSS students did formation of 50.	College students, staffs and teachers.	
5.	28 th AUGU ST 2018	Gaj Mahotsav	Staffs	The NSS students brought small elephant doll and drawing. The students were educated, The importance of Asian animal Elephant	Teachers and NSS Students	 
6.	29 th AUGU ST 2018	Contributions for Kerala flood relief.	—	Students Contributed ay of the following, <ul style="list-style-type: none"> • Sanitary Pads • Baby Diapers • Clothes(Please don't give torn and unusable clothes) • Towels, Blankets • Medicines - Crocin, Antibiotics, Cough syrups, first aid, Dettol, etc • Candles, Matchboxes • Mosquito Repellants, Coil • Soap, Toothbrush, Toothpaste • Milk powder • Bread packets • Biscuits • Rice, Wheat Flour • Packed Foods (ready to cook / Read to eat) 	Flood affected people	
7.	29 th - 31 st AUGU ST 2018	Awareness on organ donation	Class In charge teachers	1) Organ Picture 2) Importance of the organ? 3) How the organ get damaged? 4) Useful ness in donating the organ after death. 4.1- percentage of people in need of	Teachers, College Students and society.	





			<p>organ.</p> <p>4.2- percentage of people have undergone transplantation</p> <p>4.3- no. of people donated, while leaving or after death</p> <p>5. Why are people not willing to donate organs</p> <p>6. How to take care of the organ without any damage?</p> <p>The NSS students went class to class and educated the students on these topics.</p>	
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S.D.N.B.Vaishnav College For Women

NSS Program

For the September month

S. No	DATE	EVENT	SPEAKER /GUEST	ACTIVITIES	BENEFICIALS	DOCUMENTS
1.	1 st to 7 th September 2018	National Nutrition Week	Principal Dr. R. Geetha, teachers and staffs of S.D.N.B.V.C	<p>1. Posters on Nutritional practice were prepared by NSS volunteer and displayed in the entrance for college student's notice.</p> <p>2. NSS volunteers explained there posters to College students, staffs and teachers and educated them on OPTIMAL INFANT AND YOUNG CHILD FEEDING PRACTICES.</p> <p>3. During lunch hour, the NSS volunteers carried healthy homemade traditional food and shared with each other as COMMUNITY LUNCH.</p>	College students, staffs and teachers.	 
2.	5 th September 2018	Campus cleaning	—	As a regular practice, around 120 NSS volunteers, involved in cleaning the campus.	College students, staffs and teachers.	 
3.	7 th September 2018	Lecture by Plastic Man of India	Padma Shri Dr. Rajagopalan Vasudevan	The NSS volunteers were pleased to meet the India's PLASTIC MAN, Padma Shri Dr.	College students, staffs and teachers.	

				<p>Rajagopalan Vasudevan.</p> <p>Who encouraged the students for achievements and shared his views on plastics as friend which depends on the user.</p>		 
4.	9 th - 11 th September 2018	World Literacy Day (8/9/2018, Sunday)	Teachers and staffs of S.D.N.B.V.C	<p>The NSS volunteer taught and trained the cleaning staffs to write their name in English and Tamil for past 2 days.</p> <p>The staffs showed a lot of interest for learning.</p>	The illiterate, campus cleaning workers.	 
5.	11 th September 2018	World Ozone day rally	Chitalapakkam police station Inspector Mr. Ramesh with his team. Principal Dr. R. Geetha, teachers and staffs of S.D.N.B.V.C	<p>The NSS volunteer, NSS PO and staffs together walked in and around Chrompet streets, at a stretch starting from SDNBVC college gate -chrompet railway station- Velacherry bridge- SDNBVC college gate. Around 300 NSS volunteer took part in the rally from 9am to 11am</p>	General public, College students, staffs and teachers.	  

6.	16 th September 2018	Youth Red Cross (YRC)	VISAI organisation Saravanan, Ramya, and their team.	The team from VISAI educated the NSS volunteers on Reduce, Reuse and recycle of plastics. They said many alternative ways to use the plastic products after use. I was an interactive session.	College students, staffs and teachers.	 
7.	18 th September 2018	First Aid	Miss. Selvi nurse from Apollo shine.	The trained nurses from Apollo Shine addressed the NSS volunteers about different first aid method and demonstrated few, with the volunteers help. A power point on first aid was shown to the gathering.	College students, staffs and teachers.	 
8.	19 th September 2018	Southern railway, Operation clean drive.	Southern railway incharges.	Around 45 NSS volunteers of SDNBVC, together with Chrompet railway staffs went on rally wearing t-shirt with Gandhi's slogan and holding pluck cards to spread awareness on cleanliness.	General public, College students and teachers.	 
9.	20 th September 2018	Southern railway, Operation clean drive.		As a part of clean drive, NSS volunteers render their serve in cleaning the temple and spread awareness on cleanliness in and around the areas.	General public, College students and teachers.	







						 
10.	24 th September 2018	NSS day	Dr. G. Jagatheswari former NSS Program officer.	The chief guest Dr. was a program officer in 2015 at SDNBVC. Dr. shared her experience in the NSS field and motivated NSS volunteers to serve the nation in the best possible way. A ppt about NSS was displayed followed by NSS athem.	College students, staffs and teachers.	  

S.D.N.B Vaishnav College For Women

NSS Program

For the months OCTOBER 2018

S. No	DATE	EVENT	SPEAKER/ GUEST	ACTIVITIES	BENEFICIALS	
1.	03 rd October 2018	Nature day	-	The NSS volunteers took initiative in painting the college's inner wall with Nature as theme.	SDNB Vaishnav college students and teachers.	
2.	4 th October 2018	Animal day	-	The NSS volunteers wore different animal masks and visited each class room and explained the college students the importance in protecting the animals.	SDNB Vaishnav college students and teachers.	
3.	06 th October 2018	Food saving traditional day	-	The NSS volunteer gathered and a speech on save food was delivered by joint secretary Subiksha also a brief discussion on food safety.	NSS Volunteers and teachers.	
4.	9 th October 2018	Environmental awareness program	Mr. S. R. Ramanan formal Director of cyclone warning centre in Chennai.	Mr. S. R. Ramanan gave his lecture on weather and climatic condition of many countries with power point presentation. He also clarified the student's doubts.	SDNB Vaishnav college students and teachers.	
5.	10 th October 2018	Postal day	-	The NSS volunteers brought envelop and posted letters to their grandparents or family or friend. The total number of letters received were 86. An a wish the envelop letter had the writings as "HAPPY POSTAL DAY".	NSS Volunteers and teachers.	 



6.	10 th October 2018	World Mental health day	-	Charts by NSS volunteer on Mental health was displayed for college student's view.	SDNB Vaishnav college students and teachers.	
7.	11 th October 2018	International day of girl child	Principal Dr. Geetha S.D.N.B.V.C	The students prepared charts on "SAVE GIRL CHILD" and displayed in the college entrance for the college students and teachers view.	SDNB Vaishnav college students and teachers.	
8.	15 th October 2018	A.P.J. Abdul kalam's birthday celebration	Dr. R. Saraswathy NSS P.O Unit I and Dr. S. Amudha NSS P.O Unit II	On the occasion of A.P.J. Abdul kalam's birthday. NSS unit conducted various competition like oratorical "NEVER REST AFTER YOU'VE FIRST VICTORY", Essay writing "INSTEAD OF PROVIDING FOOD, MAKE INDIA POORLESS" and a science exhibition by the science stream students.	The NSS volunteers, participants and teachers.	 
9.	16 th October 2018	World food day	-	The NSS students brought packed food from home and gave the food to the road side poor beggar.	The poor people.	
10.	17 th October 2018	International day of poverty eradication	-	The NSS unit collected various stationeries from the interested college students and gave all those material to the needed 94 government school students, to an ashram of 8 members and to a tribe community studying in government school at Tiruporur.	Government school teachers.	 

S.D.N.B Vaishnav College For Women

NSS Program

For the months NOVEMBER, DECEMBER 2018







S. No	DATE	EVENT	SPEAKER/ GUEST	ACTIVITIES	BENEFICIALS	PHOTOS
1.	19 th November 2018	General awareness	-	(5) Wall Painting were done by NSS Volunteers on topics like, save water, stop plastics, Save Earth, Pollution free environment	SDNB Vaishnav college students and teachers.	
2.	26 th November 2018	Constitution of India adopted by constitution Assembly	-	The NSS volunteers prepared charts, drawings etc. with which they explained and discussed social issues. Where many suggested a solution that "raise question when some mistake happens" even if a problem was small.	SDNB Vaishnav college students and teachers.	
3.	29 th November 2018	Contribution of Gaja cyclone relief material	-	The college NSS volunteers dedicated them in collecting the relief material from friends and family members. Around 20+ Material were packed in large quantity.	NSS Volunteers and teachers.	
4.	4 th December 2018	AIDS awareness program	Mr. Care and welfare NGO	The NSS volunteers were educated about the origin of AIDS, transmitting process, care for HIV affected person, Avoid unwanted relationship, Precaution. It was a very interactive session.	SDNB Vaishnav college students and teachers.	
5.	5 th December 2018	Go green awareness	-	To avoid the contamination in land and soil. Rangoli was drawn to promote greenery.	NSS Volunteers and teachers.	
6.	8 th	14 th Inter	-	It was a Tamil science	5 NSS volunteers	



	December 2018	Collegiate Science Review competition		conference organize by NSS cell.		
7.	21 st December 2018	Energy conservation day	-	The NSS volunteers briefly discussed the importance of save electricity.	NSS volunteers.	

S.D.N.B Vaishnav College For Women

NSS Program

For the months JANUARY, FEBRUARY and MARCH 2018

S. No	DATE	EVENT	SPEAKER/ GUEST	ACTIVITIES	BENEFICIALS	PHOTOS
1.	9 th January 2019	NRIday	-	NSS Volunteers did pot painting related to national heritage.	NSS students and teachers.	
2.	10 th January 2019	Smoke free Bhogi	Members of lion's club, principal Dr. Geetha	The NSS volunteers prepared banner, slogan, pluck card, charts, drawings etc. Around 150 volunteers went on walk in the Chrompet streets yelling global warming, stop burning and measures to control pollution.	The Chrompet public, SDNB Vaishnav college students and teachers.	 
3.	2 nd February 2019	Traffic week awareness	Chennai traffic police and Rela institute doctors.	The college NSS volunteers with the Chennai traffic police and doctors from Rela actively involved in teaching the public traffic rules. Also, stuck stickers on to vehicles.	Public, NSS Volunteers and teachers.	  
4.	13 th March 2019	Summer solutions for birds	—	The college NSS volunteers made bird feed and hung it around the college campus as it can be helpful for birds in the summer season.	Nature	

5.	13 th March 2019	Prize distribution	NSS Programme officer	Prizes were distributed to the students who won in poster making, Essay writing, wonder out of waste competition.	Students	
6.	21 st March 2019	Inter college NSS competition	—	15 NSS volunteers actively participate in inter college competition conducted by MCC and won in 8 competitions and secured over all trophy.	NSS volunteers	


S.D.N.B.Vaishnav College For Women

NSS 2018-19 Special camp

S. No	DATE	EVENT	SPEAKER/ GUEST	ACTIVITIES	BENEFICIAL S	DOCUMENTS
D1	15/02/19 Friday	Inauguration	Mr.Baskaran	NSS mega camp's inaugur- ation	Camp students	
		Survey	~	Door to door visit and collection of data about health, hygiene.	Community people	
D2	16/02/19 Saturday	ENT awareness	Dr.Murugesan	ENT care advices	Camp students	
		Community service/ pamphlet distribution	-	NSS Camp students went door to door to spread awareness on <u>HEALTHY YOUTH, HEALTHY INDIA</u> also distributed pamphlets on free medical camp.	Community people.	
		MagalirKuzhu	Mr.Murugaiyan	Motivational talk on personality, social and economic development .	Camp students	

D3	17/02/19 Sunday	Free medical camp	Care and welfare team and team of doctors from	Free medical camp on eye, dental and general check up were conducted. Tow old age people were given free spectacles.	General public	   
D4	18/02/19 Monday	Seed ball technique	Mr. Geomilton Care and welfare team	To grow plants by seed booms	Camp students	
		Silambam	Mr. Rajesh Master	A tanning session of silambam	Camp students	
D5	19/02/19 Tuesday	Solid waste management	Mrs. Malathimaran	Eco friendly life, and waste management	Camp students	
		Dental Care	Dr. Deepa	Dental awareness and care	Camp students	
		Best out of waste	—	To make bags using reusable	Camp students	

				things.		
		Breast cancer awareness	Mrs.Arokya Mary from women welfare	Awareness on breast cancer and women hygiene.	Camp students	
D6	20/02/19 Wednesday	Career orientation	Mrs.Subhashini	Guidance on career choice.	Camp students	
		First aid	Care and welfare team	Training on first aid	Camp students	
		Organ donation	Care and welfare team	Awareness on organ donation	Camp students	
D7	21/02/19 Thursday	Breast cancer awareness to public	~	Awareness on breast cancer.	Public	
		Mass cleaning	~	Campus cleaning.	Self	
		2 Government middle school Visits	—	Entertain the school students with competition to	School kids	

				encourage them.		
		Valediction	Mr. Thirumalai Rajkumar, Ministry of youth affairs and sports	Valediction ceremony	Camp students	