



**EXTENSION ACTIVITIES: 2020-2021**

<b>Title of the Event</b>	: <b><u>Health awareness -1</u></b> <b><u>Quiz on COVID Awareness</u></b>
<b>Date</b>	: 18.05.2020, 21.05.2020 and 23.05.2020
<b>Organized by</b>	: NSS
<b>Description</b>	: Covid-19 has become a threat to the human society. In order to create awareness among the general public Quiz on COVID awareness was created and circulated by Mrs.G.Kalaivani, NSS PO Unit No. 32 through Google form on 18.05.2020, 21.05.2020 and 23.05.2020. Nearly 654 beneficiaries attended the quiz and received their E-Certificate.

> வெளியில் வராமல் இருப்பது மிகவும் முக்கியமான விஷயமாக மாறியுள்ளது. COVID-19 தொற்று நோயின் பரவலைத் தடுக்க இந்த நடவடிக்கை மேற்கொள்ளப்படுகிறது.

> யார்வாருக்கும் பாதுகாப்பு தரும் விதமாக தனித்தனியாக இருப்பது மிகவும் முக்கியமான விஷயமாக மாறியுள்ளது. COVID-19 தொற்று நோயின் பரவலைத் தடுக்க இந்த நடவடிக்கை மேற்கொள்ளப்படுகிறது.

> வெளியில் வராமல் இருப்பது மிகவும் முக்கியமான விஷயமாக மாறியுள்ளது. COVID-19 தொற்று நோயின் பரவலைத் தடுக்க இந்த நடவடிக்கை மேற்கொள்ளப்படுகிறது.

**#JANTACURFEW PLEDGE**  
 I shall abide by #JantaCurfew and follow all directions given by Government of India to control the spread of CoronaVirus.

Arulanantham P.R.  
 Signature

5885359974  
 March, 26 2020

**SOURASHTRA COLLEGE**  
 (AUTONOMOUS)  
 VILACHERY MAIN ROAD, PASUMALAI, MADURAI - 04  
**COVID-19 AWARENESS**  
**CERTIFICATE OF PARTICIPATION**

This is to certify that Mr/Ms/Mrs/Dr. \_\_\_\_\_ has solemnly pledged and participated in the online quiz on "COVID-19 AWARENESS" organized by NATIONAL SERVICE SCHEME, UNIT NO: 32, **SOURASHTRA COLLEGE (AUTONOMOUS), MADURAI-19.**

G.Kalaivani  
 NSS PO Unit No: 32

Dr.L.P.Panmalingham  
 Principal

Dr.S.R.Kumarath  
 Secretary



<b>Title of the Event</b>	:	<b><u>Health Awareness-2</u></b> <b><u>International Yoga Day</u></b>
<b>Date</b>	:	21st June, 2021
<b>Organized by</b>	:	NSS
<b>Description</b>	:	In lieu with this National Service Scheme of Sourashtra College (UNIT No:32) observes 6 <sup>th</sup> International Yoga day. To ensure safety and social distancing the NSS volunteers are encouraged to present their demos and yoga postures indoors.





**SOURASHTRA COLLEGE (AUTONOMOUS)**  
**Vilachery Main Road, Pasumalai, Madurai -625004**

<b>Title of the Event</b>	:	<b><u>Health awareness-3</u></b> <b><u>PIE -2020- A Three-day National Level Training Programme on Physical, Intellectual, Emotional Well being during Pandemic Period</u></b>
<b>Date</b>	:	16.7.20 to 18.7.20
<b>Organized by</b>	:	NSS
<b>Description</b>	:	we have organized a Three-Day Online Training Programme titled PIE 20 (Psychological, Intellectual and Emotional Imbalance during pandemic Period). The programme was conducted from 16.7.20 to 18.7.20. The program attracted 600 and more participants across the nation. Dr.Pa. Raajeswari of Department of Home Science, Avinashilingam University, Coimbatore addressed the participants on Food and Nutrition on the I day. Dr. Cicilia Chettiar, Department of Clinical Psychology address on Psychological Imbalance on the II day and Mr. Sathish Viswanathan, Founder, E-vidyaloka Trust and Senior manager of Microsoft, Texas addressed the participants on Intellectual Imbalance on the Final Day.

**PATRON**  
 SECRETARY & CORRESPONDENT - Dr. D.R. KUMARESH

**ADVISORY COMMITTEE**  
 PRINCIPAL (i/c) - Prof. N.J. SARAVANAN  
 REGIONAL DIRECTOR, NSS - Dr. C. SAMUEL CHELLIAH  
Ministry of Youth & Sports Affairs  
 NSS COORDINATOR, MKU - Dr. P. RAJKUMAR

**CONVENOR**  
 Mrs. C. KALAVANI  
 Dean Co-ordinator &  
 Programme Officer, NSS UNIT NO. 32

**ORGANIZING SECRETARIES**  
 Dr. N.P. Krishnan - Programme Officer, NSS UNIT No. 31  
 Dr. T.P. Ramprasad - Programme Officer, NSS UNIT No. 29  
 Mr. R.S. Vijayesh - Programme Officer, NSS UNIT No. 34

**MEMBERS**  
 Dr. T.N. Dineth - Programme Officer, NSS UNIT No. 33  
 Dr. K.S. Uma - Programme Officer, NSS UNIT No. 34

**STUDENT REPRESENTATIVES**  
 T.N. Balaji - NSS UNIT No.31  
 T.J. Durga - NSS UNIT No.32

**KEY SPEAKERS**  
 Day 01: Nutrition & Well-being: Flip from Suffer to Sustain  
**Dr. PA. RAJESWARI**  
 ASST. PROFESSOR, DEPT. OF FOOD SCIENCE & NUTRITION  
 AVINASHILINGAM UNIVERSITY, COIMBATORE

Day 02: 'Mind Your Mind'  
**Dr. CICILIA CHETTIAR**  
 ASST. PROFESSOR & HOD OF PSYCHOLOGY  
 MANDEN NANAMTI WOMEN'S COLLEGE, MANDEN, NARASIPETTA

Day 03 - Situational Explorations on Remote Learning  
**Dr. SATISH VISWANATHAN**  
 CO-FOUNDER VIDYALOKA TRUST & SENIOR PROGRAM MANAGER  
 MICROSOFT US CORP. - DALLAS, TEXAS

**TIMING**  
 06.00 PM - 07.00 PM  
 REGISTRATION FREE  
 E-CERTIFICATE WILL BE PROVIDED

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 A Linguistic Minority Co-Educational Institution  
 Affiliated to Madurai Kamaraj University  
 Re-accredited with B+ by NAAC  
 Madurai - 625 004

*National Service Scheme*  
*organizes*

**'PIE - 2020'**

**A Three Day National Level  
 Training Programme**

or

**Physical, Intellectual & Emotional  
 Well-being during Pandemic Period**

**16.07.2020 - 18.07.2020**

College/School Faculty  
 NSS Programme Officers  
 NSS Volunteers & General Public Invited



**SOURASHTRA COLLEGE (AUTONOMOUS)**  
**Vilachery Main Road, Pasumalai, Madurai -625004**

<b>Title of the Event</b>	:	<b><u>Spiritual Awareness and Harmony</u></b> <b><u>International Youth Day</u></b>
<b>Date</b>	:	18.9.2020
<b>Organized by</b>	:	NSS
<b>Description</b>	:	To commemorate the birth of Swami Vivekananda International Youth Festival was celebrated and competitions were held online on 18.9.2020. A webinar on commemorating 127th Chicago's Speech and Vivekananda's spirituality was deliberated to the volunteers by Dr. S. Dheenadhayalan, Professor & Head, PG & Research Department of Economics, The Madura College & Syndicate Committee Member, Madurai Kamaraj University, nearly 88 volunteers participated in the programme.

**சௌராஷ்டிரா கல்லூரி ( தன்னாட்சி ), மதுரை.**  
நாட்டு நலப்பணித்திட்டம் (அணி எண் : 30,31,32)  
இணையவழி கருத்தரங்கம்  
127 ஆம் ஆண்டு விவேகானந்தரின் சிகாகோ சொற்பொழிவு கொண்டாட்டம்

**வரவேற்புரை**  
ஜி. கலைவாணி அவர்கள்,  
உதவி பேராசிரியர், ஆங்கிலத்துறை,  
ஒருங்கிணைப்பாளர்- நாட்டு நலப்பணித்திட்டம்,  
சௌராஷ்டிரா கல்லூரி, மதுரை-04.

**முன்னிலை**  
பேராசிரியர் N.D.சுவாமிநாதன் அவர்கள்,  
முதல்வர்,  
சௌராஷ்டிரா கல்லூரி, மதுரை-04.

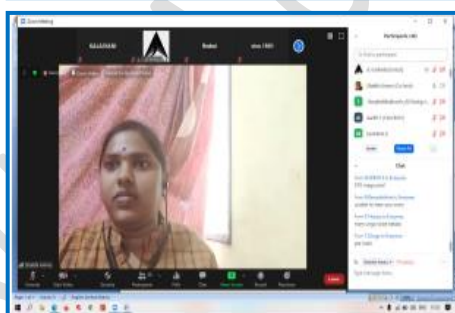
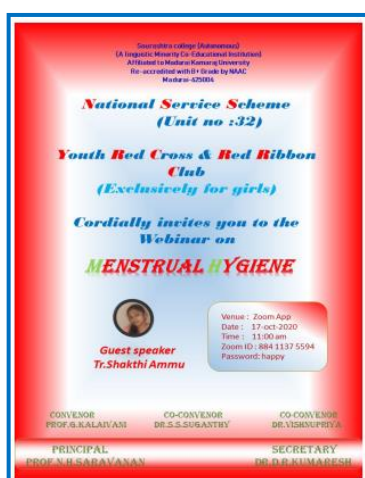
**சிறப்பு விருந்தினர்**  
முனைவர்.எஸ்.தீனதயாளன் அவர்கள்,  
பொருளாதார துறைத்தலைவர்,  
பொருளாதார ஆய்வு மையத்தலைவர்,  
ஆட்சிமன்றக்குழு உறுப்பினர், மதுரை காமராஜர் பல்கலைக்கழகம்,  
மதுரை கல்லூரி ( தன்னாட்சி ), மதுரை-11.

**நன்றியுரை**  
ஆர்.எஸ்.விக்னேஷ் அவர்கள்,  
உதவி பேராசிரியர், ஆங்கிலத்துறை,  
ஒருங்கிணைப்பாளர் - நாட்டு நலப்பணித்திட்டம்,  
சௌராஷ்டிரா கல்லூரி, மதுரை-04.

நாள் : 18.09.2020  
நேரம் : மாலை 05:00 மணி



<b>Title of the Event</b>	:	<b><u>Health Awareness-4</u></b> <b><u>Menstrual Hygiene</u></b>
<b>Date</b>	:	17.10.2020
<b>Organized by</b>	:	NSS
<b>Description</b>	:	A Webinar on “Menstrual Hygiene “was conducted by National Service Scheme Unit No 32 for girls. Mrs.Shakthi Ammu was the guest speaker. She spoke on Women Health and Hygiene. Menstrual issues and problems related to that. Nearly 95 students participated and got benefitted. The webinar was conducted online on 17.10.2020.





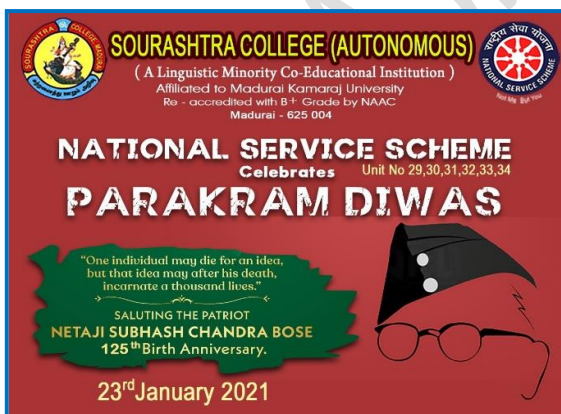
**SOURASHTRA COLLEGE (AUTONOMOUS)**  
**Vilachery Main Road, Pasumalai, Madurai -625004**

<b>Title of the Event</b>	:	<b><u>Road Safety Awareness Programme</u></b>
<b>Date</b>	:	18.01.21
<b>Organized by</b>	:	NSS
<b>Description</b>	:	As per the instruction received from the Ministry of Youth Affairs and Sports, Govt. of India and with reference to the letter dated 18.01.21 from the State NSS officer, a month long National Road Safety Week is planned to observe from (18.1.2021-17.2.2021). Madurai City Traffic Police 32 <sup>nd</sup> National Road Safety Month was commemorated on 21.1.2021 to make awareness on road safety precautions to students and general public. Fifty volunteers of our NSS units participated in the road safety bike rally. The rally began at 11 am near Germanus Hotel, Madurai and ended in Palanganatham.





<b>Title of the Event</b>	: <b><u>National Leaders Day Celebration</u></b> <b><u>Parakram Diwas</u></b>
<b>Date</b>	: 23.1.21
<b>Organized by</b>	: NSS
<b>Description</b>	: To commemorate and to celebrate the courageous and bravery act of Netaji Subash Chandra Bose, Parakram Diwas (125th Birthday Anniversary) was celebrated on 23.1.21 in the campus. The volunteers were taken for a rally. After the completion of rally, the volunteers paid tribute to Netaji by showering flowers. The importance of Parakram Diwas was deliberated to the students by Prof. G.Kalaivani, NSS PO Unit No 32. A total of 89 volunteers participated in the event.





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<b>Title of the Event</b>	:	<b><u>Health Awareness (4)</u></b> <b><u>World Cancer Day</u></b>
<b>Date</b>	:	4.2.2021
<b>Organized by</b>	:	NSS
<b>Description</b>	:	To create awareness among the students the theme for World Cancer Day 2021 is 'I am and I will' was observed on 4.2.21. The theme represents an empowering call-to-action urging personal commitment; it also represents the power of action taken now to have a positive impact on the future. The students were gathered and took oath on maintaining cancer free India. Nearly 72 students participated in the event.







**SOURASHTRA COLLEGE (AUTONOMOUS)**  
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<b>Title of the Event</b>	: <b><u>Awareness Programme</u></b> <b><u>Road Safety Awareness Programme on Commemoration of 32nd National Road Safety month</u></b>
<b>Date</b>	: 12.2.2021
<b>Organized by</b>	: NSS
<b>Description</b>	: The National Service Scheme (Unit No 32) of Sourashtra College along with Madurai City Traffic Police organized 32 <sup>nd</sup> National Road Safety Month on 12.2.2021 to create awareness on road safety measures and precautions to students. The volunteers of our NSS units participated in the road safety awareness Programme. The Programme was presided over by Prof. N.H.Saravanan, Principal(i/c) of our college. Mr.GaneshRam, Inspector of Police, Thirupparankundram Traffic, Madurai City addressed the students and deliberated on road safety measures. The NSS programme officer Prof.G.Kalaivani was the organizer of the programme.

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**"ROAD SAFETY AWARENESS PROGRAMME"**  
32<sup>nd</sup> National Road Safety Month  
(18.01.2021 to 17.02.2021)  
Organized by **NATIONAL SERVICE SCHEME**  
Unit No: 29,30,31,32,33 & 34  
12.02.2021 11:30 am Silver Jubilee Hall

Chief Guest  
**Mr.M.GaneshRam**  
Inspector of Police  
Thirupparankundram Traffic  
Madurai City

Convened by NSS Programme Officers  
Dr.T.T.Karthik Prof.R.S.Vignesh Dr. N.P.Krishnan  
Prof.G.Kalaivani Dr.T.N.Dinesh Dr.K.S.Uma



**சாலை விழிப்புணர்வு**

திருப்பரங்குன்றம், பி.பி.18- வழங்கினர்.  
திருப்பரங்குன்றம் சவுராஷ்டிரா கல்லூரி  
கேந்திரிய வித்யாலயா யில் நடந்த விழாவில்  
பள்ளி மாணவர்கள் 16 முதல்வர் சரவணன்  
கால் மண்டபம் அருகே தலைமை வகித்தார்.  
சாலை பாதுகாப்பு விழிப்பு செயலாளர் குமரேஷ்  
புணர்வு பிரசாரம், ஊர் முன்னிலை வகித்தார்.  
வலத்தில் பங்கேற்றனர். என்.எஸ்.எஸ்., ஒருங்  
பள்ளி முதல்வர் கிணைப்பாளர் கிருஷ்ணன்  
ஜெரால்டு துவக்கினார். வரவேற்றார். போக்கு  
சாலை பாதுகாப்பின் வரத்து இன்ஸ்பெக்டர்  
முக்கியத்துவம் குறித்த கணேஷ்ராம் பேசினார்.  
நோட்டீஸ்களை அப்பகுதி பேராசிரியர் கலைவாணி  
யினருக்கு மாணவர்கள் நன்றி கூறினார்.

**ஹெல்மெட் அணிவீர்**



**SOURASHTRA COLLEGE (AUTONOMOUS)**  
Vilachery Main Road, Pasumalai, Madurai -625004

<b>Title of the Event</b>	:	<b><u>Environment Awareness</u></b> <b><u>Water Conservation Day (Field Visit to Madakulam)</u></b>
<b>Date</b>	:	22.3.2021
<b>Organized by</b>	:	NSS
<b>Description</b>	:	Guest Speaker Er.E.Ramakrishnan delivers special talk on “Water Conservation”

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**WORLD WATER DAY 2021**  
**“VALUE WATER BEYOND ITS PRICE”**

Organized by  
**NATIONAL SERVICE SCHEME**  
Unit No : 29,30,31,32,33&34

Save Water

Guest Speaker  
**Er. E. Ramakrishnan** (PGS) (M.A) (PGS)  
PGS - South Tamil Nadu Social Media Pramukh

Date : 22.03.2021  
Time : 02 : 15 pm  
Venue : Madakkulam

Topic : **“ROLE OF MADAKKULAM IN MADURAI HISTORY”**

NSS Programme Officers  
**Prof.N.H.Saravanan** (Principal) (UG)  
**Dr.D.R.Kumaresh** (Secretary & Correspondent)

All are Cordially Invited





**SOURASHTRA COLLEGE (AUTONOMOUS)**  
Vilachery Main Road, Pasumalai, Madurai -625004

<b>Title of the Event</b>	: <b><u>Health Awareness</u></b> <b><u>“Yoga for Wellness in Post -Pandemic Scenario” (A week Programme for students)</u></b>
<b>Date</b>	: 15.02.2021 to 19.02.2021
<b>Organized by</b>	: NSS
<b>Description</b>	: To orient the fresher with physical and mental well- being, National Service Scheme has taken an initiative in organizing a week-long programme on Yoga for Wellness in Post-Pandemic Scenario. A number of 46 students participated in the programme. Prof.K.V.Kannan, Assistant Professor of English trained and Yoga trainer trained the students from 15.02.2021 to 19.02.2021.



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**NATIONAL SERVICE SCHEME**  
(Unit No - 29,30,31,32,33 & 34)  
Organizes

**“Yoga for Wellness in Post - Pandemic Scenario”**  
(A Week Programme for Students)

Trainer  
**Thiru.K.V.Kannan**  
Assistant Professor of English  
Sourashtra College  
Madurai

15.02.2021 to 19.02.2021  
11:00 am to 12:00 noon  
New Auditorium

**Dr.N.P.Krishnan** (Organiser)  
**Prof.N.H.Saravanan** (Principal (i))  
**Dr.D.R.Kumaresh** (Secretary & Correspondent)

NSS P.O. Unit No.31



**யோகா பயிற்சி**  
திருப்பரங்குன்றம், பிப். 20-  
மதுரை சுவராஷ்டிரா  
கல்லூரி என்.எஸ்.எஸ்.,  
சார்பில் முதலாம் ஆண்டு  
மாணவர்களுக்கு யோகா  
பயிற்சி முகாம் 7 நாட்கள்  
நடந்தன. முதல்வர்  
சரவணன் தலைமை வகித்  
தார். பேராசிரியர் கண்ணன்  
பயிற்சி அளித்தார். என்.  
எஸ்.எஸ்., ஒருங்கிணைப்  
பாளர் கிருஷ்ணன், திட்ட  
அலுவலர்கள் விக்னேஷ்,  
கார்த்திக், தினேஷ்,  
உமா பங்கேற்றனர்.  
பேராசிரியர் கலைவாணி  
நன்றி கூறினார்.



**SOURASHTRA COLLEGE (AUTONOMOUS)**  
Vilachery Main Road, Pasumalai, Madurai -625004

<b>Title of the Event</b>	: <b><u>Azadi Ka Amrut Mahostav</u></b> <b><u>75 years of Independence</u></b>
<b>Date</b>	: 12.3.21
<b>Organized by</b>	: NSS
<b>Description</b>	: The National Service Scheme (Unit No: 29,30,31,32,33,34) of Sourashtra College (Autonomous), Madurai, celebrates India's 75 Years of Independence - Azadi Ka Amrut Mahotsav (75 weeks prior to 75th year of Independence-2022). The launch of the celebration will be a 25 days event starting from 12th March, 2021 (anniversary of the launch of Dandi Salt March) and conclude on 5th April 2021 (Concluding of the Dandi March). The Honourable Prime Minister will launch the opening ceremony on the 12th of March from Gujarat. To celebrate the inauguration of the grand ceremony Essay competition was conducted to the students on 12.3.21 between 1 pm and 3 pm in the science block. The Programme officer Prof.G.Kalaivani, monitored the students and evaluated the essays. More than 50 students participated in the essay competition. The following are the topics assigned to the students.

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**National Service Scheme Celebrates "Azadi Ka Amrut Mahotsav" (75th Year of Independence)**  
75 weeks prior to the Independence day 2022

**Essay Writing Competition**  
"நான் விருமபும் சுதந்திரம்"  
"தேசமும் தேசியமும்"  
"நான் கண்ட சுதந்திர இந்தியாவின் வளர்ச்சி"

Date : 12.03.2021  
Place : Science Block  
Time: 1.00 pm - 3.00 pm

Students are Welcome to Participate





<b>Title of the Event</b>	:	<b><u>Awareness creation in adopted village</u></b>
<b>Date</b>	:	28.05.2021
<b>Organized by</b>	:	NSS
<b>Description</b>	:	The awareness about COVID -19 and preventive measures after post Covid was deliberated to the people in adopted village through NSS volunteers on 28.05.2021. Nearly 452 people in that village were benefitted.

