



ARUNACHALA

COLLEGE OF ENGINEERING FOR WOMEN

Manavilai, Vellichanthai, Kanyakumari District - 629 203.

Approved by AICTE, New Delhi and Affiliated to Anna University, Chennai.
(An ISO 9001 : 2015 Certified Institution)



NATIONAL SERVICE SCHEME

MOTTO: "NOT ME BUT YOU"



Dr. S. JOSEPH JAWHAR
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National Service Scheme (NSS)

History

National Service Scheme (NSS) was launched in 1969, the birth centenary year of Mahatma Gandhi, in 37 universities involving 40000 students. NSS is an extension dimension to the higher education system to orient the student youth to community service while they are studying in educational institutions. The National Service Scheme (NSS) is a Central Sector Scheme of the Government of India, Ministry of Youth Affairs & Sports. It provides an opportunity to the student youth of 11th & 12th Class of schools at +2 Board level, and student youth of Technical Institutions, Graduate & Post Graduate at colleges and University level of India to take part in various government-led community service activities & programmes. The sole aim of the NSS is to provide hands-on experience to young students in delivering community service. Since the inception of the NSS in the year 1969, the number of students strength increased from 40,000 to over 3.8 million upto the end of March 2018, students in various universities, colleges and Institutions of higher learning have volunteered to take part in various community service programmes.

Motto:

The motto of the National Service Scheme is "NOT ME BUT YOU".

Aims and objectives of NSS

- To understand the community in which they work.
- To understand themselves concerning their community.
- To identify the needs and problems of the community and involve them in problem solving process.
- To develop among themselves a sense of social and civic responsibility.
- To utilize their knowledge in finding practical solutions to individual and community problems.
- To develop the competence required for group living and sharing of responsibilities.
- To gain skills in mobilizing community participation.
- To acquire leadership qualities and a democratic attitude.
- To develop the capacity to meet emergencies and natural disasters.



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NSS SYMBOL



The NSS symbol is based on the "Rath" wheel of the Konark Sun Temple in Odisha. The navy blue colour indicates the cosmos of which the NSS is a tiny part, ready to contribute its share for the welfare of mankind. The Red colour in the badge indicates that the NSS volunteers are full of blood, i.e. lively, active, energetic and full of high spirits. The giant wheels of the Sun Temple portray the cycle of creation, preservation and release and signify the movement in life across time and space.

Benefits of Being an NSS Volunteer

An NSS volunteer participating in the community service programme would be a college level or senior secondary-level student. Being active members, these student volunteers would have the exposure and experience to be the following:

- an accomplished social leader
- an efficient administrator
- a person who understands human nature

NSS UNITS IN ACEW

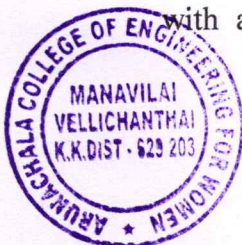
Programme Co-Ordinators : Ms. S. Lekha, Ms. Bessie Rekha, Ms. Ramola,

Ms. Reena (AP, Dept of Science & Humanities)

Number of Units : 04

Total Number of Volunteers : 325

ACEW has one unit of the National Service Scheme (Self-Financed Unit) with strength of 325 volunteers. Participation in NSS is mandatory for first and second-year students. The NSS volunteers are required to involve in Social Service activities; an orientation course is conducted for the volunteers. Students who work as volunteers for two years will be awarded with a certificate, issued by the University. NSS activities aim at instilling discipline.



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Promoting culture, forming character building and developing personality through community services.

To encourage students in serving the nation and society, more programmes are organized in and around the Kurunthencode taluk and the villages. Students in large number actively participate under the guidance of programme officers. Awareness regarding cleanliness, importance of education, health care and self-help is given.

COMMON PROGRAMMES

BLOOD DONATION CAMP

On the guidance of our beloved Chairman Dr.T.Krishna Swamy, a blood donation camp is organized on every year. It is organized by YRC Unit Acew, in collaboration with P.S Medical Trust Hospital, Thalakulam, Kanyakumari District. The NSS volunteers are part of this programme, rendering services to the public through the programme.

AWARENESS PROGRAMMES

Awareness Programmes are carried out yearly by the NSS volunteers on different criteria by issuing pamphlets and conducting programmes every year on the following activities.

- Plastic Awareness
- Dengue Awareness
- Road Safety Awareness
- Awareness of Central Government Schemes
- Old Age Pension Scheme Awareness

EVENING STUDY CENTRE

We take our NSS volunteers to different villages to impart basic education to the deprived villages for the students to excel in their studies. With our volunteers, we continue with the study centre for 3 months in the villages for 3 days a week. Almost 2500 students are getting benefited from this programme carried out in 50 villages.

SWACHH BHARAT SCHEME

Cleaning activity is the major part of the NSS volunteers carried out at various places like temples, schools etc. We facilitate places with a clean environment to utilize the places for



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various purposes. NSS volunteers participate actively in various places by knowing the importance of cleanliness and the impact of the Swatch Bharat scheme.

TREE PLANTATION

Tree plantation is save nature of the environment. NSS volunteers planting trees at various places like temples, schools, public places etc. Global warming and other climatic changes can be reduced by the tree plantation. NSS volunteers take active participation in the various places by knowing importance of the social health.

Extension Activities carried out in neighbourhood villages

The number of extension & outreach programs conducted in collaboration with industry, community, and non-government Organizations through NSS/NCC/RED CROSS /YRC etc., year wise during the last five years.

| Year | 2022-23 | 2021-22 | 2020-21 | 2019-20 | 2018-19 |
|--------------------|---------|---------|---------|---------|---------|
| Number of programs | 12 | 12 | 12 | 12 | 12 |

The ACEW-NSS has collaborated with the following agencies to carry out the extension & outreach programs in nearby villages.

| Academic Year | Collaborating Agencies |
|---------------|--|
| 2022-23 | <ol style="list-style-type: none">1. St.Jude's Hitech School, Alanchi2. Kurunthencode Village3. Kalkulam Taluk4. Asarivilai Village5. GHSS, Vellichanthai |
| 2021-22 | <ol style="list-style-type: none">1. Athithiya MHSS, Ammandivilai2. Kalkulam Taluk3. Mother Theresa School, Mondaikadu4. St.Jude's Hitech School, Alanchy.5. Colachel Municipality |
| 2020-21 | <ol style="list-style-type: none">1. Dr.Samuel Higher Secondary School, Santhapuram |



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| | |
|---------|--|
| | <ol style="list-style-type: none">2. Kalkulam Taluk3. Arunachalam MHSS, Thirvattar4. Infant Jesus Arts and Science College for Women, Mulagumoodu5. GHSS, Vellimalai |
| 2019-20 | <ol style="list-style-type: none">1. Aloor Village2. Rajakamangalam Village3. GHSS, Kadiapattanam4. Mother Theresa School, Mandaicadu5. Government Higher Secondary School Santhapuram |
| 2018-19 | <ol style="list-style-type: none">1. Colachel Municipality2. Thiruvithancode village3. Government girl's higher secondary school Kadaipattanam4. Alloor Village5. Kalkulam Taluk |

Educational awareness and social development activities have been conducted in the following villages for the welfare of human kind during the Academic Year 2022-23.

- Ammandivilai
- Mondaikadu
- Alanchy.
- Colachel
- Santhapuram
- Thirvattar
- Mulagumoodu
- Kurunthencode
- Asarivilai
- Vellichanthai




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Extension and outreach programs organized during the Academic Year 2022-23

| Sl.No. | Name of the activity | Organizing unit/ agency / collaborating agency | Name of the scheme & Date |
|--------|---|---|---------------------------------------|
| 1 | Temple Cleaning programme at Vellimalai, Kalkulam Taluk | ACEW | National Service Scheme 16/9/2022 |
| 2 | Distribution of things to Oldage home at Pilankalai | ACEW | YRC 18/10/2022 |
| 3 | Mass cleaning programme at Colachel beach, Kanyakumari District | ACEW & Colachel Municipality | YRC 28/10/2022 |
| 4 | Traffic assistance for public at Kattuvilai, Kanyakumari District | ACEW | YRC 18/11/2022 |
| 5 | Women Sensitization Programme for self-help women group at Ammandivilai | ACEW | National Service Scheme 14/12/2022 |
| 6 | Spiritual and Mental health awareness in nearby village of Muttom | ACEW | National Service Scheme 27/01/2023 |
| 7 | Awareness on Hazardous of plastic usage among public at Muttom beach | ACEW | National Service Scheme 10/02/2023 |



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| | | | |
|----|--|------|---------------------------------------|
| 8 | Mega Tree Plantation Programme in GHSS, Vellichanthai | ACEW | YRC 10/03/2023 |
| 9 | Awareness on Waste Management to public around Kurunthencode | ACEW | National Service Scheme 25/03/2023 |
| 10 | Awareness on Dengue fever to public around Vellimalai | ACEW | National Service Scheme 18/04/2023 |
| 11 | International Yoga Day Celebrations at Kurunthencode Village, Kalkulam Taluk | ACEW | National Service Scheme 21/06/2023 |
| 12 | Lecture on Gender Issues faced by School Students Programme, Vellimalai | ACEW | National Service Scheme 26/06/2023 |

Education awareness and social development activities have been conducted in the following villages for the welfare of human kind. Many Programs were conducted in Kurunthencode Village on waste management to public, mass cleaning programme, traffic assistance for public during temple festival, awareness on hazardous of plastic usage among public, observation of International Yoga Day and cancer awareness programme in Kalkulam Taluk.


01. Name of the Programme : Temple Cleaning Programme

Date : 16.09.2022

No. of NSS Volunteers : 81

Venue : Vellimalai




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DESCRIPTION:

One-day Temple Cleaning Activity at Vellimalai, Kalkulam Taluk was organized by ACEW NSS unit along with village panchayat workers. The NSS volunteers undertook cleanliness campaign in the temple to make the surrounding neat and clean and give a boost to the devotees. Keeping temple premises clean is the duty of every citizen.

The objective of this program is to understand the importance of cleanliness around us. We have to first inculcate the cleanliness in our mind then only we can apply it around us. We are all in a position to teach the cleanliness to our family and friends. The main purpose of this programme was to create awareness among the students, visitors, children and people regarding Cleanliness and its benefits.



NSS volunteers in cleaning activity around Vellimalai Temple for Temple Cleaning Programme on 16.09.2022

PROGRAMME OUTCOME:

From this programme our students create the awareness of cleanliness to the public in holy place. At last the NSS coordinator gave a brief description on the importance of and cleanliness. NSS students and staff members have taken active participation in the programme. The enrolled NSS volunteers worked with the village community for cleaning the village premises. Nearly 250 villagers got benefited by this programme.



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02. Name of the Programme : Distribution of things to oldage home at Pilankalai

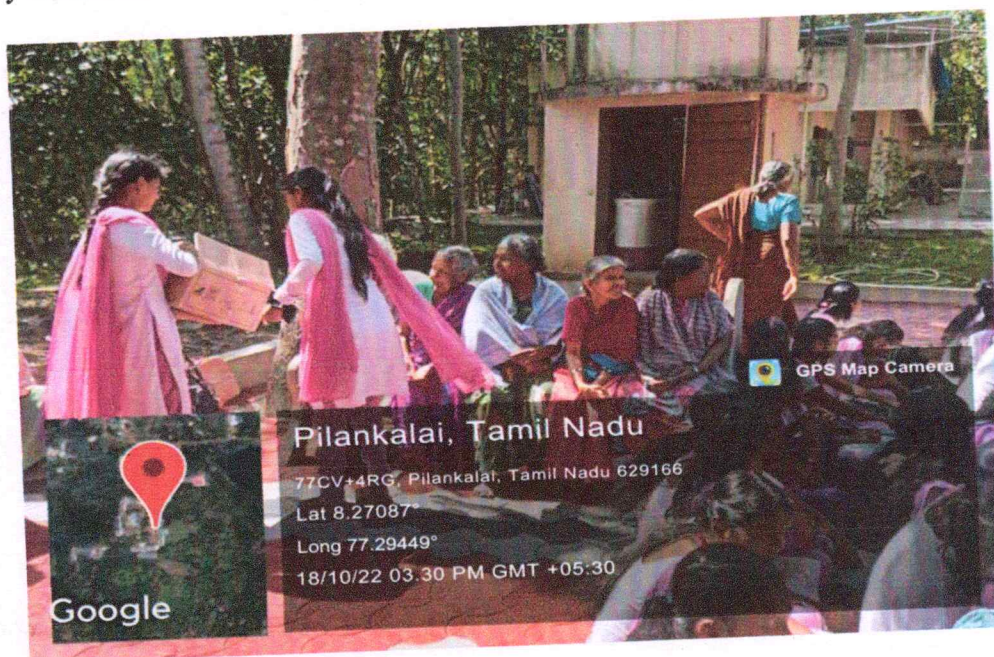
Date : 18/10/2022

No. of NSS Volunteers : 120

Place : Pilankalai

DESCRIPTION:

An old age home is a shelter house where the people of older age dwell together with other older people when they have been abandoned by their family members or voluntarily admitted to it to combat loneliness during this crucial stage of life. So an YRC activity to distribute the primary needs to them was organized on 18/10/2022 by YRC unit, ACEW. In this program, 120 YRC volunteers of our college enthusiastically took part and spent time with all old people in that home. This program gave the awareness to the students like everyone should take care of their parents in their old age, respect them and should spend time daily with them to make them happy.



ACEW YRC team with Oldage home people at Pilankalai on 18.10.22

PROGRAMME OUTCOME:

Through this programme the volunteers gave a good contribution in distributing primary needs to the old persons. There are 86 persons who got benefited by this programme.



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03. **Name of the Programme** : Mass cleaning programme
- Date** : 28/10/2023
- No.of.NSS Volunteers** : 99
- Place** : Colachel beach, Kanyakumari District

DESCRIPTION:

An Mass cleaning programme at Colachel beach, Kanyakumari District was conducted on 28/10/2022 by YRC Unit ACEW.

The program was introduced by Dr.S.Joseph Jawhar, Principal of Arunachala College of Engineering for Women .In this program, 99 YRC volunteers of our college enthusiastically took part in the cleaning programme. As part of the project the students urged the tourists and local people to avoid using plastic materials .The volunteers of the YRC unit started the cleaning operations in the beach. They cleared the garbage's from the seashore band disposed it properly. The mass cleaning will also help to avoid the spread of diseases.



YRC volunteers in cleaning activity at Colachel beach on 28/10/2022



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PROGRAMME OUTCOME:

Through this programme the volunteers gave a wide knowledge to public regarding the mass cleaning. The volunteers actively participated in the programme. They also understand the need of cleanliness. Waste Management as how to dispose the waste in the respective bins.

In this programme, our volunteers met the occupants of nearby homes in Colachel beach demanded them to not utilize the plastic convey packs. Cleanliness is next to Godliness. Clean surroundings help us to be healthy and sound. It's our foremost duty to keep our environment clean and healthy. We can do so by participating in the drives like Swatch Bharat Abhiyan.

| | | |
|-----|-----------------------|------------------------------------|
| 04. | Name of the Programme | : Traffic assistance for public |
| | Date | : 18/11/2022 |
| | No. of NSS Volunteers | : 113 |
| | Place | : Kattuvelai, Kanyakumari District |


DESCRIPTION:

A traffic assistance for public camp was conducted on 18/11/2022 by YRC Unit ACEW.

The programme was introduced by Dr. S. Joseph Jawhar, Principal of Arunachala College of Engineering for Women. Regulating traffic is slowly but surely becoming a public task. In fact, at many places in the city, students are pitching in to bring order to traffic flow, at least in and around schools and colleges.

In this program, 113 YRC volunteers of our college enthusiastically took part and assisted in regulating the traffic.




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**ACEW YRC volunteer issuing road safety rules pamphlet to an tempo driver near
Kattuvilai on 18/11/2022**

PROGRAMME OUTCOME:

Through this programme the volunteers gave a wide knowledge to public regarding the traffic rules. In this programme, our volunteers helped the traffic police in regulating the traffic.

05. Name of the Programme : Awareness Programme on Women Sensitization
Programme in self- help women group

Date : 14/12/2022

No. of NSS Volunteers : 121

Place : Ammandivilai, Kanyakumari District

DESCRIPTION:

An awareness programme on Women Sensitization Programme in self-help women group at Ammandivilai people. Self Help Groups' (SHG's) is to organize the rural poor, in particular, women, into small groups so that they can pool in their savings. Usually belonging to one neighbourhood, these SHG's consist of 15-20 members who meet and save regularly. For this, programme was organized. Nearly 86 people participated in this programme. Awareness was created by distributing pamphlets to the people of the village and explaining about the Savings.



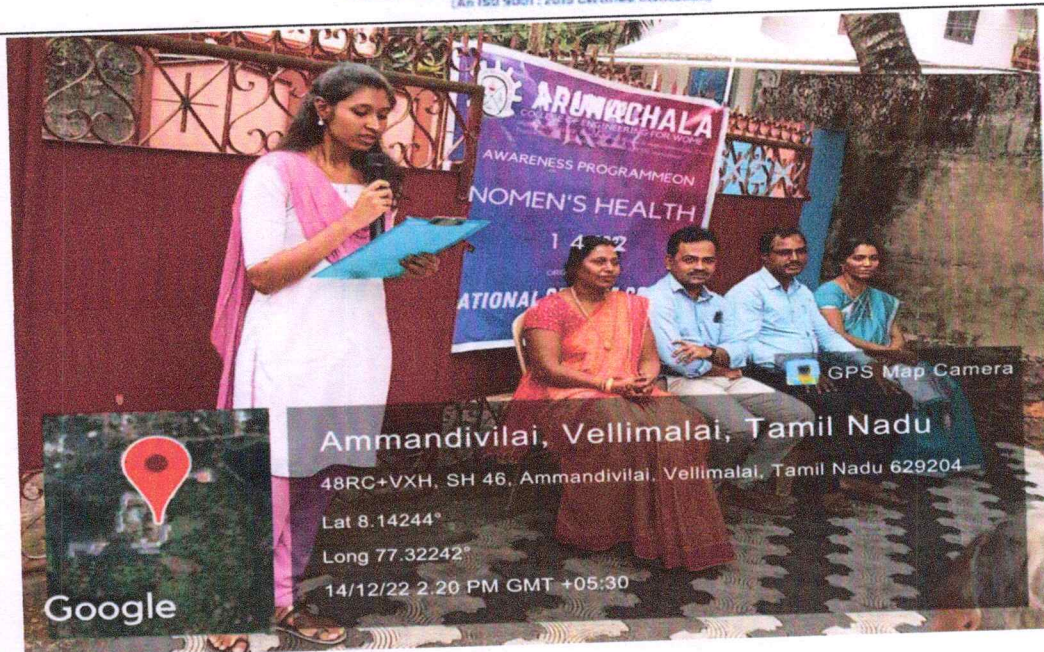
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NSS student co-ordinator explaining about aim of Women Sensitization Programme at Ammandivilai on 14/12/2022

PROGRAMME OUTCOME:

Social integrity – SHGs encourages collective efforts for combating practices like dowry, alcoholism etc. Gender Equity – SHGs empowers women and inculcates leadership skill among them. Empowered women participate more actively in gram sabha and elections. There were 102 people got benefited by this programme.

06. Name of the Programme : Spiritual and Mental health awareness in nearby village of Muttom

Date : 27/1/2023

No. of NSS Volunteers : 101

Place : Muttom, Kanyakumari District

DESCRIPTION:

An awareness Programme on Spiritual and Mental health to nearby village of Muttom was conducted on 27/1/2023 by NSS Unit Acew.



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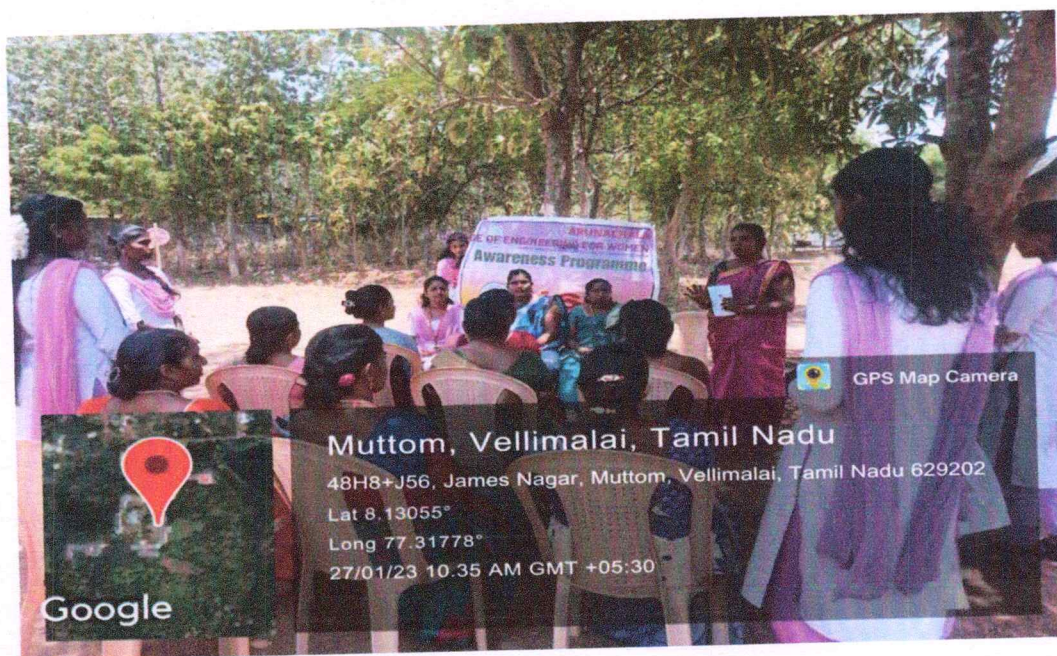


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The program was introduced by Dr.S.Joseph Jawhar, Principal of Arunachala College of Engineering for Women. He made huge assistance for this programme to become a great achievement. In this program, 101 NSS volunteers of our college enthusiastically took part and conveyed a ton of message about health and its importance. Health is a combined well-being state of the body, mind, and spirit. There are several ways that spirituality can support your mental health: You may feel a higher sense of purpose, peace, hope, and meaning.



NSS staff delivering tips about Spiritual and Mental health awareness at Muttom on
27/1/2023

PROGRAMME OUTCOME:

Through this programme the volunteers gave a wide knowledge to public regarding the importance of being healthy. The essential preventive measures to be taken were taught to the people around the area. They were also taught about the causes of not being healthy.

07. Name of the Programme : Awareness on Hazardous of plastic usage among public at Muttom beach

Date : 10.02.2023

No. of NSS Volunteers : 58

Place : Muttom



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DESCRIPTION:

On February 10, 2023, at Muttom Beach in Kalkulam Taluk, our ACEW, NSS Volunteers educated the general people about the dangers of plastic usage. The event kicked off at 10:00 AM. This event was initiated by the Chairman of Nagercoil Municipality. He told that, Day in and day out we human beings use Plastic. No matter if you are rich or poor, plastic has become part and parcel of life or in other words, knowingly or unknowingly we have made plastic indispensable. This was an attempt to sensitise the public on this issue through a small awareness program.

The Chairman of Nagercoil Municipality thanked ACEW-NSS unit for choosing this awareness program and spreading wide knowledge among the public. Vote of thanks was given by the ACEW – NSS Coordinator. She thanked the management of ACEW for supporting the small effort taken by the Students to spread awareness in view of conserving the planet for our future generations. She also thanked the Chairman and Vice Chairman of Nagercoil Municipality, for their cooperation to conduct such type of awareness program. The Damage is already done; the only thing we can do is to control this damage so that this may not lead the situation from bad to worse.



ACEW NSS Volunteers issuing plastic awareness notice to public Muttom beach on

10.02.2023



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PROGRAMME OUTCOME:

Through this programme the volunteers gave a wide knowledge to the public regarding the hazards of using plastics. In this programme our volunteers met 75 residents nearby the beach insisting them, to not use plastic products. They also gave information on problems of the usage of plastic. The public of the locality agreed to reduce the usage of plastics.

08. Name of the Programme : Mega Tree Plantation Programme
Date : 10/03/2023
No.of.NSS Volunteers : 100
Place : GHSS- Vellichanthai ,Kanyakumari District

DESCRIPTION:

A Mega Tree Plantation Programme was conducted in GHSS, Vellichanthai at 10:00 am on 10/03/2023 by YRC Unit of Arunachala College of Engineering for Women. Dr. S. Joseph Jawhar, Principal, Arunachala College of Engineering for Women, shared some of the benefits of planting trees. He advised to plant trees to reduce temperature and increase humidity. The sustainable economic development depends on the rational use of environmental resources and minimizing, to the extent possible, adverse environmental impacts through improved project selection and more responsible project planning and design. Under this strategy the development must be environmentally sound in the broadest sense. In highway development, environmental planning is concerned with good blending of improvements of physical, social, and economic parameters.

Aim and Objective of Tree Plantation:-

- To create green belt and avenues for meeting aesthetic recreational needs to the people.
- To beautify the areas for scenic beauty.
- To reduce the surface run-off discharge and checking soil erosion along the embankments.
- To reduce temperature and increase humidity.
- To reduce noise pollution to the neighboring household population.



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Species of Saplings Planted

| Sl. No | Botanical Name | Local Name |
|--------|--------------------|------------|
| 1 | Azadirachta indica | Neem |
| 2 | Mangifera indica | Mango |
| 3 | Tamarindus indica | Imli |
| 4 | Syzynium cumini | Jamun |
| 5 | Swietenia | Mahogany |

The aim of the program is to plant a total of 200 saplings on the school campus and nearby local areas. One by one students and staffs started planting saplings. Firstly, we started planting saplings in the garden of the school campus and after that, we planted saplings in the nearby local areas of the school. Students also made some posters and banners on the importance of tree plantations. We passed banners and posters in the area around the school, so that people can understand the importance of tree plantation.



Students planting trees in Mega Tree Plantation Programme in GHSS, Vellichanthai

10/03/2023



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PROGRAMME OUTCOME:

The programme had focused on creating awareness among students about importance of planting trees. Students came to know planting trees:

- Will Provide fruits and leaves that serve as food for birds, animals as well as human beings.
- Helps to maintain bio diversity.
- Enables Conservation of water.

09. Name of the Programme : Awareness on Waste Management

Date : 25/03/2023

No.of.NSS Volunteers : 100


Place : Kurunthencode, Kanyakumari District

DESCRIPTION:

An awareness programme on Waste Management to public around Kurunthencode was conducted on 25/03/2023 by NSS Unit Acew.

The program was initiated by Dr. S. Joseph Jawahar, Principal of Arunachala College of Engineering for Women. He made huge assistance for this programme to become a great achievement. In this program, 100 NSS volunteers of our college enthusiastically took part and conveyed a ton of message about waste management. It is urgent not just in keeping up with the neatness of our environmental elements yet additionally keeping the great strength of individuals. This requires legitimate and careful arranging in light of the fact that a ton is in question - and the viability of this cycle will help everybody too.




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**ACEW volunteers with staff in Awareness on Waste Management to public around
Kurunthancode on 25/03/2023**

PROGRAMME OUTCOME:

Through this programme, the volunteers gave a wide knowledge to public regarding the Waste Management as how to dispose the waste in the respective bins.

In this programme, our volunteers met the occupants of nearby homes in Kurunthancode and demanded them to not utilize the plastic convey packs. They additionally gave the data on issues of the utilization of plastic packs.

10. Name of the Programme : Awareness Programme on Dengue fever

Date : 18/4/2023

No. of NSS Volunteers : 48

Place : Vellimalai, Kanyakumari District

DESCRIPTION:

A Dengue awareness programme was conducted for the village people in Vellimalai village. Dengue is the fastest spreading vector-borne disease in the world and many people are affected by this disease in India at present. Especially in villages due to lack of awareness many people suffer because of this disease and to create awareness amongst people, this programme was organized. Nearly 86 villagers participated in this programme.



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The program emphasized on the preventive measures, precautions, epidemiology, causes, treatment and herbal remedies to be followed by the people so that the disease can be cured at an earlier stage. Awareness was created by distributing pamphlets to the people of the village and explaining about the causes, symptoms and diagnosis of the fever.



ACEW NSS student distributing mooligai drink in Awareness on Dengue fever in Vellimalai on 18/4/2023

PROGRAMME OUTCOME:

Further emphasis on sanitation and cleanliness was also given by the students. This awareness programme helped the villagers to learn about Dengue and they promised to keep their surrounding clean for a Dengue-less community. There were 86 people got benefited by this programme.

11. Name of the Programme : International Yoga day Celebration

Date : 21/06/2023

No. of NSS Volunteers : 95

Place : Community Hall, Kurunthencode, Kalkulam Taluk



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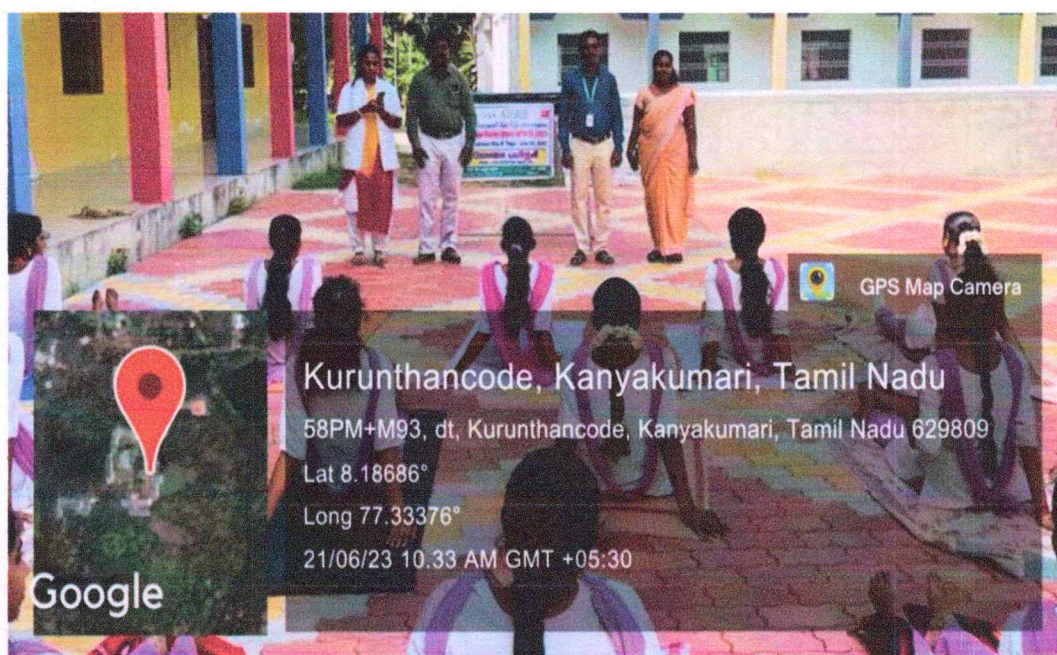
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DESCRIPTION:

The International Yoga Day, to be celebrated on June 21, is about a lot of things but health. During the event the Chairman of Arunachala Group of Institutions, said that the main purpose of this International Yoga Day celebration is to promote the habit of practicing Yoga by the students which will surely let them to focus on studies and to concentrate more in the academics. I strongly suggest all the students to practice the yoga for their betterment in life and academics. I thank the NSS unit of ACEW which has come forward to help us with their support in order to conduct the International Yoga Day Celebration. Vote of thanks was given by the ACEW NSS co-coordinator.



**Our Principal Dr.S.Joseph Jawhar addressing participants of International Yoga Day
Celebrations at Kurunthancode Village, Kalkulam Taluk on 21/06/2023**

PROGRAMME OUTCOME:

In this event nearly 300 students participated and performed the 21 asanas which are guided by the yoga gurus. They enthusiastically explain the benefits of yoga and its importance in today's lifestyle. And they told to spread the goodness of yoga to their family and friends also.



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12. Name of the Programme : Lecture on Gender Issues faced by School Students
Programme

Date : 26/06/2023

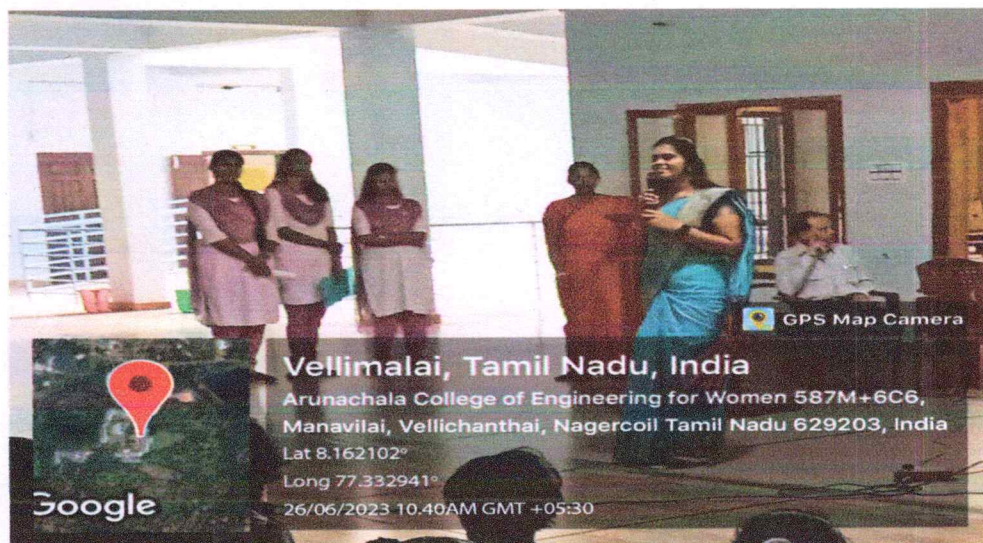
No.of.NSS Volunteers : 86

Place : Vellimalai

DESCRIPTION:

An awareness Programme on Gender Issues faced by school students was conducted on 12/10/2022 by NSS Unit ACEW. In today's times, we hear a lot about child abuse and molestation. It's high time, we start teaching young children about "Good Touch Bad Touch" to help prevent more damage. Most of the time, targets are very young children, below 6-7 years of age.

They are too young to understand the difference between right and wrong. Every single day, the media reports such cases where young children, both boys and girls, are sexually abused by an adult around them. The problem is, that they do not even know what is happening. It is still a sensitive topic for parents to talk to their children, so most of them do not want to go there. The same goes for schools as well. At times, we hesitate to take up and on sensitive topics.



**One of our staff giving lecture on Gender Issues faced by School Students at Vellimalai
on 26/06/2023**



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PROGRAMME OUTCOME:

The awareness programme had focused on good touch and bad touch at St.Jude's Hitech School, Alanchi. The students of got some better information about There were 100 people got benefited by this programme.




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