



**EXTENSION ACTIVITIES: 2021-2022**

<b>Title of the Event</b>	: <u><b>Health Awareness</b></u> <u><b>International Yoga Day</b></u>
<b>Date</b>	: 21.6.2021
<b>Organized by</b>	: NSS
<b>Time</b>	: 10.00 am
<b>Description</b>	: International Yoga day was celebrated on 21st June, 2021. A total of 240 volunteers of our units participated in the practical session conducted by Prof. K.V.Kannan on Yoga Meditation offline and a number of ten volunteers from each NSS unit participated in the International Yoga Day celebrated online. In this pandemic situation it is necessary for us to maintain mental health devoid of pressure and stress. In lieu with this National Service Scheme of Sourashtra College observes 6th 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>VACCINATION CAMP</u></b> <b><u>COVID-19 Vaccine Camp</u></b>
<b>Date</b>	: 31.08.2021 & 01.09.2021
<b>Organized by</b>	: NSS
<b>Time</b>	: 10.00 am
<b>Description</b>	: To eradicate Covid-19 from the nation, a COVID-19 vaccine camp was organised at Sourashtra College Campus by NSS of Sourashtra College jointly with the City Health Department of Madurai on 31.08.2021 & 01.09.2021. The students, Staff of Sourashtra College and the Public were vaccinated in the camp. 732 doses were administered during the camp.





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<b>Title of the Event</b>	:	<b><u>Health Awareness</u></b> <b><u>National Deworming Day</u></b>
<b>Date</b>	:	16.9.2021
<b>Organized by</b>	:	NSS
<b>Time</b>	:	10.00 am
<b>Description</b>	:	To build healthy nation with healthy generation National Deworming Day was organized and the students were supplemented with deworming tablets on 16.09.2021.







**SOURASHTRA COLLEGE (AUTONOMOUS)**  
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<b>Title of the Event</b>	:	<b><u>Environment Awareness Programme at Samanar Cave</u></b>
<b>Date</b>	:	17.9.2021
<b>Organized by</b>	:	NSS
<b>Time</b>	:	11.00 am
<b>Description</b>	:	To build an environment awareness on the connection between culture and landscape, a Seminar on the landscape of Madurai was organised by NSS of Sourashtra College at Samanar Cave, Thenparankundram on 17.09.2021. Thirty volunteers from each unit participated in the seminar. Er. E. Ramakrishnan, PSG- South Tamilnadu Social Media Pramukh, Sree Bhoo Cultural Academy, Madurai addressed the volunteers.





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<b>Title of the Event</b>	:	<b><u>Environment Awareness Programme</u></b> <b><u>Orientation Programme on Climate Change and Global Warming</u></b>
<b>Date</b>	:	23.09.2021
<b>Organized by</b>	:	NSS
<b>Time</b>	:	11.00 am
<b>Description</b>	:	NSS of Sourashtra College organized an Orientation programme on Climate Change and Global Warming to give awareness on the importance of environment on 23.09.2021. 252 volunteers participated in the orientation programme. Er.E.Ramakrishnan, PSG- South Tamilnadu Social Media Pramukh, Sree Bhoo Cultural Academy, Madurai addressed the volunteers and insisted to save the natural resources in order to save the environment.



SOURASHTRA



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<b>Title of the Event</b>	<b>: <u>Tree Plantation</u> <u>Bharathiyar Birthday Celebrations and Tree Planting Ceremony</u></b>
<b>Date</b>	<b>: 11.12.2021</b>
<b>Organized by</b>	<b>: NSS</b>
<b>Time</b>	<b>: 11.00 am</b>
<b>Description</b>	<b>: NSS of Sourashtra College celebrated Bharathiyar's Birthday at Panchayat Union Middle School, Vedarpuliyankulam on 11.12.2021. A tree plantation ceremony was also organised in the campus of the school. 138 NSS volunteers from Sourashtra College participated in the programme. Er. E.Ramakrishnan, PSG- South Tamilnadu Social Media Pramukh, Sree Bhoo Cultural Academy, Madurai spoke on the topic "Trees: An Inevitable Partner of Life" and Dr. M. Venkatesan, Head and Assistant Professor of Botany, Sourashtra College spoke on "Ecofriendly Environment".</b>







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<b>Title of the Event</b>	: <b><u>Vaccination Camp</u></b> <b><u>COVID -19 Vaccination Camp</u></b>
<b>Date</b>	: 13.12.2021
<b>Organized by</b>	: NSS
<b>Time</b>	: 10.00 am
<b>Description</b>	: To fulfil the needs of the society in eradicating Covid-19 from the nation, second COVID-19 vaccine camp was organised at Sourashtra College Campus by NSS of Sourashtra College jointly with the City Health Department of Madurai on 13.12.2021. The students, Staff of Sourashtra College and the Public were vaccinated in the camp. 112 doses were administered during the camp.





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<b>Title of the Event</b>	:	<b><u>Spiritual Harmony Awareness</u></b> <b><u>Swami Vivekananda's Birthday – National Youth Day –Essay Competition</u></b>
<b>Date</b>	:	12.01.2022
<b>Organized by</b>	:	NSS
<b>Time</b>	:	11.00 am
<b>Description</b>	:	An essay competition was organised to all the students of Sourashtra College by NSS of Sourashtra College on 12.01.2022 to celebrate Swami Vivekananda's Birthday which is observed as National Youth Day. Around 90 students participated in the competition.







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<b>Title of the Event</b>	:	<b><u>Gender Sensitization</u></b> <b><u>National Girl Child Day</u></b>
<b>Date</b>	:	24.01.2022
<b>Organized by</b>	:	NSS
<b>Time</b>	:	11.00 am
<b>Description</b>	:	National Girl Child Day was observed on 24.01.2022 in Sourashtra College which was initiated by NSS of Sourashtra College. Around 360 students participated in the programme. The importance of girl child was insisted in the programme.





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<b>Title of the Event</b>	:	<b><u>Swachh Bharat Abhiyan</u></b> <b><u>Campus Cleaning Programme</u></b>
<b>Date</b>	:	25.01.2022
<b>Organized by</b>	:	NSS/NCC
<b>Time</b>	:	03.00 pm
<b>Description</b>	:	As a part of NSS activity, 40 volunteers cleaned the campus of Sourashtra College on 25.01.2022.







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<b>Title of the Event</b>	:	<b><u>Health and Hygiene Awareness</u></b> <b><u>Celebration of 4<sup>th</sup> Poshan Pakhwada “Swastha Balak Balika Spardha” (SBBS)</u></b>
<b>Date</b>	:	21.03.2022 & 22.03.2022
<b>Organized by</b>	:	NSS
<b>Time</b>	:	09.00 am
<b>Description</b>	:	Swastha Balak Balika Spardha was celebrated on 21.03.2022 & 22.03.2022 to sensitize and engage communities, under POSHAN Abhiyaan along with Jan Andolan, behaviour change communications and advocacy. 15 volunteers participated in the programme held at Muthupatti Panchayat and measured height and weight of 180 children under the age of six in the village in order to ensure the healthy nutrition of them.







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<b>Title of the Event</b>	:	<b><u>Martyr's Day or Saheed Diwas / தியாகிகள் தினம்</u></b>
<b>Date</b>	:	23.3.2022
<b>Organized by</b>	:	NSS
<b>Time</b>	:	11.00 am
<b>Description</b>	:	Martyr's Day was celebrated on 23.03.2022 to commemorate the sacrifices of the freedom fighters to gain Independence from the British rule. 22 volunteers participated in the programme.

