

**JAYARAJ ANNAPACKIAM COLLEGE FOR WOMEN  
(AUTONOMOUS), AFFILIATED TO MOTHER TERESA  
WOMEN'S UNIVERSITY, KODAIKANAL,  
PERIYAKULAM, THENI.**



**UNIT XIII**  
**NATIONAL SERVICE SCHEME**



**ANNUAL REPORT 2022 -2023**

## **PROFORMA FOR NSS PROGRAMME OFFICERS**

<b>S. No</b>	<b>Particulars</b>	<b>Details</b>
1.	Name of Programme Officer	Dr. Sr. J. Arul Sunila
2.	Gender (Male/Female)	Female
3.	Name of the University	Mother Teresa Women's University, Kodaikanal.
4.	Name of the College with Address	Jayaraj Annapackiam College for Women (Autonomous), Periyakulam, Theni Dt-625601.
5.	College Email Address	<a href="mailto:principal@annejac.ac.in">principal@annejac.ac.in</a>
6.	Name of the District (College Located)	Theni
7.	NSS Unit Number	13 <sup>th</sup>
8.	Mobile No (NSS PO)	9489325397 6381877095
9.	Email ID (NSS PO)	<a href="mailto:srsunilatam@annejac.ac.in">srsunilatam@annejac.ac.in</a>
10.	Whether attended NSS 7 days ETI Training	Yes / No
11.	Number of year Experience as NSS P.O	<b>1</b>
12.	Name of the Village Adopted	Murugamalai
<b>Social Media Account Details of the NSS Unit</b>		
1.	Twitter ID	@nssunit13jac
2.	Instagram ID	nssunit13jacperiyakulam
3.	Face book ID	Jac Nss

Name: Dr. Sr. J. Arul Sunila  
Designation: Assistant Professor  
Signature:

*Dr. Sr. J. Arul Sunila*

**PROFORMA FOR NSS STAFF ADVISORS DETAILS**

S. No	Particulars	Details
1.	Name of Staff Advisor	Ms. S. MARIASTEFFI
2.	Gender (Male/Female)	Female
3.	Name of the University	Mother Teresa Women's University, Kodaikanal.
4.	Name of the College with Address	Jayaraj Annapackiam College for Women (Autonomous), Periyakulam, Theni District – 625 601.
5.	College Email Address	<a href="mailto:principal@annejac.ac.in">principal@annejac.ac.in</a>
6.	Name of the District (College Located)	Theni
7.	NSS Unit Number	13 <sup>th</sup>
8.	Mobile No (NSS staff advisor)	85477281909
9.	Email ID	mariasteffi@annejac.ac.in
10.	Department	Physics
11.	Number of year Experience	2
12.	Name of the Village Adopted	Murugamalai

Name: Ms. S. MARIASTEFFI

Designation: Assistant Professor

Signature:

*Mariasteffi - S*

**NATIONAL SERVICE SCHEME**  
**Action Plan 2022 – 2023**

<p style="text-align: center;"><b>On 6<sup>th</sup> Day – 1 Hour</b> <b>On Saturday – 3 Hours</b></p>	
<b>Regular Activities</b>	<b>Special Activities</b>
<ul style="list-style-type: none"> <li>✓ NSS Classes covering Text Book</li> <li>✓ Awareness Programmes</li> <li>✓ Celebrating Commemorative Days</li> <li>✓ Cleaning Work</li> <li>✓ Watering Vitamin C – Fruit Trees Garden</li> <li>✓ Solid Waste Management – Waste leaves</li> <li>✓ Providing vocational training to girl students and women in adopted villages</li> </ul>	<ul style="list-style-type: none"> <li>➤ 7 Days Special Camp</li> <li>➤ Observance of <ul style="list-style-type: none"> <li>• Swachh Bharat Mission</li> <li>• Fit India</li> </ul> </li> <li>➤ One day Programme - seminar</li> <li>➤ Awareness Programme on Fit India (15.9.2021)</li> <li>➤ Celebrating the 75th Independence Day in J.A. College and adopted villages.</li> <li>➤ Conducting Street plays and various Awareness Programmes through Rally</li> <li>➤ Planting tree saplings in adopted villages</li> <li>➤ Conducting meeting with panchayat officers in our college / Convene Advisory Meeting</li> <li>➤ Preparing the girl students to participate in the Gram Sabha meeting.</li> <li>➤ Attending the refresher training for Professors.</li> <li>➤ Undertaking Projects related to NSS</li> </ul>
<p style="text-align: right;"><b>Total Hours for a Year = 60</b> <b>Total Hours for Two Years = 120</b></p>	

## IMPORTANT DAYS & DATES

Date	Day	Remarks
Jan 12	National Youth Day	Birthday of Swami Vivekananda
Jan 15	Army Day	Field Marshall K.M. Cariappa took over the command of the Army on this day in 1949 from the British.
Jan 27	International Holocaust Day	The largest Nazi death camp, Auschwitz-Birkenau, was liberated by Soviet troops on Jan 27, 1945.
Jan 30	Martyr's Day	Martyrdom day of Mahatma Gandhi
Feb 28	National Science Day	Marks the discovery of the Raman Effect in 1928 by C.V. Raman
Mar 8	International Women's Day	-
Mar 15	World Consumer Day	President John F Kennedy formally addressed the issue of consumer rights on this day in 1963.
Apr 7	World Health Day	WHO was formed on this day in 1948, but the first World Health Day was observed in 1950.
Apr 12	International Day of Human Space Flight	Yuri Gagarin, the Soviet Cosmonaut made the first space flight on this day in 1961.
May 1	International Worker's Day	-
May 8	International Red Cross Day	JH Dunant, the man behind Red Cross was born on this day in 1828.
May 11	National Technology Day	Nuclear tests at Pokhran were carried out in 1998 on this day.
May 21	Anti-terrorism Day	Former PM Shri Rajiv Gandhi was assassinated on this day in 1991.
Jun 5	World Environment Day	-
Jun 21	International Yoga Day	-
Jul 1	National Doctors Day (India)	Birthday of Dr Bidhan Chandra Ray

<b>Date</b>	<b>Day</b>	<b>Remarks</b>
Jul 11	World Population Day	Inspired by 5 billion Day in 1987
Jul 12	Malala Day	Birthday of Malala Yousafzai
Jul 20	International Moon Day	Landing of Apollo 11 on the moon in 1969.
Jul 20	World Chess Day	Establishment of the International Chess Federation (FIDE) in Paris in 1924.
Aug 6	Hiroshima Day	The bombing of Hiroshima on 6 Aug 1945
Aug 7	National Handloom Day	Launching of the Swadeshi Movement on 7 Aug 1905
Aug 9	August Kranti Diwas	Launch of the Quit India Movement in 1942
Aug 19	World Humanitarian Day	Commemorates the day when 22 aid workers were killed in a bombing at the UN headquarters in Baghdad in 2003
Aug 20	Sadbhawna Diwas	Birthday of Shri Rajiv Gandhi (1944)
Aug 29	National Sports Day	Birthday of Shri Dhyanchand (1905)
Sep 5	Teacher's Day	Birthday of Dr Radhakrishnan (1888)
Sep 8	International Literacy Day	-
Sep 14	Hindi Diwas	Hindi was accorded Official language status by the Constituent Assembly on this day in 1949.
Sep 15	Engineers' Day	Birthday of Sri M Visvesvaraya.
Sep 27	World Tourism Day	Statutes of the United Nations World Tourism Organisation were adopted on this day in 1980.
Oct 2	International Non-violence Day	Birthday of Mahatma Gandhi (1869)
Oct 8	Indian Air Force Day	IAF was officially established on this day in 1932.
Oct 16	World Food Day	Food and Agricultural Organisation was founded on this day in 1945.

<b>Date</b>	<b>Day</b>	<b>Remarks</b>
Oct 24	United Nations Day	The Charter of the United Nations came into force on this day in 1945.
Oct 31	Rashtriya Ekta Diwas	Birth Anniversary of Sardar Vallabhbhai Patel
Nov 11	National Education Day	Birthday of Shri Maulana Abul Kalam Azad (1888), the first Education Minister of India.
Nov 14	Children's Day	Birthday of Shri Jawaharlal Nehru (1889)
Nov 19	National Integration Day	Birthday of Smt Indira Gandhi (1984)
Nov 26	Constitution Day (India)	The Constitution of India was adopted on this day (1949)
Nov 26	National Milk Day (India)	Birthday of Shri Verghese Kurien, Father of the White Revolution in India
Dec 1	World AIDS Day	-
Dec 4	Navy Day	Commemorates the courageous attack on the Karachi harbour during the Indo-Pakistan war of 1971 in Operation Trident.
Dec 7	Armed Forces Flag Day	-
Dec 10	Human Rights Day	The Universal Declaration of Human Rights was proclaimed and adopted on this day in 1948.
Dec 16	Vijay Diwas	Marks India's victory over Pakistan in the Indo-Pak war in 1971.
Dec 18	Minorities Rights Day	United Nations adopted and promulgated the Declaration on the Rights of Persons belonging to National or Ethnic, Religious and Linguistic Minorities on this day in 1992.
Dec 24	National Consumers' Day	-
Dec 25	Good Governance Day	Birthday of Shri Atal Bihari Vajpayee

### U. G. PROGRAMME OUTCOMES

UPON COMPLETION OF THIS PROGRAMME THE STUDENTS WILL BE ABLE TO

PO. NO.	UPON COMPLETION OF THIS PROGRAM THE STUDENTS WILL BE ABLE TO
1.	Gain theoretical knowledge and apply the expertise in different fields. .
2.	Acquire industry specific skills and can emerge as entrepreneurs. .
3.	Develop critical and rational thinking to solve societal issues.
4.	Explore the knowledge and acclimatize it in the ever changing work environment.
5.	Evolve theories and develop innovative discipline specific ideas.
6.	Comprehend the nuances and develop innovative, discipline-specific ideas.

### U. G. PROGRAMME SPECIFIC OUTCOMES

UPON COMPLETION OF THIS PROGRAMME THE STUDENTS WILL BE ABLE TO

PSO. NO.	UPON COMPLETION OF THE PROGRAM THE STUDENTS WILL BE ABLE TO	PO MAPPED
PSO-1	Get knowledge about National Service Scheme.	PO-1
PSO-2	Acquire leadership skills and readiness to serve the society.	PO -2
PSO-3	Enhance perspectives of social issues in different point of views Think and act effectively in a critical situation.	PO-3
PSO-4	Develop positive attitude towards betterment of the society through voluntary service.	PO-4
PSO-5	Preserve nature, ethos and traditions and practices of the society.	PO-1



## NATIONAL SERVICE SCHEME

**Semester: I**

**Hours :2**

**Code: 23STPNS01**

**Credits:2**

### **COURSE OUTCOMES:**

CO. NO.	UPON COMPLETION OF THIS COURSE THE STUDENTS WILL BE ABLE TO	PSO ADDRESSED	COGNITIVE LEVEL
CO – 1	Acquire the basic knowledge about NSS	PSO-1	K1, K2
CO – 2	Uphold the value system based on the social, political and moral bases	PSO-1, PSO-2	K3
CO – 3	Understand and identify the needs of the society	PSO-1, PSO-2, PSO - 4	K2, K4
CO – 4	Develop the capacity to meet emergencies and attain knowledge to concentrate on personal health and hygiene	PSO2-, PSO-4 PSO-5	K5, K6
CO – 5	Face the challenges particularly to become women entrepreneurs	PSO-1	K3, K6

### **RELATIONSHIP MATRIX FOR COURSE OUTCOMES, PROGRAMME OUTCOMES AND PROGRAMME SPECIFIC OUTCOMES**

Semester : I – IV		NATIONAL SERVICE SCHEME										Hours: 240
Code : 23STPNS01												Credits: 2
Course Outcomes	Programme Outcomes (PO)						Programme Specific Outcomes (PSO)					Mean Score of CO's
	1	2	3	4	5	6	1	2	3	4	5	
CO1	1	2	3	4	5	6	1	2	3	4	5	3.81
CO2	4	5	4	3	4	3	4	3	4	4	4	3.90
CO3	5	4	4	4	4	4	4	3	4	4	3	3.90
CO4	4	4	5	3	4	4	5	4	3	3	4	4.00
CO5	5	4	4	3	4	4	4	5	4	3	4	3.90
<b>Overall Mean Score</b>												<b>3.90</b>

**Result:** The Score for this Course is 3.90 (High Relationship)

**Note:**

Mapping	1 - 20%	21 - 40%	41 - 60%	61 - 80%	81 - 100%
Scale	1	2	3	4	5
Relation	0.0 - 1.0	1.1 - 2.0	2.1 - 3.0	3.1 - 4.0	4.1 - 5.0
Quality	Very Poor	Poor	Moderate	High	Very High

### **Values Scaling**

Mean Score of Cos = $\frac{\text{Total of Values}}{\text{Total No. of Pos \& PSOs}}$	Mean Overall Score for Cos = $\frac{\text{Total of Mean Scores}}{\text{Total No. of Cos}}$
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### **UNIT I: BASICS OF NSS**

Introduction –History and Growth – Aim and Objectives – NSS Motto – NSS Symbol - NSS Badge –NSS Day - Code of Conduct- NSS Regular Activities & Special Camp.

### **UNIT II: PERSONALITY DEVELOPMENT**

Personality Development – Know Thyself- Body Language- Forming Values Etiquette and Manner - Team Building and Team Work – Problems of Youth – Drug abuse - Drug Dependence /Addiction –Alcoholism – Suicide - Sexual Problems – Diseases.

### **UNIT III: SOCIAL SERVICE**

Aim of Social Service – Social Service Organizations - Social Problems - Need for Social Service - Scope of Social Services - Functions of Social Services - Principles of First Aid - Important things kept in the First Aid Box - Snake Bite - Dog Bite - Insect Bite - Heat Stroke - Drowning - Electric Shock - Artificial Respiration – Hemorrhage – Stroke - Heart Attack – Symptoms – Fainting.

### **UNIT IV: NUTRITIOUS FOOD AND WOMEN'S HEALTH**

Nutrition - Adequacy – Balance - Calorie Management - Dietary Density – Moderation – Variety - Calculation of Calorie Permittance - Calculation of Protein Percentages - Food Sources - Vitamins the Importance of Dietary Nutrition Women's Health

### **UNIT V: ECOLOGY AND ROLE OF WOMEN IN SOCIETY**

Environment - Environmental Elements - Environmental concerns- Changing Climate – Global warming – Women achievers - Women's Place in Society - Social Issues against Women - The Ways to Empower Women.

**COURSE BOOK:**

**Arul Sunila.J, Flora Pauline Mary.V, Preethi.J, Padmasree. A. D, Girija Bai. T, Arul Irudaya Jeyanthi.J, Abinaya. D, *NOT ME BUT YOU*, Acca Printing Press, 2022.**

**Internal Assessment**

<b>Components</b>	<b>Marks</b>
Attendance	20
Assesment (Involvement in activities)	50
Test	30
<b>Total</b>	<b>100</b>

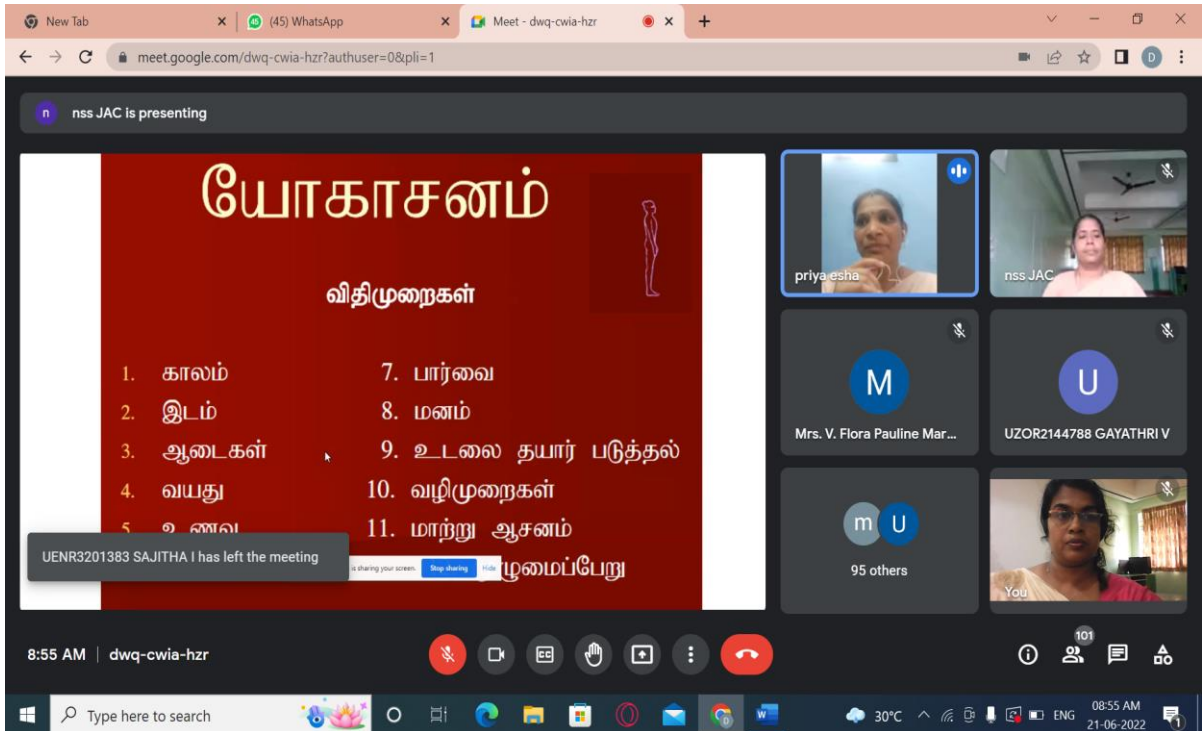
**QUESTION PATTERN****NATIONAL SERVICE SCHEME-23STPNS01****Class : II UG****Time : 2 Hours****Date :****Max. Marks: 30**

<b>Course Outcome</b>	<b>Bloom's K-level</b>	<b>Q. No</b>	<b>SECTION – A</b> <b>Answer All Questions</b> <b>Internal choice</b> <b>2x5=10</b>
			<b>SECTION – B</b> <b>Answer any TWO of the following</b> <b>2x10=20</b>

## Month of June 2022

### International Yoga Day Celebration - 21.6.2022

On 21.06.2022, National Service Scheme of Jayaraj Annapackiam College for Women(Autonomous), Periyakulam organized a google meet to celebrate the International Day of Yoga at 8:30 a.m. This meet was begun with Prayer Song and Bible Reading. Dr.J.Preethi, Assistant Professor of English, Jayaraj Annapackiam College For Women, welcomed the gathering. The Felicitation Address was given by Rev. Sr. Dr.S.Jesurani, Principal, Jayaraj Annapackiam College for Women, Periyakulam. Mrs. R. Ms. R. Shanmuga Priya, Professor in Yoga, World Community Service Centre, Dindigul, served as the resource person. She delivered a talk on 'Benefits of Yoga with Demonstration'. She clearly explained the method and uses of doing yoga. The Vote of Thanks was delivered by Dr.Sr.Fatima Mary Sylvia, the Librarian & the NSS Coordinator of J.A College, Periyakulam. 164 students participated and were benefitted by this meet. The students have started doing Yoga as a result of this Yoga Programme and their photos were attached for evidence.[https://docs.google.com/forms/d/e/1FAIpQLScLRaKkjHAyz-RO2vZybhc7qK9XCH6kuo\\_6r0fOgT7zXs2Ilg/viewform](https://docs.google.com/forms/d/e/1FAIpQLScLRaKkjHAyz-RO2vZybhc7qK9XCH6kuo_6r0fOgT7zXs2Ilg/viewform)



**Month of July 2022**  
**75<sup>th</sup> Independence Day Celebration - 22.07.2022**

22.07.2022 In Connection with 75<sup>th</sup> Independence Day Celebration under “Azadi Ka Amrut Mahatsav” 13<sup>th</sup> Unit of NSS JAC showed film of “Veeramangai Velunatchiyar”



**Month of August - 2022**  
**NSS Orientation Programme - 04.08.2022**

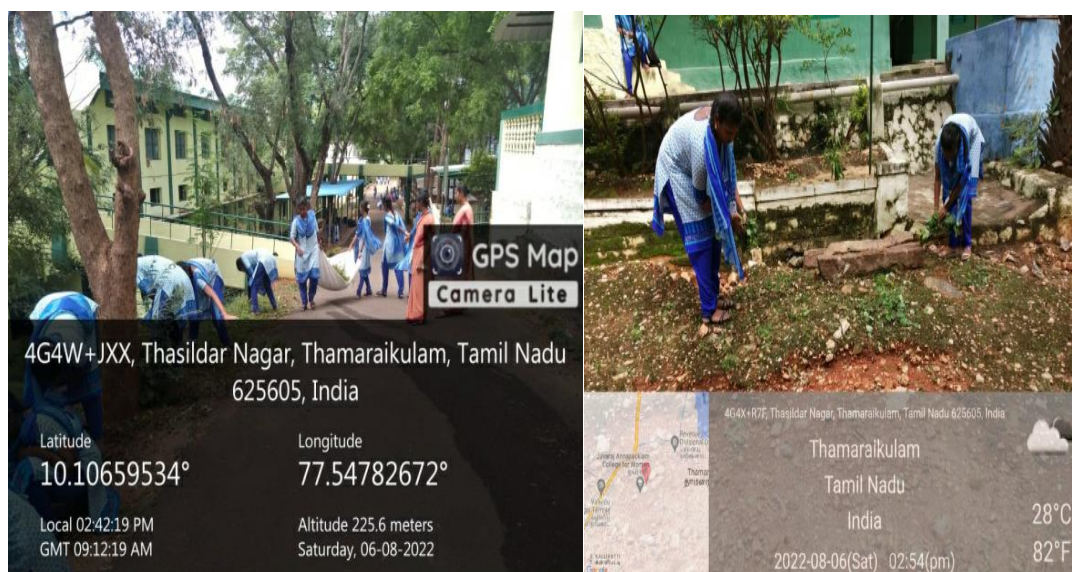
On 04.08.2022 NSS Co- Ordinator and all the Programme Officers addressed the first years and informed them the history of NSS and its aim and goals. Each PO delivered a brief talk on the importance of joining in NSS and the purpose of NSS. Everyone motivated to do service to the society voluntarily and it is our duty to understand the community in which they live and work. They encouraged the first years to understand themselves in relation to their community and suggested that this is the platform to acquire leadership qualities and identify the needs and problems of the community and involve them in problem solving process. The students made a decision to help the society on the voluntary basis after the Orientation Programme.





### **Activity on Cleanliness - 06.08.2022**

On 06.08.2022 in accordance with Swachh Bharat Mission the Cleanliness activity was done inside the campus of Jayaraj Annapackiam College for Women (Autonomous). 50 NSS volunteers of unit 13 of Jayaraj Annapackiam College for Women (Autonomous) cleaned the campus.



### **75<sup>th</sup> Independence Day Celebration -13.08.2022**

The National Service Scheme of Jayaraj Annapackiam College for Women (Autonomous), Periyakulam celebrated the 75th Independence Day based on the theme 'Reflection of Freedom Fighters' on 13.08.2022 at 2.00 p.m. to 3.30 p.m. Ms. S. Mariasteffi, NSS Staff Advisor and Assistant Professor of Physics welcomed the gathering. In this event, 75 students from all NSS Units acted like 75 leaders, soldiers, women, and unknown people who sacrificed their lives for the



country. Following this, the human chain was formed on the number 75, consisted of 75 leaders parade. This was organized to commemorate Azadi Ka Amrit Mahotsav which marked the 75th year of Independence. Dr. Sr. J. Arul Sunila, NSS Coordinator and Assistant Professor of Tamil proposed vote of thanks. There were 700 students from all NSS Units participated in this event.



### **75<sup>th</sup> Independence Day Celebration 15-08.2022**

National Service Scheme of Jayaraj Annapackiam College for Women (Autonomous), Periyakulam celebrated the 75th Independence day on 15.08.2022 at Savadipatti Primary School from 9.00am to 9.40am. Dr. Sr. J. Arul Sunila, NSS Coordinator and Assistant Professor of Tamil, Ms. S. Mariasteffi, NSS Staff Advisor and Assistant Professor of Physics and six volunteers from unit XIII attended this event and distributed sweets and prizes to the school students. The NSS students also presented some cultural programmes and made the event a meaningful one.





## **75 Independence Day - Rally Around Tamaraikulam**

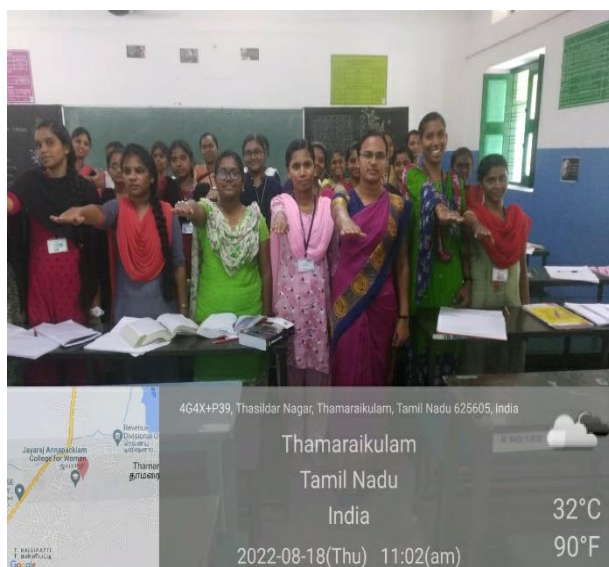
As part of the Azadi Ka Amrit Mahotsav celebrations honouring The 75 years of India's Independence, a rally was undertaken by the National Service Scheme of Jayaraj Annapackiam College jointly with NCC cadets. The Dean of Students Dr. Sahaya Rani, Associate Professor of Zoology, welcomed the chief guests Ms. Geetha District Deputy Superintendent of Police, Periyakulam, Mrs. Meenakshi, Inspector of Police, Tenkarai, Mr. Manikandan, Inspector of Police, Periyakulam. They were honoured with a shawl by Rev. Dr Sr. S. Jesurani, Principal, JAC. Dr. B.J. Queensly Jeyanthi, Secretary, JAC. Ms. Geetha District Deputy Superintendent motivated the students to maintain peace in and around Periyakulam. and inaugurated the rally by waving the flag. Then NCC cadets and NSS volunteers marched towards Tamaraikulam by saying the phrase 'Peace to Periyakulam'. Around 600 NSS volunteers took part in the rally by holding the National flags. The NSS volunteers started from JAC and walked as a procession up to Panchayat office and met VAO and stopped in the middle at Sub - Collector office and met Sub-collector to share the spirit of patriotism.





## Harmony Day - Sadhbhavana Diwas 18.08.2022

On the occasion of Harmony Day (Sadhbhavana Diwas), the faculty members and students of Jayaraj Annapackiam College for Women (Autonomous), Periyakulam, Theni took the Harmony Day pledge in Tamil in their respective class rooms on 18.08.2022 at 11 a.m. The staff and students of the National Service Scheme participated in this event.





## Linking Voter ID with Aadhar 22.08.2022

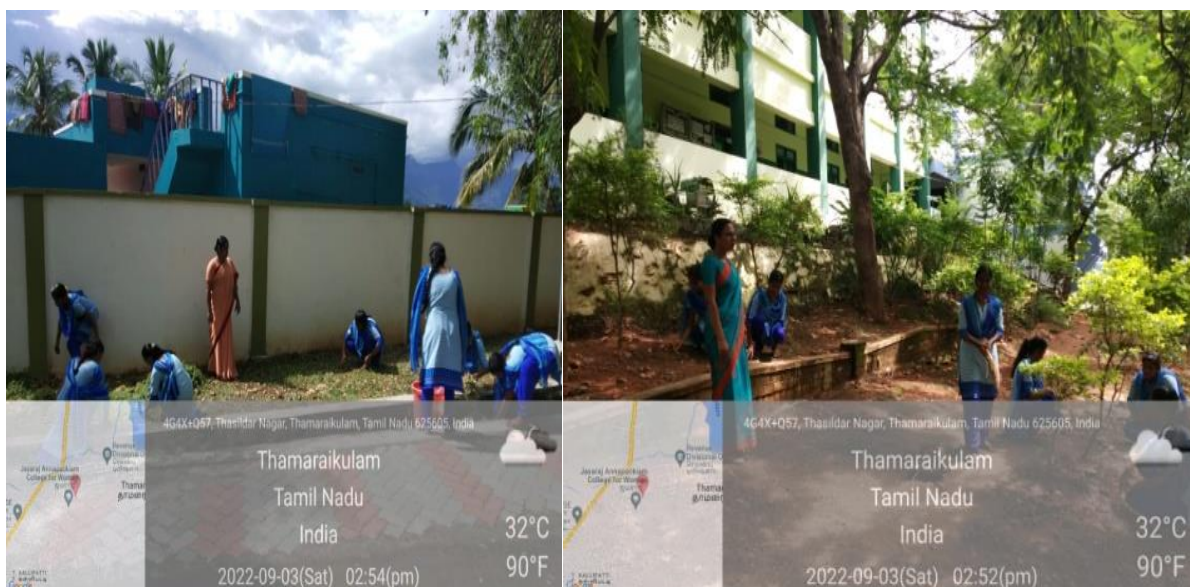
22.08.2022 On Linking Voter ID with Aadhar. The faculty members of the NSS team gave training to the NSS students of their respective units. The Aadhaar cards of 100 people were linked to their Voter ID through this programme.



## Month of September 2022

### Cleanliness activities -03.09.2022

On 03.09.2022, Cleanliness activities were done in Jayaraj Annapackiam College for Women (Autonomous) campus from 2.00 to 3.00 p.m. 100 NSS volunteers of unit 13 cleaned the campus from the Physics Lab to the college gate. Dr. Sr. J. Arul Sunila, programme officer and Assistant Professor of Tamil, Ms. S. Mariasteffi, staff advisor and Assistant Professor of Physics guided the students during the cleaning activities.



## World Literacy Day 08 to 12.09.2022

“A book is a gift you can open again and again.” — Garrison Keillor

To celebrate the *World Literacy Day* in a meaningful way, the NSS students collected 100 books from St. Anne's Sisters, Physics department Professors and Unit-XIII students from 08.09.2022 to 12.09.2022. As a result, the habit of reading books, desire, interest and eagerness for reading have been developed among the students.



## ‘First Aid’ - 14.09.2022

The NSS XIII Unit organised a special seminar on 14.09.2022 at 3.00 p.m. near the HealthCare Centre of Jayaraj Annapackiam College for Women (Autonomous), Periyakulam. Mrs. S. Nithya, Visiting Faculty of Healthcare, B. Voc. Department delivered a lecture on ‘First Aid’. She explained the various actions before taking the critically ill persons to the hospital. Practical training was given on how to use the first aid kit in classrooms, playgrounds, homes, roadside etc. As a result, the students have learned how to use the first aid kit and the medical supplies in it easily. They are trained to act professionally during emergencies and realized that first aid can reduce the severity of an emergency at a particular time and place. Dr. Sr. J. Arul Sunila, NSS Programme officer and Assistant Professor of Tamil and Ms. S. Maria Steffi, NSS Staff Advisor and Assistant Professor of Physics organised the event in a meticulous way. 100 NSS students participated in this programme.





### **Cleanliness activities - 17.09.2022**

On 17.09.2022, 100 NSS volunteers of Unit 13 cleaned the College campus from the Physics lab to the college Gate of Jayaraj Annapackiam College for Women (Autonomous), Periyalulam at 2.00 p. m under the supervision of Dr. Sr. J. Arul Sunila, Program Officer and Ms. S. Mariasteffi, Staff Advisor.



## **NSS Day Quiz competition - 21.09.2022**

In connection with the NSS Day celebration, a Quiz programme was conducted by the staff advisor Ms. S. Mariasteffi on 21.09.2022 at 3.00 p.m. in room number 20. Volunteers of Unit 13 actively participated. Selvi. H. Resma Banu, I B.Com (SF) got first prize and Selvi. S. Ruckshana Barveen, I B.Com (SF) got second prize.

## **NSS Day was celebration 23.09.2022**

On 23.09.2022, NSS Day was celebrated in the Indoor Auditorium, Jayaraj Annapackiam College for Women (Autonomous) at 1.30pm. All I and II year NSS volunteers of unit 13 participated in this celebration. The program started with a prayer song followed by bible reading. Dr. Sr. S. Jesurani, Principal addressed the gathering and Dr. Sr. B.J Queensly Jeyanthi, Secretary delivered felicitation address. NSS day special lecture was given by Dr. K. Jeyakodi, Head and Associate Professor of Commerce, Saraswathi Narayanan College. Selvi. S. Sandhiya, II B.Sc Physics and Selvi. S. Dharchana, II B.Sc Physics presented their verse about the aim and importance of National Service Scheme. Prizes are distributed by the chief guest to the volunteers who participated in the Quiz in connection with NSS Day celebration. Selvi. H. Resma Banu, I B.Com (SF) got first prize and Selvi. S. Ruckshana Barveen, I B.Com (SF) got second prize. Dr. Sr. J. Arul Sunila, Programme officer and Assistant Professor of Tamil, Ms. S. Mariasteffi, staff advisor and Assistant Professor of Physics guided the students during the programme.







**27.09.2022 & 28.09.2022 – CRASH COURSE**



**MOTHER TERESA WOMEN'S UNIVERSITY - KODAIKANAL**  
( A State University Established under the Tamilnadu Act 15 of 1984 )

**SRI ADI CHUNHCHANAGIRI WOMEN'S COLLEGE - CUMBUM**  
(Accredited by NAAC with 'A' Grade), (Run by Sri Adi Chunchanagiri Shikshana Trust @ Karnataka) (Affiliated to Mother Teresa Women's University, Kodaikanal), (Recognised Under Section 2(f) & 12(B) of UGC Act. 1956)



**CRASH COURSE FOR NSS PROGRAM OFFICERS**

*Certificate of Participation*

This is to Certify that Mr/Ms/D<sup>r</sup>/ J. Arul Sunila Nss Programme Officer  
Jayaraj Annapeckiam College, Theni (Periyakulam) has actively  
 participated in " **CRASH COURSE FOR NSS PROGRAM OFFICERS** " organized by Sri Adi Chunchanagiri  
 Women's College, Cumbum in collaboration with Mother Teresa Women's University, Kodaikanal,  
 held on **27.09.2022 & 28.09.2022**

  
**Dr. B. Renuga**  
 Principal, Sri Adi Chunchanagiri  
 Women's College, Cumbum

  
**Ms. R. Rani**  
 ETI - NSS Training Coordinator,  
 Avinashilingam University, Coimbatore

  
**Dr. A. Usha Raja Nanthini**  
 NSS Coordinator,  
 Mother Teresa Women's University,  
 Kodaikanal

## **Month of October 2022**

### **Fit India 2.0 – 01.10.2022**

Unit 13 conducted a walking programme inside the campus on 01.10.2022 at 3.00 p.m. in accordance with the 'Fit India 2.0'. I and II year NSS volunteers participated in this activity to have a healthy body.



### **17.10.2022- Meeting Panchayat officer**

On behalf of all Units of Jayaraj Annapackiam College for Women, the Programme Officers had a meeting with Panchayat Officer Mr.Cinna Pandi in Endapuli Panchayat office. We had asked his support to visit the adopted villages for taking our NSS volunteers into the village for cleaning on Saturdays and organising camp. We discussed their needs and received suggestions to organise further meetings.





## **Cleaning activity -18.10.2022**

On 18.10.2022, Unit 13 volunteers cleaned the College campus from Physics lab to college entrance of Jayaraj Annapackiam College for Women (Autonomous), Periyalulam.



## **Youth Awakening Day- 20.10.2022**

On 20.10.2022 Unit 13 celebrated the Youth Awakening Day and conducted a speech competition in Room number 54 at 2.00 p.m. The following students won the prizes. P. Prema, I B. Sc Physics - I prize, T. Suriya Bala, I B. Sc Physics – II prize.





## Clean India - 28.10.2022

On 28.10.2022, At the college entrance, Unit 13 conducted an Awareness programme about Clean India at 3:00 p.m by holding placards. 100 volunteers participated in this programme and gave awareness with slogans related to Cleanliness. Around 500 students benefited from this programme at 3.00 p.m.



## Swachh India -29.10.2022

On 29.10.2022, Unit -13 volunteers took much effort to clean the adopted village called Murugamalai and removed 50 kg of plastic bags. The Village President, Mr. Govinda Raj inaugurated this activity and took the pledge along with the students. Village people were benefitted.



From Unit - XIII <b>NATIONAL SERVICE SCHEME</b> JAYARAJ ANNAPACKIAM COLLEGE FOR WOMEN (AUTONOMOUS), Periyakulam - 625 601, Theni D.t	To Mr. Cinnapandi Panchayat Officer Endampuli Panchayat
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Date: 29.10.2022

தொழில்நுட்ப அமைப்புகளில் மூன்று தனிப்பட்ட  
கல்வியாளர் நடைமுறைப்படுத்தப்பட்ட மருகமலை (Unit XIII)  
29.10.2022 அன்று நண்பன் 2.00 மணி முதல் மூன்று மணி  
4.30 மணி வரை, தஞ்சாவூர் அருகில் 'தமிழ்நாடு கந்தியர்'  
மணியல் எப்போது வந்ததும் ஊராட்சிக்கு உட்பட்ட  
'கந்தியர்' வீதியில் கைகிழிப் பயிற்சியைத்  
தமிழ்நாடு அறிந்து 2-வது மணிக்கு எடுத்துள்ளனர்.  
அப்போதுள்ளதில் 50 கிலோ மீட்டர்கள் கைகிழிப்  
பயிற்சியைத் தேர்ந்தெடுத்த மக்களுக்கு 'தமிழ்நாடு  
கந்தியர்' அறிந்து உதவிப்பதற்காகவும் கைகிழிப்பதற்காக.

Su. 3 Am / Sm L  
Nes UNIT - XIII  
Programme officer.

M.P. M. L.  
தலைவர்  
எண்டம்புளி ஊராட்சி

Sing and Smile in all your difficulties



**Month of November -2022**

**01.11.2022 - Panchayat union primary school,  
Irumalainayakkanpatti – building renovation**

On 01.11.2022 at 11 a.m., Rev. Dr. Sr. Jesurani, the Principal, Jayaraj Annapackiam College along with the NSS Programme Officers Dr. Sr. J. Arul Sunila, Dr. J. Arul Irudaya Jeyanthi and Dr. A. D. Padmashree visited the Government



Panchayat Union Primary School,

Irumalainayakkanpatti. The school building roofs were damaged and in dangerous condition. To renovate the school building, the principal donated Rs. 35,000/- Snacks were given to the children studying in that school.



## பெரியகுளம் ஊராட்சி ஒன்றிய துவக்கப் பள்ளி

எருமலைநாயக்கன்பட்டி pincode: 625 602, தேனி மாவட்டம்,  
பள்ளி துவக்க ஆண்டு - 1932

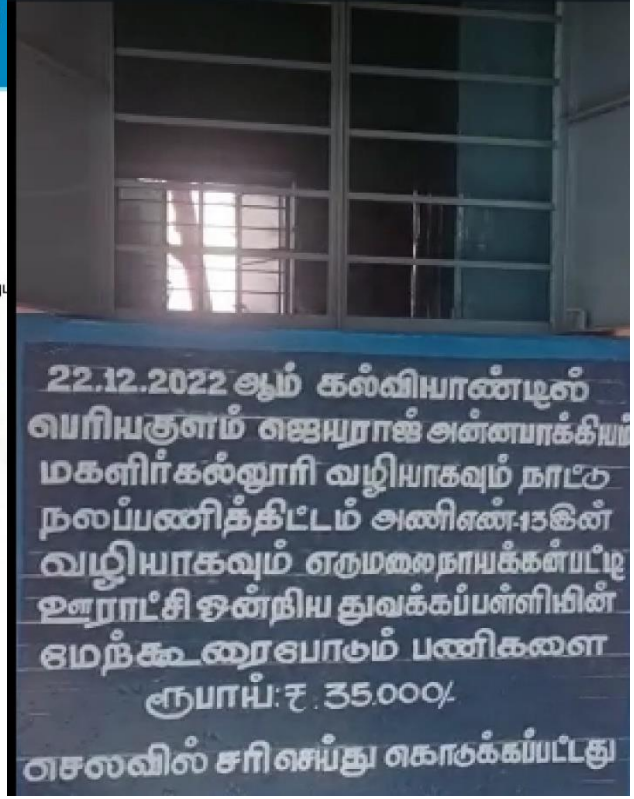


Date:

22.12.2022-ஆம் கல்வியாண்டில், பெரியகுளம், ஜெயராஜ் அன்னபாக்கியம் மகளிர் தன்னாட்சிக்கல்லூரி வழியாகவும் நாட்டு நலப்பணித்திட்டம் - அணி எண்-13 வழியாகவும், கல்லூரி முதல்வர் அவர்களின் சார்பாகவும், எருமலைநாயக்கன்பட்டி ஊராட்சி ஒன்றிய துவக்கப்பள்ளியின் மேற்கூரை மராமத்து பணிகளை ரூபாய் 35,000/- செலவில் சரிசெய்து கொடுக்கப்பட்டது. பள்ளித் தலைமைஆசிரியர், இருபால் ஆசிரியர்கள், மாணவர்கள், ஊராட்சி மற்ற தலைவர் மற்றும் பள்ளி மேலாண்மைக் குழு (SMC) சார்பாக, கல்லூரி நிர்வாகத்திற்கு நன்றியினை தெரிவித்துக்கொள்கிறோம்.

வாழ்க! வளர்க! உங்களின் தொண்டு...

பள்ளி தலைமை ஆசிரியர்



### 01.11.2022 - Adopted village visit

On 01.11.2022 and 02.11.2022, Rev. Dr. Sr. Jesurani, the Principal of Jayaraj Annapackiam College along with the NSS Programme Officers Dr. Sr. J. Arul Sunila, Dr. J. Arul Irudaya Jeyanthi and Dr. A. D. Padmashree visited the seven adopted villages such as Nehru Nagar, Anna Nagar Colony, Kakkanji Nagar, JK Colony, E. Pudukottai, Arockia Matha Nagar, Murugamalai as a preliminary survey for the NSS Camp which is going to be conducted by our college for the academic year 2022-2023.

### Corruption free India for a Developed Nation - 03.11.2022

The volunteers of NSS-Unit XIII of Jayaraj Annapackiam College for Women (Autonomous), Periyakulam took the pledge in accordance with "Corruption free India for a developed Nation" on 03.11.2022 at 3.00 p.m. in the open auditorium. All the volunteers of unit XIII are participated and promised to make a corruption free India.





### **Drug Awareness - 19.11.2022**

The NSS-Unit XIII of Jayaraj Annapackiam College for Women (Autonomous), Periyakulam conducted a 'Drama Writing Competition' on 'Drug Awareness' on 19.11.2022 at 1.30 pm in the college. J. B. Gokila Yazhini, II B.Sc Physics won the first prize. M. Suganthiya and K. Jeyasri from II B.Sc Physics won the second prize.





## **A special lecture on how to use the fundamental medicines -**

**21.11.2022**

On 21.11.2022 at 1.30 p.m, NSS-Unit XIII of Jayaraj Annapackiam College for Women (Autonomous), Periyakulam conducted a special lecture on 'How to Use Fundamental Medicines' at 3.00 p.m. in front of Health Care Centre. Rev. Sr. Jenita, SAT, the Staff Nurse explained the usage of basic medicines and how to give it to the sick when there is need. Three volunteers from each Units participated in this event.



## **25.11.2022 to 28.11.2022 – GIVING CAMP INVITATION TO THE DIGNITORIES**

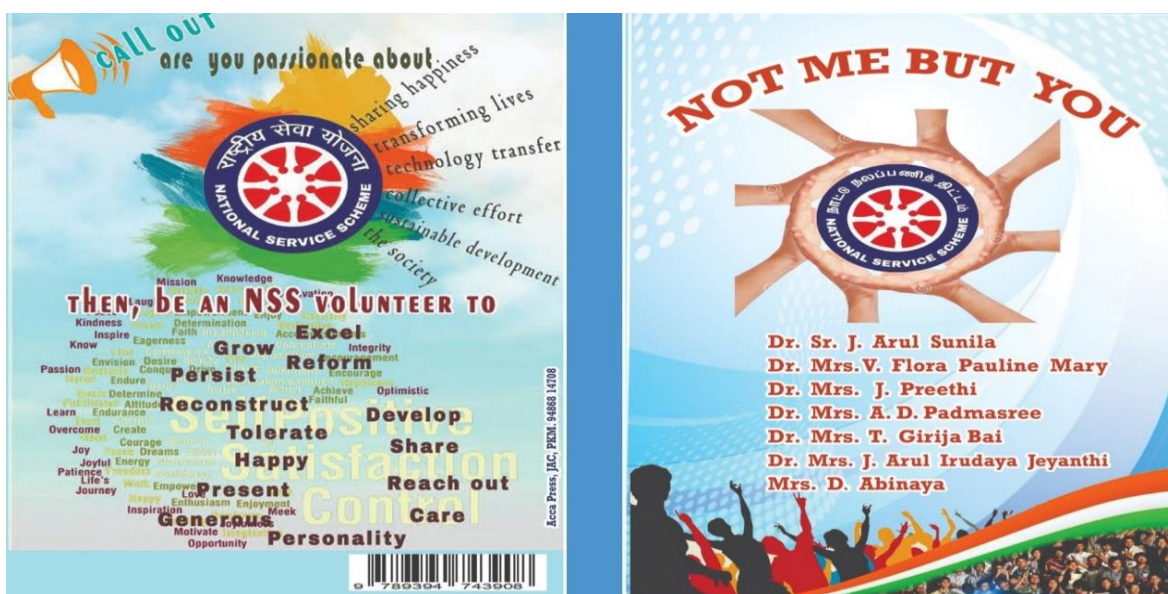




## Report for the month of January – 2023

### Book Publication

NSS Book titled “NOT ME BUT YOU”, published by the Programme officers of NSS with ISSN number **9789394 743908** in 2023 through **ACCA Press**.



### Kurinji Tamil Sangam Competition – Skill Development Activity

In connection with the 75<sup>th</sup> Independence Day Celebration, Kurinji Tamil Sangam steered various competitions for the students. 100 NSS Volunteers actively participated in drawing, verse, and essay writing competition. For organizing and encouraging the students to participate in many numbers in various the competitions, the NSS PO's and Staff advisors worked enthusiastically. And as a reward for their efforts, they too received awards titled “Kalvi Sevagar Award – 2022”





### **Cleanliness Activity - 07.01.2023**

Cleanliness activity was done in the college campus on 07.01.2023 from 2.00 to 4 p.m. All the I year NSS volunteers of unit 13 cleaned the campus from Physics Lab to the college entrance.



### **Pongal Celebration - 13.01.2023**

Unit 13 celebrated Pongal on 13.01.2023 at 10 a.m. All the I and II-year NSS volunteers of unit 13 participated in the event and prepared Sweet Pongal.





### **National Voters Day Pledge - 25.01.2023**

On 25.01.2023 at 11.30 a.m. the volunteers of Unit 13, took pledge in accordance with the National Voters' Day. All the I year NSS volunteers of unit 13 participated and took pledge.



### **Republic Day Celebration - 26.01.2023**

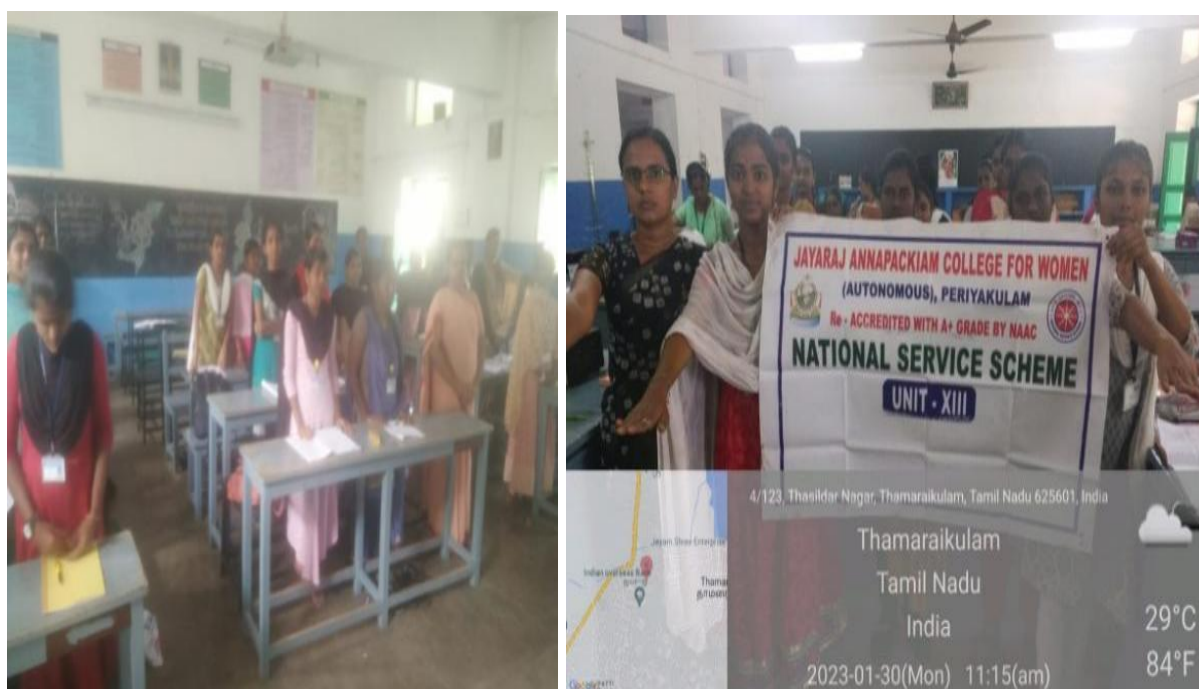
On 26.01.2023 at 7.15 a.m. the volunteers and staff members of NSS Scheme of Unit 13 celebrated 75<sup>th</sup> Republic Day in Jayaraj Annapackiam College for Women (Autonomous), Periyakulam. Dr. Mrs. J. Mary Suganthi Bhai, Associate Professor of Commerce hoisted the national flag and delivered the Presidential

Address. In her speech, she explained the sacrifice of our leaders in detail. Dr. Sr. S. Jesurani, Principal, Dr. Sr. B.J. Queensly Jeyanthi, Dr. Sr. Arul Sunila, Programme Officer, Ms. S. Mariasteffi, Staff Advisor and I year NSS volunteers of unit 13 participated. At the end of the program sweets were distributed.



### **Martyrs Day Pledge - 30.01.2023**

On 30.01.2023, Unit XIII volunteers and staff paid Homage to Martyrs of their sacrifice by Silence Observance at 11.00 a.m. 59 students participated and took pledge.





## Awareness Programme on Cyber Crime - 30.01.2023

In accordance with Youth Day, a guest lecture was conducted on 30.01.2023 at 3 p.m. The resource persons created cybercrime awareness among the volunteers. They insisted the youngsters to use social media with caution and explained about 'Kavalan SOS app', which assists the women in any emergency situation. Finally, Nehru Yuva Kendra volunteers distributed the certificates to the II-year NSS volunteers of unit 13 for cleaning the adopted villages and for collecting 50 kg of plastic wastes.





## Cleaning Activity - 30.01.2023

Cleaning activities were performed by the volunteers of unit 13 in college campus on 30.01.2023 at 3 p.m. All the I year NSS volunteers of unit 13 cleaned the area behind the convent and planted medicinal plants. The volunteers came to know the importance of nature and its medicinal values.



## NSS Report for the month of February 2023

### The orientation programme for NSS POs under Naan Mudhalvan scheme – 14.02.2023 &15.02.2023

In connection with 'Naan Mudhalvan Scheme – Career Guidance', Dr. Sr. J. Arul Sunila, Assistant Professor in Tamil, NSS Programme Officer, attended the orientation for NSS Pos under Naan Mudhalvan scheme organized by the School Education Department in association with Higher Education Department,

Government of Tamilnadu on 14.02.2023 & 15.02.2023 which was held at Foot wear Design & Development Institute, Irungattukottai, Kancheepuram.



### Exposure Visit - 27.02.2022

Under Naan mudhalvan scheme, the School students were taken into the campus of Jayaraj Annapackiam College for Women, Periyakulam according to the plan of Tamil Nadu Government. The students from Govt. Girls HSS, Aundipatti, Govt. HSS, Kanniappapillaipatti, Govt. Girls HSS, Okkaraipatti, Govt. HSS, Okkaraipatti, Govt. HSS, Palacombai, Govt. HSS, Rengasamudram, Govt. HSS, T. Subbulapuram, Govt. Kallar HSS, Ethakovil, Govt. Kallar HSS, Muthunampatty, Govt. Kallar HSS, Rajadhani. Totally 50 students were benefitted. The students left the campus fully satisfied and had got a clear idea on various courses offered by various departments which are functioning in Jayaraj Annapackiam College for



Women, Periyakulam. It really gave them an exposure to pursue their higher education. It is a good step to make the first generation to enter into college without fear.



### Providing Iron tablets to Students - 01.02.2023

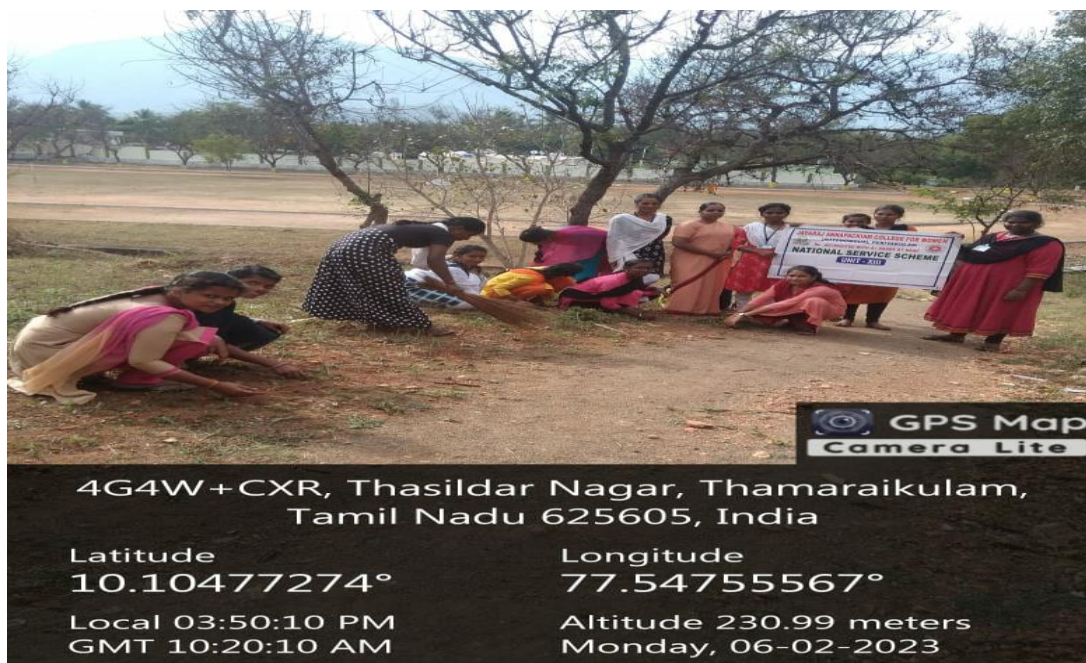
The NSS- Unit 13 provided iron tablets to the NSS volunteers on 01.02.2023 at 10.15 am in front of health care, Jayaraj Annapackiam College for Women (Autonomous), Periyakulam. Rev. Sr. Jenitta, Staff Nurse handed out 2000 tablets to our college students and she explained how to use it.





## Activity on Cleanliness - 06.02.2023

On 06.02.2023 in accordance with Swachh Bharat Mission the Cleanliness activity was done inside Jayaraj Annapackiam College campus. 50 NSS volunteers of unit 13 cleaned the campus.



## Skill Development Programme - 18.02.2023

Unit 13 organized a skill development programme on '**Self Grooming**' on 18.02.2023 at 2.00 p.m. in the Open Auditorium. Mrs. Bagavathi, Staff, B.Voc, Jayaraj Annapackiam College for Women (Autonomous), Periyakulam delivered a guest lecture. She taught how to groom hands, legs, hair with the help of home remedies. The NSS volunteers of unit 13 participated and clarified their doubts by raising questions.





## Report for the Month March 2023

### Orientation Program on women Education- 18.03.2023

The NSS- Unit XIII of Jayaraj Annapackiam College for Women (Autonomous), Periyakulam organized an Orientation Programme on the Topic "Women's Education" on 18.03.2023 at 2.00 p.m in the indoor Auditorium. Mrs. R. Selvi, Arockiya Agam, Aundipatti, gave an address on the topic 'The Strength and Power of Women' and conducted a discussion by giving a text to the students and making them to read it. 58 NSS students participated in this programme. On behalf of Arogya Agam, sweets, water bottle and file were provided to the students at a cost of 6000 rupees.





## Slogan Writing Competition - 21.03.2023

Unit 13 conducted a slogan writing competition to the volunteers of unit 13 on the topic “Consumer awareness” held at room number 56 on 21.03.2023. The volunteers of unit 13 participated. Selvi. S. Yagavi, I B. Sc., Physics won the first Prize, Selvi. R. Hebziba, II B. Sc., Physics won the second Prize and Selvi.S. Ruckshana Barveen, I B.Com won the third prize.



## Cleaning Activity on 30.03.2023

Unit X of National Service Scheme took initiatives upon Swachh Bharata Abhiyan with the positive progress and features, more than 58 N.S.S volunteers from Unit XIII involved in the campus cleaning Activity in-front of the Physics Department on 30.03.2023.





**Report For the month of April 2023**  
**NSS theory Examination 01.04.2023**



**Prana therapy - 11.04.2023**

Unit XIII organized a guest lecture on the topic “Prana therapy” on 11.04.2023 at 2.00 p.m. in room number 58. Mr. Navaneethan, Cumbum was the chief guest. He explained how good emotions groom the human body through Japanese research. He also elucidated the basic reason to become a diabetic patient and how to do deal with it. All the first year Unit 13 volunteers participated.





## Report For the month of May 2023

### Career guidance - 02.05.2023

On 02.05.2023, four volunteers from Unit 13 participated in the career guidance programme, which was organized by the Naan Mudhalvan Scheme at the Government Higher Secondary School, Vadukapatti. The programme started with Tamilthai vazhthu followed by a welcome speech. Mr. Sanmugavel, District Coordinator explained the Naan Mudhalvan Scheme and the purpose of counselling. The first graduates of the Naan Mudhalvan Scheme are motivated the volunteers by their experiences. The volunteers take a pledge against uneducation. The programme end with the National Anthem.



