

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



UNIT XI
NATIONAL SERVICE SCHEME



ANNUAL REPORT 2024 -2025

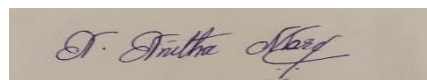
PROFORMA FOR NSS PROGRAMME OFFICER

S. No	Particulars	Details
1.	Name of Programme Officer	Dr. Mrs. A. Anitha Mary
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	principal@annejac.ac.in
6.	Name of the District (College Located)	Theni
7.	NSS Unit Number	11
8.	Mobile No (NSS PO)	9360121931
9.	Email ID (NSS PO)	amaryzoo@annejac.ac.in
10.	Whether attended NSS 7 days ETI Training	No
11.	Number of year Experience as NSS P.O	1
12.	Name of the Village Adopted	E.Pudukottai
Social Media Account Details of the NSS Unit		
1.	Twitter ID	@nssunit11jac
2.	Instagram ID	nss_jacunit11
3.	Face book ID	Anithaanburaj

Name : Dr. Mrs. A. Anitha Mary

Designation: Assistant Professor

Signature:



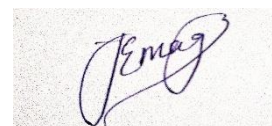
PROFORMA FOR NSS STAFF ADVISOR'S DETAILS

S. No	Particulars	Details
1.	Name of Staff Advisor	Dr. Mrs. J. Emagulate Rani
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	principal@annejac.ac.in
6.	Name of the District (College Located)	Theni
7.	NSS Unit Number	11
8.	Mobile No (NSS staff advisor)	9788175500
9.	Email ID	emagranieng@annejac.ac.in
10.	Department	Commerce with Computer Application
11.	Number of year Experience	6
12.	Name of the Village Adopted	E. Pudukottai

Name: Dr. Mrs. Dr. Mrs. J. Emagulate Rani

Designation: Assistant Professor

Signature:



NATIONAL SERVICE SCHEME

Action Plan 2024 – 2025

<p style="text-align: center;">On 6th Day – 1 Hour</p> <p style="text-align: center;">On Saturday – 3 Hours</p>	
Regular Activities	Special Activities
<ul style="list-style-type: none"> ✓ Conducting NSS Theory Classes ✓ Conducting Awareness Programmes ✓ Celebrating Commemorative Days ✓ Cleaning activities inside the campus and adopted villages ✓ Watering Vitamin C – Fruit Trees Garden ✓ Discarding Waste leaves and ensuring plastic free campus (Solid Waste Management) ✓ Providing vocational training to female children and women in the adopted villages 	<ul style="list-style-type: none"> ❖ 7 Days Special Camp ❖ Observance of <ul style="list-style-type: none"> ● Swachh Bharat Mission ● Fit India ❖ Seminars ❖ Awareness Programmes related to the observance days mentioned in the academic calendar. ❖ Celebrating Independence Day inside the College campus and the adopted villages. ❖ Raising awareness among students about societal concerns by conducting street plays, rallies, and other activities, and by organizing competitions on topics like World Population Day etc. ❖ Tree Saplings Plantation in the adopted villages. ❖ Conducting meetings with the panchayat officials in our college and convene Advisory Meetings. ❖ Attending Refresher Training Programmes for Professors. ❖ Undertaking Projects related to NSS. ❖ Organizing free medical camps that includes general health check -up, dental check-up, etc in the adopted villages. ❖ Cleaning the public toilets. ❖ Installing dustbins in the adopted villages. ❖ Constructing toilets in the adopted villages. ❖ Connecting the rural women with self-help groups. ❖ Identifying the dropout students around the villages and helping them continue their education.

	<ul style="list-style-type: none"> ❖ Providing awareness about the Employment Schemes offered by the government and helping the villagers benefit out of them. ❖ Boost village livelihoods by expanding goat donations comparing to last year donation for greater impact. ❖ Providing language skills training for the adopted village children. ❖ Offering life skill training for the adopted villagers. ❖ Celebrating festivals, organizing cultural events, sports activity and community gathering in the adopted villages to ensure communal harmony. ❖ Providing vocational training for the women in the adopted villages like foot-mat preparation, mushroom cultivation, candle making, phenyl, cleaning and washing powder preparation, Soap making, pickle making etc. ❖ Carrying out the responsibilities allotted under Naan Muthalvan Scheme. ❖ Elevating Higher Education Prospects for Secondary Students through the Naan Muthalvan Scheme ❖ Helping the elders in the adopted villages by providing essentials like soaps, blankets etc ❖ To plant more trees in the college campus and preserve the trees planted last year. ❖ To empower younger generation for sustainable growth.
<p style="text-align: right;">Total Hours for a Year = 60 Total Hours for Two Years = 120</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	-

Date	Day	Remarks
Jun 21	International Yoga Day	-
Jul 1	National Doctors Day (India)	Birthday of Dr Bidhan Chandra Ray
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 KrantiDiwas	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	SadbhawnaDiwas	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.

Date	Day	Remarks
Oct 16	World Food Day	Food and Agricultural Organisation was founded on this day in 1945.
Oct 24	United Nations Day	The Charter of the United Nations came into force on this day in 1945.
Oct 31	RashtriyaEktaDiwas	Birth Anniversary of SardarVallabhbhai Patel
Nov 11	National Education Day	Birthday of Shri MaulanaAbulKalam 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 VergheseKurien, 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 STUDENT SWILL 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
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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

OverallMeanScore	3.90
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Result:TheScoreforthisCourseis3.90(HighRelationship)

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	VeryPoor	Poor	Moderate	High	VeryHigh

MeanScoreofCos= $\frac{\text{TotalofValues}}{\text{TotalNo.ofPos\&PSOs}}$	MeanOverallScoreforCos= $\frac{\text{TotalofMeanScores}}{\text{TotalNo.ofCos}}$
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ValuesScaling

UNIT I: BASICS OF NSS

Introduction –History and Growth – Aim and Objectives – NSS Motto – NSS Symbol - NSS Badge–NSS Day-Code of Conduct- NSS RegularActivities&SpecialCamp.

UNIT II: PERSONALITY DEVELOPMENT

PersonalityDevelopment–Know Thyself-Body Language-FormingValues EtiquetteandManner -TeamBuilding andTeamWork– Problems of Youth – Drug abuse - Drug Dependence /Addiction –Alcoholism – Suicide - Sexual Problems – Diseases.

UNIT III: SOCIAL SERVICE

Aimof Social Service–Social Service Organizations - Social Problems - Need for Social Service - Scope of Social Services- Functions ofSocial Services - Principles of First Aid - Important things kept in theFirst Aid Box-SnakeBite-DogBite-InsectBite-HeatStroke-Drowning-ElectricShock-ArtificialRespiration–Hemorrhage–Stroke-HeartAttack–Symptoms–Fainting.

UNIT IV: NUTRITIOUS FOOD AND WOMEN'S HEALTH

Nutrition- Adequacy – Balance - Calorie Management -DietaryDensity–Moderation–Variety-Calculationof CaloriePermittance- CalculationofProteinPercentages- Food Sources- Vitamins theImportanceof DietaryNutritionWomen'sHealth

UNIT V: ECOLOGY AND ROLE OF WOMEN IN SOCIETY

Environment-EnvironmentalElements-Environmental concerns-
 ChangingClimate-Global warming- Women achievers-Women's Place in Society -
 SocialIssues againstWomen-TheWaystoEmpowerWomen.

COURSE BOOK:

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

Components	Marks
Attendance	20
Assesment (Involvement in activities)	50
Test	30
Total	100

Internal Assessment

QUESTION PATTERN

NATIONAL SERVICE SCHEME-23STPNS01

Class : II UG

Time : 2 Hours

Date :

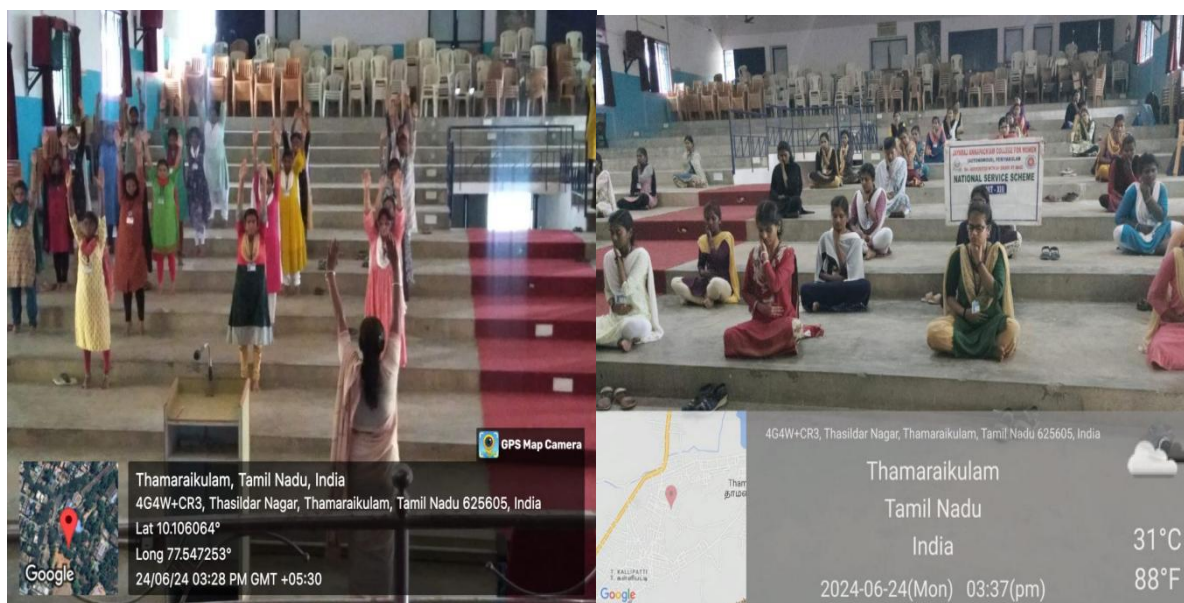
Max. Marks: 30

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

NATIONAL SERVICE SCHEME

International Yoga Day Celebration – 24.06.2024

In connection with the International Yoga Day, NSS Unit - XI of Jayaraj Annapackiam College for Women (Autonomous), Periyakulam organized a guest lecture on "Yoga: Pathway to wellness and inner peace" on 24.06.2024 at 3.00pm in the Indoor auditorium. Mrs. P. Sumathi, SKY Professor and Programme Officer, Temple of Conscious Yoga Centre, Periyakulam served as the resource person. She explained the importance of yoga and demonstrated yogasanas to the NSS volunteers. Totally, 92 second year NSS volunteers actively participated and benefitted. Rev. Sr. Dr. J. Arul Sunila, Assistant Professor of Tamil and Programme Officer, Dr. I. Geetha, Assistant Professor of Zoology and Programme officer and Ms. E. Sahaya Merlin Assistant Professor of English and Staff Advisor Ms. S. Mariyasteffi, Assistant Professor of Physics and staff advisor organized the programme.



Distribution of sanitary napkins – 24.06.2024

NSS Unit - XI of Jayaraj Annapackiam College for Women (Autonomous), Periyakulam distributed sanitary napkins to the second year NSS volunteers on 24.06.2024 at 3.00 p. m in the Indoor auditorium. Totally, 92 NSS volunteers benefitted. Dr. I. Geetha, Assistant Professor of

Zoology and Programme Officer and Ms. E. Sahaya Merlin, Assistant Professor of English and Staff Advisor distributed the napkins.



Anti-Drug Oath- 26.6.2024

NSS Unit XI volunteers pledged an oath against drug usage. A total of 300 NSS volunteers actively participated and made the pledge.



Cleaning activity - 29.06.2024

NSS Unit of XI conducted a campus cleaning activity on 29.06.2024 from 2.00 p. m - 3.30 p. m. The second year NSS volunteers cleaned the sapling planted area and watered the

saplings. Totally, 300 NSS volunteers actively participated. All the NSS Programme Officers and Staff Adviser supervised the cleaning activity.



Helping hands of NSS volunteers in admission 2024-2025

NSS volunteers from all the units helped and canvassed the 12th std passed out students to join in Jayaraj Annapackiam College for Women (Autonomous), Periyakulam in various disciplines. Out of the untired effort of NSS volunteers totally 42 students got admitted in the college.

Jayaraj Annapackiam College for Women (Autonomous)

National Service Scheme

Admission details – 2024 -2025

XI	1.M. Kamali	1.N.Naga Lakshmi	1.B.Voc	3
	2. L.Yashika	1.R.Rathika	1.B.A.Tamil	
	3. R.Swetha	1.K.Tharani	1.B. Com (CA)	

Naan Mudhalvan Scheme – 12.06.2024

NSS Unit - XI of Jayaraj Annapackiam College for Women (Autonomous), Periyakulam worked under Naan Mudhalvan Scheme 2024. NSS volunteers M.Kamali and G.Jeevitha of Unit

XI visited Government Higher Secondary School, Devathanapatti, Theni district enquired the status of 12th passed students and facilitated them to pursue higher education.



Awareness programme on ‘Meendum Manjappai’ - 29.06.2024

NSS unit XI of Jayaraj Annapackiam College for Women (Autonomous), Periyakulam organized an awareness programme on “Meendum Manjappai” on 29.06.2024 at 3.00 p. m in the college campus. A total of 27 second year NSS volunteers actively participated and benefited. Dr. I. Geetha, Assistant professor of Zoology and Programme Officer and Ms. E. Sahaya Merlin, Assistant Professor of English and Staff Adviser organized the programme.



JAYARAJ ANNAPACKIAM COLLEGE FOR WOMEN (AUTONOMOUS)

NATIONAL SERVICE SCHEME

IQAC REPORT - AUGUST 2024

A MEETING WITH THE PANCHAYAT PRESIDENT - 09.08.2024

A meeting was conducted with Mr. M. Pandiyan, Panchayat President, Entapullion 09.08.2024 regarding the special camp and celebration of Independence Day in the adopted villages. In the meeting, the situation of adopted villages and support needed to conduct camp was discussed. The NSS Co-coordinator and all the NSS Program Officers participated in the meeting.



Cleanliness Activities 31.08.2024

NSS Unit XI conducted a campus cleaning activity on 31.08.2024 at 2.00 – 3.30 pm. All the NSS first & second year volunteers cleaned the college campus and the garden made the clean and tidy. Totally 200 NSS volunteers were actively participated in the cleaning activity. NSS XI Programme officers and staff advisers supervised the cleaning work.

**Jayaraj Annapackiam College for Women (Autonomous),
Periyakulam
National Service Scheme
Circular – 12.08.2024**

In Connection with Independence Day, NSS going to celebrate
Independence Day in their respective villages and Schools.

S. Anand Indaya Jayanthi
NSS Program Officer


Principal

78th Independence day celebration - 15.08.2024

The National Service Scheme of JAC, Unit XI celebrated the 78th Independence Day at the Panchayat Union Middle School, E. Puthukottai on 15.8.2024 at 8.30 a.m. Mrs. Sorna Latha, Headmistresses, Panchayat Union Middle School, E. Puthukottai hoisted the national flag. Followed by that, the 10 NSS volunteers of Unit XI performed a cultural programme such as singing patriotic songs and mime. Around 100 school students were present along with their teachers. In the end, the students were provided with sweets and the programme ended with the National Anthem.



Rural Immersion Programme - 15.08.2024

As per the direction of Regional directorate of NSS, Unit XI selected one family (Mrs.Ponkodi, Widow with two children) from the adopted village E.Pudhukottai under rural immersion programme on 15.08.2024.



Survey at adopted village for government scheme benefits - 15.08.2024

As per the direction of panchayat president of Endapuli panchayat NSS unit XI conducted a survey at the adopted village E.Pudhukottai for government scheme benefits on 15.08.2024. In the village total of 16 families (Poor people, Widow) were surveyed to benefit under government schemes.



IQAC SEPTEMBER, 2024 REPORT

Cleaning Activity – 03.09.2024

NSS Unit XI conducted a campus cleaning activity on 03.09.2024 from 2.00 p. m -3.30 p. m. The First and second year NSS volunteers cleaned the sapling planted area and watered the saplings. Totally, 100 NSS volunteers actively participated. Dr. I. Geetha, Assistant Professor of Zoology and Programme Officer Dr. J. Emagulate Rani, Assistant Professor of English and Staff Adviser supervised the cleaning activity.



Cleaning Activity – 03.09.2024

NSS Unit XI conducted a campus cleaning activity on 13.09.2024 from 2.00 p. m -3.30 p. m. The First and second year NSS volunteers cleaned the sapling planted area and watered the saplings. Totally, 100 NSS volunteers actively participated. Dr. I. Geetha, Assistant Professor of Zoology and Programme Officer Dr. J. Emmaculate Rani, Assistant Professor of English and Staff Adviser supervised the cleaning activity.



Free Clothes Distribution Campaign - 17.10.2024

The National Service Scheme of Jayaraj Annapackiam College for Women (Autonomous), Periyakulam, in collaboration with Jeevanathi Charitable Trust, Bangalore organised a “Free Clothes Distribution Campaign” at St. Anne’s Marriage Hall, Thamaraiikulam to the needy people from T. Kalipatti and Thamaraiikulam village on 17.10.2024. Around 500 woollen blankets and sarees were provided for the poor people. Financial assistance for a widow woman to run a petty shop and for a college student to pay her fee was also offered. Moreover, free dresses were also provided for the Government Primary School, Thamaraiikulam with the aid of the Jeevanathi Charitable Trust, Bangalore. The college also signed an Memorandum of Understanding with the Trust on the same day. The programme was presided by the Principal Rev. Sr. Dr. S. Jesurani, the Secretary, Rev. Sr. Dr. R. Shantha Mary Joshitta, Mother Superior, Rev. Sr. Dr. Fathima Mary Sylvia and Panchayat Head, Mr. Paul Pandi and Kalipatti Panchayat Head, Mr. Nagaraj. Along side, Bro. Augustin, Founder of Jeevanathi Charitable Trust and its members, Mr. James, Mrs. Rosy, Mrs. Rohini Sunitha, Mr. John Anitic Harry and Mr. Renny Thomas served as the Guests of Honour. 150 NSS volunteers, Programme Officers, and Staff Advisors of Unit XI participated in the event.



Distribution of school uniforms

On 26th November 2024, the National Service Scheme (NSS) of Jayaraj Annapackiam College for Women (Autonomous), Periyakulam, in collaboration with the Jeevanathi Charitable Trust, organized a significant programme to distribute school uniforms to underprivileged students. This thoughtful initiative benefitted 200 students from St. Anne's School, providing them essential resources to support their education. This benevolent act addressed the basic needs of these children. It also paved way to reflect the institution's commitment to social welfare and educational empowerment.



Constitution Day

On 26th November 2024, in observance with Constitution Day, a pledge-taking ceremony was organized by the National Service Scheme (NSS) at Jayaraj Annapackiam College for Women (Autonomous), Periyakulam. During this event, 200 participants, including the NSS volunteers and staff solemnly pledged to uphold the values enshrined in the Indian Constitution, such as justice, liberty, equality, and fraternity. This meaningful initiative aimed to foster a deeper understanding of constitutional principles and inspire participants to contribute to nation-building. The ceremony reflected the institution's commitment to promoting civic awareness and responsibility among its students and the wider community.





IQAC REPORT (DECEMBER, 2024)

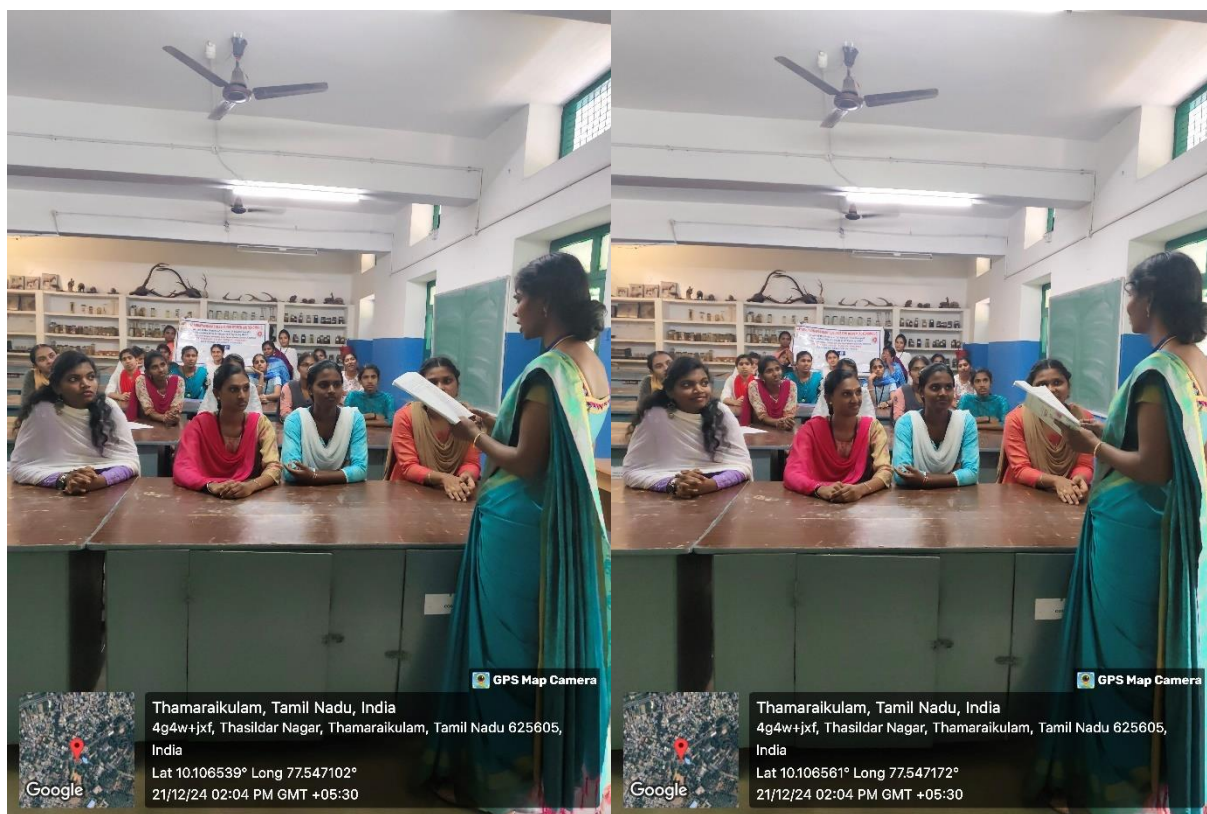
The NSS Unit 11 of Jayaraj Annapackiam College for Women (Autonomous) conducted an impactful class for first-year students on 18th November 2024, from 2.00 PM to 4:00 PM. The session was conducted by Dr. Anitha Mary, focusing on Unit 1, which highlights the fundamentals and objectives of the National Service Scheme (NSS). A total of 45 students actively participated in the session, making it highly interactive and engaging. Dr. Anitha Mary elaborated on the history, goals, and importance of NSS in fostering leadership and social responsibility among youth. She inspired students by sharing real-life examples of successful NSS initiatives and the transformative impact of community service. The participants engaged enthusiastically, contributing ideas and raising questions during the discussion. Dr. Anitha Mary encouraged them to adopt the NSS motto, "Not Me, But You," as a guiding principle in their academic and social lives. The session concluded with

positive feedback from students, who appreciated the clarity and motivation provided by Dr. Anitha Mary. The active participation of 45 students reflected the success of the session in creating awareness about NSS and its objectives.



On 21st December 2024, NSS Unit 11 of Jayaraj Annapackiam College for Women (Autonomous) conducted a session for first-year students from 2.00 PM to 4.00 PM on Unit 2 - "NSS Regular Activities". The session, attended by 45 students, focused on the various responsibilities of NSS volunteers, including identifying community needs, participating in college and campus projects, contributing to urban development, and celebrating national days. The importance of Participatory Rural Appraisal (PRA) was also discussed as a method to empower communities to address their challenges collaboratively. Real-life examples of successful NSS initiatives were shared to inspire students to embrace the NSS motto, "Not Me, But You," in their academic and social endeavors. Dr. Anitha Mary, Program Officer and Assistant Professor in Zoology, guided the session, which concluded with enthusiastic participation and positive feedback from the students. The session effectively motivated them to actively engage in community development through NSS.





Cleaning Activity 10.01.205

On January 10, 2025, Unit XI of the National Service Scheme (NSS) at JayarajAnnapackiam College for Women (Autonomous) organized a remarkable community service initiative. The event was meticulously arranged under the guidance of Dr. A. Anitha Mary, Program Officer and Assistant Professor in Zoology, along with Dr. Emagulate Rani, Staff Advisor and Assistant Professor in English. Demonstrating a strong sense of social responsibility, 50 dedicated NSS volunteers actively participated in the cleanliness drive. The initiative took place from 3:00 PM to 4:00 PM, during which volunteers worked tirelessly to clean and restore the designated area. Their efforts not only enhanced the environment but also fostered awareness about the importance of cleanliness and hygiene. This event highlighted the commitment of the NSS towards community welfare and instilled in students a deeper sense of civic duty. The collective teamwork and dedication of the volunteers made this initiative a great success, setting an inspiring example for others to follow.



Pongal Celebration 11.01.2025

On January 11, 2025, Unit XI of the National Service Scheme (NSS) at JayarajAnnapackiam College for Women (Autonomous) organized a vibrant Pongal celebration with great enthusiasm and cultural spirit. The event was thoughtfully arranged under the guidance of Dr. A. Anitha Mary, NSS Program Officer and Assistant Professor in Zoology, along with Dr. Emagulate Rani, Staff Advisor and Assistant Professor in English. A total of 50 NSS volunteers actively participated in the festivities, embracing the rich traditions of Pongal, a festival that symbolizes gratitude, prosperity, and unity. The event commenced at 10:11 AM, bringing together students in a joyful atmosphere filled with cultural performances, traditional

Pongal cooking, and expressions of appreciation for nature and farmers. Volunteers engaged in preparing the traditional Pongal dish, decorating the space with colorful rangoli, and sharing the festive spirit through songs and dance. The celebration not only fostered camaraderie among students but also deepened their understanding of Tamil culture and heritage. Through this event, NSS volunteers reinforced the values of teamwork, tradition, and social harmony. The Pongal celebration was a memorable experience, leaving a lasting impression of gratitude and joy in the hearts of all participants.



Clothes Distribution 25.01.2025

On January 25, 2025, the National Service Scheme Unit XI of JayarajAnnapackiam College for Women, Periyakulam, in collaboration with the Jeevanadhi Charitable Trust, Bangalore, organized a free clothes distribution campaign at Nayagam Middle School, Kallipatti. Clothes were distributed to the students, bringing joy and support to those in need. A total of 47 school students benefited from this initiative, receiving essential clothing items to aid their daily lives. The event was meticulously arranged under the guidance of Dr. A. Anitha Mary, Program Officer and Assistant Professor in Zoology, whose dedication and leadership ensured the smooth execution of the program. Volunteers worked enthusiastically, fostering a spirit of generosity and community service. This meaningful initiative not only provided much-needed resources to the students but also encouraged a culture of giving and compassion among the participants. The campaign was a great success, leaving a lasting impact on both the beneficiaries and the organizers.





Menstrual Hygiene 27.01.2025

On January 27, 2025, the National Service Scheme Unit XI of JayarajAnnapackiam College for Women, Periyakulam, in collaboration with the Tamil Nadu State Rural Livelihoods Mission (TNSRLM), organized a special awareness programme on "Menstrual Hygiene Training." The session aimed to educate students on the importance of maintaining proper hygiene during menstruation and breaking societal taboos surrounding the topic. The resource persons, Mrs. Nandhini from TNSRLM, Periyakulam, and Mr. A. Arivalagan, Assistant Program Officer, Theni, delivered insightful talks covering essential topics such as the menstrual cycle, the safe use of sanitary products, and the prevention of infections through proper hygiene practices. The lecture also emphasized the importance of regular hygiene routines, access to clean facilities, and the benefits of eco-friendly and sustainable menstrual products. The programme was effectively coordinated by Dr. A. Anitha Mary, Program Officer and Assistant Professor in Zoology, and Dr. Emagulate Rani, Staff Advisor and Assistant Professor in English. A total of 50 NSS volunteers actively participated and benefited from this awareness initiative. The session provided valuable knowledge, promoting health and well-being while encouraging open discussions on menstrual hygiene.



Cleaning Activity 28.01.2025

On January 28, 2025, Unit XI of the National Service Scheme (NSS) at JayarajAnnapackiam College for Women (Autonomous) organized a meaningful community service initiative. The event was efficiently coordinated under the leadership of Dr. A. Anitha Mary, NSS Program Officer and Assistant Professor in Zoology, along with Dr. Emagulate Rani, Staff Advisor and Assistant Professor in English. With great enthusiasm and dedication, 50 NSS volunteers took part in the cleanliness drive from 3:00 PM to 4:00 PM. They worked diligently to clean and beautify the designated area, promoting awareness about hygiene and environmental responsibility. This initiative served as a reminder of the impact of collective action in creating a cleaner and healthier society. The volunteers' hard work and commitment exemplified the true spirit of NSS, inspiring others to contribute towards community welfare.



Pledge 30.01.2025

On January 30, 2025, in observance of Martyr's Day, JayarajAnnapackiam College for Women (Autonomous), Periyakulam, paid tribute to the brave martyrs who sacrificed their lives for India's freedom. This event served as a reminder of their immense contribution and unwavering dedication to the nation. At 11:00 AM, a two-minute silence was observed to honor the memory of these national heroes. Following this, a pledge against untouchability was taken, reinforcing the ideals of equality, unity, and social justice. The event was actively coordinated by UNIT XI staff, with 50 dedicated volunteers participating wholeheartedly. Their involvement reflected a deep sense of respect and commitment to the values of freedom and social harmony. Through this observance, students were reminded of the importance of national

integrity and the need to uphold the principles of justice and equality in society. The tribute not only honored past sacrifices but also inspired young minds to work towards a more inclusive and progressive nation.



SANITARY NAPKINS DISTRIBUTION (07.02.2025)

The National Service Scheme of JAC Unit XI, distributed the sanitary napkins to the students who are studying in Zoology, Advanced Zoology and Biotechnology and BBA departments on 07.02.2025. A total of 213 students got benefited. Dr. A. Anitha Mary, NSS Programme Officer provided the sanitary napkins to the students.



CLEANLINESS ACTIVITY (12.02.2025)

National Service Scheme of JAC Unit XI, conducted the campus cleaning activity and first year NSS volunteers, cleaned the allotted area in the college campus on 12.02.2025 at 3.00 pm. A total of 45 NSS volunteers actively participated in this activity. The aim behind organising this activity is students have to learn to keep their surroundings clean. Dr. A. Anitha Mary, NSS Programme Officer and Dr. Emmagulate Rani, Staff Advisor supervised this activity.



WOMENS DAY CELEBRATION

The National Service Scheme Unit XI of Jayaraj Annapackiam College for Women Autonomous organized a drawing competition as part of Women's Day. The competition,

held on March 7, 2025, in Room Number 27 at 10 a.m. Dr. A. Anitha Mary, NSS Programme Officer, and Dr. J. Emagulate Rani, Staff Advisor, coordinated the event.



DRAWING COMPETITION- 15.03.2025

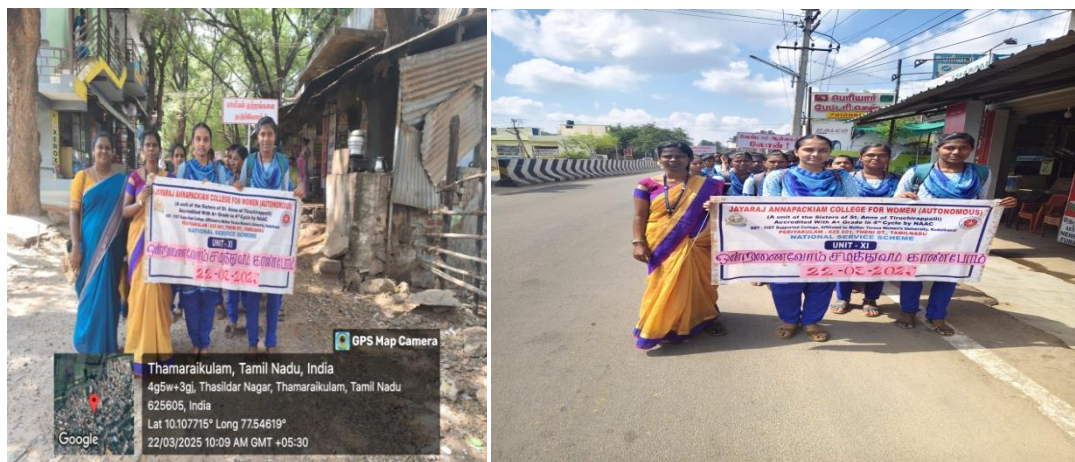
NSS Unit XI of Jayaraj Annapackiam College for Women Autonomous organized a drawing competition on March 15, 2025, at 10 AM in Room 27 under the theme "Empowered Women – Empowered World".



Mass Awareness Rally on Social Justice and Equality– 22.03.2025

On 22.03.2025, NSS of Jayaraj Annapackiam College for Women, Periyakulam collaborated with National Cadet Corps of JAC and Theni District Police for Social Justice and Human Rights Division, conducted an awareness rally under the title, "To Unify for Equality". 200 NSS Volunteers from unit XI Programme Officers and Staff Advisors participated in the rally from JAC campus to Periyakulam. N. Sugumar., Superintendent of Police, Women and Child Care Division, Theni District welcomed the gathering. The event was headed by the special talks of Rev. Sr. Dr. S. Jesurani., the Principal, JAC and Honorable. Shiva Prasad, IPS., Theni district. NSS volunteers query session is a remarkable note with the Honourable Swarnam. J. Natarajan,

M.L., Principal District Judge of Theni. Unit VII NSS Volunteers inacted a drama on the theme Unify for Equality which kindled the spirit of equality and human rights. Thiru. C.Nallu, Superintendent of Police, Periyakulam. Thirumathi.G.Anuradha ., LL.M., MLS, Judge at Court Session, Division for Scheduled Caste and Scheduled Tribes. Thiru.K.Kamalanadhan., B.Sc., B.L., Criminal Justice Magistrate., Periyakulam., Thirumathi. S. Sameena., B.A., LL.B., Additional District Judge., Periyakulam.t Thiru.G.N. Saravana Kumar., M.A., B.L., Judicial Magistrate, Theni. Thiru. R.Ezakivel., B.B.E., B.L., Special Public Prosecutor., Theni District honoured this programme with much social responsibility. The volunteers performed cultural activities to promote social justice and equality. Thiru.P.Kanagaraj., Deputy Superintendent of Police., Social Justice and Human Rights Division. Theni District delivered a vote of thanks. Equitable food was served at the end of the event for the all the volunteers and public participants as well.



Guest Lecture 1.4.2025

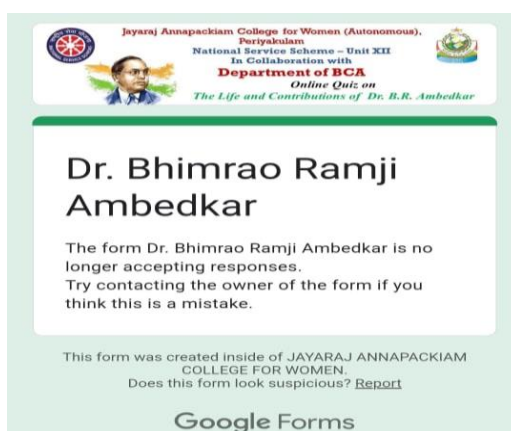
The NSS Unit XI of Jayaraj Annapackiam College for Women (Autonomous) organized a guest lecture on the topic “Nutrition and Healthy Eating” on 01.04.2025 from 3:00 p.m. to 4:00 p.m. in Room No. 25. Mrs. Devashanthi, Assistant Professor, Department of Zoology, delivered an inspiring address highlighting the importance of balanced nutrition and mindful eating habits for a healthy lifestyle. The event was coordinated by Dr. A. Anitha Mary, NSS Program Officer, and Dr. Emagulate Rani, Staff Advisor.



Online Quiz Competition 4.5.2025

In connection with Dr. B. R. Ambedkar's birth anniversary celebration, the National Service Scheme (NSS) Unit XI of JAC participated in an Online Quiz Competition organized by NSS Unit XIII in collaboration with the Department of BCA on 04.04.2025. The objective of the event was to raise awareness and deepen understanding of the exemplary life and invaluable contributions of Dr. B. R. Ambedkar.

A total of 25 enthusiastic NSS volunteers from Unit XI actively took part in the quiz and received their E-Certificates on 05.04.2025. Dr. A. Anitha Mary, NSS Programme Officer, and Dr. Emagulate Rani, Staff Advisor, motivated and guided the students to participate in this meaningful event.



Guest Lecture 5.4.2025

The NSS Unit XI of Jayaraj Annapackiam College for Women (Autonomous) organized a guest lecture on the topic “Dr. B.R. Ambedkar: The Voice for Annihilation of Caste and Social Justice” on 5.4.2025 from 1:00 p.m. to 2:00 p.m. in Room No. 25. Mrs. Sherin Rebecca, Assistant Professor, Department of

Zoology, delivered an inspiring address highlighting Dr. Ambedkar's contributions towards social equality and justice. The event was coordinated by Dr. A. Anitha Mary, NSS Program Officer, and Dr. Emagulate Rani, Staff Advisor.



RURAL IMMERSION PROGRAMME REPORT

14.11.2024

I am Ms. A. Vaitheeswari, a II B.A. English student and a proud member of the National Service Scheme at Jayaraj Annapackiam College for Women. We participated in an NSS Special Camp from 14.11.2024 to 20.11.2024 at E. Puthukottai in the Enadapuli panchayat. As part of the camp, I visited a house under the Rural Immersion Programme. The house belonged to Mrs. Poonkodi, a widow with three daughters, who works as a laborer. On the first day, 14th November, I met the family and had a meaningful conversation about their situation, learning about their challenges and family background. Today, I gained valuable insight into how a widowed mother manages to raise her three children with dignity and good values. The day ended peacefully, and after supper, we went to rest.



15.11.2024

On the second day, 15.12.2024, I started my day with Mrs. Poonkodi and her family. Among her three daughters, the youngest, who is in the 9th standard, needed help with her project work and homework. I sat down with her to guide her through her studies. She was particularly eager to learn English, so I spent about an hour teaching her. She picked up the lessons quickly, and with my support, she was able to complete her homework successfully. After that, I spent some time helping the two older daughters with household chores. Together, we washed the dishes and cleaned the floor. These tasks might seem simple, but working alongside them gave me a unique perspective on their daily lives and responsibilities. The experience was both humbling and enriching. It taught me the value of hard work, teamwork, and resilience. Despite their struggles, the family was welcoming and cheerful, and their gratitude touched my heart. Spending time with them not only deepened my understanding of their challenges but also strengthened my resolve to contribute more meaningfully to such communities. The day ended with a sense of fulfillment, knowing that I could lend a helping hand and make a small difference in their lives.



16.11 2024

On the third day, 16.11.2024, I encountered a significant challenge related to the water scarcity in the area. Water supply is a major issue in that region, and on this day, water was finally made available. However, there was no one at Mrs. Poonkodi's house at that time to collect it. Realizing the urgency, I immediately took action. Using a pot, I started fetching water and worked diligently to fill three barrels. It was a physically demanding task, but I was determined to ensure that the family had enough water for their daily needs. This experience gave me a deeper appreciation for the struggles faced by people in rural areas, where even basic necessities like water require significant effort and careful planning. It also taught me the importance of taking initiative and being resourceful in critical situations. By the end of the day, I felt a sense of satisfaction, knowing that I had been able to help the family in a meaningful way.



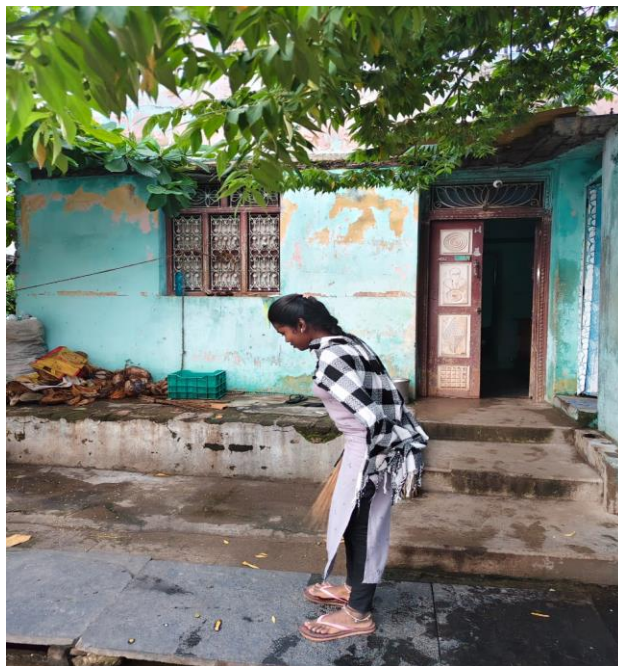
17.11.2024

On the fourth day, 17.11.2024, I decided to help the family by cleaning the inside of their house. The house was modest but filled with warmth, and I wanted to contribute in a meaningful way. I spent the morning sweeping the floors, dusting the furniture, and organizing their belongings to make the space more comfortable and tidier. As I worked, I noticed how much care and love the family had for their home, despite their limited resources. It was evident that they valued cleanliness but struggled to manage it alongside their daily challenges. By the time I finished, the house looked neat and welcoming, and I felt a deep sense of accomplishment. When Mrs. Poonkodi and her daughters saw the clean house, their faces lit up with joy. They expressed their gratitude warmly, and the mother shared how much this small act of help meant to her and her daughters. The girls were especially excited and kept thanking me, making the moment even more special. Seeing their happiness filled my heart with immense satisfaction. It was the first time I truly felt how meaningful it is to bring joy to someone's life through simple acts of kindness. This experience reminded me of the importance of empathy and service, and it inspired me to continue helping others whenever I can. By the end of the day, I realized that such small gestures can create a big impact, both for the giver and the receiver.



18.11.2024

On the fifth day (18.11.2024), I decided to clean the area around the house. The surroundings were cluttered with dried leaves, small debris, and patches of dirt, which made the environment less pleasant. I felt that tidying up the space would not only improve the appearance but also make it healthier and more comfortable for the family. I started early in the morning, gathering fallen leaves and sweeping the ground thoroughly. I also cleared some overgrown weeds and organized the scattered items around the house. It was hard work, but I enjoyed the process, knowing it would make a difference for the family. When the cleaning was complete, the area looked much more inviting and fresh. The family was delighted to see the transformation. Mrs. Poonkodi expressed her heartfelt gratitude, saying that it had been difficult for her to manage outdoor cleaning with her busy work schedule. Her daughters were equally happy and thanked me with big smiles. This experience gave me a new perspective on the importance of maintaining a clean and healthy environment. It also made me realize how small acts of service can significantly reduce the burden on someone else. By the end of the day, I felt proud of the effort I had put in and grateful for the opportunity to contribute to their well-being.



19.11.2024

On 19.11.2024, I spent a significant part of the day engaging in conversations with Mrs. Poonkodi and her daughters about their basic needs. As part of our initiative to support the family, we planned to provide them with some essential items. During our discussion, I discovered that one of their primary needs was chairs. The family had very few seating arrangements, which made their daily life challenging. Understanding the importance of fulfilling this requirement, I decided to take immediate action. I shared this information with my NSS staff in charge, Dr. A. Anitha Mary, who serves as the NSS Program Officer and Assistant Professor in Zoology. I also discussed it with Dr. Emagulate Rani, the NSS Staff Advisor and Assistant Professor in English. Both professors were highly supportive and appreciated the effort to identify the family specific needs. We brainstormed ideas on how to provide the chairs in a timely and efficient manner. Their encouragement and guidance motivated me further to take responsibility and ensure the family received what they required. This interaction taught me the importance of clear communication and teamwork when addressing community needs. It also made me realize how impactful even small contributions can be in improving someone's quality of life. The family's gratitude and hope inspired me to continue working towards meaningful change, not just during the camp but beyond it. By the end of the day, I felt a deep sense of fulfillment, knowing that we were making a difference together.



20.11.2024

On 20th November 2024, the final day of our NSS (National Service Scheme) camp, we wanted to leave a meaningful gesture to remember our time together. As we reflected on our experiences, we realized that we had the opportunity to give something special to Mrs. Poonkodi and her daughters. In recognition of their needs and to commemorate our 11th unit, we decided to present them with a set of chairs. We felt that this gift would not only provide them with a comfortable place to sit but also symbolize our care and commitment to supporting their family. The moment we presented the chairs was filled with emotion. Mrs. Poonkodi and her daughters were overwhelmed with joy and gratitude. Their smiles were priceless, and we could see how much this small gesture meant to them. It was heartwarming to witness their happiness, and we felt a sense of pride in being able to contribute positively to their lives. As we gathered for a final farewell, we shared stories and memories from the camp. Each of us reflected on the lessons learned and the bonds we had formed during our time together. The experience had been transformative, not only for the family but also for us as volunteers. Leaving the village, we carried with us the joy of having made a difference, however small, in the lives of others. The chairs would serve as a reminder of our commitment to service and the importance of community support. This experience reinforced my belief in the power of compassion and the impact we can have on those around us.



The Rural Immersion Programme was an unforgettable experience that gave me the opportunity to understand the challenges faced by rural communities and to contribute meaningfully to their lives. Spending time in E. Puthukottai as part of the NSS Special Camp was not just a duty but a journey of learning and growth.

Interacting with Mrs. Poonkodi and her daughters showed me the strength and resilience of families who face financial and social challenges daily. Helping them with household chores, guiding the youngest daughter with her studies, and addressing their basic needs made me feel connected to their lives in a deeply personal way.

The bonds I formed during this programme, both with the family and my fellow volunteers, have left a lasting impression on me. I learned the value of teamwork, empathy, and the power of small acts of kindness. When we gifted the family chairs on the final day, their joy and gratitude were moments I will cherish forever.

This experience has inspired me to continue serving those in need with compassion and a sense of responsibility. It has taught me that every small effort can make a big difference in someone's life. The memories and lessons from this programme will stay with me always, reminding me of the importance of giving back to society and making meaningful contributions wherever I can.