

**REPORT OF REGULAR ACTIVITIES OF NSS UNITS 96, 97, & 162**  
**SREE AYYAPPA COLLEGE FOR WOMEN, CHUNKANKADAI**  
**FOR THE ACADEMIC YEAR 2022- 2023**

**REPORT FOR THE ACTIVITIES OF THE MONTH OF JULY 2022**

**MASS TREE PLANTATION DRIVE -10 JULY 2022**

Mass tree plantation drive was organized by NSS Units 96, 97 and 162 in association with OISCA International 10 July 2022. Dr Sreeya G. Nair formally welcomed the gathering. About 22 years back OISCA launched its movement in our campus .As a responsible citizen, it is very important to not only conserve our environment but we need to also contribute to strengthen the environment by promoting best practices .OISCA has been playing a pivotal role towards ensuring sustainable development .Shri Ilayaraja IFS, District Forest Officer tells us about the importance of forest. Our Principal Dr K V Jayashree gave a brief introduction about the programme. Adv.R.Mahesh,Honorable Mayor of Nagercoil Municipal Corporation as the chief guest. About 100 volunteers took part in this program.200 saplings were planted in and around our campus by our NSS volunteers. Mahagony, Neem, Ebony,Indian Blackberry ,Nakshatra plant, Mango, Coconut etc were planted . Ms Reshmi R V presented the compering and vote of thanks respectively.

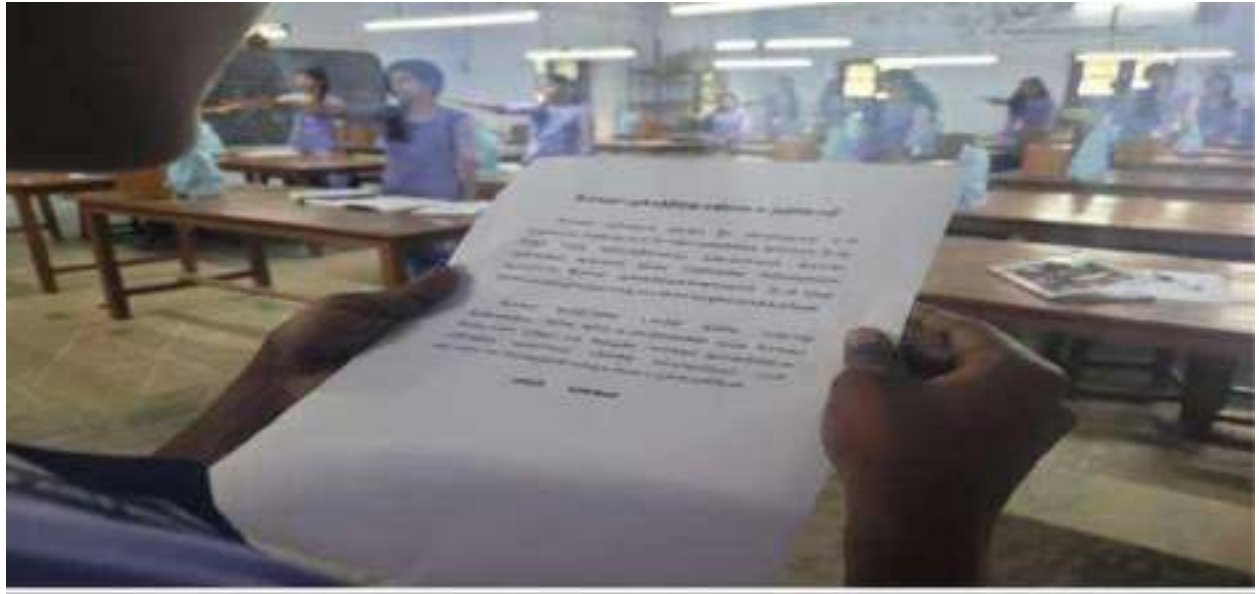




## **REPORT FOR THE ACTIVITIES OF THE MONTH OF AUGUST 2022**

### **'DRIVE AGAINST DRUGS '(DAD)**

On 11 August 2022, the NSS volunteers, Members of RRC, YRC and General Students, staff of Sree Ayyappa College for Women, Chunkankadai, Kanyakumari District organized a massive awareness-cum-Pledge taking programme against Drug Abuse as a part of State - wide initiative launched by the State Government. Nearly 986 student volunteers of NSS, YRC and RRC of the college actively participated. Being a women's college, more attention was paid to raise the awareness of the students to dissuade friends and relatives to refrain from abuse of drugs.





## INDEPENDENCE DAY RALLY

As a part of 75th Azadi ka Amrit Mahotsav NSS Units of Sree Ayyappa College for Women, Chunkankadai organized various programmes like rally, distribution of pamphlets to public and visited individual houses explaining the inmates about the

dos and don'ts of using our National flag, sacrifices of our freedom fighters on 11 August, 2022 in neighboring villages of our institution .Dr.K.V.Jayashree, Principal, Mrs Sreekala, Office Superintendent, NSS Program Officers and 150 NSS volunteers participated. Each volunteer uploaded their photos holding the National Flag.







## **INDEPENDENCE DAY CELEBRATION**

National Service Scheme (NSS) units celebrated the 75th Independence Day with great enthusiasm and patriotism. Dr.Deva Prakash, MD of Prakash Hospital, Villukuri, our adopted village was the guest of honour.







## SAY NO TO DRUGS PLEDGE



## NO TOBACCO PLEDGE



## BE VOCAL ABOUT VOCAL PLEDGE



## BLOOD DONATION PLEDGE



### **OBSERVANCE OF SADHBHAVANA DIWAS**

Shri.Rajiv Gandhi former Prime Minister of India was assassinated on 20th August 1991 at Sriperumbudur, Tamil Nadu. Later, the Government of India declared that every year 20th August would be observed as 'Sadhbhavana Diwas" and a pledge taken by all to promote National Integration, communal harmony and to eschew violence. Since then all NSS Units in Tamil Nadu have been observing the same without fail. Today 18 th August 2022, the Staff Members of Sree Ayyappa CollegforWomen,Chunkankadai, Kanyakumari District took Sadhbhavana Pledge in the presence of Dr.K.V.Jayashree, Principal as 19 and 20 August 2022 are Government Holidays.



## **INAUGURATION OF NSS ACTIVITIES 2022-2023 AND ORIENTATION PROGRAMME FOR NSS VOLUNTEERS**

Activities of National Service Scheme for the academic year 2022 - 2023 was inaugurated by Lt.Col.Ansar M ,Officiating Officer Commanding, 11 T N Batallion NCC,Nagercoil on 29 August 2022 and he gave a deep insight into the importance

of Social services to the NSS volunteers. Dr K.V Jayashree , Principal SAC gave the presidential address. DR.V.R Anjana, IQAC coordinator and HOD of Zoology offered felicitation. Ms Santhiya and Ms Reshmi R V presented the Welcome address and compering respectively. He elucidate the role of each volunteer in the National Service Scheme.300 volunteers participated in this program.

**SREE AYYAPPA COLLEGE FOR WOMEN**  
*Re-accredited by NAAC with B grade (3rd cycle)*  
*Affiliated to Mambanar Government Engineering University, Tirunelveli*  
*Chunkankadal, Kanyakumari District, Tamil Nadu*

**INAUGURATION OF NSS ACTIVITIES  
 2022-2023**  
**&**  
**ORIENTATION PROGRAMME FOR NSS  
 VOLUNTEERS**  
**(NSS UNITS 96,97,162)**

**Guest of Honor**  
**Lt.Col. Ansar M**  
**Officiating Officer Commanding**  
**11 (TN) Battalion NCC, Nagercoil**

**Date: 29-08-2022**  
**Time: 11 am**  
**Venue: Auditorium**

**Organizing Committee**  
 By: K.V. Jayashree, Principal  
 With: Dr. P. Santhiya, NSS Programme  
 Coordinator  
 Ms. Reshmi R.V., NSS Programme  
 Officer, Unit No  
 Dr. P. Lakshmi, NSS Programme  
 Officer, Unit No





## **REPORT OF THE ACTIVITIES FOR THE MONTH OF SEPTEMBER** **AWARENESS PROGRAMME ON NATIONAL NUTRITIONAL MONTH** **AND FAN DONATION**

On celebrating National nutritional month of 2022 on September 13 an awareness programme was organized by NSS Unit No 97 of Sree Ayyappa College for Women in the Government Primary School of Villukuri A. Our volunteers have prepared charts that explain the importance of nutritional diet. They gave the students some knowledge about the national nutritional month and some of the government schemes related to it. The session was interactive and the students felt free to ask questions. Five volunteers had participated in this program and they cleaned the school surroundings also.

The Headmistress of the Govt. Primary School in Villukuri A village (adopted village of NSS Unit No 97) indicated that there was an urgent need for ceiling fans in order to enable students to study during summer months without any difficulty. Dr. Sreeya G. Nair considered the request on compassionate grounds, purchased 3 ceiling fans (Rs.7750/-) out of her own funds and donated the same to the school today 13 Aug 2022 in the presence of Dr. K V Jayashree, Principal, SAC,



Mrs M.Celine Mary, Headmistress and NSS volunteers. The village community appreciated her for this noble deed.









### **CELEBRATION OF HINDI DIWAS/FORTNIGHT**

Hindi Diwas is celebrated on 14th September every year to commemorate the adoption of Hindi as one of India's official languages. The day is celebrated with great enthusiasm all over the country to promote the language and to create awareness about its importance. In order to celebrate Hindi Diwas, NSS Units in association with Department of Hindi and Nehru Yuva Kendra, Kanyakumari organized intercollegiate elocution and essay writing, to promote the language and

to encourage students to participate in the celebrations on 14 September at 10.00 am in the seminar hall.

Elocution and essay writing competitions are an integral part of the Hindi Diwas celebration. These competitions provide a platform for students to showcase their skills and knowledge about the Hindi language. The language has its own charm, which attracts many students to participate in these competitions and to showcase their talent. The topics were, Elocution - **अंग्रेज के खिलाफ भारत के स्वतंत्रता संग्राम में हिन्दी का य गदान।** and Essay competition **राष्ट्र और प षण.** The participants of these competitions are judged on their skills, knowledge, and creativity. The winners receive awards, prizes, and recognition for their outstanding performances. This inspires others to learn and improve their Hindi language skills. 50 participants from various colleges were present.





### **NSS Day Celebration 2022**

NSS Day was celebrated by NSS Unit Nos 97 and 162 of Sree Ayyappa College for Women on 24<sup>th</sup> September 2022. Ms Reshmi R V had done the compering and the session started with a prayer song. Respected principal of the institution gave the presidential address. Our chief guest Dr. T. Wins Joel, Assistant professor of History, Scott Christian College, Nagercoil handled the session cheerfully. He discussed about the origin of NSS in India and its history. The session was interactive. The programme ended after the cultural events. Ms Remi and Ms Vasavi

presented the welcome address and vote of thanks respectively. 150 volunteers were benefitted.



## **REPORT OF THE ACTIVITIES FOR THE MONTH OF OCTOBER 2022:**

### **Breast Cancer Awareness Programme**

“BREAST CANCER AWARENESS PROGRAMME -CLOSE THE GAPS IN CANCER CARE” was organized by National Service Scheme Units 97 and 162 of

Sree Ayyappa College for Women on the theme 'Lets unite to make the world aware to close the gap in cancer care'. The session started with a prayer song . Respected Principal Dr K V Jayashree gave the presidential address .The resource person Dr. K I Jayakumar, Professor and Senior Consultant Oncologist, Sree Mookambika Medical College,Kulasekharam has created awareness on breast cancer, its causes and preventive measures. He demonstrated how to carry out Self Breast Examination (SBE) and advised the girl students and faculties on the measures to be taken to protect themselves from the dreadful disease .the program was well received by all and was very useful. About 150 volunteers took part in this programme. The session was concluded with the vote of thanks proposed by Ms Vasavi from 2<sup>nd</sup> BA History.

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 by NAAC  
 Affiliated to Menonmani Sundaranar University,  
 Thiruvallur, Chukkankadal, Kanyakumari, Tamilnadu


*"Let's unite to make the world aware to close the gap in cancer care."*

Also made CV and VCE in association with  
 Sree Mookambika Institute of Medical Sciences,  
 Kulasekharam, Kanyakumari District, Kerala

**Breast Cancer Awareness Programme -  
 'Close the gaps in Cancer Care'**

Time : 11.00 am | Date : 26<sup>th</sup> October 2022 | Venue : College Auditorium

**Organizing Committee**  
 Dr.K.V. Jayashree  
 Principal  
 Prof. P. Arunugam  
 NSS Coordinator

**RESOURCE PERSON**  
  
**Dr.K.I.Jayakumar, MD**  
 Professor & Senior Consultant Oncologist  
 Sree Mookambika Cancer Institute,  
 Kulasekharam

Dr. Seeya S. Nair  
 NSS PG  
 Unit No : 97

Dr. R. Lakshmi  
 NSS PG  
 Unit No : 99





## **Rashtriya Ekta Diwas**

Rashtriya Ekta Diwas, also known as National Unity Day, is celebrated on 31st October every year in India. The day marks the birth anniversary of Sardar Vallabhai Patel, the first Deputy Prime Minister of India and a prominent figure in the struggle for India's independence. On this day, various events and programs are organized across the country to promote unity, integrity, and harmony among the people. One such event is a rally organized by NSS Units in association with Nehru Yua Kendra, Kanyakumari from District Collector's Office to Vepamoodu Junction, Nagercoil that aims to bring people together in solidarity and create awareness about the importance of national unity. The rally involves people from all walks of life, including students, government officials, and citizens who come together to take part

in the march. Various cultural and patriotic activities are also organized during the rally to convey the message of unity and strength. Overall, the celebration of Rashtriya Ekta Diwas helps to promote the value of national unity and inspire people to come together and work towards a common goal.



## **REPORT OF THE ACTIVITIES FOR THE MONTH OF NOVEMBER 2022**

### **NATIONAL ADVENTURE CAMP- MANALI:**

Our NSS volunteer R V Reshmi, 2<sup>nd</sup> B Sc Botany have participated in NATIONAL ADVENTURE CAMP IN MANALI at Atal Bihari Vajpaye Institute of mountaineering and allied sports (ABVIMAS),NARKANDA CENTRE,HIMACHAL PRADSEH from 15 Nov 2022 to 24 Nov 2022. She adds another feather to our cap.





**SRI AYYAPPA COLLEGE FOR WOMEN**  
 The Government of Karnataka, Bangalore  
 10th Cross, National Highways, 4th Stage, Mysore Road,  
 Bangalore-560029, Karnataka, India. Phone: 98451 22222

**CONGRATULATIONS**  
 Our NSS Volunteer

**RESHMI. R. V**  
 II BSc BOTANY

*Second Volunteer  
 from our institution  
 attending*

**NSS ADVENTURE  
 CAMP 2022.  
 MANALI**

at  
 Atal Bihari Vajpayee Institute of  
 Mountaineering & Allied Sports  
 (ADVIMAS), NARKANDA CENTRE,  
 HIMACHAL PRADESH

From 15.11.2022 To 24.11.2022

Glad we sent you to such a  
 fantastic camp  
 All the best!

Dr. K.V. Jayashree, Principal  
 Dr. Sneha S.Hair, NSS Program Officer, Unit No.07





## **REPORT OF THE ACTIVITIES FOR THE MONTH OF DECEMBER 2022**

### **NATIONAL WEBINAR ON WORLD AIDS DAY**

NSS Unit No 97 and Red Ribbon Club of Sree Ayyappa College for Women organized a webinar on "Equalize - a call to action to aid in the eradication of AIDS" on 5th December 2022 from 10.30 am to 1130 a.m. In view of the ongoing Semester Examinations, the Programme could be organized only on virtual mode. A total number of 75 NSS volunteers from Unit No.97 and a few Faculty Members of our esteemed institution and other institutions actively participated in the Programme. Prof.Dr. A.Veliappan, Programme Coordinator, RRC/NSS of Manonmaniam Sundaranar University in his address highlighted the fact that NSS and RRC are the major student forces which has the potentials to transform the society for ensuring a better and more peaceful co-existence. He lauded the efforts of the NSS volunteers of Unit No.97 in promoting environment enrichment activities and health awareness Programmes. Dr.J.Nivil Simon MBBS, Assistant Professor of Sree Mookambika Institute of Medical Sciences, Kulasekharam has clearly explained the current situation of HIV/AIDS and also dispelled myths and misconceptions. The participants were richly benefited through the same. After the lecture students took part in interaction and cleared their doubts and misconception like mosquito bite

cannot spread HIV, sharing clothes as well cannot spread HIV etc. The queries were answered by the speaker.

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Chankkottai, Aranyakamott District, Tamil Nadu

**NATIONAL WEBINAR ON  
"EQUALIZE - A CALL TO ACTION TO AID IN THE  
ERADICATION OF AIDS"**

**RESOURCE PERSON**

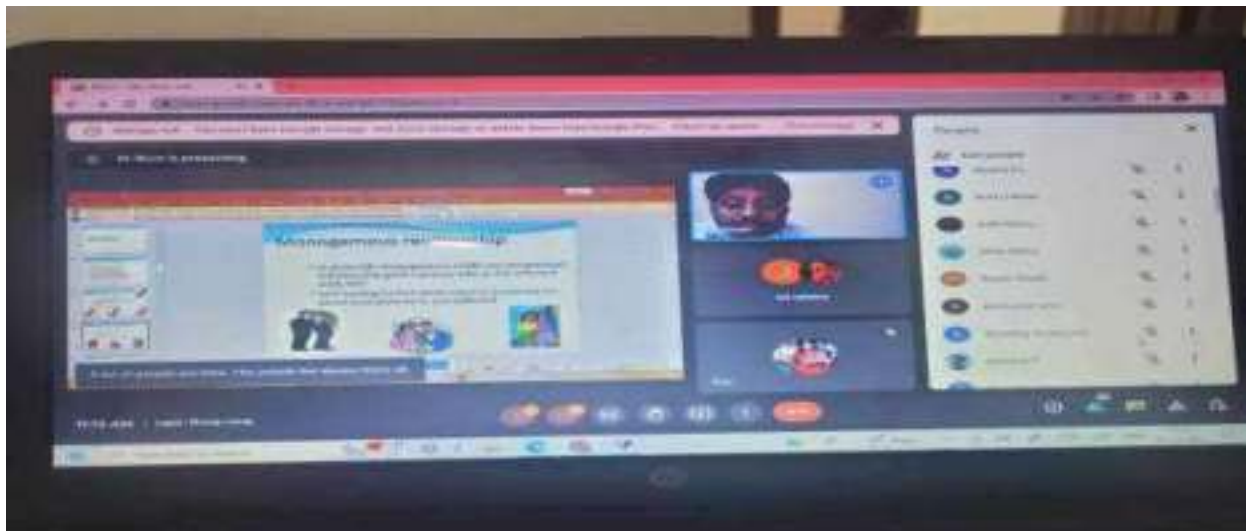
**Organized by  
NSS UNIT NO: 97  
&  
RED RIBBON CLUB**

**DR J NIVIN SIMON, MBBE., MD(DVL)**  
Assistant Professor  
Sree Muthambika Institute of Medical Sciences  
Nulakkeram

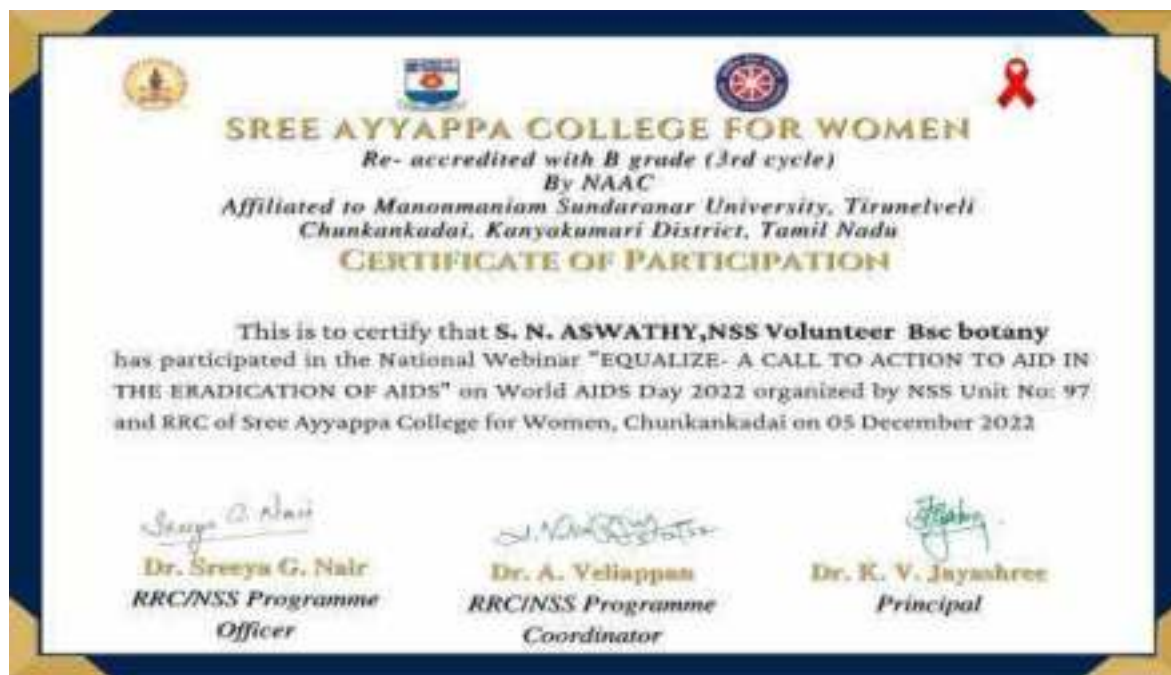
**Organizing Committee**  
**DR R.V. JAYASREE**  
Principal  
KRC/ NSS Programme Coordinator  
Manonmaniam Sundaranar University  
Tirunelveli  
**DR SHREYA G. NAR**  
KRC/ NSS Programme Officer  
Unit No: 97

**09:00 AM - 10:00 AM**

For join the meeting on Google Meet, click this link  
<https://meet.google.com/xxxx-xxxx-xxxx>  
Or open Meet and enter this code: [xxxx-xxxx-xxxx](https://meet.google.com/xxxx-xxxx-xxxx)



All the volunteers were given e -certificates for their active participation in the webinar.



### **QUIZ PROGRAMME ON INTERNATIONAL YEAR OF MILLETS 2023**

As a part of celebrating International Year of Millets (IYoM) - 2023, Quiz Competition on Millets was conducted by National Service Scheme Unit No.97 of Sree Ayyappa College for Women, Chunkankadaï. The competition was intercollegiate and 111 participants were benefited. E- Certificates were given to all the participants. Participants were from 15 various institutions including Women's College, Chennai, Shri Krishnaswamy College For Women, Chennai, Sree Ayyappa College for Women, Chunkankadaï, Government College of Technology, Coimbatore, Govindammal Aditanar College for Women, Thoothukudi, Bharathi Women's College, Chennai, Nesamony Memorial Christian College, Marthandam, Sri Paramkalyani College, Alwarkurchi, University College, Trivandrum, Queen Mary's College, Chennai, St Xavier's Catholic College of Engineering, Chunkankadaï, Sri Sankara Arts and Science College, Kanchipuram, Holy Cross

College (Autonomous), Nagercoil, Manonmaniam Sundaranar University, Tirunelveli and NSS HINDU COLLEGE, Changanassery.

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 Chunkankadai, Kanyakumari District, Tamil Nadu

**National Service Scheme Unit No: 97**

**INTERNATIONAL YEAR OF Millets**  
 IYOM - 2023

**Quiz Competition on Millets**

Link to quiz      E-certificates will be provided

Let's tickle our brain cells while celebrating this occasion of national interest

Last date for entries: 31st December, 2022

**ORGANISING COMMITTEE:**  
 DR K.V. JAYASHREE, Principal  
 Dr A. VELLAPPAN, RCC/NSS Programme Coordinator,  
 Manonmaniam Sundaranar University, Tirunelveli  
 DR SREEYA. G. NAIR, NSS Programme Officer, Unit No: 97  
 E-mail: sscnssunit97@gmail.com

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 Chunkankadai, Kanyakumari District, Tamil Nadu

**CERTIFICATE OF PARTICIPATION**

THIS IS TO CERTIFY THAT  
*Nayana K Nair*

COMPUTER SCIENCE AND ENGINEERING student of ST XAVIER'S CATHOLIC COLLEGE OF ENGINEERING, CHUNKANKADAI has successfully completed **QUIZ COMPETITION ON MILLETS** with a score of 50%, organized by NSS Unit No.97 of Sree Ayyappa College for Women, Chunkankadai as a part of celebration of the International Year of Millets (IYOM)-2023.

Dr Sreeya.G. Nair  
 RCC/NSS Programme Officer

Dr A. Vellappan  
 RCC/NSS Programme Coordinator

Dr K.V. Jayashree  
 Principal

## **REPORT OF THE ACTIVITIES FOR THE MONTH OF JANUARY 2023**

### **NATIONAL YOUTH DAY 2023**

A webinar on 'VIBRANT YOUTH, DEVELOPED INDIA' was organized by National Service Scheme Unit No 97 in collaboration with Brahmakumaris Rajayoga Meditation Centre, Nagercoil on 12 January 2023. India celebrates National Youth Day every year on January 12 to honour the birthday of Swami Vivekanandha .The program started at 6pm . Ms Remi R from 2nd physics have formally welcomed the gathering .It was very informative as well as interactive till the end. Our resource person Shri B.K. Shivaramakrishnan, Learning and Development Head, Dr Rela Institute and Medical Centre, Chennai explained about the benefits of yoga and meditation and he adviced our youth to be more energetic and enthusiastic. He had also clearly stated that although yoga has its roots in religion it's not in itself a religion. The session ended with meditation for two minutes by the guidance of Rajayogi Brahamakumari kokhila sister.





## YOUTH PLEDGE



If the youth is healthy, then only we can think of bringing transformation in the society. So on the eve of National Youth Day 2023, Volunteers have pledged to render service to the nation.

## SEMINAR ON DRUG ABUSE

A Seminar on THE EVIL IMPACT OF DRUG ABUSE ON THE LIVES OF YOUNG PEOPLE IN INDIA was organized by the National Service Scheme Unit No 97 and Anti Drug Club on January 18 2023. Dr .R Radha ,Assistant Professor of Zoology handled the session effectively. She spread awareness among the volunteers about what are the drugs that getting abused , who abuses drugs , what causes people to abuse drug ,how do drug abusers actions affect themselves,their families,and their communities and concluded with the treatment and resources that are available to drug abusers with a clear Power Point Presentation. The session was very informative. Ms Santhiya and Ms Remi have formally welcomed the gathering and proposed the vote of thanks respectively.150 volunteers were benefitted.



### **AWARENESS PROGRAMME ON TRAFFIC RULES AND ROAD SAFETY**

The NSS Unit Nos. 96, 97 and 162 Of Sree Ayyappa College for Women, Chunkankadai, Kanyakumari and the Colachel Traffic Police have jointly organized an Awareness Programme on 'Traffic Rules and Road Safety- Sadak Suraksha

Jeevan Raksha 'from 11am to 1 pm in the Seminar Hall on 23 January 2023. Dr.K.V.Jayashree, Principal presided over the programme. Mr.William Benjamin,Inspector of the Traffic Police Department, Colachel delivered a PowerPoint Presentation on Road Safety. He explained in detail how adherence to Traffic Rules help people to have a hassle free safe driving. Shri M.Suresh Kumar,Sub - Inspector emphasised the need for wearing helmets which would enable riders to escape from fatal head injuries. The total number of 150 students and teachers appreciated the Traffic Police Personnel for having enlightened them about the topic. The program was concluded with the vote of thanks proposed by Ms Remi.





### **NATIONAL VOTERS DAY PLEDGE**

The national voters day has been celebrated on 25th January every year since 2011 all across the country to mark the foundation day of Election Commission of India. The theme of this year's National Voters Day is 'NOTHING LIKE VOTING, I VOTE FOR SURE' is dedicated to voters which conveys individuals' feeling of aspiration towards participation in the electoral process through the power of their vote. The pledge for National Voters Day is taken by the staff and students on 25th January in the presence of the chief guest Mrs. R. B. Revathi, Special District Revenue Officer, National Highway Authority of India, Nagercoil.



## **REPUBLIC DAY CELEBRATION**

Our college celebrates the 74th REBUBLIC DAY on 25 th and 26 th January 2023. Cultural programmes were organized by the National Service Scheme Unit nos 96 97 and 162. Student volunteers have actively participated in the cultural events . Traditional dances like karagattam ,oyilattam, bharathanatiyam , kummiyadi were also took place in the event .Ms Reshmi R V have done the compering .Our chief

guest Mrs R. B. Revathi, Special District Revenue Officer, National Highway Authority of India, Nagercoil explained about the history of Indian independence. National Flag was hoisted by Dr.K.V.Jayashree, Principal on 26 January 2023 at 8.00 am.







### **JURY MEMBER OF DISTRICT LEVEL YOUTH PARLIAMENT**

Dr. Sreeya G.Nair attended as a jury of District Level Youth Parliament (Virtual Mode) held at Rohini College of Engineering and Technology, Anjugramam on 28



January 2023 organized by Nehru Yuva Kendra, Kanyakumari.



### **ORIENTATION PROGRAMME FOR NSS PROGRAMME OFFICERS**

Dr. Sreeya G.Nair attended one day orientation programme for NSS Programme officers organised by Regional Directorate of NSS and State NSS Cell, Chennai at Manonmaniam Sundaranar University, Tirunelveli on 31 January 2023.



## **REPORT FOR THE ACTIVITIES FOR THE MONTH OF FEBRUARY:**

### **ONE DAY PREVENTIVE HEALTH CARE CAMP**

Everyone needs to stay healthy, particularly women who are prone to many peculiar and frequently attacking ailments. Young Women irrespective of the fact that they have access to updated information on health issues and how to prevent the same choose to remain ignorant. Keeping this critical point in view, the NSS Units 96, 97 and 162 of Sree Ayyappa College for Women, Chunkankadai, Kanyakumari District in collaboration with Sree Mookambika Institute of Medical Sciences, Kulasekharam, Kanyakumari District organised One Day Preventive Health Care Camp in the College Seminar Hall on 10th February 2023.

A total No. Of 300 Students and NSS volunteers attended the camp. Dr. M.Venkatesh and Dr.R. Aalathi supervised the entire diagnostic procedures. It was alarming to note that more than 60% of them were found to be anaemic due to intake of non-nutritious food. Similarly students who required further check-ups and medical attention were given proper advice by the medical team.





### **BLOOD DONATION CAMP**

The NSS Units 96, 97, 162 and Red Ribbon Club of Sree Ayyappa College for Women, Chunkankadai in collaboration with Sree Mookambika Institute of Medical Sciences, Kulasekharam, Kanyakumari District organized a Blood Donation Camp on 20th February 2023 at 10.00am in Seminar Hall. Dr.Sithara,MD,Associate Professor of the Hospital in her Special Address highlighted that one unit of Blood can save a precious life. She also advised that more students should come forward to donate blood frequently as there has been an increased demand for Blood in Kanyakumari District as patients from adjoining State of Kerala also come to the Hospital for specialized medical treatment. 50 units of blood were donated.





### **AWARENESS CAMPAIGN ON DRUG AND ALCOHOL DEPENDENCE**

The NSS Units of Sree Ayyappa College for Women, Chunkankadai has been organising various programmes aimed at raising the awareness levels of both NSS volunteers and general students on Drug Abuse. As a part of the drive against Drug/Substance Abuse, an Awareness Campaign on Drug and Alcohol Dependence was organized on 23rd February 2023 in the college in collaboration with Anti-Drug

Club. Adv.Jerush delivered a meaningful talk on how to stay away from Drugs and what would be its negative impact on the abusers. Dr.Anusha pointed out that of late, young girls are increasingly becoming drug addicts because of peer pressure which is dangerous for them, their family and society. The Principal Dr.K.V.Jayashree delivered the Special Address.As a part of the Awareness Campaign on Drug Abuse, saplings were also donated to NSS volunteers.300 students were benefitted.





### **EXPOSURE VISIT**

On the advice of the Tamil Nadu State NSS officer, the NSS Programme Officers of Unit Nos 96,97 and 162 of Sree Ayyappa College for Women, Chunkankadai, Kanyakumari organized the Exposure Visit on 24 February 2023 and enabled the students of three Government schools from Thuckalay, Padmanabhapuram and Thiruvithancode to visit the institution and understand the courses offered as well as lab facilities available. The exposure visit is a part of the prestigious **Naan Mudhalvan** Programme. A total No. Of 33 students enjoyed the visit. The students also enjoyed the cultural programme by the NSS volunteers







### **ACTIVITIES FOR THE MONTH OF MARCH 2023**

It is a matter of great pride for Sree Ayyappa College for Women, Chunkankadai that Miss. Reshmi RV, our NSS Volunteer from Unit No.97 was chosen by the Manonmaniam Sundaranar University to undergo a Training Programme at Sri Atal Behari Vajpayee Institute of Mountaineering and Allied Sports in Manali, Himachal Pradesh. She successfully completed the training held from 15th to 24th November 2022 and acquired proficiency in elementary skills in Rock Climbing, River Crossing, Trekking, etc. She also trekked 90 K.Ms. and attained 9500 ft height. Miss. Reshmi R V was felicitated by Prof. Dr. N.Chandrasekar, Honorable Vice-Chancellor of Manonmaniam Sundaranar University on 1st March 2023 in his chambers. Dr. A. Veliappan, Programme Coordinator, NSS also appreciated her for her efforts.



### **INTERNATIONAL WOMEN'S DAY**

On the occasion of International Women's Day, the NSS organized a seminar titled "Embrace Equity" to highlight the importance of gender equality and inclusivity in society. The seminar was held on 10 March in the auditorium and 200 volunteers were benefitted. The speaker Dr. T.Anitha, Assistant Professor of History, SAC at the seminar discussed the ongoing struggle for women's rights and the need for collective action to address the issue of gender inequality. She emphasized the fact that gender discrimination is still prevalent in various spheres of life, and there is a dire need for policy changes and institutional reforms to ensure gender equity and also spoke about the importance of education in empowering women, highlighting the need for educating girls and women in rural areas.

She stressed the importance of involving men in the conversation to change societal norms and attitudes towards women, which can help create a more equal society. In conclusion, the seminar was a thought-provoking and insightful event that highlighted the importance of gender equity in society. It emphasized the need for

collective action to create an inclusive and equal world for everyone. The NSS deserves appreciation for organizing such an impactful event to celebrate International Women's Day.

