



EXTENSION ACTIVITIES: 2022-2023

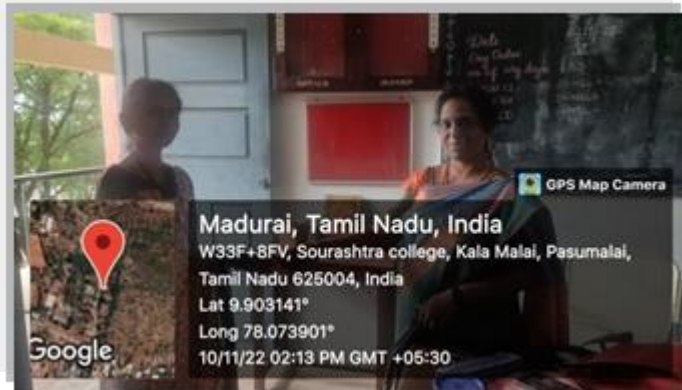
Title of the Event	:	<u>International Yoga Day</u>
Date	:	21.6.2022
Organized by	:	NSS
Time	:	11.00 am
Description	:	<p>International Yoga day was celebrated on 21st June, 2022. A total of 75 volunteers of our units participated in the practical session conducted by Prof. K.V.Kannan on Yoga Meditation offline and a number of ten volunteers from each NSS unit participated in the International Yoga Day celebrated. The importance of yoga in modern life is abundant. Yoga teaches us the knowledge of how to lead a healthy living. It improves our concentration, creativity and sharpens our memory. To maintain a positive physical and mental health, yoga is a must. 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 7th International Yoga Day. To ensure safety and social distancing the NSS volunteers are encouraged to present their demos and yoga postures indoor</p>





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

Title of the Event	:	<u>Eradication of Diphtheria</u>
Date	:	11.7.2022
Organized by	:	NSS
Time	:	11.00 am
Description	:	The diphtheria vaccine is an immunization that prevents diphtheria. Diphtheria is a bacterial infection. It causes severe inflammation in your nose and throat. Because it is usually paired with a tetanus vaccine, it's also part of a so-called tetanus shot. To prevent diphtheria among adults, vaccine had been administered to 475 students in our college on 11.07.22.





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Title of the Event	:	<u>Marathon Programme</u>
Date	:	07.08.2022
Organized by	:	NSS
Time	:	06.30 am
Description	:	To eradicate poverty and to give awareness regarding poverty and impoverished people a marathon run was conducted for the volunteers and general public at Gandhi Museum on 7.08.22. 100 volunteers participated and got benefitted.





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

Title of the Event	:	<u>Blood Donation Camp</u>
Date	:	04.08.2022
Organized by	:	NSS
Time	:	11.00 am
Description	:	The National Service Scheme together with the Anandam Lions' Club and Rajaji Hospital, Madurai conducted a Blood Donation camp on 4.08.22. More than 150 volunteers came forward and donated blood. The service was appreciated by the Madurai Medical College and was awarded on Blood Donors Day.





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

Title of the Event	:	<u>COVID-19 Vaccination Camp</u>
Date	:	12.02.2022
Organized by	:	NSS of Sourashtra College jointly with the Primary Health Centre of Madurai
Time	:	10.00 am
Description	:	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 Primary Health Centre of Madurai on 12.08.22. General Health Check up was also conducted on the same day for the first year students. The students, Staff of Sourashtra College and the Public were vaccinated in the camp. 628 doses were administered during the camp.





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

Title of the Event	:	<u>National Deworming Day</u>
Date	:	09.09.2022
Organized by	:	NSS
Time	:	11.00 am
Description	:	To build healthy nation with healthy generation National Deworming Day was organized and 1100 students were supplemented with deworming tablets on 9.09.2022.





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

Title of the Event	:	<u>Gandhi Jayanthi Celebration</u>
Date	:	02.10.2023
Organized by	:	NSS
Time	:	11.30 am
Description	:	To commemorate the birth anniversary of Mahatma Gandhi, Gandhi Jayanthi was celebrated on 2.10.22. Nearly 150 volunteers participated and promoted the moral principles of Mahatma.





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

Title of the Event	:	<u>Campus Cleaning Programme</u>
Date	:	18.10.2022
Organized by	:	NSS
Time	:	11.00 am
Description	:	In lieu with Swachh Bharat , Campus Cleaning programme was conducted inside the college on 18.10.22. Nearly 80 Volunteers participated in the campus cleaning program.



SOURASHTRA



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

Title of the Event	:	<u>Swacch Bharat Cleaning at Railway Junction</u>
Date	:	18.11.2022
Organized by	:	NSS
Time	:	08.00 am
Description	:	The NSS Unit of Sourashtra College has taken an initiative to remove plastics and weeds cleaning in Railway Junction on 18.11.22. The volunteers and Programme officer are honoured with certificate of appreciation from the Southern Railway, Madurai.





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

Title of the Event	:	<u>Blood Donation Camp</u>
Date	:	20.12.2022
Organized by	:	NSS
Time	:	11.00 am
Description	:	The Nation Service Scheme jointly with Lions Anandam organized Blood Donation Camp with the support of General Hospital, Madurai on 20.12.22. Nearly 86 volunteers came forward and donated blood.





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

Title of the Event	:	<u>Eye Check up Camp</u>
Date	:	24.01.2023
Organized by	:	NSS with Anna Optometry, Madurai
Time	:	10.00 am
Description	:	The National Service scheme conducted an Eye check up camp for Teaching, Non teaching members and students of Sourashtra college. The camp by conducted by Anna Optometry, Madurai. More than 500 students and staff members participated and got benefitted.



பரிசோதனை முகாம்
திருப்பரங்குன்றம், ஜன. 25
மதுரை பசும்பலை
சவுராஷ்டிரா கல்லூரி
என்.எஸ்.எஸ்., மற்றும்
அண்ணா ஆப்டி மெட்ரிக்
கல்லூரி சார்பில் இலவச
கண் பரிசோதனை முகாம்
நடந்தது.
கல்லூரி செயலாளர்
குமரேஷ் தலைமை
வகித்தார். முதல்வர்
ரவீந்திரன், துணை
முதல்வர் பூனிவாசன்
முன்னிலை வகித்தனர்.
என்.எஸ்.எஸ்., திட்ட
அலுவலர்கள் கலைவாணி,
கார்த்திக், குணசீலன்,
செந்தில்குமார், உமா,
தினேஷ் ஏற்பாடுகள்
செய்தனர்.



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

Title of the Event	:	<u>Road Safety- Helmet Awareness Programme</u>
Date	:	25.01.2023
Organized by	:	NSS with Traffic Police Departement, Thiruparankundram
Time	:	08.00 am
Description	:	The National Service Scheme together with Traffic Police Departement, Thiruparankundram conducted Road safety and Helmet Awareness among the Public On 25.01.2023.



SOURASHTRA COLLEGE



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

Title of the Event	:	<u>National Voters Day Celebration</u>
Date	:	25.01.2023
Organized by	:	NSS
Time	:	11.00 am
Description	:	The National Service Scheme with Revenue Department conducted an awareness campaign on National Voters Day. A pledge was taken to ensure 100% voting and voting rights on 25.01.23.





Title of the Event	:	<u>Leprosy Eradication Pledge</u>
Date	:	06.02.2023
Organized by	:	NSS
Time	:	10.00 am
Description	:	The Leprosy Eradication pledge was taken by the volunteers. The pledge was taken to create awareness among the students.

வடபழஞ்சியில் தொழுநோய் விழிப்புணர்வு உறுதிமொழி!



நாகமலை புதுக்கோட்டை
பிப். 11
நாகமலை புதுக்கோட்டை அருகே உள்ள

வடபழஞ்சி ஊராட்சியில் செளராஷ்ட்ர கல்லூரி நாட்டு நலப்பணி திட்டம் சார்பில் வலையங்குளம் வட்டார மருத்துவ அலுவலர் தனசேகர், வட்டார மேற்பார்வையாளர் தங்கச்சாமி ஏற்பாட்

டில் தொழுநோய் குறித்த விழிப்புணர்வு மற்றும் உறுதிமொழி மேற்கொள்ளப்பட்டது. முகாமில் தொழுநோய், காசநோய் பரவும் விதம், தடுப்பு முறைகள், அரசின் நலத்திட்டங்கள் குறித்து மாணவ மாணவிகளுக்கு விரிவாக எடுத்துரைக்கப்பட்டது. தொடர்ந்து கண், பல், பொது மருத்துவ முகாம் நடைபெற்றது. முகாமில் பொதுமக்கள் கலந்துகொண்டு பயனடைந்தனர். இதில் மேற்பார்வையாளர் முத்துமாயன், கல்லூரி என்.எஸ்.எஸ். மாணவ மாணவிகள் உள்பட பலர் கலந்து கொண்டனர்.



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

Title of the Event	:	<u>Swacch Bharat Campaign</u>
Date	:	13.03.2023
Organized by	:	NSS
Time	:	02.00 pm
Description	:	In lieu with Swacchh Bharat , Campus Cleaning programme was conducted inside the college on 13.03.23. Nearly 80 Volunteers participated in the campus cleaning program.





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

Title of the Event	:	<u>Health and Wellness & First Aid Disaster Management</u>
Date	:	18.03.2023
Organized by	:	NSS
Time	:	3.00 pm
Description	:	The National Service Scheme of Unit No 32 together with Youth Red Cross and World University Service conducted a Health and Wellness & First Aid Disaster Management on 18.03.23. Dr. Ezhil gave a detailed lecture on women health and wellness. The First Aid and Disaster Management Programme was demonstrated by Mr.RajKumar, YRC coordinator, Madurai District.





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

Title of the Event	:	<u>Human Chain Rally and Cycle Rally</u>
Date	:	20.03.2023 & 24.03.2023
Organized by	:	NSS with Tamil Nadu Traffic Police, Madurai
Time	:	06.00 am
Description	:	Human Chain Rally was organized by Tamil Nadu Traffic Police, Madurai . The volunteers of National Service Scheme participated in the human chain rally from MTN college to Alagappan Nagar on 20.03.23. A Cycle rally was conducted by Tamil Nadu Police Department of Women insisting and celebrating women police contribution and service towards public on 24.03.23.





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

Title of the Event	:	<u>Vaigai Ilakkiya Peruvizha</u>
Date	:	26.03.2023
Organized by	:	NSS with Collectorate
Time	:	2.00 pm
Description	:	To commemorate and celebrate the emergence of Tamil Ilakkiya Sangam, Vaigai Peruvizha was conducted by the Collectorate. The NSS volunteers participated and serve the community.





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

Title of the Event	:	<u>Voters ID – Aadhar Link Campaign</u>
Date	:	24.08.2022
Organized by	:	NSS with Revenue Department
Time	:	11.00 am
Description	:	Voters ID and aadhar link campaign was conducted in the college . The programme was an initiative to support Revenue Department.





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

Title of the Event	:	<u>Health and Hygiene</u>
Date	:	25.04.2023
Organized by	:	NSS
Time	:	11.00 am
Description	:	To give an awareness of health and menstrual hygiene, girl students were distributed natural eco pads to ensure their health safety on 25.04.2023.



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