

SINDHI COLLEGE

(Permanently Affiliated to the University of Madras)

146, P.H. ROAD, NUMBAL, CHENNAI -600 077.

NATIONAL SERVICE SCHEME SPECIAL CAMP ACTIVITIES

**UNIT –II
(GIRLS WING)
2022 – 2023**

**AT
VELLAVEDU VILLAGE
THIRUVALLUR DISTRICT**



சிந்திக் கல்லூரி

(கலை மற்றும் அறிவியல்)



146, பூவிருந்தவல்லி நெடுஞ்சாலை, நூம்பல், சென்னை 600 077.

நாட்டு நலப்பணித்திட்டம்

சிறப்பு முகாம் : 25.03.2023 முதல் 31.03.2023 வரை

இடம் : வெள்ளவேடு ஊராட்சி ஒன்றிய தொடக்கப் பள்ளி வளாகம்

வெள்ளவேடு ஒன்றியம் திருவள்ளூர் மாவட்டம் !!

அனைவரும் வருக சிறப்பித்துத் தருக!!!

“தரமான இளைஞர் வளமான பாரதம்”



சிந்திக்கல்லூரி

146, பூவிருந்தவல்லி நெடுஞ்சாலை, நூம்பல், சென்னை-600077

நாட்டு நலப்பணி திட்டம் சிறப்பு முகாம்

25.03.2023 முதல் 31.03.2023 வரை

தொடக்க விழா அழைப்பிதழ்

இடம் : ஊராட்சி ஒன்றிய தொடக்கப் பள்ளி
வளாகம் வெள்ளவேடு நேரம் : 11.00 மணி

தலைமை : திருமதி. **G.துர்கா கோபிநாத்** MBA.,M.Sc.,
ஊராட்சி மன்ற தலைவர் வெள்ளவேடு,

முன்னிலை : முனைவர். **வே.ஹேமலதா** M.Com.,M.Phil.,Ph.D.,
முதல்வர் (பொறுப்பு). **சிந்திக்கல்லூரி** சென்னை-600077

....சிறப்பு விருந்தினர்கள்....

திரு. **J.C.பிரகாஷ்** செயலாளர், சிந்திக்கல்லூரி

திரு. **ஓம்பிரகாஷ்** பொருளாளர், சிந்திக்கல்லூரி

சிறப்புரை : திருமதி. **சத்யப்பிரியா முரளிகிருஷ்ணன்** B.Sc.,
வெள்ளவேடு ஒன்றிய கவுன்சிலர்,

துறைத்தலைவர்கள், சிந்திக்கல்லூரி

திருமதி. **இரா.கவிதா** M.Sc.,M.Phil.,B.Ed.,

நாட்டு நலப்பணித் திட்ட அலுவலர்

சிந்திக்கல்லூரி, சென்னை-600077

SINDHI COLLEGE

NUMBAL, CHENNAI – 600 077

NATIONAL SERVICE SCHEME

SPECIAL CAMP ACTIVITIES

UNIT – II (GIRLS WING 2022 -2023)

Place: VELLAVEDU VILLAGE

Date: 25/03/2023 -31/03/2023

The Special Camp (2022-2023), organized by the NSS Girls Wing of Sindhi College of Arts and Science, began on March 25, 2023. The location chosen for the camp was "Vellavedu Village," situated within the Poonamalle Taluk. Mrs.R.Kavitha, NSS Programme Officer of Sindhi College, coordinated and arranged all the activities for the camp, obtaining proper permissions for the camp from Mrs.Durga Gopinath, President of Vellavedu village panchayat, and Mrs.Sathya Muralikrishnan, Councilor of Vellavedu village panchayat. They showed their full support throughout the camp. Fifty NSS volunteers participated in the camp; they served the village and its community for 7 days, and the camp was completed successfully on March 31, 2023.



Date: 25:03:2023

Day 1: MORNING SESSION

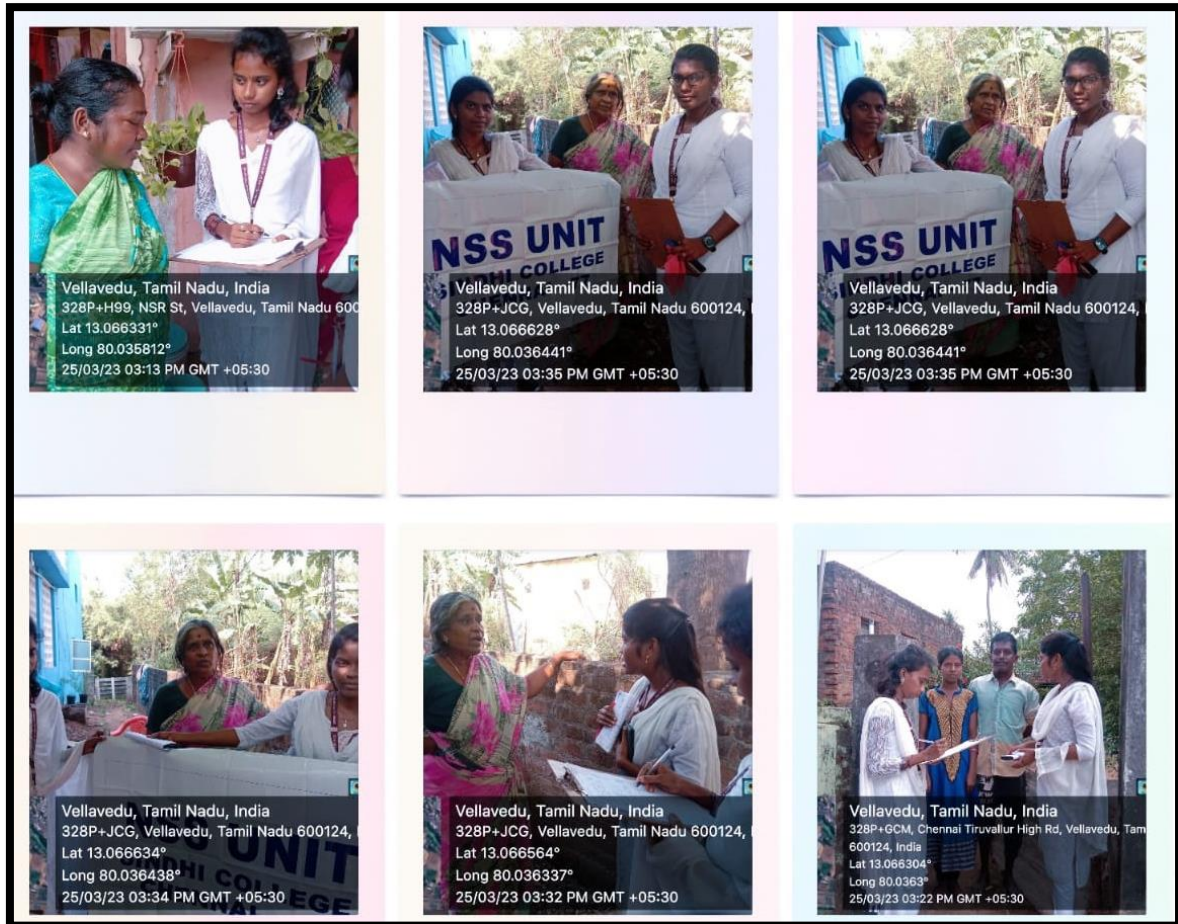
- The first day of the NSS Girls Camp started with a momentous inaugural ceremony in the presence of our honourable chief guest, Mrs.Durga Gopinath, President of Vellavedu village panchayat, and Sathya MuraliKrishnan, Councilor of Vellavedu Village. Besides, the Principal of Sindhi College, Dr. V. Hemalatha, the HOD of the BBA Department, Mr. V. Kannadasan, and Mrs. O. Santhana Lakshmi, Assistant Professor of the MSW Department, also accompanied the chief guests. Later, they were all honoured by Mrs. R. Kavitha, NSS Programme Officer of the Sindhi College Girls Wing.





DAY 1: AFTERNOON SESSION - GENERAL SURVEY

- In the morning session of day 1, NSS volunteers took a complete survey on the formal education details of the people belonging to Vellavedu village.



DAY 1: EVENING SESSION

- In the evening session of Day 1, NSS volunteers shared their experiences and learnings in life to give motivation to other students.



Date: 26:03:2023

DAY 2: MORNING SESSION

- On the second day of the camp, Chitra, an acupressure therapist, was invited as the chief guest. The day started with the NSS volunteers inviting the chief guest to the site, who later gave motivational talks to them. The chief guest taught the theory behind acupressure to the students and gave them a demo. The volunteers participated enthusiastically.





DAY 2: AFTERNOON SESSION

- In the afternoon session of Day 2, NSS girl volunteers organized a rally on account of World Epilepsy Day and raised awareness among the public.



Date: 27:03:2023

DAY 3: MORNING SESSION

- In the morning session of Day 3, NSS girl volunteers distributed herbal drinks to the public and organized an awareness rally.



DAY 3: MORNING SESSION

- NSS girl volunteers interacted with the Women Workforce in the Mahatma Gandhi National Rural Employment Guarantee Scheme and got knowledge about 100 days rural work employment scheme and its methodologies.



DAY 3: AFTERNOON SESSION

- In the afternoon session of Day 3, NSS girl volunteers organized Plastic Bag Awareness Rally and promoted and distributed the use of Paper Bags to the public.



DAY 3: EVENING SESSION – ORGANIC FOOD DISTRIBUTION

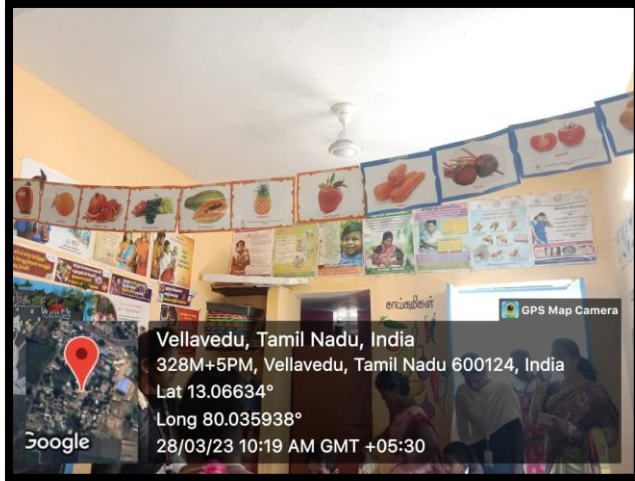
- In the evening session of Day 3, NSS girl Volunteers distributed traditional and organic foods to the school children to educate them about the health risks associated with junk foods and encourage them to eat healthy foods. Also, the volunteers conducted games for the students.



Date : 28:03:2023

DAY 4: MORNING SESSION – MILLETS AWARENESS TO CHILDREN

- In the morning session of Day 4, NSS girl Volunteers taught about the significance of Millets to the school children.





Date: 28:03:2023

DAY 4: MORNING SESSION – TEMPLE CLEANING

- In the morning session of day 4, NSS volunteers cleaned the Vishnu and Amman Temples in Vellavedu village. The volunteers were separated into different groups and were assigned a particular area for cleaning.





DAY 4: EVENING SESSION

NSS Girl volunteers gave awareness about the Menstrual Hygiene to the rural Women, and then they distributed Millets to the public and explained its importance in having a healthy lifestyle.



DAY 4: EVENING SESSION



Date: 29:03:2023

Day 5: Solid Waste Management Program

In the morning session of Day 5, Mr. A. Dhanasekar, Executive CSR from Bisleri International Pvt. Ltd. was invited as the chief guest. He gave awareness about the hazards caused from the use of Plastics and how to recycle the Plastic wastes efficiently to the NSS volunteers and the public.





DAY 5: AFTERNOON SESSION

- On Account of World Water Day, NSS Volunteers were given awareness about water saving practices from the Nehru Yuva Kendra Unit.



DAY 5: EVENING SESSION – SENIOR CITIZENS AND ELDERLY CARE AWARENESS

- In the evening session of Day 5, Mrs. C. Uma Maheshwari, Field Response Lead from National Senior Citizen Helpline was invited as the chief guest. She gave awareness about elderly care and the present available Senior Citizen Helpline schemes and contacts to the NSS Volunteers.







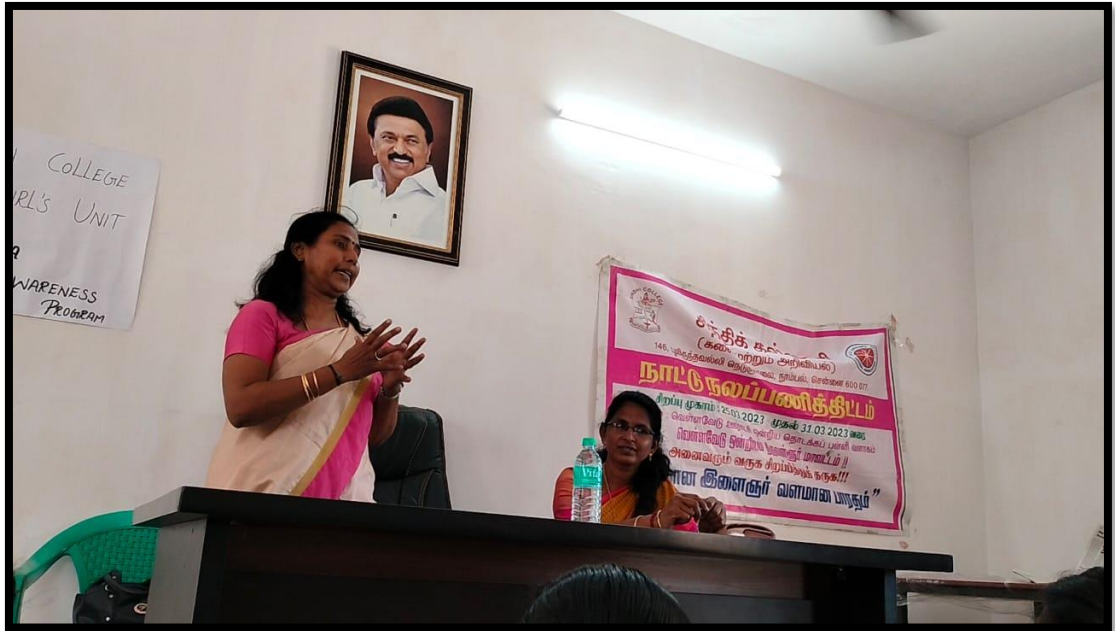
Date: 30:03:2023

Day 6: MORNING SESSION

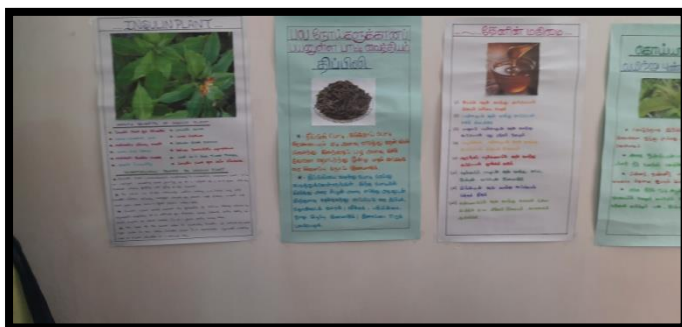
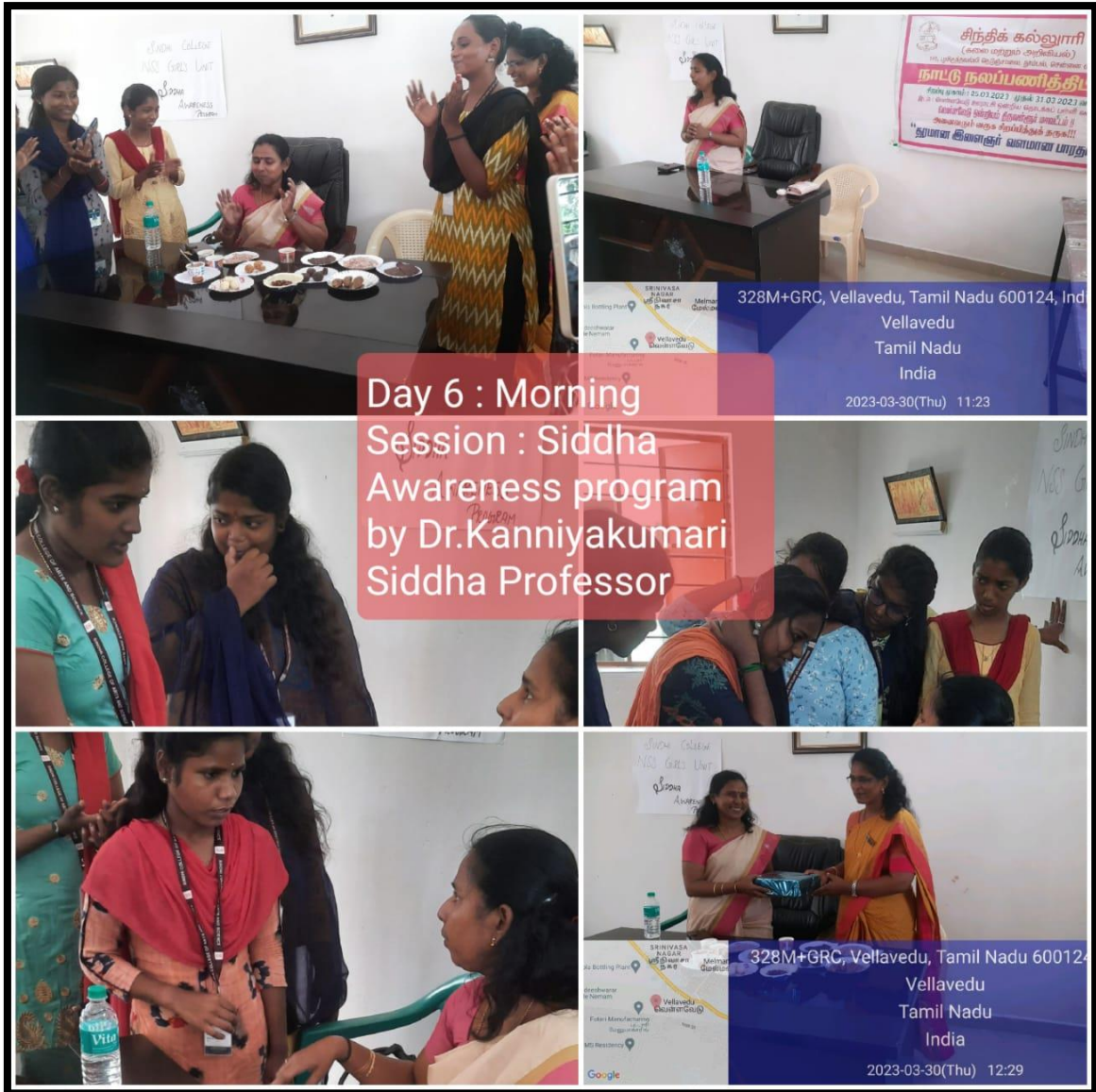
- In the afternoon session of day 6, Dr. Kanyaka Parameshwari, B.S., M.S., M.D., a Siddha doctor, was invited as the chief guest. The volunteers were given a lecture on Siddha medicine and its uses. On account of Millets of the Year 2023, NSS volunteers prepared traditional organic foods (Ragi Puttu, Saamai Payasam, Ragi Murukku etc.) from different kinds of Millets.



Date: 30:03:2023
Day 6: MORNING SESSION



Date: 30:03:2023
Day 6: MORNING SESSION



Date: 30:03:2023

Day 6: EVENING SESSION

NSS Volunteers along with Senior Citizen Helpline Team distributed pamphlets and gave awareness about elderly care and child helpline schemes to the public.



Date: 31:03:2023

Day 7: VALEDICTORY FUNCTION

- The final day of the camp was set out by a massive Valedictory function in the presence of the Vellavedu President Mrs. Durga Gopinath MBA., M.Sc, Councillor of vellavedu village, Professor and Head of the Department of Tamil Dr.T.Prahalathan, Professor and Head of the ISM Department Mr. R. Nedunchezhan and Professor and Head of the BBA Department Mr.V.Kannathasan and NSS Programme Officer Mrs. R.Kavitha along with the graceful NSS Girls wing volunteers.











