

JAYARAJ ANNAPACKIAM COLLEGE FOR WOMEN (AUTONOMOUS)

AFFILIATED TO MOTHER TERESA WOMEN'S UNIVERSITY

KODAIKANAL,

PERIYAKULAM, THENI



NATIONAL SERVICE SCHEME

UNIT XIII



ANNUAL REPORT 2025-2026

REGULAR ACTIVITIES

PROFORMA FOR NSS PROGRAMME OFFICER

S. No	Particulars	Details
1.	Name of the Programme Officer	Dr. Sr. T. Johny Dathees
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	13
8.	Mobile No (NSS PO)	6381517693
9.	Email ID (NSS PO)	srjohnychem@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	Melmungalam
Social Media Account Details of the NSS Unit		
1.	Twitter ID	@nssunit13jac
2.	Instagram ID	nssunit13jacperiyakulam
3.	Face book ID	JAC NSS



Dr. Sr. T. Johny Dathees
Programme Officer, NSS - UNIT XIII
J.A.College, Periyakulam

PROFORMA FOR NSS STAFF ADVISOR'S 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	principal@annejac.ac.in
6.	Name of the District (College Located)	Theni
7.	NSS Unit Number	13
8.	Mobile No (NSS staff advisor)	85477 28199
9.	Email ID	mariasteffiphy@annejac.ac.in
10.	Department	Physics
11.	Number of year Experience	3
12.	Name of the Village Adopted	Melmungalam

Ms. S. Mariasteffi

Staff Advisor, NSS- UNIT XIII
J.A. College, Periyakulam

NATIONAL SERVICE SCHEME

Annual Report (2025-2026)

On 6th Day – 1 Hour On Saturday – 3 Hours	
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 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.

	<ul style="list-style-type: none"> ❖ Connecting the rural women with self-help groups. ❖ Identifying the dropout students around the villages and helping them continue their education. ❖ 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
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	<ul style="list-style-type: none"> ❖ To plant more trees in the college campus and preserve the trees planted last year. ❖ To empower younger generation for sustainable growth.
<p>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	-

Date	Day	Remarks
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
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 Radhakrishanan (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.

Date	Day	Remarks
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.
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

Date	Day	Remarks
		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 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	Acquiring leadership skills and readiness to serve society.	PO -2
PSO-3	Enhancing perspectives of social issues in different points of views Think and act effectively in a critical situation.	PO-3
PSO-4	Develop positive attitude towards betterment of 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 ADDRESSE D	COGNITIVE LEVEL
CO – 1	Acquiring 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
Overall Mean Score											3.90	

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 Teamwork – 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

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

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 TWO of the following	2x10=20

JUNE – 2025

YOGA DAY CELEBRATION – 24.06.2025

On 24.06.2024, NSS Unit - XIII of Jayaraj Annapackiam College for Women (Autonomous), Periyakulam celebrated International Yoga Day with a dynamic demonstration on yoga asanas. 65 NSS volunteers gathered eagerly to gain the benefits of yoga towards " One Earth One Health". Mrs. G. Puspha Rani, Assistant Professor of History, Jayaraj Annapackiam College for Women, Periyakulam elaborated on the importance and historical roots of yoga. She stressed how yoga is not just a form of physical exercise but a holistic approach to health that integrates the body, mind, and spirit. She also conducted a practical yoga training session, demonstrating simple yet effective postures and breathing exercises.



REPORT ON ANTI-DRUG OATH - 26.06.2025

On 26.06.2025, NSS Unit - XIII of Jayaraj Annapackiam College for Women (Autonomous), Periyakulam pledged an oath against drug usage. Totally, 15 NSS volunteers actively participated to create awareness about the dangers of drug abuse, promotes prevention, and supports those seeking recovery and sobriety.



Cleaning Activity 28.06.2025

On 28.06.2025, the NSS volunteers of Unit 13 carried out a cleaning activity near the Department of Mathematics. The area was covered with overgrown grass and required immediate attention. The volunteers actively participated in removing the grass and clearing the surroundings. With teamwork and dedication, they cleaned the entire area and made it neat and tidy. This activity helped in improving the cleanliness of the campus and created a healthy environment. It also encouraged the volunteers to develop a sense of responsibility towards maintaining cleanliness in their surroundings.



JULY – 2025

ORIENTATION PROGRAMME FOR I YEAR NSS VOLUNTEERS- 19.07.2025

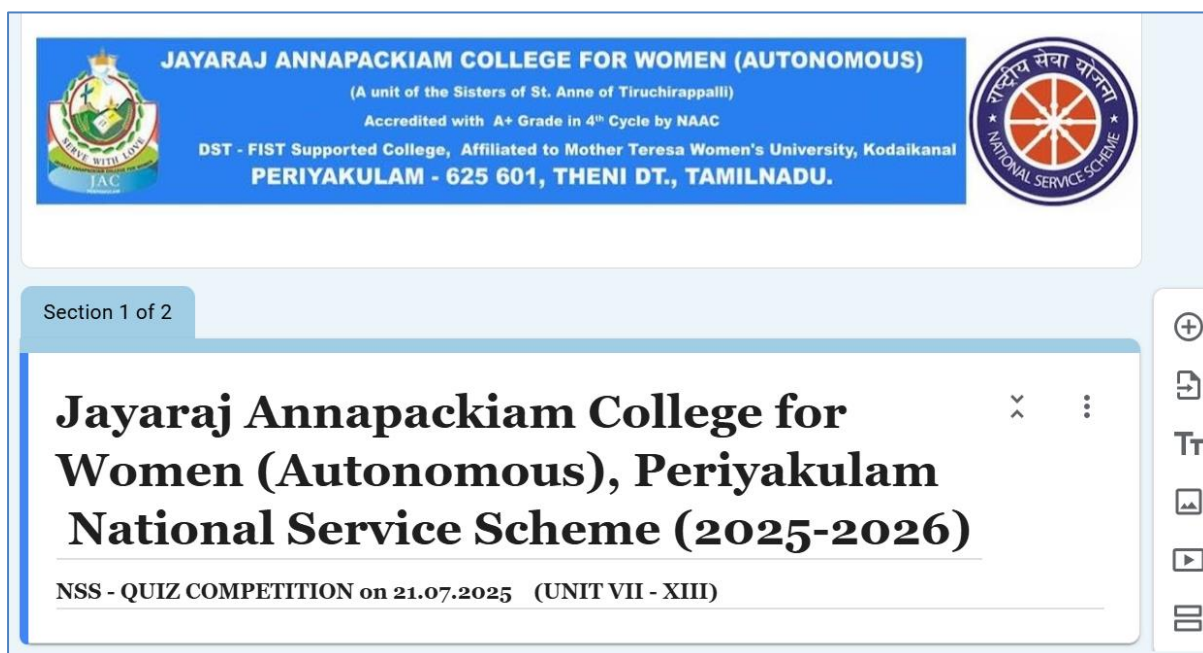
On 19.07.2025, NSS Unit XIII of Jayaraj Annapackiam College for Women, Periyakulam attended an Orientation Programme for I year NSS Volunteers in the Indoor Auditorium. Rev. Dr. Sr. Iruthaya Kalai Selvam, Principal addressed the gathering and delivered an inspiring message. She emphasized the importance of cleanliness, maintaining the college as a green campus, and adopting eco-friendly practices such as butterfly gardening. She also encouraged students to develop smart and sustainable methods to keep their surroundings clean and hygienic. The session served as a motivation to all the NSS volunteers, instilling in them the values of environmental responsibility and active participation in community service.



WORLD LITERACY DAY – 21.07.2025

On 21.07.2025, NSS Unit XIII of Jayaraj Annapackiam College for Women, Periyakulam conducted online quiz competition for all the II-year NSS volunteers from 2.45 p.m. to 3.30 p.m. The primary objective of this event was to enhance the volunteers understanding and awareness about the origins, objectives and core principles of the NSS, with a particular focus on the content covered in the first two units of the NSS curriculum. 36 NSS volunteers actively participated. Quiz link:

<https://forms.gle/MN9W8d7QQDzNjpM16>



JAYARAJ ANNAPACKIAM COLLEGE FOR WOMEN (AUTONOMOUS)
(A unit of the Sisters of St. Anne of Tiruchirappalli)
Accredited with A+ Grade in 4th Cycle by NAAC
DST - FIST Supported College, Affiliated to Mother Teresa Women's University, Kodaikanal
PERIYAKULAM - 625 601, THENI DT., TAMILNADU.

Section 1 of 2

Jayaraj Annapackiam College for Women (Autonomous), Periyakulam National Service Scheme (2025-2026)

NSS - QUIZ COMPETITION on 21.07.2025 (UNIT VII - XIII)

GUEST LECTURE – 29.07.2025

On 29.07.2025, NSS Unit XIII of Jayaraj Annapackiam College for Women, Periyakulam attended a special guest lecture to mark Kargil Vijay Diwas. In collaboration with the Ministry of Youth Affairs and Sports, Mr. S. Gokul Krishnan, MTS & District Program Coordinator of My Bharat – NYK addressed the students on the important role of NSS in Nation-building. Dr. Charlet Sharmili, Assistant Professor, NSS programme Officer delivered the keynote address, highlighting the significance of Kargil Vijay Diwas. The program fostered patriotism and a sense of responsibility among the youth. Floral tribute was offered in honour of all the Kargil Vijay Diwas heroes, remembering their bravery and sacrifice for the nation.



AUGUST – 2025

CAMPUS CLEANING WORK - 06.08.2025

On 06.08.2025, the Unit XIII volunteers of JAC-NSS actively participated in a cleaning drive near the Department of Chemistry. The programme aimed to promote cleanliness and maintain a healthy environment within the college campus. The volunteers enthusiastically removed litter, cleared unwanted vegetation, and ensured that the surroundings were kept neat and tidy. This initiative not only enhanced the cleanliness of the campus but also created awareness among the students about the importance of maintaining hygiene and contributing to a clean environment.



ANTI-DRUG DAY OATH - 11.08.2025

On 11.08.2025, 36 students of Unit XIII of JAC-NSS observed Anti-Drug Day. The students took an oath to stay away from drugs and to spread awareness about their harmful effects. The oath encouraged them to lead a healthy and disciplined life. It also reminded them of their duty to help in creating a drug-free campus and society. The programme showed the importance of working together to fight against drug abuse. 35 second year NSS volunteers participated in this activity.



INDEPENDENCE DAY COMPETITION - 11.08.2025

In commemorating the 79th Independence Day, Units VII & XIII of JAC-NSS conducted Speech and Singing Competitions for the school students at Nayagam Middle School, T. Kallipatti on 11.08.2025. The school students involved enthusiastically in the Speech Competition on Freedom Fighters and their mellifluous patriotic songs evoked the love and pride of India's freedom. Mr.Chelladurai, the Nayagam School teacher, prepared the students .17 participants exhibited their talents vibrantly. Six winners won their prizes at both events. All the participants received their appreciation gifts. As a mark of ecological awareness, the saplings were planted at the school premises. Rev. Sr. T. Johny Dathees and Dr.Amala Jasmine, the Programme Officers; Dr. Emaculate Rani and Ms. Maria Steffi, Staff Advisors led the programme. Two plants were planted on the school campus with the joint participation of the school students and the NSS volunteers of JAC.



INDEPENDENCE DAY CELEBRATION - 15.08.2025

The XII and XIII Units of JAC celebrated 79th Independence Day at Shri Maya Pandeewari Middle School on 15.08.2025, located in the adopted village Melmungalamb, with great enthusiasm and patriotism. The celebration began with the flag hoisting ceremony by Mrs. Buvanewari, School Correspondent, Rev. Sr. T. Johny Dathees, NSS Coordinator, Ms. Sahaya Merlin, JAC-NSS Programme Officer, and Mrs. Maria Steffi, Staff Advisor. Following this, the Unit XIII NSS volunteers delivered a speech on Independence Day, expressing the true spirit of freedom. Rev. Sr. T. Johny Dathees also addressed the gathering with a special Independence Day message, highlighting the values of patriotism, unity, and responsibility among students. As part of the cultural events, Unit XII students presented a patriotic dance performance. For the school students, various competitions such as speech, dance, and fancy dress were organized on the Independence Day theme. Many parents attended the celebration and encouraged the children through their active participation. Mrs. Buvanewari, Correspondent of the school, delivered an inspiring talk about the sacrifices and contributions of

the freedom fighters, which instilled a sense of pride and gratitude among the students. The programme concluded with the distribution of sweets to all the students, spreading joy and togetherness.



PRE-CAMP VISIT TO ADOPTED VILLAGE - 18.08.2025

All the seven Programme Officers of JAC-NSS visited Melmungalam Panchayat, the adopted village on 18.08.2025, as part of the preparatory work for the forthcoming Special NSS Camp. The officers met Mr. Murugan, Panchayat Secretary, and held a discussion regarding the arrangements and support required for the smooth conduct of the camp. Following this, the team visited the seven wards of Melmungalam Panchayat to assess the facilities, identify the needs of the village, and plan the activities of the camp accordingly. This joint visit by the Programme Officers helped in ensuring the convenience, feasibility, and effective execution of the NSS camp, thereby strengthening the bond between JAC-NSS and the adopted village community.



NSS VOLUNTEERSHIP DAY AND AWARENESS PROGRAMME ON WOMEN & LAW - 30.08.2025

The National Service Scheme of Jayaraj Annapackiam College for Women (Autonomous), Periyakulam, in collaboration with the Inner Wheel Women's Club, Theni, organized an Awareness Programme on Women & Law and NSS Volunteership Day on 30.08.2025. The resource persons of the programme were Mrs. U. Vidhya, B.A., B.L., Advocate, Theni District Court; Mrs. S. Sutha, M.A., B.Ed., Retired Teacher; and Dr. P. Floras Mary, Retired Professor of JAC. The Secretary of Inner Wheel Club, Mrs. R. Dhivya Dharshini, along with the members of the club, also attended the programme and donated fruit saplings as a gesture of goodwill. The programme created awareness about women's legal rights and emphasized the importance of volunteerism among students. A total of 47 first-year students of Unit XIII enrolled as new volunteers, and as part of the event, they were presented with NSS badges, symbolizing their official entry into the National Service Scheme and their commitment to serve society. The session further highlighted the role of NSS volunteers in community development and encouraged them to be socially responsible, upholding the NSS motto "Not Me, But You."



JAYARAJ ANNAPACKIAM COLLEGE FOR WOMEN (AUTONOMOUS)
NATIONAL SERVICE SCHEME

NSS DAY

NOT ME BUT YOU

<p>Competitions</p> <ul style="list-style-type: none"> * Singing * Drawing * Rangoli * Skit <p>Date: 27.09.2025 Time: 2.00 pm to 4.00 pm</p>	<p>Celebration</p> <ul style="list-style-type: none"> * Programme * Prize Distribution <p>Date: 30.09.2025 Time: 2.45 pm to 3.45 pm</p>
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Event timeline (2.45 pm to 3.45 pm)

- Prayer
- Welcome Address
- Words of Blessing by the Principal (10 mins)
- Dance by Unit 12
- Motivational Song by Unit 11
- Dance by Unit 13
- Prize Distribution
- Address by the Chief Guest (15 mins)
- Vote of Thanks

SEPTEMBER – 2025

VIKSIT BHARAT ONLINE QUIZ COMPETITION – 25.09.2025

In connection with the Ministry of Youth Affairs and Sports, an online quiz on *Viksit Bharat Young Leaders Dialogue 2026* was conducted on 25.09.2025. A total of 84 NSS volunteers from Unit 13 of JAC participated in the quiz. All the participants successfully completed the quiz and received appreciation certificates.



NSS DAY CELEBRATION 27.09.2025 and 30.09.2025

On 27th September 2025, as part of NSS Day celebrations, the NSS of Jayaraj Annapackiam College conducted various competitions from 2.00 p.m. to 4.00 p.m. Events such as singing, drawing, rangoli, and skit were organized for NSS volunteers.

The National Service scheme of **Jayaraj Annapackiam College for Women (Autonomous), Periyakulam** celebrated **NSS Day** on 30th September 2025 with prayer, cultural events, and prize distribution. Competitions on themes such as *“Not Me, But You – Spirit of NSS in Action”*, *“Clean India – Green India”*, *“Unity in Diversity – Strength of India”*, and social issues were conducted. The Chief Guest, **Mr. Gokul Krishnan, My Bharat, Member of the Ministry of Youth Affairs and Sports, Government of India** along with **Rev. Sr. Dr. Iruthaya Kalai Selvam, Principal**, distributed prizes and motivated students to register in the **My Bharat Portal**, highlighting its benefits for youth development. A total of 690 NSS volunteers from both first and second years actively participated in the programme. The event promoted the spirit of service, unity, and creativity among the volunteers.



Cleaning Activity – 04.09.2025

On 04.09.2025, the NSS volunteers of Unit 13 organized a cleaning activity in an untidy area of the campus. The place was unclean and required immediate attention. The volunteers worked with full dedication and enthusiasm to clean the area. They removed waste materials and cleared the surroundings, making the place neat and hygienic. This activity not only improved the cleanliness of the campus but also created awareness about the importance of maintaining a clean environment. It encouraged the volunteers to take responsibility for keeping their surroundings clean.



OCTOBER - 2025

YOUTH AWAKENING DAY – 13.10.2025

On 13.10.2025, NSS Unit XIII of Jayaraj Annapackiam College for Women, Periyakulam organized a "Youth Awakening Day" Programme. Dr. B. Amala Jasmine, Programme Officer led the event with a note on Dr. A. P. J. Abdul Kalam' s life history – Mission Man of India. Dr. Kalam's biography, achievements and his dreams for youth were screened through videos. 200 NSS volunteers watched, kindled by the zeal of Dr. Kalam' s inspiring life and benefited out of this event. Dr. J. Emagulate Rani, Staff Advisor ensured the students active participation.



FREE WATER PURIFIER AND CLOTHES DISTRIBUTION CAMPAIGN

16.10.2025 and 17.10.2025

The National Service Scheme (NSS) in collaboration with the Jeevanadhi Charitable Trust, Bangalore, organized a Free Water Purifier and Clothes Distribution Campaign on 16th & 17th October 2025. The campaign aimed to show compassion and serve the underprivileged, following the NSS motto “Not Me, But You”, by helping meet basic needs such as safe drinking water and clothing for school children. Dr. Sr. M. Rajeenal, Mother Superior, Dr. Sr. R. Shantha Mary Joshitta, Secretary, Dr. Sr. S. Iruthaya Kalai Selvam, Principal, and the Guest of Honour, Br. Augustin, along with members of the Jeevanadhi Charitable Trust, graced the event with their valuable presence and support. Five water purifiers were distributed to St. Anne’s Hr. Sec. School, Periyakulam, and the Government Higher Secondary Schools at Tamaraikulam, Vadakkarai, Saruthupatti, and Laksh mipuram. In addition, free clothes were distributed to 275 school students from Panchayat Union Primary School, Maaya Pandeewari Middle School, and Muthaiya Primary School in Melmangalam.

The two-day event began with an inaugural session at St. Anne’s Hr. Sec. School, Periyakulam. Dr. Sr. T. Johny Dathees, NSS Coordinator, welcomed the gathering, followed by an inspiring address from Dr. Sr. Iruthaya Kalai Selvam, Principal, who spoke about the importance of social responsibility and the role of youth in building a compassionate society. Br. Augustin shared his thoughts on the

values of kindness and integrity. The purifiers were installed under proper supervision, and instructions on maintenance and hygiene were given. A total of 6 NSS Programme Officers, 7 Staff Advisors, and 45 NSS Volunteers actively participated in this meaningful campaign. The event concluded with a thanksgiving session that reflected the shared mission of service and expressed heartfelt gratitude to the Jeevanadhi Charitable Trust for their collaboration. This two-day campaign was a true example of teamwork, compassion, and dedication, creating a positive impact and bringing real change to the community.



MERA YUVA BHARAT – 17.10.2025

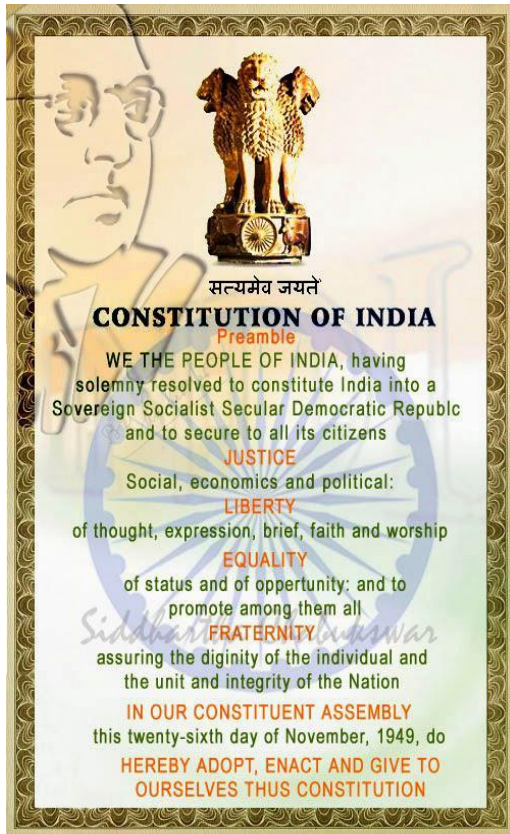
National Service Scheme of JAC & Physical Education collaborated with Government of India -Ministry of Youth Affairs & Sports, Mera Yuva Bharat – Theni conducted Block Level Sports Meet 2025 on 9th & 10th of October, the prize distributing ceremony took place on 17th October 2025. The event commenced with the welcome Address of Dr. Jancy Rani, Programme Officer. Mr. Gokul, Principal, Secretary, NSS Coordinator, Physical Education Director, Programme Officers and Staff Advisors graced the occasion. The prize winners who participated in various events bagged the shields and certificates as a mark of victory. Ms. Annalakshmi, Staff Advisor, delivered a note of thanks.



NOVEMBER - 2025

INDIAN CONSTITUTION DAY - 26.11.2025

The National Service Scheme unit 13 of Jayaraj Annapackiam College for Women (Autonomous), Periyakulam, observed Indian Constitution Day on 26-11-2025 with great enthusiasm and patriotic spirit. The event aimed to create awareness about the significance of the Constitution of India and to instil constitutional values among students. 20 students from unit 13 actively took part in the programme. The observance began with the Constitution Day Pledge, where all NSS Programme Officers and volunteers solemnly pledged to uphold, follow, and respect the Constitution of India. To encourage students' participation and understanding of constitutional principles, elocution was conducted. Students enthusiastically participated in the competition and showcased their knowledge, confidence, and communication skills. NSS volunteers took part wholeheartedly, making the programme meaningful and successful. The event helped reinforce the importance of democratic values, fundamental duties, and the role of responsible citizenship.



SIR FORM-FILLING AWARENESS RALLY -28.11.2025

The National Service Scheme of JAC, NSS Unit XIII, organized an **'SIR Form-Filling Awareness Rally'** from the college campus to Kallipatti and Thamaraikulam on **28.11.2025**, with the active participation of 200 NSS volunteers from Units 7, 8, 9, 10, 11, 12 and 13. The rally was graced by the presence of **Mr. Ranjeet Singh, I.A.S., Theni District Collector, and Mr. Maruthupandi, Tahsildar of Periyakulam**, who highlighted the objectives and importance of the programme, especially the role of students in serving society through election-related duties. Rev. Sr. Dr. Iruthaya Kalai Selvam, Principal, Rev. Sr. Dr. Shantha Mary Joshitta, along with all the Heads of the Departments, NSS Programme Officers and staff advisors, flagged off the rally with the green flag. During the rally, the NSS volunteers visited the villages of Kallipatti and Thamarikulam, identified individuals who had not yet registered their SIR forms, assisted them in filling the forms, facilitated voter ID corrections, and collected the required details for uploading on the Tamil Nadu election website. This initiative significantly contributed to enhancing voter awareness, improving the accuracy of electoral records, and promoting responsible citizenship among the rural community as well as the student volunteers.



DECEMBER - 2025

DISTRICT LEVEL ELUCUTION COMPETITION

VIKSIT BHARAT YOUTH PARLIAMENT -19.12.2025

On 19th December 2025, NSS Units 7 to 13 of Jayaraj Annapackiam College for Women (Autonomous), Periyakulam, jointly organized a **District Level Elocution Competition** in collaboration with “**Viksit Bharat – Youth Parliament**” on the theme “*50 Years of Emergency: Lessons for Indian Democracy*” at St. Joachim Auditorium. The event was inaugurated by the Principal, Secretary, and jury members, followed by addresses from Rev. Sr. Johny Dathees, Rev. Sr. Iruthaya Kalai Selvam, Rev. Sr. Shantha Mary Joshitta, and Mrs. L. Gnana Chandran, District Youth Officer, Theni. A total of 78 students from 14 colleges participated enthusiastically. The valedictory address was delivered by Dr. R. Manokaran, and the **top ten speakers** were honoured with shields while all participants received certificates. The event concluded with a vote of thanks by **Dr. R. Parimaladevi**, NSS Coordinator, Mother Teresa Women’s University, Kodaikanal, followed by the National Anthem.

WORLDS AIDS DAY AWARENESS PROGRAMME 03.12.2025

On 3rd December 2025, NSS Units VIII and XIII of Jayaraj Annapackiam College for Women (Autonomous) jointly organized a World AIDS Day Awareness Programme at Ave Maria Hall at 2.45 p.m. Dr. Mrs. S. Jansi Rani welcomed the gathering and introduced the resource persons, Rev. Sr. Stella, Director of Jeevan Jothi Welfare Centre, and Mrs. Sumathi, Programme Coordinator. The session was highly informative and interactive, enlightening the NSS volunteers on the causes, transmission, prevention, and early diagnosis of HIV/AIDS, while emphasizing compassion and the removal of social stigma. A total of 85 NSS volunteers participated actively and gained practical awareness to promote positive attitudes toward people living with HIV. Ms. Steffi of II B.Sc. Chemistry shared her reflections, vowing to spread awareness and advocate for empathy and equality in her community.



JANUARY - 2026

PONGAL 13.01.2026

JAC – NSS Unit XIII celebrated Pongal on 13.01.2026 at Jayaraj Annapackiam College for Women, Periyakulam, to honour the harvest festival and promote Tamil cultural values among students. The programme began with a brief introduction on the significance of Pongal, followed by the traditional preparation of sweet Pongal in decorated pots, kolam designs and a festive rural ambience created within the campus. NSS volunteers and students from various departments actively

participated in organising the event, cooking Pongal, coordinating cultural performances and maintaining discipline, which fostered team spirit, leadership and a sense of togetherness in line with the objectives of NSS. The prepared Pongal was shared among staff and students, strengthening unity and social bonding, and the celebration stands recorded as a meaningful cultural and extension activity of JAC – NSS Unit XIII for the academic year 2025–2026.



NATIONAL YOUTH DAY - 19.01.2026

On January 19, 2026, at 3:00 PM, Dr. Sr. T. Johny Dathees delivered an inspiring motivational talk titled "Swami Vivekananda" in connection with **National Youth Day** to 46 first-year volunteers of Jayaraj Annapackiam College NSS Unit XIII in Room No. 76. The session highlighted Swami Vivekananda's life, his iconic Chicago speech of 1893 proclaiming "Sisters and brothers of America," philosophy of self-confidence, youth empowerment" Arise, awake, and stop not till the goal is reached" and relevance to modern NSS service through spiritual strength, social

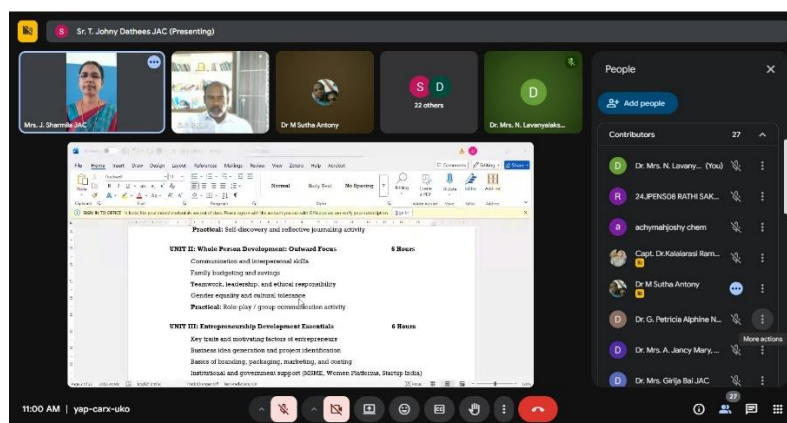
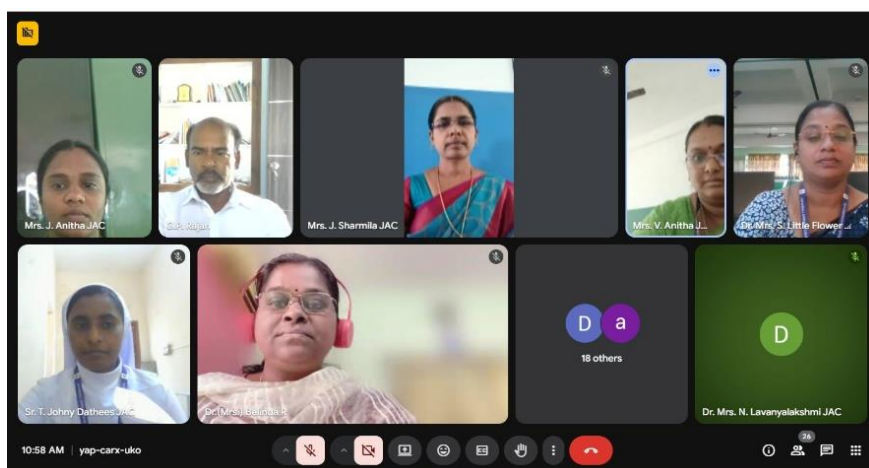
reform, and national upliftment. NSS volunteers' activities, such as environmental drives, health camps, disaster response, and personal development via regular activities and annual special camps, were also elaborated. Following the talk, an Essay Writing Competition was conducted on the titles "1. Swami Vivekanandhar" and "2. My Role as an NSS Volunteer." The interactive event boosted motivation and commitment among all 46 volunteers to embody Vivekananda's ideals in NSS endeavours.



BOARD OF STUDIES MEETING 21.01.2026

The Board of Studies meeting for Part IV and Part V activities was held on 21.01.2026 through Google Meet. In this meeting, Rev. Sr. Dr. T. Johny Dathees, NSS Coordinator, presented the NSS syllabus designed on the LOCF pattern, focusing on History of NSS, Programmes and activities, personality development,

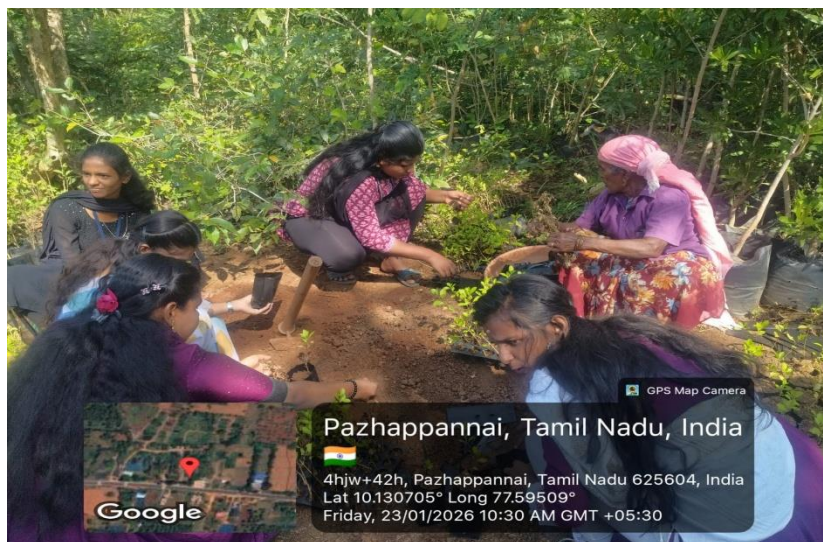
social responsibility, and community engagement. The syllabus included both curricular and co-curricular activities arranged in a systematic manner. The Board members suggested that the syllabus should mention the number of hours for NSS activities conducted inside the campus and outside the campus for each academic year. After careful discussion, the Board accepted and formally approved the proposed NSS syllabus.



“MODERN CROP PRODUCTION TECHNIQUES” (20.01.2026 to 24.01.2026)

The National Service Scheme (NSS) of Jayaraj Annapackiam College for Women (Autonomous), Periyakulam, organized a five-day training programme titled **“Modern Crop Production Techniques”** for NSS student volunteers, as notified in the NSS Circular dated 19.01.2026. The programme was conducted at the Horticulture College and Research Institute, Kamachipuram, Periyakulam, from 20.01.2026 to 24.01.2026. A total of 15 students participated in this training, among whom two volunteers from JAC NSS Unit XIII. R. Deepa Harini, II B.Sc. Chemistry, and A. Stephy, II B.Sc. Chemistry actively took part and represented the unit 13.

The training aimed to expose the participants to recent scientific and practical advances in crop production so that they could later apply and disseminate this knowledge in rural outreach programmes and community initiatives. Through lectures, demonstrations, and field-based sessions handled by experts of the Horticulture College, the students gained enhanced awareness of improved cultivation practices and sustainable techniques, thereby strengthening their capacity to contribute meaningfully to agricultural development and NSS extension activities.



77TH REPUBLIC DAY – 26.01.2026

On January 26, 2026, JAC NSS Unit 13 volunteers participated the 77th Republic Day flag hoisting ceremony at Jayaraj Annapackiam College for Women (Autonomous) at 7:15 AM. Dr. A. Jacqueline Regina Mary, Associate Professor of

Physics, hoisted the National Flag and delivered an inspiring Republic Day message. Republic Day commemorates India's adoption of its Constitution on January 26, 1950, marking the nation's transition from dominion status to a sovereign, democratic republic following the Purna Swaraj declaration in 1930, and it celebrates the core values of justice, liberty, equality, fraternity, unity in diversity, and civic responsibility enshrined in the document crafted by Dr. B.R. Ambedkar and the Constituent Assembly.



CLEANING ACTIVITY – 29.01.2026

On 29.01.2026, from 2.45 pm to 3.45 pm, the NSS Unit of Jayaraj Annapackiam College for Women (Autonomous), Periyakulam, organised a **cleaning** activity in

the NSS garden on the college campus as part of its regular environmental protection initiatives, during which the volunteers undertook garden cleaning and watering of plants. A total of 46 NSS volunteers participated with great enthusiasm, removing dry leaves, weeds and litter, and neatly arranging the cleaned spaces to enhance the beauty of the garden. The students also watered all the plants in the garden to ensure their healthy growth and to maintain a clean and green ambience in the campus. The activity helped the volunteers to develop a sense of responsibility towards environmental conservation and campus cleanliness, while also strengthening team spirit and social commitment among them.



ANTI-DRUG AND SUICIDE PREVENTION CAMPAIGN 31.01.2026

The National Service Scheme of JAC, Unit 9,10,11,12 and 13 and Youth Red Cross, in collaboration with Indian Red Cross Society, Tamil Nadu Branch organized an Awareness Programme on Drug Abuse and Suicide Prevention on 31.1.2026 in Ave Maria Hall at 2 p.m. Dr. Ruth S. Manorangan, MD, Founder, Hope Psychiatry Clinic, Theni and Mrs. Meenambigai, Admin Secretary, Indian Red Cross Society served as Chief Guests. Dr. Ruth S. Manorangan raised awareness about drug abuse and its physical, psychological, and social effects. Her talk helped the participants to identify the warning signs of suicide and encouraged seeking help and supporting others. She is also motivated to adopt healthy coping strategies and help others with the same. Around 290 NSS volunteers and YRC volunteers along with the Co-ordinators, Programme Officers, Staff Advisors

actively participated in the programme. Overall, the programme helped the students to realize the harmful effects of drugs, importance of life, mental health and how to become a supportive listener when people nearby them are struggling with their mental health.



FEBRUARY - 2026

FUTURE YOUNG LEADER BOOT CAMP - 02.02.2026 to 04.02.2026

Five NSS Volunteers of Jayaraj Annapackiam College for Women (Autonomous), Periyakulam, actively participated in the **Future Young Leader Boot Camp**, a three-day residential training programme conducted from 02.02.2026 to 04.02.2026, organized by **Nehru Yuva Kendra Sangathan (My Bharat)**. The camp aimed to enhance students' communication skills, strengthen their decision-making abilities, and create awareness about political participation and civic responsibilities. Through interactive sessions, group discussions, leadership activities, and practical exercises, the volunteers gained valuable insights into effective communication, critical thinking, and democratic engagement. The immersive training environment helped them build confidence, teamwork, and leadership qualities, empowering them to become responsible and proactive young leaders in society.



RALLY ON “199. PERIYAKULAM (SC) ASSEMBLY CONSTITUENCY – ACTION PLAN FOR 2026 SVEEP –19.02. 2026

(Systematic Voters’ Education and Electoral Participation)

The NSS and NCC units of Jayaraj Annapackiam College for Women (Autonomous), Periyakulam, jointly organized a SVEEP awareness rally on “199. Periyakulam (SC) Assembly Constituency – Action Plan for 2026 SVEEP Activities” on 19th February 2026. Eminent officials including the Sub Collector, Tahsildar, Deputy Tahsildar (Election) and Taluk Supply Officer of Periyakulam addressed the participants on the importance of informed and ethical voting under the SVEEP initiative. A total of 268 NSS volunteers, 136 NCC cadets and 14 NSS faculty members, along with the Vice Principals and staff, took part in the rally. Participants carried placards and chanted slogans on voter registration, ethical voting and higher voter turnout in the forthcoming elections. The rally motivated youth and the general public to actively participate in the electoral process, thereby strengthening democratic values and promoting responsible citizenship.



MARCH – 2026

PEOPLE EDUCATION PROGRAMME - 05.03.2026 & 06.03.2026

The People Education Programme (PEP), an intercollegiate competition and seminar on Rural Industrialization, was organized by NSS in collaboration with KVIC, Madurai, at Jayaraj Annapackiam College for Women from 05.03.2026 to 06.03.2026. The programme on both days commenced with garlanding (Anjali) of Mahatma Gandhi's photo. On the first day (05.03.2026), competitions such as Essay Writing on “Self-Employment” and Elocution on “Khadi for Fashion and Khadi for Nation” were conducted, with around 70 students participating, and our NSS volunteers actively participated and benefited. On the second day (06.03.2026), Unit 11 and 12 students participated in the seminar, where about 100 students

benefited through sessions on rural entrepreneurship, Khadi, MSME development, and startup opportunities. The juries were honoured with gifts, prizes were distributed to winners, participants received certificates, and lunch was provided to all seminar participants. The programme concluded successfully with a vote of thanks.



Khadi Gram Swaraj Abiyan
The Path from Tradition to Progress

Khadi & Village Industries Commission
Ministry of Micro, Small & Medium Enterprises, Govt. of India
Divisional office, Madurai

In association with

National Service Scheme
Jayaraj Annapackiam College for Women (Autonomous)
Periyakulam

Organizes

PEOPLE EDUCATION PROGRAMME (PEP)
(Intercollegiate Competition & Seminar on Rural Industrialization)



From : 05.03.2026 to 06.03.2026
Venue : Seminar Hall, Jayaraj Annapackiam College for Women

All are cordially invited for the PEP

Day 1 - Intercollegiate Competition

Day 1	Competition	Topic
05.03.2026	Essay Competition	<i>Khadi for Nation, Khadi for Fashion</i>
	Elocution Competition	<i>Self Employment</i>

People Education Programme (PEP)
Day 2 - Seminar on Rural Industrialization

Date: 06.03.2026 Venue : Seminar Hall, Jayaraj Annapackiam College for Women

Welcome Address : Shri. **S. Senthil Kumar**
Assistant Director, KVIC, Madurai

Presidential Address : Rev. **Sr. Dr. M. Rejinal**
Mother Superior, Jayaraj Annapackiam College for Women, Periyakulam

Key Note Address : Shri. **Senthilkumar Ramasamy**
Divisional Director, KVIC, Madurai

Felicitation Address : Rev. **Sr. Dr. R. Shantha Mary Josphita**
Secretary, Jayaraj Annapackiam College for Women, Periyakulam

Rev. **Sr. Dr. S. Iruthaya Kalai Selvam**
Principal, Jayaraj Annapackiam College for Women, Periyakulam

Special Address on Khadi & Handlooms : Shri. **S.A. Aramvalathan**
Assistant Director (Khadi), KVIC, Madurai

Tea Break

Technical Session

Bank Procedure for Start a Small Scale Industries : Shri. **P. Karthikeyan**
Lead District Manager, Canara Bank, Theni

Special Address on MSME - DFO Scheme : Shri. **K. Saravanan**
Assistant Director, MSME - DFO, Madurai

Importance of Training to start A Small Scale Industries : Shri. **M. Ravikumar**
Director, Canara Bank RSETI, Theni

Empowering Women Through Skill Development : Smt. **Vasumathi Naveen**
Managing Director, Ammu Papers & Exports, Dindigul

Prize Distribution

Vote of Thanks : Rev. **Sr. Dr. Johnny Dathees**
NSS Co-ordinator, Jayaraj Annapackiam College for Women, Periyakulam

National Anthem