

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



UNIT VII

NATIONAL SERVICE SCHEME



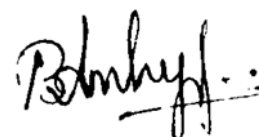
ANNUAL REGULAR ACTIVITIES

2025 - 2026

PROFORMA FOR NSS PROGRAMME OFFICER

S. No	Particulars	Details
1.	Name of Programme Officer	Dr. B. Amala Jasmine
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	Unit 7
8.	Mobile No (NSS PO)	9585261230
9.	Email ID (NSS PO)	amalamat@annejac.ac.in
10.	Whether attended NSS 7 days ETI Training	No
11.	Number of year Experience as NSS P.O	-
12.	Name of the Village Adopted	Melmangalam – Ward 10,11 & 12
Social Media Account Details of the NSS Unit		
1.	Twitter ID	@nssunit7jac
2.	Instagram ID	Unit7nss@annejac
3.	Face book ID	Unit7jac

Name: Dr. B. Amala Jasmine
Designation: Assistant Professor
Signature:



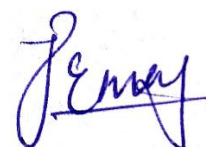
PROFORMA FOR NSS STAFF ADVISOR DETAILS

S. No	Particulars	Details
1.	Name of Staff Advisor	Dr. 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 Dt-625601.
5.	College Email Address	principal@annejac.ac.in
6.	Name of the District (College Located)	Theni
7.	NSS Unit Number	Unit 7
8.	Mobile No (NSS staff advisor)	9788175500
9.	Email ID	emagranieng@annejac.ac.in
10.	Department	English
11.	Number of year Experience	-
12.	Name of the Village Adopted	Melmangalam

Name: Dr. J. Emagulate Rani

Designation: Assistant Professor

Signature:



NATIONAL SERVICE SCHEME
Action Plan 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"> <input type="checkbox"/> 7 Days Special Camp <input type="checkbox"/> Observance of <ul style="list-style-type: none"> ● Swachh Bharat Mission ● Fit India <input type="checkbox"/> Seminars <input type="checkbox"/> Awareness Programmes related to the observance days mentioned in the academic calendar. <input type="checkbox"/> Celebrating Independence Day inside the College campus and the adopted villages. <input type="checkbox"/> 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. <input type="checkbox"/> Tree Saplings Plantation in the adopted villages. <input type="checkbox"/> Conducting meetings with the panchayat officials in our college and convene Advisory Meetings. <input type="checkbox"/> Attending Refresher Training Programmes for Professors. <input type="checkbox"/> Undertaking Projects related to NSS. <input type="checkbox"/> Organizing free medical camps that includes general health check -up, dental check-up, etc in the adopted villages. <input type="checkbox"/> Cleaning the public toilets. <input type="checkbox"/> Installing dustbins in the adopted villages. <input type="checkbox"/> Constructing toilets in the adopted villages. <input type="checkbox"/> 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
- To plant more trees in the college campus and preserve the trees planted last year.
- To empower younger generation for sustainable growth.

Total Hours for a Year = 60
Total Hours for Two Years = 120

IMPORTANT DAYS & DATES

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

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

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

U. G. PROGRAMME OUTCOMES

UPON COMPLETION OF THIS PROGRAMME THE STUDENTS WILL BE ABLE TO

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

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

NATIONAL SERVICE SCHEME

Semester: I

Hours :2

Code: 23STPNS01

Credits:2

COURSE OUTCOMES:

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

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

Semester : I – IV		NATIONAL SERVICE SCHEME										Hours: 240
Code : 23STPNS01												Credits: 2
Course Outcomes	Programme Outcomes (PO)						Programme Specific Outcomes (PSO)					Mean Score of CO's
	1	2	3	4	5	6	1	2	3	4	5	
CO1	1	2	3	4	5	6	1	2	3	4	5	3.81
CO2	4	5	4	3	4	3	4	3	4	4	4	3.90
CO3	5	4	4	4	4	4	4	3	4	4	3	3.90
CO4	4	4	5	3	4	4	5	4	3	3	4	4.00
CO5	5	4	4	3	4	4	4	5	4	3	4	3.90
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 Team Work – Problems of Youth – Drug abuse - Drug Dependence /Addiction –Alcoholism – Suicide - Sexual Problems – Diseases.

UNIT III: SOCIAL SERVICE

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

UNIT IV: NUTRITIOUS FOOD AND WOMEN'S HEALTH

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

UNIT V: ECOLOGY AND ROLE OF WOMEN IN SOCIETY

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

COURSE BOOK:

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

Internal Assessment

Components	Marks
Attendance	20
Assesment (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 any TWO of the following 2x10=20

MONTH OF JUNE

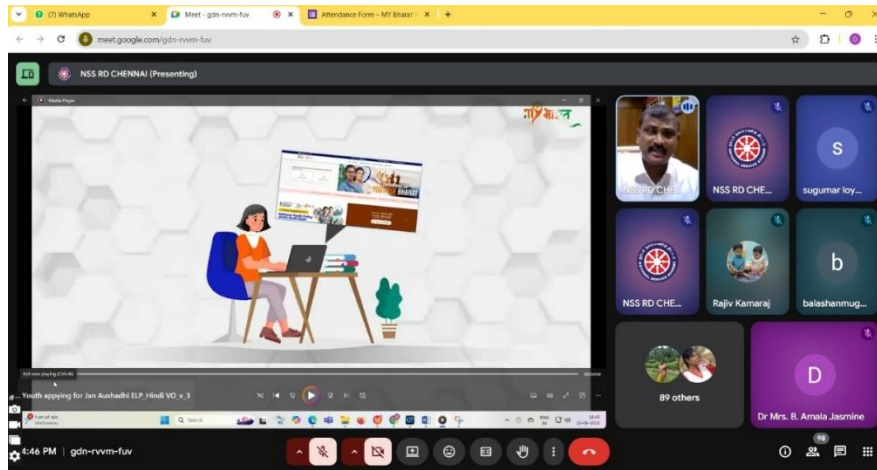
World Environment Day– 05.06.2025

On 05.06.2025, NSS Unit - VII of Jayaraj Annapackiam College for Women (Autonomous), Periyakulam celebrated World Environment Day on the theme for this year as End Plastic Pollution, which highlights the fact that safe guarding the planet's finite natural resources is of critical importance. 6 NSS volunteers actively participated in the E-poster creation competition based on the Environment Day theme.



My Bharat KI registration – 10.06.2025

On 10.06.2025, NSS Unit - VII Programme Officer Dr. B. Amala Jasmine, NSS Programme Officer of Jayaraj Annapackiam College for Women (Autonomous), Periyakulam attended the online meeting on My Bharat Knowledge Registration demonstration process which was a detailed explanation about the Knowledge registration and Cyber Security registration portal.



Yoga Day Demonstration – 16.06.2025

On 16.06.2025, NSS Unit - VII of Jayaraj Annapackiam College for Women (Autonomous), Periyakulam created a video based on the yoga script as per the direction of Ministry of Youth Affairs & Sports and NSS Regional Directorate to be uploaded in My Bharat. 2 NSS volunteers actively involved by one performs and one explains the performs and one explains the Yoga Asanas by insisting on Stay Fit Stay Focused – the Yoga way! Yoga for One Earth One Health.



Yoga Day Celebration – 23.06.2025

On 24.06.2024, NSS Unit - VII 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 - VII of Jayaraj Annapackiam College for Women (Autonomous), Periyakulam pledged an oath against drug usage. Totally, 20 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, NSS Unit VII of Jayaraj Annapackiam College for Women, Periyakulam conducted the campus cleaning activity from 2.00 p.m. to 4.00 p.m. 55 NSS volunteers actively participated in watering the plants and cleaned the weeds around the planted saplings. Dr. B. Amala Jasmine, Programme Officer and Mrs. N. Jeyabharathi, Staff Advisor supervised the cleaning activity.



MONTH OF JULY

NSS Orientation Programme - 01.07.2025

On 01.07.2025 NSS Programme Officers addressed the first years and informed them of the history of NSS and its aim and goals. Each PO delivered a brief talk on the importance of joining NSS and the purpose of NSS. Everyone is motivated to do service to society voluntarily and it is our duty to understand the community in which they live and work. A brief explanation about regular activities, importance of NSS certificate in their career and job opportunities, seven days special camp in adopted villages was delivered to the students. The students made a decision to help society on a voluntary basis after the orientation programme.



Nalla Meypan Thaalanthu Thittam - 02.07.2025

On 02.07.2025, NSS Unit VII of Jayaraj Annapackiam College for Women, Periyakulam under Nalla Meypan Thaalanthu Thittam scheme received a goat from Mrs. Mariyammal, Nehru Nagar, E. Pudukottai and the goat was given to the family of Chitra devi, II B. Sc. Mathematics. This programme is a good initiative to the needy people in our institution.



Orientation Programme - 19.07.2025

On 19.07.2025, NSS Unit VII 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.



Cleaning Activity - 21.07.2025

On 21.07.2025, NSS Unit VII of Jayaraj Annapackiam College for Women, Periyakulam conducted the campus cleaning activity from 2.45 p.m. to 3.30 p.m. 70 NSS volunteers actively participated in watering the plants and cleaned the weeds around the planted saplings.



World Literacy Day Quiz Competition – 21.07.2025

On 21.07.2025, NSS Unit VII 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. 52 NSS volunteers actively participated. K. Swetha, II B. Com SF won I prize and S. Ranjani, II B Com SF won II prize.

Guest Lecture – 29.07.2025

On 29.07.2025, NSS Unit VII 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.



Cleaning Activity - 29.07.2025

On 29.07.2025, NSS Unit VII of Jayaraj Annapackiam College for Women, Periyakulam conducted the campus cleaning activity from 2.45 p.m. to 3.30 p.m. 70 NSS volunteers actively participated in watering the plants and cleaned the weeds around the planted saplings.



MONTH OF AUGUST

Cleaning Activity – 06.08.2025

On 06.08.2025, NSS Unit VII of Jayaraj Annapackiam College for Women, Periyakulam conducted the campus cleaning activity from 2.00 p.m. to 3.00 p.m. 42 NSS volunteers actively participated in watering the plants and cleaned the weeds around the planted saplings near gym in the College campus. B. Amala Jasmine, Programme Officer and J. Emmagualte Rani, Staff Advisor supervised the cleaning activity.



School Visit – 09.08.2025

The NSS Programme Officers of Jayaraj Annapackiam College visited Schools at Melmangalam Panchayat on 09.08.2025, enquired about their support to conduct camp for the Second year NSS volunteers for the academic year 2025-2026.



Drug Abuse Pledge – 11.08.2025

On 11.08.2025, NSS Unit VII of Jayaraj Annapackiam College for Women, Periyakulam conducted a pledge against drugs usage among people. To celebrate life and pledge to live a drug-free life, all NSS volunteers participated.



Independence Day Competitions – 11.08.2025

In commemorating the 79th Independence Day, NSS Units VII & Unit XIII of Jayaraj Annapackiam College for Women (Autonomous), Periyakulam, conducted Speech and Singing Competition on the topic Freedom Fighters for the school students at Nayagam Middle School, T. Kallipatti on 11.08.2025. The school students involved enthusiastically in the Speech Competition and their mellifluous patriotic songs evoked the love and pride of India's freedom. Totally 17 students exhibited their talents vibrantly. Six winners won their prizes in both events. All the participants received their appreciation gifts. As a mark of ecological awareness, the saplings were planted at the School premises. Dr. Sr. Johny and Dr. B. Amala Jasmine, the Programme Officers along with Dr. Emagulate Rani and Ms. Maria Steffi, Staff Advisors led the programme.



Independence Day Celebration – 15.08.2025

On 15.08.2025, National Service Scheme (NSS) Unit 7 and Unit 9 celebrated Independence Day with great enthusiasm and patriotism. The national flag was hoisted by Mrs. M. Santhi, Head Master, Panchayat Union Primary School. The NSS volunteers presented a cultural program, which included patriotic song, dance and Quiz that showcased the country's rich heritage and freedom struggle. Students delivered inspiring speeches on the importance of independence and the sacrifices made by our freedom fighters. The NSS unit successfully organized the celebration, instilling a sense of patriotism and nationalism among the students. The event concluded with a sense of pride and gratitude for our nation's freedom, and the students left with a renewed sense of responsibility towards the country. 15 NSS volunteers, Dr. L. R. Charlet Sharmili and Dr. B. Amala Jasmine, NSS Programme Officers, Mrs. Sivasakthi, NSS Staff Advisor participated in the programme.



Awareness Programme on Women & Law - NSS Volunteership Day

National Service Scheme of Jayaraj Annapackiam College for Women (Autonomous), Periyakulam, in collaboration with Inner Wheel Women's Club, Theni organized an Awareness Programme on Women & Law and NSS Volunteership Day. 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, and their members also attended the programme and donated fruit saplings. The event created awareness about women's legal rights and highlighted the importance of volunteerism among students.



Anti-Plastic Campaign – 30.08.2025

On 30.08.2025, NSS Unit VII of Jayaraj Annapackiam College for Women (Autonomous), Periyakulam and Forest Department, Theni Division collaborated to launch an impactful Anti-Plastic Campaign at Thamaraikulam pond. The initiative aimed to raise awareness about the detrimental effects of plastic pollution on the environment and to clean up the pond's ecosystem. J. R. Samartha, IFS District Forest Officer, A. Muthan, FRO Periyakulam VSC Range and Dr. B. Amala Jasmine, NSS Programme Officer inaugurated the programme. 15 NSS Volunteers actively participated in collecting plastic waste, which was then disposed of responsibly. The campaign instilled a sense of responsibility among the community members to reduce plastic usage. The event concluded with a renewed pledge to protect the environment and promote eco-friendly practices in daily life.



MONTH OF SEPTEMBER

Cleaning Activity – 23.09.2025

On 23.09.2025, NSS Unit VII of Jayaraj Annapackiam College for Women, Periyakulam conducted the campus cleaning activity from 2.45 p.m. to 3.45 p.m. 42 NSS volunteers actively participated in watering the plants and cleaned the weeds around the planted saplings near Mathematics Department in the College campus. Dr. B. Amala Jasmine, Programme Officer and Dr. J. Emagulate Rani, Staff Advisor supervised the cleaning activity.



Viksit Bharat Online Quiz Competition - 25.09.2025

In connection with Ministry of Youth Affairs & Sports and Viksit Bharat conducted online quiz on Viksit Bharat Young Leaders Dialogue 2026 on 25.09.2025 onwards. 80 NSS volunteers attended the quiz and received appreciation certificate.



NSS Day Competition - 27.09.2025

On 27.09.2025, NSS Unit 7 conducted NSS Day Singing competition on the theme “Not Me, But You – Spirit of NSS in Action”, “Clean India – Green India”, “Unity in Diversity – Strength of India”, and social issues were conducted. NSS volunteers actively participated and highlighted the values of service, leadership and teamwork in their singing. The event successfully reflected the dedication of NSS volunteers to community service and nation-building. 28 NSS volunteers participated in the competition.



NSS Day Celebration - 30.09.2025

National Service Scheme of Jayaraj Annapackiam College for Women (Autonomous), Periyakulam, celebrated NSS Day 30.09.2025 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, 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 on the My Bharat Portal, highlighting its benefits for youth development.

➤ **Singing Competition - I Prize**

1. Sr. P. Puli Sneha – II B.Sc. Maths
2. B. Yuvasri – II B.Sc. Maths
3. S. Zainab Nisha – II B.Sc. Maths

4. R. Nitharshana – II B.Sc. Maths
 - **Drawing Competition – II Prize**
5. A. Geethalakshmi – II B.Sc. Maths



MONTH OF OCTOBER

Youth Awakening Day – 13.10.2025

On 13.10.2025, NSS Unit VII of Jayaraj Annappackiam 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 was 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.



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.



Free Water Purifier and Cloths Distribution Campaign – 16.10.2025 & 17.10.2025

National Service Scheme of Jayaraj Annapackiam College for Women (Autonomous), Periyakulam, in collaboration with the Jeevanadhi Charitable Trust, Bangalore organized a benevolent Free Water Purifier and Clothes Distribution Campaign on 16.10.2025 & 17.10.2025. The campaign aimed to extend compassion and service to the underprivileged, promoting the NSS motto “Not Me, But You” by addressing essential community needs such as access to drinking water and clothing for the school children. Rev. Dr. Sr. M. Rajeenal, Mother Superior, Dr. Sr. R. Shantha Mary Joshitta, Secretary, Dr. Sr. S. Iruthaya Kalai Selvam, Principal, the Guest of Honour, Br. Augustin and members of Jeevanadhi Charitable Trust graced the occasion with their valuable presence and support. Five Water Purifiers were distributed to St. Anne’s Hr. Sec. School, Periyakulam, Government Higher Secondary Schools at Tamaraikulam, Vadakkarai, Saruthupatti, and Lakshmiapuram. Free cloths were distributed to 275 school students of Panchayat Union Primary School, Maaya Pandeewari Middle School and Muthaiya Primary School located at Melmangalam.

The two-day event commenced with an inaugural session at St. Anne’s Hr. Sec. School, Periyakulam Dr. Sr. T. Johny Dathees, NSS Co-ordinator welcomed the gathering, Dr. Sr. Iruthaya Kalai Selvam delivered an inspiring address highlighting the importance of social responsibility and the role of youth in building a caring society. Bro. Augustin insisted on the values of compassion and integrity. The purifiers were installed under proper supervision, accompanied by guidance on maintenance and hygiene. 6 NSS

Programme Officers and 7 Staff Advisors, 45 NSS volunteers were actively participated in the event. The campaign concluded with a thanksgiving session reflected on their shared mission and expressed heartfelt gratitude to Jeevanadhi Charitable Trust for their partnership. This event was a remarkably a collective action, compassion and dedication which created a meaningful social change, service to the society.

JAYARAJ ANNAPACKIAM COLLEGE FOR WOMEN (AUTONOMOUS)
PERIYAKULAM

NATIONAL SERVICE SCHEME

In Collaboration with
JEEVANATHI CHARITABLE TRUST, BANGALORE

Organizes
FREE WATER PURIFIER & CLOTHES DISTRIBUTION CAMPAIGN

PATRONS
Rev. Dr. Sr. M. Rajeeval
Mother Superior

Dr. Sr. R. Shanitha Mary Josphita
Secretary

Dr. Sr. S. Iruthaya Kalai Selvam
Principal

GUEST OF HONOUR
Br. Augustin

Members of Jeevanathi Charitable Trust, Bangalore
DATE: 16.10.2025 & 17.10.2025

VENUE
St. Anne's School, Periyakulam
Government Higher Secondary Schools
Tamarakulam, Vadiakarai, Saruthupathi & Lakshmiapuram
Panchayat Union School, Melmangalam
Maaya Pandeewari Middle School, Melmangalam
Muthaiya Primary School, Melmangalam

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National Unity Day - 31.10.2025

On 31.10.2025, NSS Unit VII of Jayaraj Annapackiam College for Women, Periyakulam proposed a solemn pledge for National Unity Day in the college premises. 200 NSS volunteers pledged to preserve the unity, integrity and security of the Nation. Dr. B. Amala Jasmine, Programme Officer and Dr. J. Emagulate Rani, Staff Advisor participated in the event.



MONTH OF NOVEMBER

Indian Constitution Day - 26.11.2025

On 26.11.2025, NSS Unit 7 celebrated Indian Constitution Day. Constitution pledge was taken by all the NSS volunteers in the college campus. Preamble, Justice, Liberty, Equality, Fraternity in our constituent assembly was insisted. 28 NSS volunteers participated in the event.



SIR Form - 28.11.2025

National Service Scheme of JAC, Unit VII NSS volunteers participated in SIR form filling awareness to the people at Kallipatti, Periyakulam. 16 NSS volunteers actively participated in investing the names those who have not yet registered SIR form and progressed the voter's ID correction and collected the list of people to upload the form in the Tamil Nadu website on 28.11.2025.

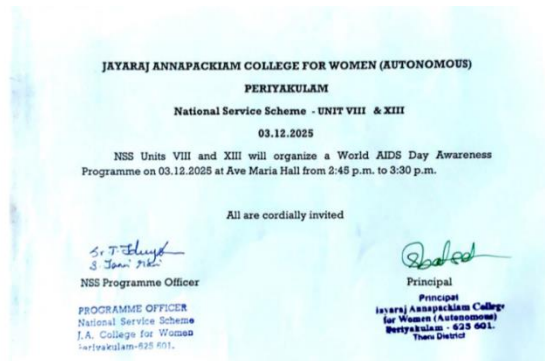


MONTH OF DECEMBER

HIV Awareness programme - 03.12.2025

On 10.12.2025, NSS Unit VII attended a World AIDS Day Awareness Programme at Jayaraj Annapackiam College for Women (Autonomous) in association with Jeevan Jothi Welfare Centre to create awareness about HIV/AIDS among students. An informative session on the causes, transmission, prevention, and early diagnosis of HIV/AIDS. They also emphasized the importance of removing stigma and discrimination against people

living with HIV/AIDS. 35 NSS students participated actively in the programme. The session was informative and successfully achieved its objective of promoting health awareness among the students.



Nalla Maiypan Thaalanthu Thittam - 10.12.2025

On 10.12.2025, NSS Unit VII of Jayaraj Annapackiam College for Women, Periyakulam under Nalla Maiypan Thaalanthu Thittam scheme received a goat from N. Kiruthika Devi, II B. Sc. Mathematics and the goat was hand overed to family of R. Lokeshwari, II B. Sc. Mathematics. This programme is a good initiative to the needy people in our institution.



Viksit Bharat Youth Parliament - 19.12.2025

On 19.12.2025, NSS Unit VII of Jayaraj Annapackiam College for Women, Periyakulam participated in the Elocution competition at Theni District on “50 years of Emergency: Lessons for Indian Democracy” organized Viksit Bharat Youth Parliament – 2026 at JAC, Periyakulam in collaboration with Ministry of Youth Affairs and Sports. 5 NSS volunteers actively participated in the Elocution competition. B. Yuvasri, I B. Sc. Mathematics secured eighth place at Theni district of top 10 winners selected for State level competition.



MONTH OF JANUARY

Pongal Celebration – 13.01.2026

On 13.01.2026, NSS Unit VII of Jayaraj Annapackiam College for Women, Periyakulam organized a vibrant and culturally enriching Pongal celebration, showcasing the essence of Tamil heritage and tradition. The event symbolized prosperity and joy adorned by all I and II year NSS volunteers donned traditional attire, creating an authentic festive ambiance. A special highlight was the preparation of Pongal, the traditional dish, cooked with devotion and shared among all students as a gesture of unity and gratitude. The NSS volunteers' dedication and teamwork event, leaving everyone with cherished memories and a renewed appreciation for cultural traditions. 36 NSS volunteers prepared sweet Pongal and distributed to the students.



Cleaning Activity – 19.01.2026

On 19.01.2026, NSS Unit VII of Jayaraj Annapackiam College for Women, Periyakulam conducted the campus cleaning activity from 2.45 p.m. to 3.45 p.m. 25 NSS volunteers actively participated in watering the plants and cleaned the weeds around the Controllor Office near Indoor Auditorium in the College campus. Dr. B. Amala Jasmine, Programme Officer supervised the cleaning activity.



Training Programme – 20.01.2026 to 24.01.2026

NSS Unit VII of Jayaraj Annapackiam College for Women, Periyakulam volunteers participated in the training programme entitled Modern Crop Production Techniques conducted by Horticulture College and Research Institute, Periyakulam from 20.01.2026 to 24.01.2026. 2 NSS volunteers namely A. Krishna Lakshmi and P. Devadharshini of I B. Sc. Mathematics students attended the hands-on training programme and benefited.



Republic Day Celebration – 26.01.2026

On 26.01.2026, NSS Unit VII of Jayaraj Annapackiam College for Women, Periyakulam celebrated Republic Day at the college premises. It was a memorable event that highlighted the patriotic spirit and cultural unity of the nation. The celebration began with a parade followed by flag hoisting at 7.15 a.m. Rev. Dr. Sr. S. Iruthaya Kalai Selvam, Principal, Rev. Dr. Sr. R. Shantha Mary Joshitta, Secretary and Rev. Dr. Sr. M. Reginal, Mother Superior of the College, presided over the programme. Dr. A. Jacqiline Regina Maary, Associate Professor of Physics, Jayaraj Annapackiam College served as the Resource Person. After the flag hoisting, she emphasized the importance and significance of Republic Day. The National Song filled the air with a deep sense of national pride and unity. 15 NSS volunteers participated enthusiastically in the celebration. Dr. B. Amala Jasmine, NSS Programme Officer actively took part in making the event.



Awareness on Menstrual Hygiene - 29.01.2026

On 29.01.2026, NSS Unit VII of Jayaraj Annapackiam College for Women, Periyakulam organized an Awareness Programme on Menstrual Hygiene Management at 2.45 p.m. The programme began with a prayer, followed by a welcome address delivered by Dr. B. Amala Jasmine, Programme Officer. The Resource person, Ms. M. Nandhini (DRP), Tamil Nadu Corporation for Development of Women, Periyakulam delivered a special address on the importance of Menstrual Hygiene Management. She also instructed the volunteers on proper menstrual hygiene practices. The event concluded gracefully

with a vote of thanks delivered by Dr. L. R. Charlet Sharmili, Programme Officer. Totally 75 NSS volunteers benefited through this programme.



Cleaning Activity – 31.01.2026

On 31.01.2026, NSS Unit VII of Jayaraj Annapackiam College for Women, Periyakulam conducted the campus cleaning activity from 2.00 p.m. to 3.30 p.m. 32 NSS volunteers actively participated in watering the plants and cleaned the weeds around the Controller Office near Indoor Auditorium in the College campus. Dr. B. Amala Jasmine, Programme Officer supervised the cleaning activity.



MONTH OF FEBRUARY

Tamil Nadu Fact Check Unit - 07.02.2026

On 07.02.2026, NSS Unit VII of Jayaraj Annapackiam College for Women, Periyakulam organized a Tamil Nadu Fact Check Unit Sensitization Programme to all I and II year NSS volunteers in Room No. 36. Dr. B. Amala Jasmine, NSS Programme Officer explained about cyber safety, fake News and its impacts, Hate speech and its impacts, Reservation and Social justice. 100 NSS volunteers benefited out of this programme.



Voters Awareness Rally - 19.02.2026

On 19.02.2026, NSS Unit VII of Jayaraj Annapackiam College for Women, Periyakulam participated in the Rally on “199 Periyakulam SC Assembly Constituency – Action plan for SVEEP (Systematic Voters’ Education and Electoral Participation) organized by NSS and NCC of JAC in collaboration with Election Commission, Theni district. 15 NSS volunteers actively participated in the rally by incorporating Electoral process and to be responsible citizen.



MONTH OF MARCH

People Education Programme - 05.03.2026 & 06.03.2026

On 05.03.2026 & 06.03.2026, NSS Unit VII of Jayaraj Annapackiam College for Women, Periyakulam participated in the People Education Programme in collaboration with Khadi and Village Industries Commission, Ministry of Micro, small & medium enterprises, government of India, Madurai. 5 NSS volunteers participated in the Elocution and Essay Writing competition. Won III prize in Elocution competition. Serving society is the true success of Education is the outcome of this event.

JAYARAJ ANNAPACKIAM COLLEGE FOR WOMEN (AUTONOMOUS)
Periyakulam - 625601, Theni District, Tamil Nadu

NATIONAL SERVICE SCHEME

In Collaboration with
Khadi and Village Industries Commission
Ministry of Micro, Small & Medium Enterprises
Government of India, Madurai

Organizes

PEOPLE EDUCATION PROGRAMME

“NOT ME, BUT YOU” “Serving society is the true success of education.”

Day 1 – 05.03.2026
Day 2 – 06.03.2026
TWO DAYS OF KNOWLEDGE & INSPIRATION

COMPETITION AHEAD
Be Ready!!!

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Viksit Bharat Youth Parliament - 12.03.2026

On 12.03.2026, NSS of Jayaraj Annapackiam College for Women, Periyakulam participated in the state level Viksit Bharat Youth Parliament 2026 Elocution competition conducted at Annai Violet Arts and Science College, Chennai. 5 NSS volunteers from Theni district participated in the Elocution competition. M. Punitha Jeyalakshmi, III B. A. Tamil and S. Kanaka, I B. Com of JAC participated. Dr. B. Amala Jasmine, NSS Programme Officer accompanied the students.

