



## **NATIONAL SERVICE SCHEME**

### **SRI SARADA COLLEGE FOR WOMEN (AUTONOMOUS)**

**Reaccredited with 'B++' Grade by NAAC**

**Affiliated to Periyar University**

**SALEM - 636016**

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**VOLUME: VI**

**NEWSLETTER**  
**(For private circulation only)**

**APRIL 2025**

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**Dear Readers,**

With the blessings of the Holy Trinity Sri Ramakrishna Paramahansa, Sri Sarada Devi and Swami Vivekananda, we are bringing out the VI Volume of Newsletter from the National Service Scheme. We submit the Newsletter at the Lotus feet of Srimath Swami Chidbavananda and Yatiswari Saradapriya Amba. Our humble pranams are due to our Directress Yatiswari Vinayakapriya Amba and Secretary Yatiswari Guhapriya Amba. We are thankful to our Principal Dr. R. Uma Rani M.C.A., M.Phil., Ph.D., our former Controller of Examinations Dr. E. Roja, M.Sc., B.Ed., M. Phil., Ph.D., and our Controller of Examinations Dr. G.Vasuki, M.Sc., B.Ed., M.Phil., Ph.D., for their constant encouragement and support. It is indeed a great pleasure to meet you all through this Newsletter. The objective of our Newsletter for the year 2024–2025 is to showcase the exemplary efforts of our NSS volunteer's regular and special camp activities conducted in the academic year 2024–2025.

***“SERVICE TO HUMANITY IS THE HIGHEST FORM OF WORSHIP”***

***– Swami Vivekananda***

## **NATIONAL SERVICE SCHEME**

National Service Scheme (NSS) is a Central Sector Scheme of the Government of India, Ministry of Youth Affairs & Sports developed with the primary aim of developing student's personality through community service. NSS was launched on 24th September 1969, the birth Centenary year of Father of Nation by the then Union Education Minister Dr. V.K.R.V. Rao. NSS volunteers work on various social issues, fostering a sense of civic responsibility and national integration. NSS are voluntary organizations that recruit students from high schools, colleges, and universities across India. It highlights social consciousness, community engagement, instill a spirit of selfless service and contribute significantly to character building. National Service Scheme (NSS) was introduced in 1969 with the primary objective of developing the personality and character of the student youth through voluntary community service. 'Education through Service' is the purpose of the NSS. The ideological orientation of the NSS is inspired by the ideals of Mahatma Gandhi. An NSS volunteer places the 'community' before 'self'.

## **MOTTO OF NSS**

The Motto of National Service Scheme is ***NOT ME BUT YOU***

## **NSS BADGE**

The NSS Symbol is embossed on the badge based on the "Rath" wheel of the Konark Sun Temple situated in Odisha. The eight bars in the wheel represent the 24 hours of a day. The red color indicates that the volunteer is full of young blood that is lively, active, energetic and full of high spirit. The navy blue color indicates the cosmos of which the NSS is tiny part, ready to contribute its share for the welfare of the mankind. 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 A NSS VOLUNTEER**

A NSS volunteer who takes part in the community service programme would either be a college level or a senior secondary level student. Being an active member 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

## YOGA DEMONSTRATION ON INTERNATIONAL YOGA DAY

On 21.06.2024, National Service Scheme, Youth Red Cross, and Internal Quality Assurance Cell organized a program to celebrate International Yoga Day on the topic "Women Empowerment Through Medical Yoga Aspects" at 10:30 a.m. Dr. Lalitha, an esteemed expert from the Vethathiri Maharishi Institute for Spiritual and Institutional Education, Salem, and Smt. Akila Balaji, Vice President, State Committee member, and youth co-ordinator, Sri Aurobindo Society, Tamil Nadu and Pondicherry, and other members led an insightful session on the benefits of medical yoga for women and focused on the role of yoga in empowering women through medical and holistic practices. The yoga demonstration was given by the trainers and performed by our faculty members and Students.



## DAILY YOGA PRACTICE AT HOME

On 21.06.2024, NSS volunteers have participated in daily yoga practices at their homes, as part of the Yoga Countdown Activities from 14th May 2024 to 21st June 2024. They practice different yoga, asanas, breathing, and pranayama exercises. These daily sessions help them stay disciplined and mindful. This activity highlights the importance of yoga for overall well-being.





## POSTER PRESENTATION ON INTERNATIONAL YOGA DAY

On 21.06.2024, NSS Organized a poster presentation for International Yoga Day. Students made and presented posters about different aspects of yoga. The event aimed to show the importance of yoga for health and well-being. The students participated enthusiastically, displaying creativity and understanding.



## RALLY ON INTERANATIONAL YOGA DAY

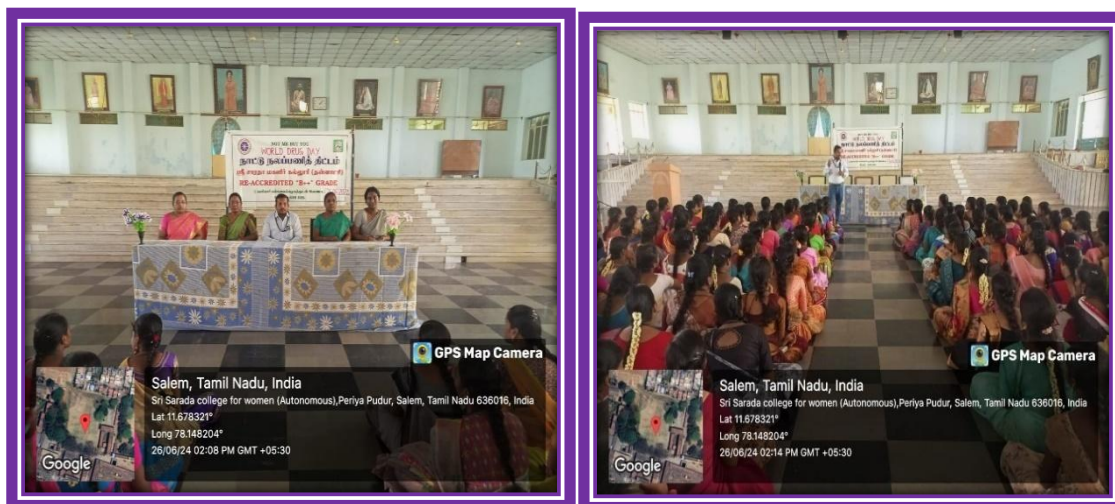
On 21.06.2024, NSS organized an awareness rally celebrating International Yoga Day. The rally aimed to promote the benefits of yoga and encourage the community to incorporate it into their daily lives. Students and staff participated enthusiastically, carrying banners and posters highlighting the importance of yoga. The rally proceeded through the main streets of Salem, drawing attention from the public and spreading the message of health and wellness. The event successfully raised awareness and inspired many to take up yoga.





## GUEST LECTURE ON WORLD DRUG DAY

On 26.06.2024, As part of world drug day, we conducted a Guest Lecture on the topic “The Evidence is clear: Invest is Prevention”. **Mr. P. Nallathambi**, District Supervisor, District AIDS Prevention and Control Unit, Salem gave a lecture to the students. He created awareness on various problems due to drugs and how to save ourselves from the dangers of drugs.



## PLEDGE TAKEN ON WORLD DRUG DAY

On 26.06.2024, As part of World Drug Day, **Mr. P. Nallathambi**, District Supervisor AIDS Prevention and control unit administered the pledge. The NSS Programme Officers and Volunteers took part in it. We took pledge to abstain from drug and to promote a drug-free society. Stating we will not use drugs and prevent others from using it to educate young people about the dangers of drug usage and how to diagnose those addicted to drug.



## STUDENTS INDUCTION PROGRAM

On 03.07.2024 Students Induction Program was conducted for freshers. Our Resource Person, **Mrs. Renie Johnson**, Assistant professor of English, spoke on the importance of NSS and encouraged the students to enroll themselves in NSS.



## POSTER PRESENTATION ON DRUG ABUSE

On 26.07.2024, An Awareness program on Drug-Abuse Poster Presentation was initiated by the NSS volunteers of Sri Sarada College For Women (Autonomous), Salem-16. They explained about the ill effects of drug and its usage with several themes based on Health effects. About 142 students participated and got benefitted from the program.



## TREE PLANTATION PROGRAM

On 31.07.2024 NSS of Sri Sarada College for Women, Salem-16 organized a Tree plantation Program for "Plant a tree in Mother's name" which was inaugurated by **Dr. R. Uma Rani**, Principal, along with NSS program officers and NSS volunteers within the college campus. About 52 volunteers actively participated in the program. 40 saplings of senbagam flowers, Orange, Mango, Guava were planted.





## GUEST LECTURE ON KARGIL VIJAY DIWAS

On 01.08.2024, On account of Kargil Vijay Diwas, National Service Scheme organized a guest lecture delivered by **Mr. N. Chandra kesan** , Ex -Army, Senior Revenue Inspector to commemorate India's victory over Pakistan in the war of 1999 which is observed annually on July 26<sup>th</sup> to honor the Brave soldiers who sacrificed their lives for the nation.



## GUEST LECTURE ON LIFE SAVING SKILLS

On 08.08.2024, NSS, RRC and YRC jointly organized a program on "Life Saving Skills". The Resource person was **Dr. C. S. Vishnuprasad MS(Ortho).**, DNB (Ortho), FNB(spine) Back and Spine Surgeon, SKS Hospital and Post Graduate Medical Institute, Salem. He explained the importance of first aid through demo which was much beneficial to all. About 164 Students participated in the program.





### PLEDGE TAKEN FOR ANTI-DRUG AWARENESS

On 12.08.2024, NSS organized a Pledge taking ceremony on Drug Abuse. I. Sekar, Inspector of Police, Alagapuram Police Station, Salem was the resource person. His expertise provided valuable insights into the issues of drug abuse and its consequences on both physical and mental health among the youngsters and took pledge. Our NSS volunteers energetically participated in this event.



### RALLY ON ANTI-DRUG AWARENESS

On 12.08.2024, NSS organized a rally on Anti – Drug Awareness in order to create awareness among the public using banners and placards with several themes towards Drug addiction and its dangers.



### MASS ANTI-DRUG AWARENESS PLEDGE

On 12.08.2024, NSS organized an Anti- Drug Awareness Pledge taking on Drug Abuse Dr. R. Uma Rani, Principal of Sri Sarada College for Women (Autonomous), Salem-16 recited the Pledge. Our NSS Volunteers took Pledge along with college union.



## GUEST LECTURE ON DRUG ABUSE

On 13.08.2024, Drug Addiction Awareness Program conducted at the Thalavaipatti Community Hall by National Service Scheme. The program was presided over by **Mr. Raja** President of the village panchayat and **Mr. S. Gokul** Chairperson of Vidiyal Life Care Trust, along with his team provided information about drug abuse its types and other forms of addiction prevalent today. The program featured personal experiences and testimonials from individuals in recovery. Their insights provided deep insights into the challenges faced during their process of recovery.



## PLEDGE TAKEN ON DRUG ABUSE

On 13.08.2024, NSS volunteers organized a Drug Addiction Awareness program along with pledge-taking in the adopted village at the Thalavaipatti Community Hall. The program was presided over by Mr. Raja, president of the village panchayat, and Mr. S. Gokul chairperson of Vidiyal Life Care Trust, along with his team provided information about drug abuse, its types, and other forms of addiction prevalent today. The program featured personal experiences and testimonials from individuals in recovery. Their insights provided deep insights into the challenges faced during their process of recovery.



## GUEST LECTURE ON PARTITION REMEMBRANCE DAY

On August 14, 2024 Sri Sarada College for Women (Autonomous) Salem -16, observed Partition Horrors Remembrance Day. The event was Organized by the National Service Scheme (NSS) and History Association, **Dr.Uma Maheshwari** Head and



Associate Professor of History, delivered a thought-provoking speech that provided valuable insights into the horrors of the Partition, greatly enhancing the student's understanding of this historical event. A total of 225 third year students from the History, English and Economics departments, along with NSS volunteers, participated and benefited from the event.



### THE RARE CLIPPINGS ON INDIA-PAKISTAN PARTITION

On August 14, 2024, Sri Sarada College for Women (Autonomous) Salem- 16, observed Partition Horrors Remembrance Day. The event was organized by the NSS (National Service Scheme). An exhibition was held, showcasing rare clippings related to the India - Pakistan Partition. A total of 225 third-year students from History, English and Economics departments, along with along with NSS volunteers, participated and benefited from this event.



### INDEPENDENCE DAY CHAIR ARRANGEMENT

On 14.08.2024, The NSS Volunteers assisted the College Union in Arranging chairs for the Independence day gathering the students worked with enthusiasm, guided throughout by the Co-ordinator.





### **SLOGAN WRITING COMPETITION ON FIGHT AGAINST DRUGS**

On 12.09.2024, NSS Organized a slogan Writing Contest with the theme "Fight Against Drugs" to Create a drug - free Community. The Contest aimed to Create Creative, Powerful and thought -Provoking slogans in both Tamil and English to raise awareness and inspire action against Drug abuse.



### **ESSAY WRITING COMPETITION ON STUDENTS AND SUBSTANCE ABUSE**

On 13.09.2024, NSS Organised an Essay Writing Contest on the theme students and substance Abuse. A threat to their future in English and போதைப் பொருளும் மாணவர்களும் in Tamil. The Contest aims to raise awareness about the harmful affects of drug abuse on students and inspire action against it.



### **NSS SIGNED MoU WITH GLOBAL ACADEMY OF EXCELLENCE**

On 16.09.2024, NSS has signed a MoU with Global Academy of Excellence in Partnership with Jubilee Foundation, USA. In addition to empower the rural Community school students and educators. We extend Our service to promote professional development. Offer skill-based trainings and workshops, and develop educational resources for the upliftment of the Rural and Semi - Urban College students as well as 21<sup>st</sup> Century Skill based as Trainings, Workshops & projects are to be implemented inside and Outside Campus for the Welfare of the students and faculties.





### PLEDGE TAKEN FOR SOCIAL JUSTICE DAY

On 16.09.2024, The Social Justice Day oath taking event was Organized by NSS to honor the legacy of the renowned social reformer E V.R Periyar. The event aimed to uphold his ideals and to Strive for a society free from discrimination and inequality.



### HUMAN CHAIN AT DR. AGARWAL'S HOSPITAL

On 18.09.2024, NSS of Sri Sarada College of Women, in collaboration with Dr. Agarwal's Hospital, Salem formed the human chain programme to raise awareness about eye donation among and to educate them the importance of eye donation.





## BLOOD DONATION CAMP

On 19.09.2024, NSS, YRC, RRC and the Blood Bank Government Mohan Kumaramangalam Medical College Hospital in Salem organized a Blood Donation Camp. The Camp was well – organized with medical professionals and staff from the Blood Bank ensuring a smooth and safe donation process. This initiative was comprised by both faculty and students to a large societal goal of promoting blood donation and community service among students and the public for a noble cause.



## PLEDGE TAKEN ON CLEAN INDIA

On 20.09.2024, Pledge taking was held on Cleanliness as part of Swachhata Hi Seva Programme by the NSS Volunteers. Our NSS Volunteers took the pledge on Clean India.



## RALLY ON CLEAN INDIA

On 20.09.2024, A Rally was held by holding Slogans based on Cleanliness as part of Swachhata Hi Seva programme by the NSS Volunteers. They Created the awareness on clean India among the people. Our NSS Volunteers energetically took part in this event.



## HUMAN CHAIN ON CLEAN INDIA

On 20.09.2024, Our NSS Volunteers formed the Human Chain programme as part of Swachhata Hi Seva programme to raise awareness about the cleanliness of our country among the people and to educate them the importance of cleanliness.



## COLLEGE CAMPUS CLEANING

On 24.09.2024, as part of Swachhata Hi Seva programme of cleaning our college campus, our NSS volunteers cleaned the campus and collected the plastic wastes and disposed.





## SCREENING A DOCUMENTARY FILM "PAADHAI MATTRUM BODHAI"

On 24.09.2024, NSS of Sri Sarada College for Women (Autonomous), Salem -16 Screened a documentary film named Paadhai Mattrum Bodhai. The documentary was shown to the students by NSS on drug abuse. We created the awareness on the ill effects of drugs among the students by these documentary.



## SWACHHATA HI SEVA - MARKET CLEANING

On 28.09.2024, NSS of Sri Sarada College for Women (Autonomous), Salem-16 Organized the programme of cleaning the public place. We cleaned the last wastes at Periyapudhur Market Place, Salem-16, as part of My Bharat Swachhata Hi Seva. We handover the plastic wastes to the supervisor of Hasthampatti corporation, Salem-16.



## SWACHHATA HI SEVA – AWARENESS ON CLEAN INDIA

On 28.09.2024, Creating Awareness of clean India our NSS Volunteers aware the people to keep our environment clean and to avoid the usage of plastics. As a part of My Bharat Portal Swachhata Hi Seva. We creating a awareness on Periyapudhur, Salem-16.





## SWACHHATA HI SEVA – HUMAN CHAIN ON CLEAN INDIA

On 28.09.2024, Our NSS Volunteers of Sri Sarada College for Women (Autonomous), Salem – 16 formed the human chain programme to raise awareness about to avoid the usage of plastic and keep our environment clean India programme. As a part of Swacchata Hi Seva, we organised this event.



## SWACHHATA HI SEVA – AUDIO JINGLE PLAYED

On 01.10.2024 NSS of Sri Sarada College for Women (Autonomous), Salem -16 created awareness on SWACCHATA HI SEVA CAMPAIGN 2024 through audio jingle, played for the students. Our NSS Secretary told about the Swachhata Hi Seva Campaign and the activities done by our NSS Volunteers.



## DRAWING COMPETITION ON STOP DRUGS

On 03.10.2024, NSS Organized a drawing Competition on Anti – Drug awareness on the topic Stop Drugs in order to create awareness among the students by drawing thoughts. Many Volunteers were participated in this competition.



## WEBINAR ON “DON'T LET DRUGS STEAL YOUR DREAMS”

On 09.10.2024, NSS Volunteers organized a webinar on drug awareness on the topic “Don't let Drugs steal your dreams” by **Dr.B.Gayathry**, Psychologist, Bharat Wellness Center, Salem addressed the negative impacts of drug abuse on individuals and society with special reference to hormonal changes and about medications.



## GUEST LECTURE ON YOUTH AWAKENING DAY

On account of Youth Awakening Day, NSS of our college, PG and Research Department of English and Global Academy of Excellence. organized for a quest Lecture on 15.10.2024. The keynote speaker was **Mr. Leo Paul**, a media trainer, short film director and headmaster at ST. Nicholas RC Middle School, Salem. He delivered a lecture on the topic Ethical Dilemmas Social Media for Young Minds: About 186 volunteers participated in the programme.



## GUEST LECTURE ON ARAMATTRA BODHAI VANNIGAMUM SAMUGA PAAVAMUM

On 16.10.2024, NSS Volunteers organized a Guest Lecture on Drug Abuse in the theme “Aramattra Bodhai Vannigamum Samuga Paavamum”. **Dr.V.Banumathi**, Assistant Professor of Tamil highlighted the insights of sin and the ill effects of drug usage in society.





## PRE-RD PARADE SELECTION CAMP

PRE-RD PARADE SELECTION CAMP at University level was conducted in Periyar University, Salem on 18.10.2024 Dr. A. Subha PO Unit – II and Dr. S. Sangeetha PO Unit – IV accompanied the students to the University to participate in the event **E. Harini from II- B.Sc Statistics** got selected for PRE- RD PARADE selection at University level.



## MY BHARAT REGISTRATION

My Bharat is an initiative by the Ministry of Youth Affairs and Sports to empower Indian youth. Our NSS Volunteers actively participated and registered in My Bharat Portal and got the certificate on 18.10.2024.





## PLEDGE TAKEN FOR VIGILANCE AWARENESS

On 29.10.2024, NSS along with our College Union organized an Pledge for Vigilance Awareness, **Dr. R. Uma Rani**, Principal of Sri Sarada College for women (Autonomous), Salem- recited the pledge. Our NSS Volunteers took pledge along with Collegestudents.



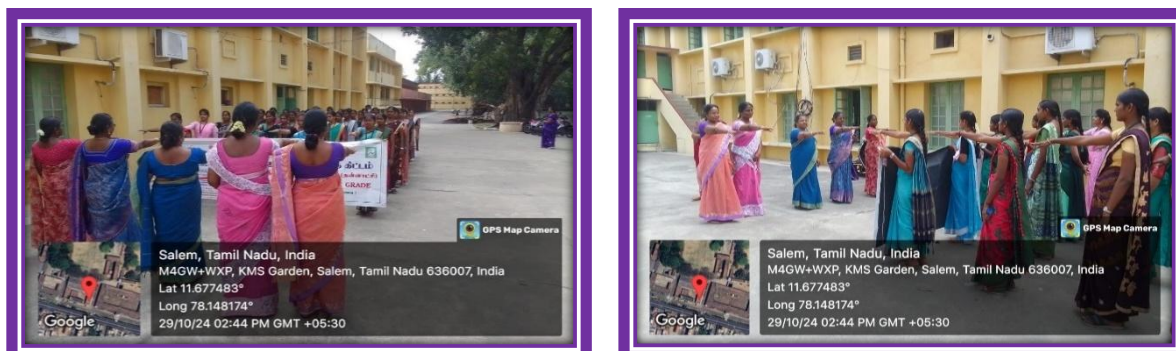
## GUEST LECTURE ON SAFETY MEASURES AND ENVIRONMENT AWARENESS

On 29.10.2024, National service scheme (NSS) of Sri Sarada College for Women(Autonomous), Salem -16. Organized a guest lecture on “**Safety Measures and Environmental Awareness**”. **Dr. S. Esther Juliet Sujatha** delivered the lecture by highlighting the hazardous effects of firecracker pollution.



## NSS VOLUNTEERS TOOK PLEDGE FOR VIGILANCE AWARENESS WEEK

On 29.10.2024, On account of Vigilance Awareness Week, NSS Volunteers took a pledge to promote unity and solidarity. This initiative reinforced the commitment in faster responsible citizenship, environmental awareness and community engagement among students.



## RALLY FOR CHILDREN'S DAY AT SALEM COLLECTOR OFFICE

Rally for Girl child Protection and Children's Day held at Collector Office on 14.11.2024. The participants performed a mime about women's safety and they gave speech about child production, child Marriage, Gender Discrimination, Girl Child Education. Salem Collector **Dr. R. Brindha Devi** I.A.S also took part in the programme as a chief guest.



## PLEDGE TAKEN ON CONSTITUTION DAY

On account of the Constitution Day on 26th November, our NSS Volunteers took a pledge in online on 26.11.2024 and received the constitutional certificate.



## GUEST LECTURE ON HUMAN RIGHTS DAY

Our college commemorated Human Rights Day today, December 10th, 2024, with a guest lecture on the topic "Manavargalin Kadamaayum Bodhaiyattrapathaiyum" Chief guests **Rtn. J. M. Boopathy**, Founder, Consumer Voice Foundation, Salem **Rtn. M. Shanmugha Sundaram**, President and **Rtn. Ramaswamy** Secretary, City Hills Rotary Club, Salem graced the occasion with their presence and valuable words. These raised awareness about human rights, inspire students in promoting and protecting human rights. About 154 volunteers participated in the programme.





## DRAWING COMPETITION ON RIGHT TO LIVE, RIGHT TO LIBERTY

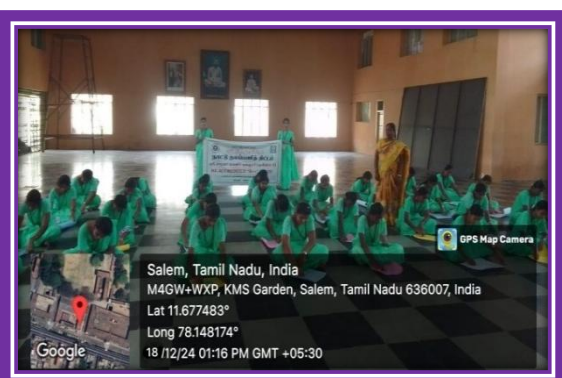
On 10.12.2025, NSS Organized a drawing competition on the theme “Right to Live , Right to Liberty”. These raised awareness about human rights, inspite students in promoting and protecting human rights. The competition won by:

- 1) R. Lakshmi Priya – I - B. Sc Statistics
- 2) N. Swetha – I – B. Sc Mathematics
- 3) K. Nalini – I – B. Sc Mathematics



## DRAWING COMPETITION ON DRUG ABUSE

On 18.12.2024, NSS Volunteers organised a drawing competition to raise awareness and to motivate action against drug abuse. This event encouraged participants through create expressions to illustrate the harmful effects of drug abuse and promote prevention efforts.



## WALKATHON ON DRUG AWARENESS

On 19.12.2024, NSS of Sri Sarada College for Women (Autonomous), Salem -16 organized a Drug Awareness walkathon from Convent Road via Periyapudhur Main Road. The participants marched through the streets of convent Road via Periyapudhur Main Road to College covering 3 Kilometers carrying banners, placards and slogans with impactful drug awareness messages to educate the public about the harmful effects of drug abuse.



## HUMAN CHAIN ON DRUG AWARENESS

On 19.12.2024, NSS of Sri Sarada College for Women (Autonomous), Salem formed the human chain programme to raise awareness about drug abuse among the public and to educate them about the importance of Anti- Drug



## ELOCUTION ON DRUG AWARENESS

On 24. 12. 2024, NSS Volunteers organized a speech competition on “ **The Ripple Effects of Drugs: Stories of Loss and Recovery**” in Tamil and English. It showcases the harmful effects of drug abuse and motivates them to take a firm stand against this growing menace. Several participants shared their personal stories, highlighting how substance abuse had negatively impacted their families and loved ones. This not only shed light on the devastating consequences of drug addiction but also inspired the audience to contribute actively to fight against the issue. The program encouraged a sense of responsibility among all participants, encouraging them to promote a drug free society.





## WEBINAR ON DRUG AWARENESS

On 03.01.2025, NSS Volunteers conducted a webinar titled “Live Drug – Free : Educate, Prevent & Empower” to raise awareness about the dangers of illegal drugs and substance abuse disorders. The event featured **Mrs. M. Lakshmi**, a psychologist, Co-founder of Skillwill Hub, and CEO of Spandana Counselling services, Coimbatore. As a prominent figure in the field of mental health, she shared her expertise on the psychological aspects of drugs addiction, emphasizing the role of cognitive psychology in understanding and overcoming substance abuse. The interactive session included a Q & A where attendees had their doubts clarified. Following this, a feedback session focused on the importance of cognitive psychology in addressing drug addiction, highlighting its potential to help individuals revise their thought patterns and behavior associated with substance abuse. A total of 64 students attended the webinar, benefiting from her insights and gaining a deeper understanding of the psychological factors involved in drug addiction and how to overcome it.



## PERFORMANCE OF SILAMBAM

On 07.01.2025, NSS Volunteers performed the traditional martial art of Silambam to raise awareness about the dangers of drug abuse. The Physical demonstration focused the destructive nature of drug addiction and highlighted the harmful effects of drugs. The choreographed display of Silambam emphasized the aesthetic and cultural aspects on teaching self-defense skills and in promoting healthy life style.



## NATIONAL YOUTH FESTIVAL

On 10.01.2025, S. Bavana, a second year B.A. English student, achieved a remarkable feat at the National Youth Festival 2025. She successfully represented our college at the state- level visikit Bharath Youth Leaders Dialogue, Organized by the Nehru Yuva Kendra Sangathan(NYKS). This prestigious competition aims to engage and empower India's youth in shaping the nation future through four challenging stages of the competition and received state championship. As a reward for her outstanding achievement, Bavana had the unique opportunity to meet Prime Minister Narendra Modi in New Delhi from January 10<sup>th</sup> to 12<sup>th</sup>.





## NSS SPECIAL CAMP AT THALAVAIPATTY VILLAGE FROM

24.01.2025 to 30.01.2025

### FIRST DAY PROGRAMME

(24.01.2025, FRIDAY)

#### INAUGURATION OF SPECIAL CAMP (10.00. A.M.)

The NSS units of Sri Sarada College for Women, Salem, commenced a special camp today with the theme "Youth for My Bharat." **Mrs. Renie Johnson**, NSS Program Officer, extended a warm welcome to all the attendees. **Dr. R. Uma Rani**, the esteemed principal, presided over and delivered the inaugural address. **Thiru. K. Raja**, President of Thalavaipatti, and **Thiru. C. Chinnathambi**, Secretary, highlighted and emphasized the importance of girl child education, other NSS Program Officers were also present during the event. The camp began with a captivating keynote address by **Dr. B. Gayathri**, a distinguished psychologist, LOA coach, and motivational speaker. She underscored the profound impact of goals, values, and thoughts on personal growth and development.



#### SECOND SESSION (11.00. A.M.)

##### SPECIAL LECTURE ON "BASIC LIFE SUPPORT"

In the morning session, **Dr. Arivu MD** from SKS Hospital and Postgraduate Medical Institute, Salem, conducted a valuable demonstration on Basic Life Support (BLS) awareness.



### THIRD SESSION (2.00. P.M.)

#### SPECIAL LECTURE ON IMPACT OF PLASTIC POLLUTION ON HUMAN HEALTH

In the afternoon session, **Dr. R. Thirupathi**, Associate Professor of Economics, shed light on the widespread use of plastics and its detrimental effects on human consumption.



### FOURTH SESSION (3.00. P.M.)

#### SPECIAL LECTURE ON DETERMINATION TO REACH DESIRE

The final session featured a motivating address by **Dr. S. Esther Juliet Sujatha**, who encouraged participants to persevere in their dreams with unwavering determination.



### AWARENESS ON HMPV VIRUS (4.00. P.M.)

The day concluded with a vital awareness program conducted among the villagers of Mallamooppampatty, Selathampatty, Vattamuthampatty, and Thalavaipatty regarding the HMPV virus. All participants were actively engaged in the program.





**SECOND DAY PROGRAMME  
(25.01.2025, SATURDAY)  
FIRST SESSION (9.00. A.M.)**

**FREE GENERAL HEALTH CHECK-UP CAMP**

In morning session, a comprehensive general health check-up, guided by **Dr. Arivu** and his expert team from SKS Hospital and Postgraduate Medical Institute.



**SECOND SESSION (2.00.P.M)  
SPECIAL LECTURE ON WOMEN'S HEALTH**

The afternoon session featured a thought-provoking talk by Dr. Kavitha Nagarajan, Clinical Director, Consultant Reproductive Medicine, and Cosmetic Gynecologist from SKS Hospital and Postgraduate Medical Institute. She stressed the significance of adopting healthy daily habits, consuming balanced food, and maintaining cleanliness in everyday life.



**CREATING AWARENESS ON EYE-CAMP AND DENGU VIRUS (4.00.P.M)**

The day concluded with awareness programs on dengue prevention and the importance of regular eye check-ups. The volunteers also announced the conduct of free eye check-up camps in all four villages, promoting community health and wellbeing.



## PLEDGE TAKEN FOR NATIONAL VOTERS DAY

On 25.01.2025, NSS of Sri Sarada College for Women (Autonomous), Salem – 16 organized a pledge taking programme on National Voters day. It was taken to know and aware the importance of voting in our democratic country and to aware the village people about voting.



## RALLY ON NATIONAL VOTERS DAY

On 25.01.2025, NSS of Sri Sarada College for Women (Autonomous), Salem- 16 organized a rally on National Voters Day to create awareness of the importance of voting among the people. The volunteers aware the people by showcasing their posters and placards.





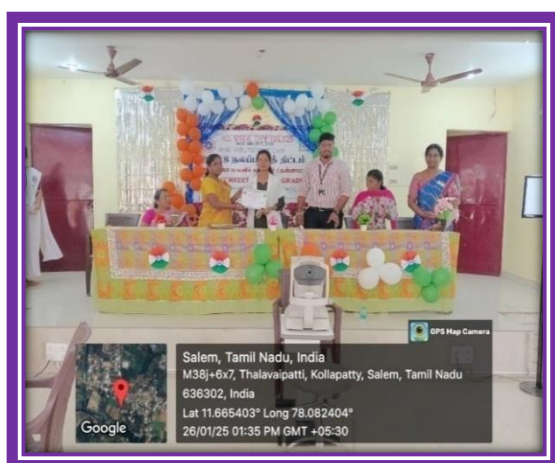
### THIRD DAY PROGRAMME (26.01.2025, SUNDAY) FLAG HOISTING AT THALAVAIPATTY

The 76<sup>th</sup> Republic Day celebration commenced with the National Flag hoisting ceremony, presided over by **Mr. K. Raja**, former president of Thalavaipatty, at the Community Hall.



### SECOND SESSION (10.00.P.M) FREE EYE CHECK-UP CAMP

This was followed by a **Free Eye Check-up Camp**, conducted by **Dr. Deepika** and her team from the Eye Foundation, Salem. The camp benefited over 100 villagers from Mallamooppampatty, Selathampatty, Vattamuthampatty, and Thalaivaipatty, with 200 NSS volunteers and NSS Program Officers Mrs. Renie Johnson, Dr. A. Subha, Dr. V. Banumathi, and Dr. S. Sangeetha graced the occasion.



### THIRD SESSION (2.00.P.M) SPECIAL LECTURE ON CHILD WELFARE ISSUES AND SOLUTIONS

In the afternoon session, **Mr. Simon Raj**, District Child Protection Officer, emphasized the importance of child safety and strategies to overcome related challenges.



### TREE PLANTATION IN VILLAGES (4.00.P.M)

The day concluded with an awareness program highlighting the significance of planting trees in all four villages. As part of the awareness program, over 40 trees were planted in and around schools, temples, and villages, promoting environmental conservation.



### FOURTH DAY PROGRAMME

(27.01.2025, MONDAY)

FIRST SESSION (9.00.A.M)

### SPECIAL LECTURE ON FREEDOM FIGHTERS OF SALEM

The day's proceedings began with a lecture by **Dr. N. Uma Maheshwari**, Head and Associate Professor of History, who highlighted the contributions of freedom fighters from Salem and their patriotic spirit during the independence movement.





## SECOND SESSION (11.00.A.M) DEMONSTRATION ON “EMPOWERING ENTREPRENEURS: MAKING OF HOUSEHOLD PRODUCTS”

The next session featured a lecture-cum-demonstration by **Dr. S. Anbuselvi**, Associate professor of Chemistry and **Dr. D. Anu**, Assistant Professors of Chemistry. They showcased the preparation of soaps using natural extracts and flavors, as well as washing liquids and powders. This interactive session aimed to inspire future entrepreneurs among the participants.



## THIRD SESSION (2.00.P.M) DEMONSTRATION ON “IMMUNE BOOSTING SNACKS”

In the afternoon, **Mrs. R. Bhuvana Indhumathi** and **Dr. K. Gomathi**, Assistant Professors of Home Science, delivered a lecture-cum-demonstration on Immunity Boosting Snacks. They emphasized the importance of developing immunity, shared tips on how to achieve it, and provided a list of healthy practices to follow.



## AWARENESS ON CLEANLINESS (4.00.P.M)

The day concluded with an awareness program emphasizing the significance of cleanliness and its impact on health in all four villages.

## FIFTH DAY PROGRAMME

(28.01.2025 , TUESDAY )

FIRST SESSION (9.00 A.M)

### HANDS ON TRAINING – EMBROIDERY

The morning session featured **Mrs. R. Gunavathi**, an expert in art and craft, embroidery, and hands-on training, who shared her expertise with the participants.



### SECOND SESSION (2.00 P.M)

#### SPECIAL LECTURE ON “FUNDAMENTAL LAWS”

In the afternoon, **Mr. Sethupathi Marriyappan**, a lawyer and director of the Law Foundation, Salem, created awareness about basic laws, practices, and essential helpline numbers.



### THIRD SESSION (3.00.PM)

#### LECTURE ON ETHICAL AND SUSTAINABLE CONSUMPTION

In the third session, **Dr. T. Ramya**, Assistant Professor of Commerce, emphasized the importance of consumer ethics, duties, and responsible practices in daily life.





### **AWARENESS ON PLASTIC POLLUTION (4.00 P.M)**

The day concluded with an awareness program highlighting the detrimental effects of plastic usage on health and the environment. The session also focused on recycling methods and encouraged the adoption of eco-friendly habits among the volunteers and all four villagers.

### **RALLY ON ROAD SAFETY**

On 28.01.2025, NSS of Sri Sarada College for Women (Autonomous), Salem- 16 organized a rally on Road Safety. Our NSS Volunteers aware and expressed their thoughts to people about the importance of Road Safety through placards and posters.



### **SIXTH DAY PROGRAMME**

**(29.01.2025, WEDNESDAY)**

**FIRST SESSION (9.00 A.M)**

### **SPECIAL LECTURE ON SEEKING TRUTH IS KNOWLEDGE**

The sixth day of the NSS Special Camp featured a series of enlightening sessions, empowering the participants with valuable knowledge and insights. In the Morning Session **Rtn. J.M. Boopathi** from the Consumer Rights Foundation, Salem, delivered a lecture on consumer rights, emphasizing the recent amendments and the procedures for claiming these rights.



## SECOND SESSION (11.00 A.M) SPECIAL LECTURE ON DUTIES AND RESPONSIBILITIES OF NSS VOLUNTEERS

In the second session, **Dr. S. Sathish**, NSS Co-ordinator, Periyar University, highlighted the significance and responsibilities of NSS among colleges, focusing on their duties and roles in community service and stating we rise by lifting others. He stressed knowledge sharing, skill development, and fostering a sense of social responsibility and community service among the NSS volunteers.



## THIRD SESSION (2.00 P.M) SPECIAL LECTURE ON ENTREPRENEURSHIP IN ORNAMENTAL FISH FARMING: A PATH TO RURAL DEVELOPMENT

In the post lunch session, **Dr. Vijayalakshmi**, Assistant Professor of Zoology, elaborated on the entrepreneurial aspects of ornamental and decorative fish farming.





#### FOURTH SESSION (3.00 P.M) SPECIAL LECTURE ON HORMONE BALANCE NEED OF THE HOUR

In the fourth session, **Dr. Aarthi**, Assistant Professor of Zoology, delivered a lecture on hormonal imbalance and mood swings and introduced the different types of hormones.



#### AWARENESS ON MEENDUM MANJAPPAI (4.00 P.M)

The day ended by creating an awareness about the importance of Manjappai. Awareness videos were screened for the NSS volunteers.

#### FINAL DAY PROGRAMME (30.01.2025, THURSDAY)

##### PLEDGE ON ANTI- LEPROSY DAY

On 30.01.2025, NSS of Sri Sarada College for Women (Autonomous), Salem- 16 observed Anti – Leprosy Day by taking a pledge at the community Hall in Thalavaipatti. The event was headed by **Mr. Dheenadhayalan**, Health Inspector, Sarkarkollapatti, Salem, and **Thiru K. Raja**, Former president of Thalavaipatti, NSS Programme Officers, Professors, Office Assistants and Volunteers participated in the pledge, reaffirming their commitment to raising awareness and promoting inclusivity for those affected by Leprosy.



## VALEDICTORY FUNCTION (10.00 A.M)



## SECOND SESSION (12.00 P.M)

### SPECIAL LECTURE ON HUMAN RIGHTS AND LAW RELATED TO WOMEN'S RIGHTS

In the second session, **Mr. A. Asokan**, Advocate and President of the Tamilnadu Consumer Association, delivered a lecture on human rights, with a special emphasis on women's rights and laws. He encouraged the participants to approach these rights without hesitation.



## THIRD SESSION (2.00 P.M)

### SPECIAL LECTURE ON LIFE SAVING SKILLS

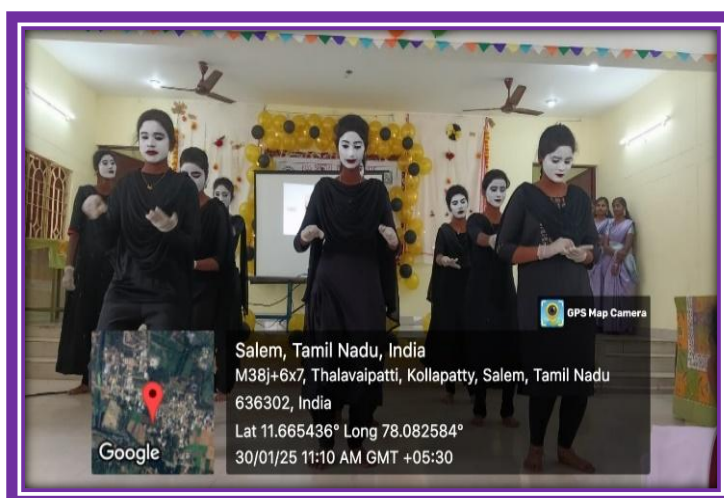
In the post lunch session, **Dr. C.S. Vishnuprasath**, Surgeon in Ortho and Spine from S.K.S Hospital, Salem, conducted a practical session lecture cum demonstration on providing first aid in emergency situations, including CPR and other essential techniques.





### **MIME ON DRUG AWARENESS**

On 30.01.2025, NSS Volunteers Performed a Mime Show with the theme “Embrace Life, Not Drugs” as a drug awareness program during the special camp amidst the adopted villagers in Thalavaipatty Village.



### **ROAD SAFETY AWARENESS: ADANCE PERFORMANCE**

On 30.01.2025, NSS Volunteers Performed dance with the theme “Road Safety” as a traffic awareness program during the special camp amidst the adopted villagers in Thalavaipatty Village.



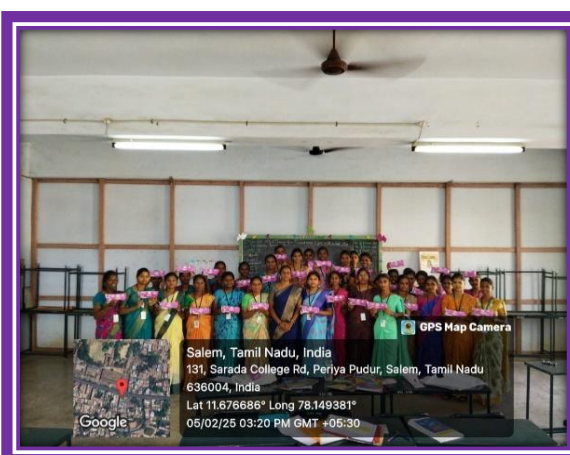
### **DISTRIBUTION OF PAMPHLETS**

On 31.01.2025, NSS Volunteers distributed pamphlets to raise awareness about the dangers of drug abuse by creative drawings and catchy slogans. These pamphlets effectively communicate the risks associated with drug use and helps individuals to stay away from drugs and their dangers they faced practically.



### **DISTRIBUTION OF FREE SANITARY NAPKINS(ISSUED BY TAMILNADU GOVERNMENT)**

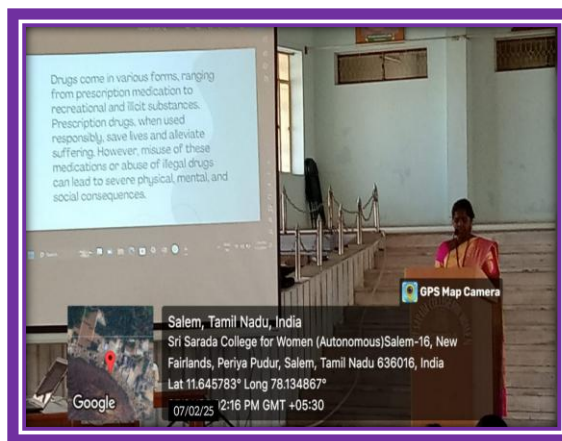
On 05.02.2025, NSS of Sri Sarada College for Women (Autonomous), Salem-16 distributed free sanitary napkins (Issued by Tamil Nadu Government) to the students to age 17-19. The programme explicitly targets young women, promoting menstrual hygiene awareness and providing access to sanitary napkin distribution programme demonstrates a commendable effort to address menstrual hygiene needs among young women. More than 1751 students. Benefited from the above scheme. The initiative was taken by the National Health Mission Department of Public Health & Drugs (DPH&D) and the Department of Health in Tamil Nadu to promote public health, menstrual hygiene awareness, and provide access to sanitary products.



### **STUDENTS SEMINAR ON DRUG AWARENESS**

On 07.02.2025, NSS Volunteers organized seminar on drug awareness on the various types of drugs, their effects on physical and mental health. They shared real-life stories of their family members who had fallen prey to drug abuse. This helps in creating healthier and drug-free society. It served as an inspiration for peer group by combating this growing problem. The session ended with a PPT presentation and a display of images related to drug use and its consequences.





## SELFIE ZONE FOR DRUG AWARENESS

On 13.02.2025, NSS Volunteers organized a “Selfie Zone” event in Sister Niveditha Auditorium focused on raising awareness about the negative impacts of drug usage. The Selfie Zone was created in collaboration law enforcement with the assistance of **Mr. Karthick** and **Mrs. Zerina Bivy**, Superintendent of Police from Fairlands Police Station, who played a significant role in highlighting an interactive Q&A sessions and an engaging platform for disseminating crucial information about drug awareness. The initiative aimed to share and educate individuals about the harmful effects and dangers associated with drugs on social media with the concept “**EnnakuVendam**”. It helps in promoting the well-being of the community to create awareness about drug-free lifestyle.



## GUEST LECTURE ON ROAD SAFETY

On 13.02.2025, The NSS Organized a guest lecture on Road safety and Traffic Awareness. The session was led by **Mr. Karthick** and **Mrs. Zerina Bivy**, Superintendent of Police, Fairlands Police Station. They highlighted the possible ways to control Road accidents. They also distributed stickers with the message “**No Helmet No key**” and “**Two wheeler Two Helmet Two lives**” emphasizing the importance if wearing helmets for two-wheeler riders. They inculcated the messages of safe riding practices using Helmet and following Traffic rules& Regulations.



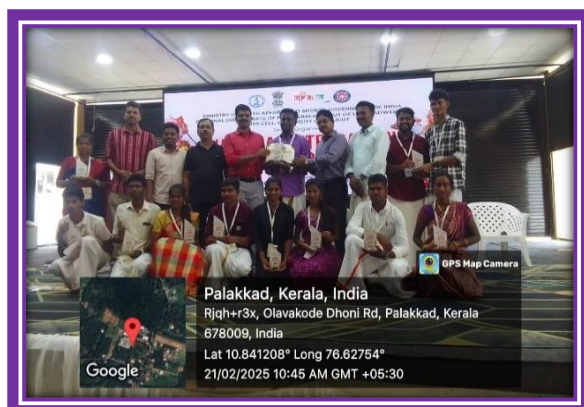
## GUEST LECTURE ON CHILD ABUSE & GENDER BASED VIOLENCE AGAINST WOMEN

On 13.02.2025, NSS Organized a guest lecture on the topic “Child Abuse & gender – based violence against women”. **Mr. Karthick** and **Mrs. Zerina Bivy**, Superintendent of Police, Fairlands Police station, specifically focusing on sexual harassment and other forms of physical & emotional abuses, prevention measures and they share helpline number to recover from post- traumatic stress disorders. Child protection Acts and other gender based violence laws were explained.



## PARTICIPATED IN NATIONAL INTEGRATION CAMP

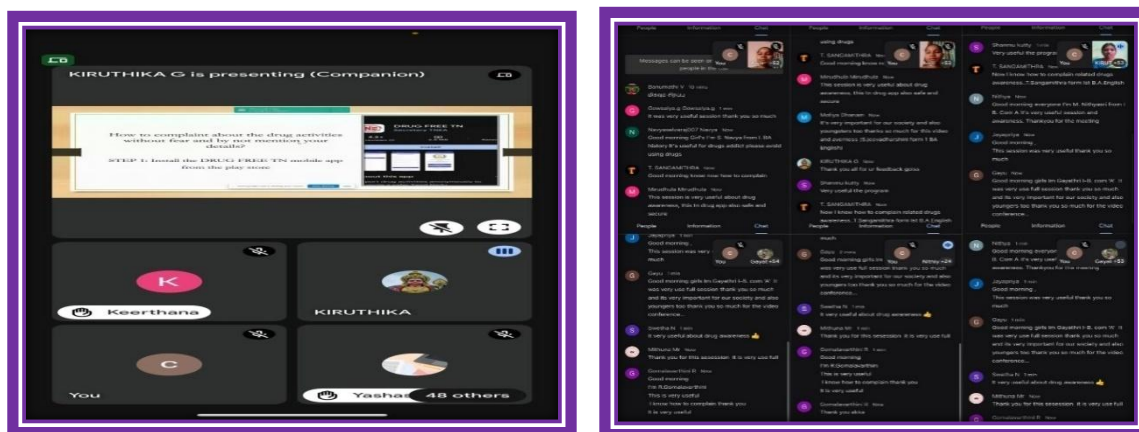
Our NSS volunteer participated in the National Integration Camp from 15.02.2025 to 21.02.2025 at LEAD College of Management, Palakkad, Kerala. **Ms. Subhasree D, II B.Com – “A”** participated in the NIC camp.





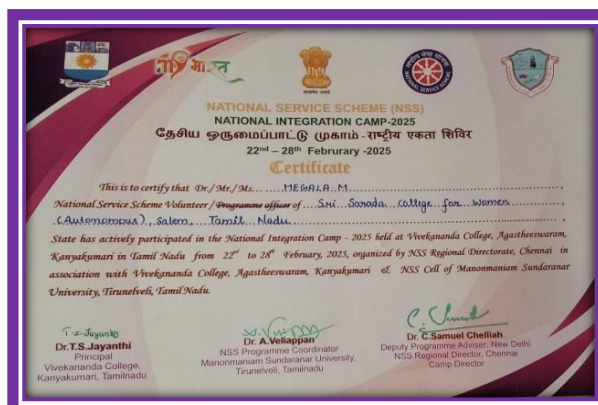
## A DEMONSTRATION ON DRUG FREE TN APP

On 22.02.2025, NSS Volunteers organized a demonstration of Drug Free TN App by NSS Secretaries. This is an essential app for the people of Tamil Nadu to report and raise awareness about drug-related activities in their communities. Users can easily submit their complaints as tips, share information, and connect with local authorities, helping to create a safer, drug-free environment. It ensures confidentiality and support community engagement. This initiative is user friendly to report the issue to take a stand against drug abuse and promote a healthier future for Tamil Nadu. To report drugs and banned tobacco products in and around anonymously in order to promote a safer Tamil Nadu. Students are actively participated and gave a positive feedback.



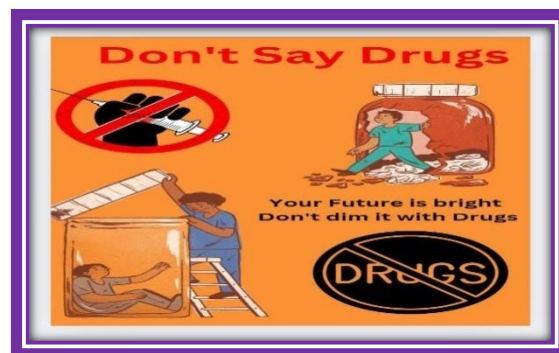
## PARTICIPATED IN NATIONAL INTEGRATION CAMP

Our NSS volunteer participated in the National Integration Camp from 22.02.2025 to 28.02.2025 at Vivekananda College, Agastheeswaram, Kanyakumari, Tamil Nadu. Ms. Megala M , II B. Sc Statistics participated in the NIC camp.



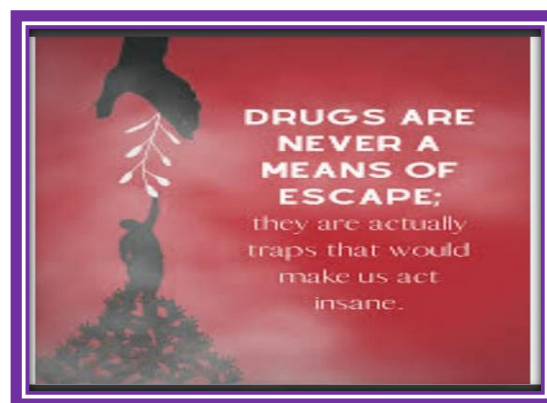
## E- POSTER MAKING ON DRUG AWARENESS

On 24.02.2025, NSS volunteers organized a E-Poster Making competition to raise awareness and to motivate action against drug abuse. This event encouraged participants through creative expressions to illustrate the harmful effects of drug abuse and promote prevention efforts.



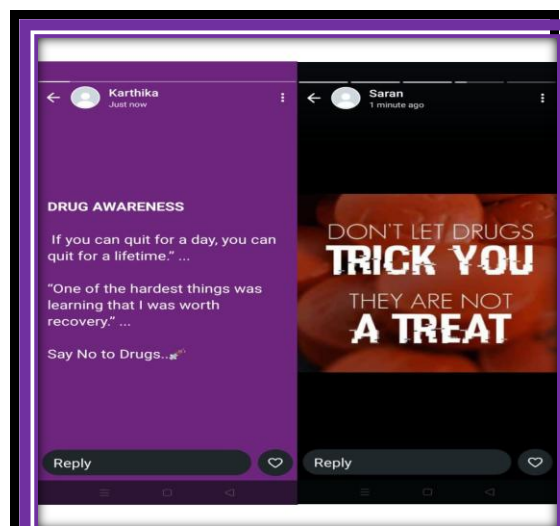
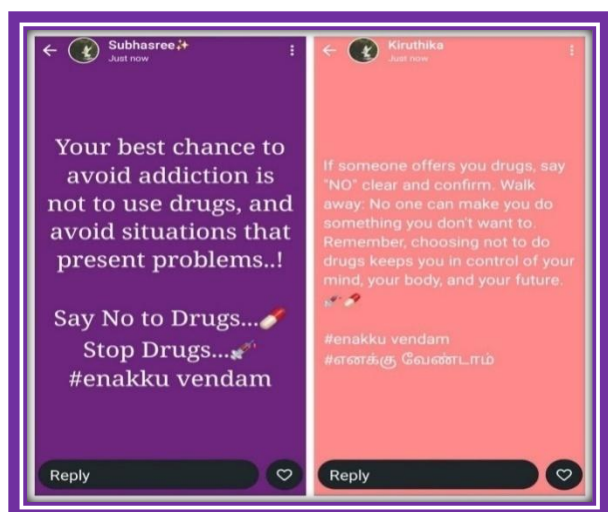
### E-SLOGAN WRITING COMPETITION ON DRUG AWARENESS

On 24.02.2025, NSS volunteers organized a E-Slogan Writing competition aimed to raise awareness about the dangers of drug abuse among students by encouraging participants to write creative and thought- provoking slogans in both English and Tamil to create awareness about the ill effects of drugs. This event encouraged participants through creative expressions to illustrate the harmful effects of drug abuse and promote prevention efforts.



### SHARING MESSAGES / POSTERS ON DRUG AWARENESS

On 25.02.2025, NSS Volunteers of Sri Sarada College for Women (Autonomous), Salem-16 created, posted and made message in social media such as Facebook, Instagram, Twitter as part of Drug Awareness activity in online platforms.





### **MEGA FREE GENERAL HEALTH CHECK-UP CAMP**

On 25.02.2025, NSS of Sri Sarada College for Women (Autonomous), Salem-16 and SKS Hospital & Postgraduate Medical Institute, Salem jointly organized a Free Mega General Health Check-up Camp. This community outreach program aims to provide accessible healthcare services to both Teaching and Non-Teaching faculty and also to the public.



### **MEGA FREE EYE CHECK - UP CAMP**

On 25.02.2025, NSS of Sri Sarada College for Women (Autonomous), Salem-16 and The Eye Foundation, Salem jointly organized a Free Eye Check-up Camp. This community outreach program aims to provide accessible healthcare services to both Teaching and Non-Teaching faculty and also to the public.



### **POSTING A SELFIE PICTURE**

On 26.02.2025, NSS Volunteers organized a “Selfie Zone” event in Sister Niveditha Auditorium focused on raising awareness about the negative impacts of drug usage. The selfie pictures are posted in social media to create awareness on drug abuse. The initiative aimed to share and educate individuals about the harmful effects and dangers associated with drugs on social media with the concept “Ennaku Vendam”. It helps in promoting the well-being of the community to create awareness about drug-free lifestyle.



### ESSAY WRITING COMPETITION ON NATIONAL SCIENCE DAY

On 28.02.2025, NSS Volunteers organized an Essay Writing Competition with the theme "Empowering Indian Youth for Global Leadership in Science & Innovation for Viksit Bharat". The competition aimed to spread a message about the importance of Science used in the daily life of the people. The participants write creative and thoughts- provoking essays in both English and Tamil to create awareness among students.



### STATE NSS OFFICER VISIT

On 1.3.25 **Dr.P.N.Gunanidhi**, State NSS Officer visited our college and gave valuable feedback and scrutinized our files, Report note, Visitor's note, Camp Attendance records and financial records. Two NSS program officers from Periyar University **Mr.Elangovan** and **Mr.Alagirisamy** accompanied the state NSS Nodal Officer. The discussion went amidst Dr.R.Uma Rani, Principal, NSS Program Officers Mrs.Renie Johnson, Dr.A.Subha, Dr.V.Banumathi and Dr.S.Sangeetha and office staff. The primary focus of the visit was the inspection of the NSS files. He had an interaction with our NSS Volunteers **J. Gopikaa** of III – B.A English who participated in the Republic Day Parade at New Delhi during the academic year January 2024 and **S. Bavana** of II- B.A English who participated in Viksit Bharat Young Leaders Dialogue Programme, National Youth Festival-2025 held at New Delhi.





## PARTICIPATED IN STATE LEVEL ADVENTURE CAMP

Our NSS Volunteer **G. Kiruthika**, participated in a State Level Adventure Camp at Don Bosco Youth Centre, Yercaud. She showcased her skills and also participated in seminar and cultural program from 01.03.2025 to 05.03.2025



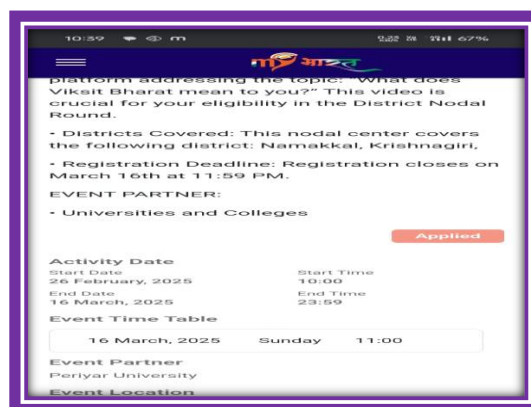
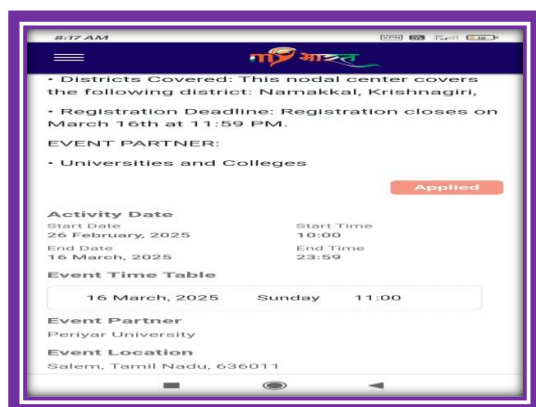
## CYCLE RALLY ON DRUG AWARENESS

On 07.03.2025, NSS Volunteers organized an awareness rally, "**Pedal against Drugs**" to combat drug abuse and illicit trafficking, promoting a drug-free society. The initiative aimed to raise awareness about physical fitness, healthy lifestyles, and the importance of daily routines for well-being. "Pedal against Drugs" encouraged healthy habits to foster a healthier and more sustainable community. The rally was flagged off by Dr. R. Uma Rani, Principal, in the presence of NSS Programme officers Mrs. Renie Johnson, Dr. A. Subha, Dr. V. Banumathi, and Dr. S. Sangeetha.



## VIKSIT BHARAT YOUTH PARLIAMENT REGISTRATION

On 07.03.2025, Our NSS volunteers made their mark by actively participating and registering for the Viksit Bharat Youth Parliament, a pioneering initiative by the Ministry of Youth Affairs and Sports aimed at empowering Indian youth. Our volunteers also showcased their public speaking skills by recording videos on the theme of Viksit Bharat and uploading them to the portal as part of a speech competition.



## A TRIBUTE TO THE SOCIETY

On account of Women's Day on 08.03.2025, Our NSS Programme Officers received a certificate of honor for their Unwavering Strength and service to the community.



## FITNESS RALLY ON INTERNATIONAL WOMEN'S DAY

On 10.03.2025, On the occasion of International Women's Day and Fitness Week, the National Service Scheme (NSS) and the Department of Physical Education at Sri Sarada College for Women (Autonomous), Salem-16, jointly organized a Fitness Rally near Convent Road. NSS volunteers actively participated in the event, spreading awareness about the significance of physical fitness for women through slogans and Placards. The rally aimed to promote a healthy lifestyle and empower women to prioritize their well-being.





## **DISTRIBUTION OF FREE SANITARY NAPKINS (ISSUED BY TAMILNADU GOVERNMENT)**

On 11.03.2025, NSS of Sri Sarada College for Women (Autonomous), Salem-16 distributed free sanitary napkins (Issued by Tamil Nadu Government) to the students to age 17-19. The programme explicitly targets young women, promoting menstrual hygiene awareness and providing access to sanitary napkin distribution programme demonstrates a commendable effort to address menstrual hygiene needs among young women. More than 1146 students benefited from the above scheme. The initiative was taken by the National Health Mission Department of Public Health & Drugs (DPH&D) and the Department of Health in Tamil Nadu to promote public health, menstrual hygiene awareness, and provide access to sanitary products.



## **PARTICIPATED IN STATE LEVEL NSS YOUTH FESTIVAL**

Three of Our NSS Volunteers namely Ramani A, Santhiya K.A, Monisha R were participated in the State Level NSS Youth Festival at VIT Campus, Chennai. They showcased their skills and also participated in cultural program from 13.03.2025 to 17.03.2025.



### **GUEST LECTURE ON WOMEN'S HEALTH**

On 14.03.2025, NSS of Sri Sarada College for Women (Autonomous), Salem-16. organized a guest lecture on Women's Health. Dr. S. Nivedhitha, MBBS, MSOG Consultant obstetrician and Gynecologist from Dr. Sundararajan Hospital, Salem addressed the gathering. She explained about the Menstrual Hygiene, Urinary infections & Pelvic inflammation diseases during Menstrual Cycle, BMI and the modifications on life style, Anemia and the awareness on HPV Vaccine.



### **GUEST LECTURE ON HEALTH AND WELL-BEING**

On 14.03.2025, NSS of Sri Sarada College for Women (Autonomous), Salem-16. organized a guest lecture on Health and Well-being. Dr. S. Nivedhitha, MBBS, MSOG Consultant obstetrician and Gynecologist from Dr. Sundararajan Hospital, Salem gave a special talk on the usage of Drugs and the challenges faced by women their health and well - being due to physiological difference and experiences of human health.



### **GUEST LECTURE ON WORLD CONSUMER DAY**

On 14.03.2025, NSS, Citizen Consumer Club, Social Consumer Rights Movement jointly organised a Guest Lecture on World Consumer Day. Mr.Ganesh B.E., Salem District Supply and Consumer Protection Officer , Mrs.S. Umarani, Salem Corporation, Hasthampatti, Zonal Committee President, Rtn.J.M.Boopathy, Founder Consumer Voice Foundation felicitated the day. Our students participated in Essay Writing, Speech and Poetry competitions and won prizes.





### **SPEECH COMPETITION AT PERIYAR UNIVERSITY**

On 21.03.2025, Our NSS volunteers have got selected for the district level speech competition. They have participated in that speech competition on the topic " One Nation One Election - Paving the way for Viksit Bharat at Periyar University.



### **RALLY ON DRUG AWARENESS**

On 21.03.2025, NSS Organized Rally on “Drug kill your future “ by our NSS Volunteers. They Created the drug awareness among the people. About 52 volunteers energetically participated in this event.



## SHORTFILM SCREENING ON WORLD WATER DAY

On account of World Water Day on 22.03.2025, NSS of Sri Sarada College for Women (Autonomous) Salem-16, Screened a short film in online to create awareness on water Conservation. The film showed an importance of Saving water and also how to utilize water in a proper way. More than 60 volunteers got benefitted through this event.



## FREE HEALTH CAMP FOR WOMEN

On 24.03.2025, NSS of Sri Sarada College for Women (Autonomous), Salem-16 and Dr.Sundararajan Hospital, Salem jointly organized a Free Health Camp for Women. This community outreach program aims to provide accessible healthcare services to both Teaching and Non-Teaching faculty and also to the public. Dr.S.Nivedhitha, Obstetrician, Gynecologist accompanied by 3 nurses attended this camp. About 63 members benefitted through this camp.





## **PARTICIPATED IN SPEECH COMPETITION**

On 27.03.2025, Our NSS volunteer Ramani A have got selected for the State level speech competition. They have participated in that speech competition on the topic " 75 years of the Indian Constitution : A Journey of Rights, Duties, and Progress; The 11 Sankalp of Samvidhan Divas : A Pledge to Strengthen India' s Constitutional Values. She received her certificate.



## **NSS STOCK CHECKING**

On 28.03.2025, NSS Stock checking was done by Dr. (Tmt.) K. Pushpavalli, HoD & Associate Professor of Economics and Dr. (Tmt.) N. Nagalakshmi, Assistant Professor of Economics. Stocks were verified and found correct.



*Thankfully Yours*

*NSS Programme Officers*

<i>Ms.Renie Johnson</i>	<i>– Unit I</i>
<i>Dr.A.Subha</i>	<i>– Unit II</i>
<i>Dr.V.Banumathi</i>	<i>– Unit III</i>
<i>Dr.S.Sangeetha</i>	<i>– Unit IV</i>

*NSS Student  
Secretaries*

<i>D.Subhasree</i>	<i>– Unit I</i>
<i>M.Megala</i>	<i>– Unit II</i>
<i>G.Kiruthika</i>	<i>– Unit III</i>
<i>V. Chakreswari</i>	<i>– Unit IV</i>