



# AIMAN COLLEGE OF ARTS & SCIENCE FOR WOMEN



(Sponsored by AIMAN Education & Welfare Society)

Affiliated to Bharathidasan University

Recognized by UGC under Section 2(f) & 12 (B)

K.Sathanur, Tiruchirappalli-620021

**NSS Units I & II**

**14.07.2023**

**REPORT  
On  
MEDICAL CAMP**

As per government rule, NSS Units of I & II arranged CoviSheild Vaccination camp on 14.07.2023 at College campus around 11.30 a.m. for all the students and staff to spread awareness about health checkup and maintaining a healthy lifestyle The program started at 11.15 a.m with the introductory speech given by our respected head of the doctor's team who came to our college . Students were all asked to make a line and get their heights and weights checked to calculate BMI (body mass index) which explains whether the person is unhealthy or not. By 12 noon every student with staff got themselves checked for BMI, blood pressure report and other health conditions. We all were advised some type of food and exercises by the doctors to maintain a healthy lifestyle.



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 GPS Map Camera

**Tiruchirappalli, Tamil Nadu, India**

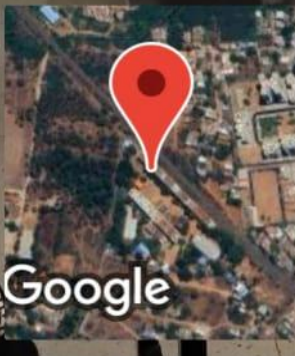
11 Kurinji nagar West, Raja Garden, K K Nagar,

Tiruchirappalli, Tamil Nadu 620021, India

Lat 10.749924°

Long 78.685512°

14/07/23 12:16 PM GMT +05:30





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 GPS Map Camera



Google

**Tiruchirapalli, Tamil Nadu, India**

17B, Seshayee Nagar, Sathanur, E.v.r College Area,

Tiruchirapalli, Tamil Nadu 620021, India

Lat 10.751836°

Long 78.689331°

14/07/23 12:19 PM GMT +05:30



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**NSS Units I & II**

**28.07.2023**

## **REPORT**

**On**

## **AWARENESS RALLY ON HEPATITIS B**

The NSS units I & II of AIMAN College of Arts and Science for Women, enthusiastically participated in the rally about the awareness of Hepatitis-B Virus on 28.7.2023. Students were holding the placards and banners, NSS volunteers of the college marched towards the streets of the Udayanpatti village and aware the people about the ill effects of Hepatitis-B Virus. They also sensitize the common citizens and shopkeepers about the ill effect and symptoms of Hepatitis-B Virus. Under the supervision of NSS program officer Dr.S.Malathi (Unit I), Ms.S.ZubaidaBanu (Unit II), 50 NSS volunteers participated in this rally.



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**NSS Units I & II**

**11.08.2023**

## **REPORT**

**On**

### **Activity 7- PLEDGE ON ANTI DRUG DAY**

In compliance with the orders of the Government of Tamilnadu 20034/A2/2021-4, dated 10.08.2022, the MASS ANTI DRUG ABUSE PLEDGE has been taken by the students of this College by 10.30 a.m. to-day (11.08.2022). Our college students have participated in this programme enthusiastically with the encouragement of the Principal and the staff members. The staff and students have lauded and recorded their heartfelt thanks to the Hon'ble Chief Minister of Tamilnadu for having initiated good required thing to the youngsters. The photographs taken on the occasion are pasted here for your kind perusal.





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 GPS Map Camera

**Tiruchirapalli, Tamil Nadu, India**

46A, Sundar Nagar, Kavi Bharathi Nagar, Tiruchirapalli,  
Tiruchirappalli, Tamil Nadu 620021, India

Lat 10.749203°

Long 78.686186°

11/08/23 09:31 AM GMT +05:30



Google



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**NSS Units I & II**

**15.08.2023**

## **REPORT**

**On**

### **Activity 7- INDEPENDENCE DAY**

The 77<sup>th</sup> Independence Day was celebrated in our college. The programme was organized by NSS Units I & II on 15<sup>th</sup> August 2023 with great enthusiasm and respect for our Nation.

The celebration started at 9:30 a.m. by Mrs. S. Zubaida Banu, NSS Program Officer (Unit II) recited qirath prayer. Dr.A.V.K. Shanthi , Principal, AIMA College of Arts & Science for Women, hoisted the tricolour flag and the Flag Song was sung by all to pay homage to the Nation. The pledge was administered by Dr. S. Malathi, NSS Program Officer (Unit I).

Principal Mam addressed the gathering. In her speech, she shed light on the sacrifices of the great martyrs who gave their lives for the sake of freedom. She also said that freedom was very precious and it is our duty to preserve it and work for the grow of the Nation .

After that Cultural activities such as music competitions, quizzes, debates, and speeches were organized by the College. The celebration ended with national anthem. Sweets were distributed at the end of the programme.



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College Principal Mam Hoisting our National flag

**NSS Units I & II**

**18.08.2023**

**REPORT**

**On**

**Activity 8- DISTRIBUTION OF ALPHANDAZOLE TABLET**

Albendazole is used to treat certain infections caused by worms such as pork tapeworm and dog tapeworm. As per the government order, Mrs. Remi, Urban Health Nurse, Department of Public Health & Preventive Medicine, Kamaraj Nagar, Airport, Trichy-7 handed over the Albendazole tablets to the Programme officers Dr. S. Malathi (Unit I) and Mrs. S. Zubaida Babu (Unit II).



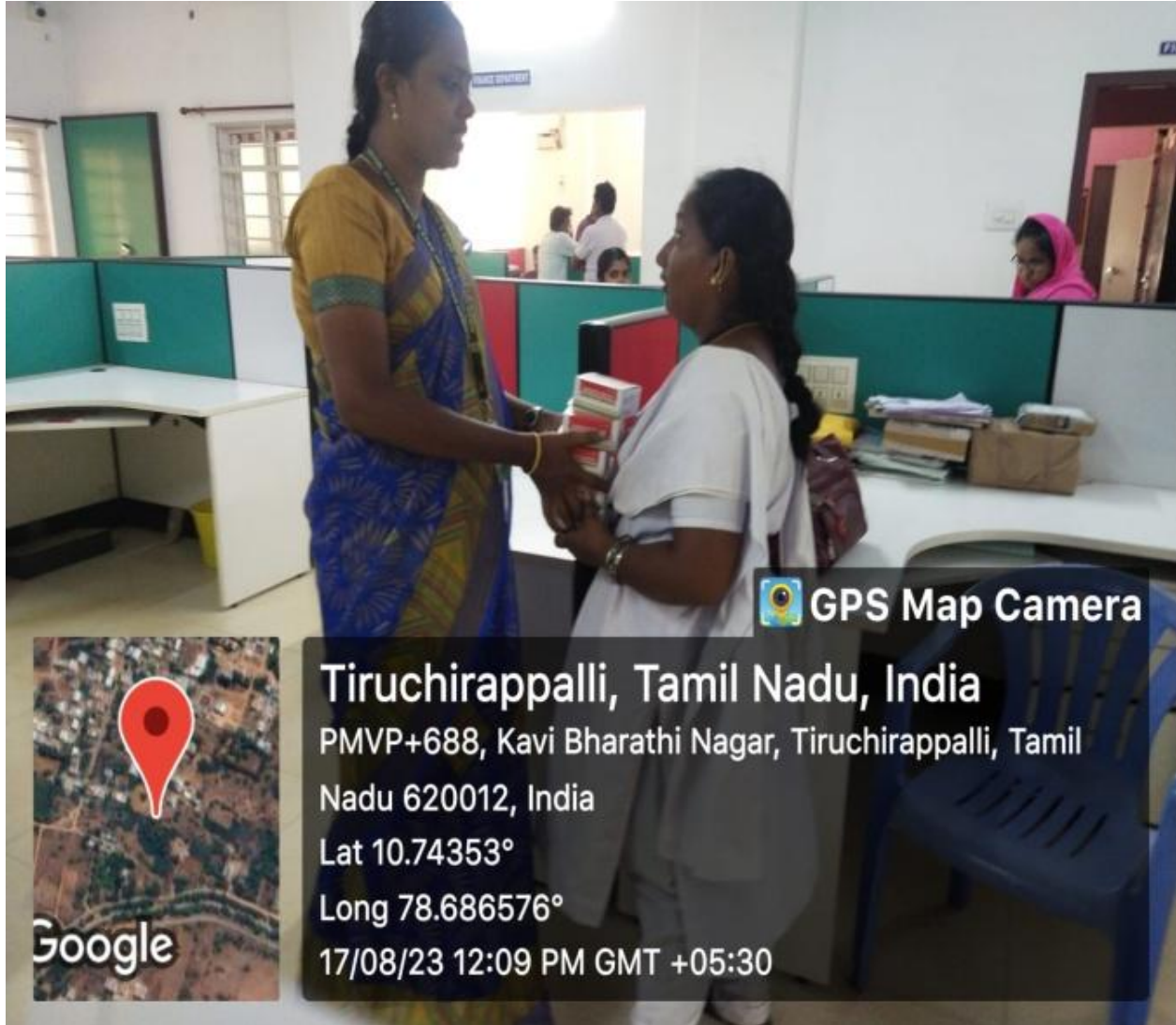
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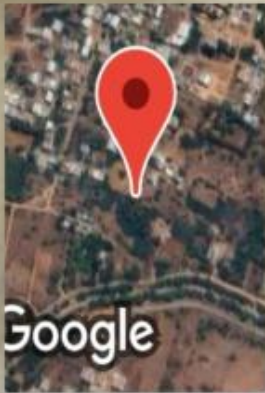
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 GPS Map Camera



**Tiruchirappalli, Tamil Nadu, India**

PMVP+688, Kavi Bharathi Nagar, Tiruchirappalli, Tamil Nadu 620012, India

Lat 10.74353°

Long 78.686576°

17/08/23 12:09 PM GMT +05:30





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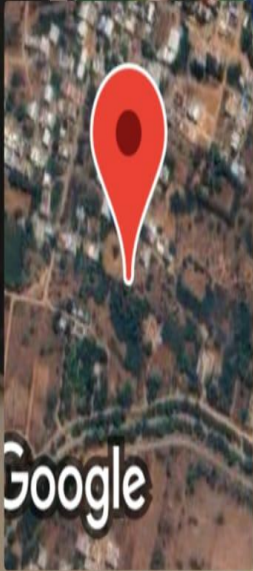
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 **GPS Map Camera**



**Tiruchirappalli, Tamil Nadu, India**

PMVP+688, Kavi Bharathi Nagar, Tiruchirappalli, Tamil

Nadu 620012, India

Lat 10.74353°

Long 78.686576°

18/08/23 09:42 AM GMT +05:30



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28.08.2023

## REPORT

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## NSS UNITS I&II

### Report

on

### AWARENESS ON SELF CLEANING-06.03.2024

Aiman College of Art and Science for Women, through its National Service Scheme (NSS), orchestrated a meaningful and impactful special camp on the 6<sup>th</sup> of March 2024 in Ukadaiyur. The primary focus of this camp, serving as a national welfare project, was to address the vital aspects of cleanliness and school ground maintenance. NSS students took on the role of mentors, engaging with primary school students in various activities aimed at instilling a sense of responsibility for maintaining a hygienic environment within the school premises. Throughout the day, NSS students demonstrated their commitment to the cause by actively teaching and sharing valuable insights with the younger participants. Utilizing charts and visual aids, they conveyed important lessons on cleanliness and practical steps for school ground cleaning. The interactive nature of these activities aimed to enhance the students' understanding and promote active participation in maintaining cleanliness. Not only did the NSS students impart knowledge, but they also played a crucial role in motivating and encouraging the primary school students to take pride in contributing to a hygienic school environment.



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राष्ट्रीय सेवा योजना  
National Service Scheme  
युवा कार्यक्रम और खेल मंत्रालय  
Ministry of Youth Affairs and Sports  
भारत सरकार  
Government of India

## NSS UNITS I & II

### Report on community service

09-03.-2023

The National Service Scheme (NSS) is a vital platform for students to engage in community service and social outreach activities. One such initiative undertaken by NSS students was the cleaning of a local temple on 9<sup>th</sup> March 2023. This report outlines the objectives, activities, challenges, and outcomes of this community service project. To promote cleanliness and hygiene in the community. To instil a sense of responsibility and civic duty among NSS volunteers. The NSS team collaborated with the temple authorities to plan the cleaning drive. Roles and responsibilities were assigned to ensure effective coordination. NSS volunteers spread awareness about the cleaning drive through posters, social media, and word of mouth. Students from various departments actively participated. On the designated day, volunteers gathered at the temple equipped with cleaning supplies such as brooms, mops, and trash bags. They cleaned the premises, including the temple courtyard, pathways, and surrounding areas. Emphasis was placed on proper waste segregation and disposal. Biodegradable and non-biodegradable waste were separated, and recyclable items were collected for proper recycling. Throughout the cleaning activity, volunteers interacted with visitors and passers-by, educating them about the importance of maintaining cleanliness and preserving the sanctity of the temple. Limited availability of cleaning equipment and materials posed a challenge in effectively conducting the cleaning drive. Unfavourable weather conditions, such as heat or rain, affected the turnout and efficiency of the cleaning process. The cleaning drive significantly enhanced the cleanliness and hygiene of the temple premises, providing a pleasant environment for worshippers and visitors. The initiative fostered a sense of community ownership and responsibility, as local residents joined hands with NSS volunteers to contribute to the cleanliness drive. The cleaning of the temple by NSS students exemplifies the power of collective action and community engagement in promoting cleanliness and social responsibility. Through their efforts, the NSS volunteers not only contributed to the upkeep of a sacred place but also inspired positive change in the community. Such initiatives underscore the significance of youth-led initiatives in fostering a cleaner and healthier society.





NSS volunteers cleaning the temple





Mattapparai Patti, Tamil Nadu, India  
PJGQ+73H, Mattapparai Patti, Tamil Nadu 620012, India  
Lat 10.725689°  
Long 78.637747°  
09/03/24 11:12 AM GMT +05:30

NSS volunteers cleaning the temple

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National Service Scheme  
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Ministry of Youth Affairs and Sports  
भारत सरकार  
Government of India

## NSS UNITS I & II

### Report on Awareness on Personal Hygiene

The National Service Scheme (NSS) students to engage in an outreach programme on 17<sup>th</sup> January 2020 on Personal hygiene. It is an essential for maintaining good health and preventing the spread of diseases. It encompasses practices that individuals undertake to promote cleanliness and overall well-being. This report aims to highlight the importance of personal hygiene and strategies to raise awareness about it. Proper personal hygiene practices, such as handwashing, can significantly reduce the transmission of infectious diseases like colds, flu, and gastrointestinal infections. Cleansing and moisturizing the skin help in preventing skin infections, acne, and other dermatological problems.: Feeling clean and presentable boosts self-esteem and mental well-being. Educational Campaigns: Conducting workshops, seminars, and awareness programs in schools, workplaces, and community centres to educate people about the importance of personal hygiene. Social Media Campaigns: Utilizing social media platforms to disseminate information and share tips on maintaining personal hygiene. Distributing pamphlets, posters, and brochures with hygiene guidelines and practices in public places such as hospitals, clinics, and waiting areas. Involving local leaders, healthcare professionals, and influencers to advocate for personal hygiene within communities.: Encouraging role models such as celebrities, sports personalities, and public figures to promote personal hygiene through their actions and endorsements. Promoting awareness on personal hygiene is crucial for improving public health outcomes and reducing the burden of preventable diseases. By implementing targeted strategies and addressing challenges, we can empower individuals and communities to prioritize and maintain good personal hygiene practices, leading to healthier and happier lives.



Awareness on Personal Hygiene

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## NSS UNITS I & II

### Report on Importance of Yoga

Yoga, an ancient practice originating from India, has gained global recognition for its numerous health benefits. In recent years, there has been a growing emphasis on promoting yoga as a means to improve physical, mental, and spiritual well-being. This report focuses on the efforts of National Service Scheme (NSS) students in raising awareness about yoga within their communities which held on 28th July 2020. The NSS Students promotes the importance of Yoga. It enabled flexibility, strength, and balance, contributing to overall physical fitness and reducing the risk of various health conditions such as hypertension, diabetes, and obesity. The practice of yoga is known to alleviate stress, anxiety, and depression, enhancing mental clarity, focus, and emotional resilience. Yoga can be practiced by people of all ages and fitness levels, making it an inclusive activity that fosters community engagement and social cohesion. Conducting outreach programs in rural areas and underserved communities to introduce yoga as a means of improving health and well-being. Collaborating with yoga instructors, local yoga studios, and wellness centers to facilitate sessions and provide guidance on yoga practice. Yoga encompasses physical postures (asanas), breathing techniques (pranayama), and meditation, offering a holistic approach to health that integrates the body, mind, and spirit. The students actively participated in performing yoga. At the end of the programme prizes are given to the children to encourage them.



Students actively participated



NSS Students promoting awareness on Yoga



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Government of India

## NSS UNITS I & II

### Report on Awareness on Dengue

National Service Scheme (NSS) students have undertaken an awareness campaign on 15<sup>th</sup> November 2021 to educate communities about dengue prevention and control measures. This report outlines the efforts and impact of NSS students in raising awareness about dengue. Dengue fever is a mosquito-borne viral infection prevalent in tropical and subtropical regions, posing a significant public health challenge worldwide. In response to the increasing incidence of dengue cases, NSS students organize workshops and seminars in schools, colleges, and community centers to educate individuals about dengue transmission, symptoms, and prevention strategies. Conducting door-to-door campaigns to distribute informational pamphlets, flyers, and brochures on dengue prevention measures and raising awareness about the importance of community. Utilizing social media platforms to share informative posts, infographics, and videos on dengue prevention, reaching a wider audience and fostering online discussions. The awareness campaign has contributed to increased knowledge and understanding of dengue among community members, empowering them to take proactive measures to prevent the spread of the disease. The campaign has fostered community engagement and ownership of dengue prevention efforts, encouraging collective action and solidarity in combating the disease.



Explaining about Importance of Dengue



Pamphlet distributed in the area