



## **NSS REPORT**

### **World No Tobacco Day**

The NSS Units of SDNB Vaishnav College for Women observed World No Tobacco Day on June 2<sup>nd</sup> 2021 by organizing E-Quiz and E-Pledge on “Commit to Quit”. World No Tobacco Day (WNTD) is observed around the world every year on 31<sup>st</sup> May. This yearly celebration informs the public on the dangers of using tobacco, the business practices of tobacco companies, what the World Health Organization (WHO) is doing to fight against the use of tobacco, and what people around the world can do to claim their right to health and healthy living. This year the theme of the day is “Commit to Quit”.

More than 560 of our NSS Volunteers took part in the E-Quiz and observed the E-Pledge too.

### **World Environment Day 2021**

The NSS Units of SDNB Vaishnav college for Women celebrated World Environment Day on June 5<sup>th</sup> 2021. The theme of the World Environment Day of 2021 is ECOSYSTEM RESTORATION. We, the NSS units of SDNB Vaishnav College for Women, have thought to contribute little drops to the ocean of efforts being taken worldwide that finally took us to the making of HOMEMADE BIRD FEEDER AND BIRD NEST.

Our environment is one of the most important aspects to survive on this planet. Moreover, it is the only thing that can make life sustainable. Birds have ecological value as important elements of natural systems. Birds provide insect and rodent control, plant pollination, and seed dispersal which result in tangible benefits to people. Birds play a critical role in reducing and maintaining populations of insects in natural systems.

### **International Yoga Day 2021**

International Yoga Day is celebrated on 21<sup>st</sup> June every year. Yoga renews the mind with confidence and vigour. The theme of this year is “Yoga at Home, Yoga with Family”.

The NSS volunteers of SDNB Vaishnav College did many yoga poses at home individually and with family members too. Nearly 30 NSS Volunteers did yoga.

### **National Webinar On Self Analysis For Young Warriors**

The NSS units of SDNB Vaishnav College for Women organised a National level webinar on “Self Analysis for Young Warriors” to mobilize youth to fight against Covid-19 on 22<sup>nd</sup> June 2021. It was a great and enlightening session. The keynote address was given by Dr.Vaneeta Aggarwal (NSS Coordinator, University of Madras). She emphasised the importance of yoga and meditation and the need of service to humanity. The guest speaker Dr.C.Samuel Chelliah (Regional Director NSS, Ministry of Youth Affairs & Sports, Regional Directorate of NSS, Chennai) quoted "Minimize the suffering and maximize the confidence”.

This plenary echoed the theory of self-analysis with a number of examples to keep a goal in life. He also lighted on the living examples and spelled out the heights they reached. Nearly 100 of our NSS volunteers participated in this webinar.

### **Webinar on How To Destress Oneself During Covid Pandemic**

The NSS Units of SDNB Vaishnav College for Women attended a webinar on “How to destress oneself during Covid pandemic” on 18<sup>th</sup> June 2021 conducted by NSS, University of Madras with DKM College for Women, Vellore. The special address was given by Dr.Vaneeta Aggarwal (NSS Coordinator, University of Madras), Dr.P.N.Sudha (Principal DKM College for Women, Vellore), Dr.J.Periyar Lenin (District Psychiatrist, District Mental Health Programme), Shri. R Chidambaranathan (Deputy Director AJR Puducherry). They highlighted the importance of yoga and meditation to NSS volunteers. They suggested various innovative ideas to be followed in this pandemic situation. They also discussed stress management and how to get relief from stress. Nearly 30 of our NSS Volunteers attended this webinar.

### **World Population Day 2021**

The NSS Units of S.D.N.B. Vaishnav College for Women celebrated World Population Day on 11<sup>th</sup> July 2021. This year, the theme of World Population Day 2021 is “The impact of Covid-19 pandemic on fertility.” It is observed every year on 11<sup>th</sup> July to remind people of the challenges being faced due to overpopulation like the importance of family planning, child marriage, gender equality, human rights, and others. The World Population Day was commemorated and recognized by the United Nations General Assembly in December 1990.

On this special day, the world comes together with the goal of highlighting the difficulties created by overpopulation. It also raises awareness about how overpopulation may harm the ecosystem and the progress or growth of humanity.

On this day our NSS volunteers participated in a Painting Competition regarding the control of population. Nearly 20 volunteers took part in the painting competition and were recognized with e-certificates.

### **Perunthalaivar Kamarajar 119<sup>th</sup> Birth Anniversary**

The NSS Units of SDNB Vaishnav College for Women celebrated the 119<sup>th</sup> Birth Anniversary of Karmaveerar Kamarajar on 15<sup>th</sup> July 2021. Kamarajar strived to eradicate illiteracy by introducing free and compulsory education. He introduced the mid-day meal scheme to provide at least one meal per day to the lakhs of poor school children. Kamarajar found out that the

scheme was sound and workable. After the launch of the scheme, thousands of parents sent their children to schools. Kamarajar also expanded educational facilities to one and all.

On account of this occasion we, the NSS units of SDNB Vaishnav College for Women donated notebooks, geometry boxes, pencils etc to the poor children. 20 NSS volunteers were involved in this activity.

### **Webinar on Promoting Sport and The Olympic Values in Society**

The NSS Units of SDNB Vaishnav College for Women organised a webinar on “Promoting Sport and The Olympic Values in Society” on 23<sup>rd</sup> July 2021. The Resource Person was Dr.J.Sasikala (Director of Physical Education, SDNB Vaishnav College for Women). This webinar was an Initiative to Create Awareness on Olympic Games held in Tokyo and to cheer our Indian participants.

Nearly 100 of our NSS volunteers took part in this webinar and gained knowledge about the history of the Olympics as well as the Tokyo Olympics 2020.

### **Dr.A.P.J.Abdul Kalam’s 6<sup>th</sup> Death Anniversary**

The NSS units of SDNB Vaishnav College for Women commemorated the 6th death anniversary of Dr.A.P.J.Abdul Kalam on 27<sup>th</sup> July 2021. Dr. Kalam, took an environment oath that read as "I will plant and nurture 10 trees and will ensure that my family and neighbours also plant 10 trees each". His vision was "Billion trees for billion people by 2016". He also said "Make a difference in our Planet today". Nearly 30 Volunteers took part in planting saplings.

### **World Nature Conservation Day 2021**

#### **Webinar on Energy Conservation: Importance And Benefits**

The NSS Units of SDNB Vaishnav College for Women organized a webinar on “Importance and Benefits of Energy Conservation” on 2<sup>nd</sup> August 2021, as a mark of observing World Nature Conservation Day which is celebrated on 28<sup>th</sup> July every year. The webinar was an initiative to create Awareness on Energy Conservation presented by our NSS volunteers. This webinar highlighted the Importance and benefits of energy conservation

Nearly 100 of our NSS volunteers took part in the webinar and gained knowledge about energy conservation.

### **Impact of NEP 2020 on Youth Empowerment And Sports Development**

The NSS Units of SDNB Vaishnav College for Women attended a webinar on “Impact of NEP 2020” on Youth Empowerment and Sports Development on 4<sup>th</sup> August, 2021 organised by the Ministry of Youth Affairs & Sports. The Resource Person discussed the importance of sports in

student's life and they discussed how Covid affected the education system and also said about their plans after covid.

30 of our NSS volunteers participated in this webinar and benefited a lot. This session was a very interactive one and showed light on the current aspects.

### **World Breast Feeding Week 2021**

The NSS units of SDNB Vaishnav College for Women organized a Poster making event on World Breastfeeding week from 1<sup>st</sup> August to 7<sup>th</sup> August, 2021. The theme for breast feeding for this year is "PROTECTING BREAST FEEDING: A SHARED RESPONSIBILITY".

Many of our NSS volunteers participated in the event of poster making and showcased their talent. The posters of our participants are as below:

### **International Youth Day 2021**

The NSS units of SDNB Vaishnav College for Women organized a debate on "Young People's Contribution to Global Issues" on 12<sup>th</sup> August 2021. Every year, International Youth Day is observed on 12<sup>th</sup> August.

Our NSS volunteers Vrisha Prasad (B.Sc. PB and PBT) and C.Sandhiya (B.Sc.Mathematics) participated in the debate.

### **Independence Day Celebration**

The NSS Units of SDNB Vaishnav College for Women celebrated Independence Day on 15<sup>th</sup> August 2021. India is celebrating its 75<sup>th</sup> Independence Day and marking another milestone in the history of the world's largest democracy. On this day, our Principal Dr.R.Geetha, hoisted the National Flag. Ms.N.Hemamalini, Young Achiever - Javelin Throw, Alumna was the Guest of Honour.

### **Swachhata Pakhwada**

The NSS Units of S.D.N.B. Vaishnav College for Women has organized a "Swachhata Pakhwada" drive from 1<sup>st</sup> to 15<sup>th</sup> August 2021. The objective of this drive is to bring a fortnight of intense focus on the issues and practices of Cleanliness. Our NSS volunteers actively participated in this drive.

Following are the list of activities undertaken:

#### **1. SWACHHATA PLEDGE:**

The NSS units took pledge on cleanliness on 7<sup>th</sup> August 2021. Around 100 volunteers participated themselves in this Swachhata E-Pledge by devoting themselves in cleanliness activities.

## **2. PLANTATION OF TREE SAPLINGS:**

Tree plantation is very essential in order to restore the environmental balance. To create awareness and grow trees, our volunteers planted saplings along the road.

## **3. SLOGAN WRITING- Forest Conservation:**

The third activity was slogan writing on the topic Forest Conservation. 10 of our NSS Volunteers took part in this activity. To emphasis on forest conservation and maintaining forested areas for the benefit and sustainability of future generations.

## **4. SAY NO TO PLASTICS:**

The fourth activity was to say NO to Plastic. Plastic bags have become hazardous to all life forms on the planet. As a preventive measure our NSS Volunteers made paper bags, cloth bags and distributed them.

## **5. BEST OUT OF WASTE:**

NSS Volunteers made creative and useful things from scrap materials. The importance of this activity is to learn a new skill and to save the environment by utilizing the waste materials.

### **Vigilance Awareness Week 2021**

On account of Vigilance Awareness Week our NSS volunteers conducted and participated in the following activities.

#### **1. Pledge to Eradicate Corruption**

The NSS Units of SDNB Vaishnav College for Women took pledge as a mark of observing “Vigilance Awareness Week 2021” on 31<sup>st</sup> October 2021. Nearly 80 of our NSS volunteers took part in this pledge to bring an initiative to end corruption and understand the cause of corruption and stand against it. We got to know about the threat caused in a society due to the existence of corruption.

#### **2. Painting Competition : Topic - Corruption Free India**

#### **Flood Relief Drive - November 2021**

The NSS units of SDNB Vaishnav College for Women engaged in a flood relief activity on 12<sup>th</sup> November 2021. Many of our volunteers went into the flooded areas to provide help to the needy people. The students distributed food packets and water bottles to them.

Nearly 30 of our NSS volunteers took part in this Flood Relief activity and nearly 150 general public benefited.

### **The Constitution Day 2021**

The NSS Units of SDNB Vaishnav College for Women organized a session on 26<sup>th</sup> November 2021 in order to read the preamble on “The Constitution Day”. 100 of our NSS volunteers took part in reading the Preamble of our Constitution.

### **National Service Scheme Inauguration 2021 -2022**

The NSS units of SDNB Vaishnav College for Women organised NATIONAL SERVICE SCHEME INAUGURATION 2021-22 on 2<sup>nd</sup> December 2021 in our College Mini Auditorium. The Chief Guest of the NSS inauguration was Shri. R. Gyanashekar, Joint Director, Directorate of Census Operations, Tamil Nadu. Ministry of Home Affairs (Government of India).

He encouraged the volunteers to contribute their services on a daily basis. Volunteers were impressed by his guidance and interacted well. Nearly 200 NSS volunteers attended the Inauguration.

The event of NSS Inauguration has been published in the New Indian Express.

### **Ek Bharat Shrestha Bharat 2021**

The NSS Units of SDNB Vaishnav College for Women observes “Ek Bharat Shrestha Bharat” by organizing a webinar on “**Connecting Cultural Heritage between Tamilagam and Malabar**” on 6<sup>th</sup> December 2021. 100 of our volunteers took part in this webinar (as a mark of observing Azadi Ka Amrit Mahotsav) to bring out the thought of the Unity in Diversity of our Nation.

### **Covid – 19 Awareness Campaign 2021**

The NSS Units of SDNB Vaishnav College for Women Organized Covid-19 Awareness Campaign 2021 on 13<sup>th</sup> December 2021 to stop the spread of virus. NSS Volunteers also insisted the public to take two doses of vaccine. NSS Volunteers had distributed 300 Pamphlets amongst local communities in the vicinity.

50 NSS Volunteers took part in this awareness programme.

### **Cyber Jaagrookta Diwas 2022**

NSS Units of SDNB Vaishnav College for Women conducted Poster Competition on “**Do Your Part, Be Cyber Smart**” on 5<sup>th</sup> January 2022 and 50 members participated.

### **Economic Prospect of Jammu and Kashmir**

#### **(Ek Bharat Shrestha Bharat)**

The University of Madras jointly with our NSS units conducted a webinar on the topic on “Economic Prospect of Jammu and Kashmir in Defence and Tourism Perspective in

21st Century”. on 21<sup>st</sup> December 2021. The Resource Persons were Mr.LT Gen Rakesh Sharma and Mr. Rahul Thakur. Welcome address was given by Dr. Vaneeta Aggarwal, NSS Co-coordinator, University of Madras. Then Prof. S. Gowri , Vice-Chancellor of University of Madras delivered the Inaugural Address. Vote of thanks was given by Mr.Sanjeevi Prasad and National anthem was sung by the students of Madras University. 50 NSS volunteers of SDNB Vaishnav College attended the webinar.

### **National Youth Day 2022**

The NSS units of SDNB Vaishnav College for Women conducted a webinar on the topic ‘Swami Vivekananda's Life and Teachings’. National Youth Day is celebrated on 12<sup>th</sup> January. 100 of our NSS volunteers took part in this webinar.

### **Swastha Balak Balika Spardha 2022**

The NSS units of SDNB Vaishnav College for Women observed SWASTHA BALAK BALIKA SPARDHA 2022 from 8<sup>th</sup> January to 14<sup>th</sup> January 2022. This campaign was conducted to promote the value of nutrition and good health of the children between the age group of 01 - 06 years. Our NSS volunteers participated by distributing awareness pamphlets on how to nourish the future generation below six years. 50 children benefited from this nutrition awareness campaign.

### **National Girl Child Day 2022**

The NSS units of SDNB Vaishnav College for Women celebrated National Girl Child day by recognizing “Young and Vivacious Women Achievers of 2021” on 24<sup>th</sup> January 2022. We organized a webinar on “Young and Vivacious Women Achievers of 2021” where 100 of our NSS Volunteers participated.

### **National Voter's Day**

The NSS units of SDNB Vaishnav College for Women organized an E-Pledge on account of National Voter's Day on 25<sup>th</sup> January 2022 through Google meet. Our NSS volunteers participated in the event and took the voter's pledge.

### **Republic Day 2022**

The NSS units and the Union of S.D.N.B. Vaishnav college jointly celebrated the 73<sup>rd</sup> Republic Day on 26<sup>th</sup> January 2022. Dr.S.Seethalakshmi, Vice- Principal (Self- Support) hoisted the National flag and many competitions were conducted.

### **Martyr's Day 2022**



The NSS units of SDNB Vaishnav College for Women had conducted “A PLEDGE TO END UNTOUCHABILITY” as a mark of observing Marty’s Day on 30<sup>th</sup> January, 2022. The faculty members took a pledge on the college campus. 100 of our NSS volunteers took the E- pledge ( a pledge against untouchability).

### **Bonded Labour Abolition Day**

The NSS units of SDNB Vaishnav College for Women observed “Bonded Labour Abolition Day” on 9<sup>th</sup> February, 2022 in our college campus. On account of this day, the NSS Volunteers and Faculty members took pledge on Bonded Labour Abolition Day.

### **International Women’s Day 2022**

The NSS units, the Students Union of S.D.N.B. Vaishnav college and IQAC jointly organised a webinar on account of International Women’s Day on 8<sup>th</sup> March 2022. Dr. Lakxmi Shrikhande from Tamil Nadu Association of Obstetricians and Gynaecologists addressed the students. Dr. Usha Sriram from Shield Healthcare Private Ltd. discussed the endocrinological problems faced by women and also addressed the challenges for women in post-Covid world. Lastly, a complete counselling session concerning psychological stressors, eating disorders and adolescent problems was given by Dr.S.Sampathkumari. 1000 students from our college participated including NSS volunteers.





SAKTHI SHRI M is presenting

### CHARACTERISTICS OF A SOCIAL WORKER

#### 1. CONFIDENCE

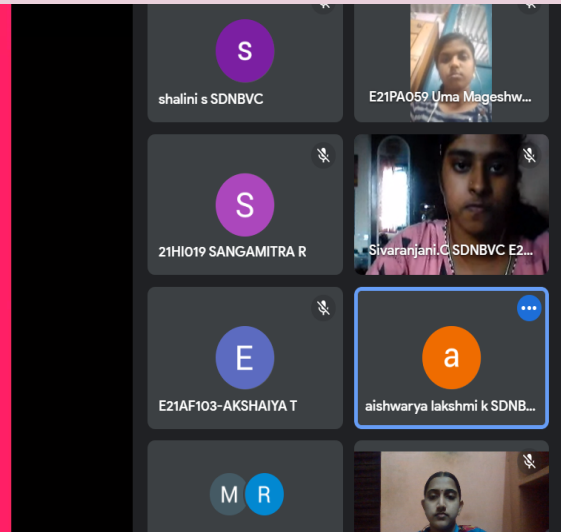
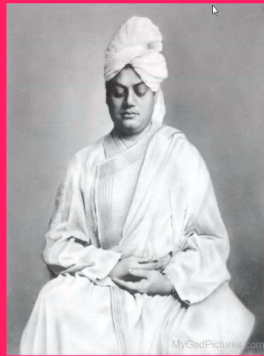
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AVANI LEKHARA

- Born on 8.11.2001.
- Indian Paralympian and rifle shooter
- Gold medal in 10m air rifle standing and a bronze medal in 50m rifle 3 positions at Tokyo 2020 Paralympics.
- 2021 – Khel Ratna Award, highest sporting honour of India.



“My faith is in the younger generation, the modern generation, they will work out the whole problem like lions”



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### ABUSE

#### CHILD SEXUAL ABUSE IN NUMBERS

53% CHILDREN IN INDIA ARE SUBJECTED TO SEXUAL ABUSE	50% OF THE ABUSERS ARE KNOWN TO THE CHILD
52.94% WERE BOYS	47.06% WERE GIRLS

#### POCSO ACT (A OVER STUDY)

Participants: 145 Chat Share Screen Record Reactions Desktop

