SHRIMATHI DEVKUNVAR NANALAL BHATT
VAISHNAV COLLEGE FOR WOMEN (AUTONOMOUS)
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Chromepet, Chennai - 600 044.

"Baseline Household Survey at Palur Panchayat"

Event Title	Baseline Household Survey at Palur Panchayat
Category	Unnat Bharat Abhiyan Survey
Department/ Cell/ Club	Unnat Bharat Abhiyan Cell
Date	06/02/2025
No. of Participants	40

VENUE: Palur Village

DATE: 06.02.2025

On 6th February 2025, the 40 students from the MSW department and Outreach Club, along with Assistant Professors Ms. Flowrence and Ms. Tharani Department of MSW, revisited the Palur Village in Palur Panchayat, Chengalpattu. This follow up effort aimed to complete the Household surveys that were pending from the earlier visit. The students successfully achieved comprehensive coverage of these villages during this phase.

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LIST OF VOLUNTEERS

Staff Accompanying: Ms. Flowrence (T1619) and Ms. Tharani (T1664)

Students Name List: 06/02/2025

S.No	Name	Department	Roll No
1	Kamali E	B Sc CS AI	E23AI013
2	Marlin Maria M	B Sc CS AI	E23AI016
3	Janani C	B Sc CS AI	E23AI011
4	Padmavathy B	B Sc CS AI	E23AI024
5	Abirami V	B Sc CS AI	E23AI001
6	Namratha D	B Sc CS AI	E23AI019
7	Anjana K	B Sc CS AI	E23AI005
8	Mythili Bakiya	B Sc CS AI	E23AI018
9	Nivetha K	B Sc CS AI	E23AI021
10	Yazhini T	B Sc CS AI	E23AI047
11	Nivethasri S	B Sc CS AI	E23AI022
12	Sri Eswari H	B Sc CS AI	E23AI039
13	Vaishnavi P	B Sc CS AI	E23AI045
14	Aishwarya P	B Sc CS AI	E23AI002
15	Pooja A	B.SC CS	E23CS208
16	Sharmila C	B.SC CS	E23cs227
17	Maria G	B.SC CS	E23cs201
18	Shabrin N	B.SC CS	E23cs225
19	Sasithra E	B.SC CS	E23cs224
20	Pravenna M	B.SC CS	E23cs210
21	Sandhiya S	B.SC CS	E23cs221
22	Sehnaaz anjum. G	B.SC CS	E23CS255

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23	JESIGHA BHAKYAM J	BCA	E23CA135
24	DEEPA I	BCA	E23CA111
25	ANUSUBA.S	BCA	E23CA105
26	Kanimozhi	MSW	P24SW013
27	Bhoomika	MSW	P24SW004
28	Ashia	MSW	P24SW003
29	Flarence	MSW	P24SW007
30	Vishal Ashwitha	MSW	P24SW015
31	Jasmine	MSW	P24SW009
32	Srimathi	MSW	P23SW020
33	Vinothini	MSW	P23SW024
34	Suriya T	MSW	P23SW021
35	Megha	MSW	P23SW013
36	Jeya Janani	MSW	P23SW008
37	Jayalaxmi	MSW	P23SW009
38	Chrislin	MSW	P23SW005
39	Rajeshwari	MSW	P23SW016
40	Mahalakshmi	MSW	P23SW011

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"Baseline Household Survey at Palur Panchayat"

Event Title	Baseline Household Survey at Palur Panchayat
Category	Unnat Bharat Abhiyan Survey
Department/ Cell/ Club	Unnat Bharat Abhiyan Cell
Date	10/02/2025
No. of Participants	31

VENUE: Palur and Melmanapakkam Village

DATE: 10.02.2025

On 10th February 2025, the 31 students from the MSW department and Outreach Club, along with the Head of the department Ms. Priyadharshini and Assistant Professor Ms. Sindhuja Department of MSW, revisited the villages Palur and Melmanapakkam in Palur Panchayat Chengalpattu. This follow up effort aimed to complete the Household surveys that were pending from the earlier visit. Additionally, the students collected details about their access to government schemes, sources of water, energy, and power, along with landholding details, agricultural inputs, and produce in a typical year. The students successfully achieved comprehensive coverage of these villages during this phase.

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Sensitization Program on "Nutrition and Food Security to Mothers of Anganwadi Children"

Event Title	Sensitization Program On "**Nutrition And Food Security to Mothers of Anganwadi Children**"
Category(GL/workshop/conference/invited talk/seminar/FDP)	Sensitization Program
Department/Cell/Club	PG Department of Social Work & Unnat Bharat Abhiyan Cell
Date	25/02/2025
No. of Resource Person	1
No. of Participants	15

Resource Person Profile

Ms.HARITHA

Clinical Nutritionist

Sri Ramachandra Institute Of Higher Education and Research

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REPORT

The **Nutrition and food security Awareness** program, was conducted on **25.02.2025** at **Anganwadi centre, Melmanapakkam** aims to empower the mothers and women with the knowledge on the importance of locally available nutritious food and balanced diet. Key objectives include providing knowledge on kitchen gardening, to give awareness about the fortified foods, to give awareness on government food programs. Resource person elaborated on the importance of macronutrients and micronutrients in daily diets. Presentations focused on food scarcity, malnutrition, and strategies to combat hunger. A session on healthy cooking practices showcased affordable and nutritious meal preparations.

The sensitization program on "Nutrition and Food Security" was a significant step towards fostering healthier communities and ensuring food sustainability. The participants left with enhanced knowledge and a commitment to advocate for improved nutrition and food access in their respective areas. Further follow-up sessions and collaborative efforts will be undertaken to sustain the impact of this initiative.

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LIST OF VOLUNTEERS

1. Aruni – I MSW
2. Jothika – I MSW

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Sensitization Program on "Basic Hygiene Practices"

Event Title	Sensitization Program on " Basic Hygiene Practices"
Category(GL/workshop/conference/invited talk/seminar/FDP)	Sensitization Program
Department/Cell/Club	PG Department of Social Work & Unnat Bharat Abhiyan Cell
Date	26/02/2025
No. of Resource Person	NIL
No. of Participants	30

Resource Person Profile

Mr. STEPHEN CHRISTOPER S.A.,

Member - Learnings link foundation

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REPORT

Basic Hygiene Practices sensitization program was focused in building the healthy lifestyle and hygiene habits in the children of the Primary School in Palur Village. The basic hygiene practices sensitization program was conducted to educate the community about the importance of maintaining good hygiene practices, the benefits of personal and environmental cleanliness, and the prevention of diseases related to poor hygiene. The program aimed to increase awareness about basic hygiene practices, including hand washing, sanitation, food safety and healthy food practices. The Resource person of the program was Mr. STEPHEN CHRISTOPER S.A., from Learnings link foundation addressed about the wellbeing of the childhood and the importance of cleanliness and how does it affect or influence the wellbeing of ones own and their surroundings. He further addressed about the healthy lifestyle and healthy eating habits and how does it the regular eating of junk food bring the adverse effect on the health of children. The program was then addressed by Mrs. Pushpalatha, secondary grade teacher in Palur primary school appreciating the efforts of the students taking effort to bring in awareness to the community.

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LIST OF VOLUNTEERS

1. Bhoomika – I MSW

2. Brigith Sugirtha – I MSW

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Sensitization Program on "Promoting Mental Health Well-Being and Stress Management And Awareness Among Homemakers In Nelvoy"

Event Title	Sensitization Program On " Promoting Mental Health Well-Being And Stress Management And Awareness Among Homemakers In Nelvoy "
Category(GL/workshop/conference/invited talk/seminar/FDP)	Sensitization Program
Department/Cell/Club	PG Department of Social Work and Unnat Bharat Abhiyan Cell
Date	01/03/2025
No. of Resource Person	1
No. of Participants	35

Resource Person Profile

Mr. Dinesh Babu

Assistant Manager

Apollo Pharmacies Limited

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REPORT

The session, led by Mr. M.Dinesh Babu (MBA), Assistant Manager at Apollo Pharmacies Limited, aimed to address the stress and mental health struggles faced by housewives. The event began with the mobilization of community members and by 10.30 AM, the session was underway. The resource person elaborated on the various stressors affecting women, including work-life balance, family responsibilities, financial pressures, health concerns, and societal expectations. He also spoke about the mental health challenges faced by homemakers. Effective stress management techniques were discussed, such as self-care practices like exercise, healthy eating, and quality sleep. Mindfulness methods, including deep breathing, meditation, prayer, and journaling, were highlighted as tools to alleviate stress. The importance of social support through family, friends, and women's groups was emphasized, along with the benefits of seeking professional help when necessary. Engaging in hobbies like reading, music, gardening, or art was also encouraged to promote relaxation. Introduced the 5D Stress Management Technique—Delay, Distract, Deep Breathe, Decide, and Discuss along with the practice of counting numbers backward to manage stress. Keerthana addressed common myths and facts about mental health to dispel misconceptions. At 12:50 AM, games were organized for both children and homemakers, followed by a prize distribution, concluding the event on a positive and engaging note.

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LIST OF VOLUNTEERS

1. Suriya T
2. Avanthika G
3. Roshini G
4. Soorya. P.V
5. Jeyalaxmi R
6. Sushmitha Suresh Kumar

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Sensitization Program on "Importance of Mental Health"

Event Title	***Sensitization Program on "Importance of Mental Health"***
Category(GL/workshop/conference/invited talk/seminar/FDP)	Sensitization Program
Department/Cell/Club	PG Department of Social Work & Unnat Bharat Abhiyan Cell
Date	01/03/2025
No. of Resource Person	1
No. of Participants	35

Resource Person Profile

Mr. Dinesh

Assistant Manager (APOLLO Pharmacies limited)

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REPORT

The program commenced with a Welcome Address, providing an introduction and overview of the day's activities focused on promoting mental health. Following this, the Felicitation of Chief Guest honored Mr. M. Dinesh Babu (MBA), Assistant Manager at Apollo Pharmacies Limited, The session aimed to raise awareness about mental health challenges, particularly stress management among women. The resource person discussed common stressors such as work-life balance struggles, family responsibilities, financial pressures, health concerns, and societal expectations. Various stress management techniques were introduced, including self-care practices like exercise, healthy eating, and quality sleep, as well as mindfulness strategies such as deep breathing, meditation, prayer, and journaling.

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LIST OF VOLUNTEERS

1. Yogalakshmi
2. Suriya
3. Vinodhini
4. Jeyalaxmi
5. Santhiya
6. Chrislin Dinisha
7. Mahalakshmi
8. Sushmitha
9. Roshini
10. Sooriya
11. Avanthika
12. Keerthana

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Sensitization Program on "**Agriculture and Sustainable Farming**"

Event Title	Sensitization Program On "**Agriculture And Sustainable Farming**"
Category(GL/workshop/conference/invited talk/seminar/FDP)	Sensitization Program
Department/Cell	PG Department of Social Work and Unnat Bharat Abhiyan Cell
Date	01/03/2025
No. of Resource Person	1
No. of Participants	30

Resource Person Profile

Mr. Balakrishnan S,

External Community Research Person,

Andhra Pradesh Community Managed Natural Farming Project

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REPORT

The PG Department of Social Work and Unnat Bharat Abhiyan Cell has organized a sensitization program on "Agriculture and Sustainable Farming" on March 1, 2025. A community-based program is a social approach designed to serve specific communities within their own environment as part of fieldwork. The program led by the MSW student Ms.Jasmine focused on raising awareness among the target group based on the community's needs. The session began with a welcome address and the felicitation of the resource person, Mr. Balakrishna, an external community resource expert from the Andhra Pradesh Natural Farming Project. Mr. Balakrishna provided valuable insights into organic farming, which sparked significant interest among the participants. Following his presentation, a Q&A session was conducted, during which farmers raised queries regarding soil testing, cultivation timeframes, and harvesting periods. The session concluded with a vote of thanks, followed by the distribution of various vegetable seeds to the farmers. Overall, the program provided valuable exposure to organic farming practices, encouraging the farmers to explore and adopt sustainable agricultural methods.

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LIST OF VOLUNTEERS

1. Jasmine – I MSW
2. Vishal Ashwitha – I MSW
3. Durga devi – II MSW
4. Avanthika – II MSW
5. Srimathi – II MSW
6. Prashitha – II MSW