

National Integration Camp – 2022

Introduction:

The National Integration Camp(NIC) 2022 was very successfully organized by the NSS Regional Directorate, Chennai from 18th to 24th May 2022 at Bharathiar University , Coimbatore, Tamilnadu. There are 210 participants plus 50 volunteers participated in the camp.

National Integration Camp 2022



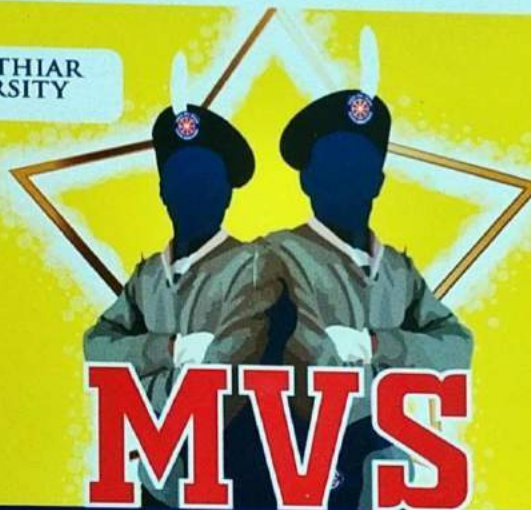
The camp also included the educational trip to Rameswaram . We thank The Alagappa Engineering College principal, Dr.Ramesh Anna University NSS coordinator and Dr.Yuvaraja, Dr.Joseph, Dr.Loganathan who shouldered main responsibilities and coordinated very well and successfully organised with a help of dedicated NSS volunteers. This camp is the grand grandeur of success and added another feather in the achievements of NSS Regional Directorate.



NATIONAL INTEGRATION CAMP

Bharathiar University, Coimbatore, Tamil Nadu State
18th to 24th May, 2022

Name R. RAJASHRI
College Arasu Engg College, Anna University
State TAMIL NADU



MOST VALUABLE STUDENT OF THE CAMP

Whatever you are doing, keep doing it.
You are an inspiration to all of us!

Dr. C. Samuel Chelliah
Camp Director



ARASU ENGINEERING COLLEGE

(Approved by AICTE - Affiliated to Anna University - Accredited by NBA - Accredited by NAAC - Recognised by UGC under 2(f) & 12(B))

Chennai Main Road, KUMBAKONAM - 612501, Thanjavur, Tamil Nadu. Ph: 0435-2777 777-82



NATIONAL SERVICE SCHEME

CERTIFICATE OF MERIT

This is to certify that R. RAJASRI
Of Agricultural Engineering has exhibited
his/her talented outburst in BEST VOLUNTEER 2021-22
during 2021-22

Mr. M. Ananda Kumar
NSS Programme Officer

Dr. T. Balamurugan
Principal



502202



GOVERNMENT OF INDIA
MINISTRY OF YOUTH AFFAIRS & SPORTS, NEHRU YUVA KENDRA - THANJAVUR DISTRICT

ANNA UNIVERSITY - CHENNAI

IN ASSOCIATION WITH

ARASU ENGINEERING COLLEGE

Approved by AICTE | Affiliated to Anna University | Accredited by NBA | Accredited by NAAC | Recognised by UGC under 2(f) & 12(B)

NATIONAL SERVICE SCHEME Organise

4TH NATIONAL LEVEL YOGA SPORTS CHAMPIONSHIP - 2022

Yoga - The Art of Panacea in Life

Certificate of Participation

This is to certify that Mr/Ms. R. RAJASRI
..... has participated in the event of
common category/ special category / championship category in the Fourth National Level Yoga
Sports Championship - 2022 held at Arasu Engineering College, Kumbakonam on 29.07.2022 &
30.07.2022 in the age group of 18 to 21 year.

M. Ananda Kumar
Nss Programme Officer
Arasu Engineering College

Dr. T. Balamurugan
Principal
Arasu Engineering College

M. Thiruneelakandan MSW
Deputy Director, Nehru Yuva Kendra
Thanjavur District

Dr. B. Kumaragurubaran
NSS Regional Program Co-ordinator
Anna University, Trichy.

INAGURATION:

The National Integration Camp inaugurated by Bharathiar University at Coimbatore in Tamilnadu. The event was witnessed by the Vice Chancellor of Bharathiar University Prof. Dr. P. Kaliraj. The Inaugural event was honored by the Chief Guest Dr. C. Samuel Chellaih, NSS Regional Director of Tamilnadu, Pondicherry and Andaman and Nicobar island, Respected state officer Dr. M. Senthil Kumar and the NSS coordinator of Bharathiar University Dr. R. Annadurai.

DAY 1

On the Day 1, Around 7.30 AM We have reached BHARATHIAR UNIVERSITY Campus at Coimbatore in Tamilnadu. We had our breakfast in the Campus Mess. Mr. Yukesh Raj NSS Programme officer, Sri Soudambiga College of Science and Commerce, Coimbatore have allotted our rooms . Around 10.00 AM All the participants from all over states of India registered for this camp.

Inauguration of National Integration Camp 2022



We all have instructed to assemble on Dr. Ushakiirthilal Auditorium for the first Academic session was taken by Dr. C. Samuel Chellai. He expressed his gratitude for the opportunity provided to organize this National Integration Camp in this college.

NSS Logo and volunteer diary was released by Dr.V. Balachandaranand, Dr.V. Ramesh babu. Dr.L.Ganesan, the vice principal of this institution. And then, the NIC-pledge was taken by all the participants. The in charge for the next day of the camp was hand over to the contingent leaders.

Around 1PM we had our lunch. Then they instructed us to get ready for Inauguration Programme around 4PM. In that we all got dressed up with our Traditional costume representing our States. The event was witnessed by the Honorable Vice-Chancellor of Bharathiar University Prof. Dr. P. Kaliraj. The Inaugural event was honored by the Chief Guest Dr. C. Samuel Chellai, NSS Regional Director of Tamilnadu, Pondicherry and Andaman and Nicobar, Respected state officer Dr. M. Senthil Kumar and the NSS Co-ordinator of Bharathiar University Dr. R. Annadurai. In that inaugural function one of our NSS volunteer performed Bharathanatiam and finally Dr. C. Samuel Chellai listed the further days schedule. Then the session winded up over 9PM and we all have our dinner at 9.30PM.



DAY 2

Around 6.00 AM, We all got dressed up and assembled in the ground. The flag hoisting was lead by the West Bengal and Telungana team. The event consisted of welcoming the Chief Guest by Parade, NSS song, Thought of the Day, Report on previous day, National Anthem and ended bt Vote of thanks.

And around 7.30 AM, We were taken to indoor stadium of Bharathiar University for the Yoga session. After breakfast, We had our academic session taken by Dr.

K. Arulsamy.

After the Lunch, We were taken to Indoor Stadium for FIT INDIA PROGRAMME. There boys and girls were separated into 5 groups each and some competition were conducted for the volunteers. After tea break, Cultural programmes took place in which our NSS volunteer performed Parrai Attam.



DAY 3

Around morning 6.00 AM the flag hoisting was lead by Kerala and Karnataka team. The event consists of welcoming the chief guest by Parade, NSS song, Thought of the day, Report of the Previous day, National Anthem and ended by Vote of thanks.

At 7.40 AM we were taken to indoor stadium for Aerobic dance. That was the most useful session for all the NSS volunteers. It was very refreshing and enjoyable with building of our fitness.

After breakfast, We had our academic session taken by Dr. Kamalaveni, Proffesor at Bharathiar University, Coimbatore. She gave a session about the **Independence of women** and the **Equality between men and women**. And she gave an awareness about **Alux.com** to develop the knowledge and gave the general advice about Personality Development.

After the Lunch, We were taken to Indoor Stadium for FIT INDIA PROGRAMME from 3PM to 5PM. After the tea break, The Cultural Programme took place, in that I performed one of the Martial Arts named SILAMBATTAM and FOLK DANCE performance.



DAY 4

Around morning 6.00 AM the flag hoisting was lead by Kerala and Karnataka team. The event consists of welcoming the chief guest by Parade, NSS song, Thought of the day, Report of the Previous day, National Anthem and ended by Vote of thanks.

We had our breakfast at 8.30AM. Around 9.30PM, We were taken to Karunya University, Coimbatore for field visit. There they welcomed us by a small effective Programme then we had university tour and they provide us delicious food.

By 2.30 PM, We were taken to the Isha Yoga Center, Coimbatore. There we had a wonderful yoga session and we explored and enjoyed alot.

After a tea break, Around 7.00 PM, We enjoyed the most awaited laser lighting programme of Isha. Around 8.00 PM, We returned to the University campus by bus.



The image while the Visiting
ISHAYOGACENTRE,Coimbatore.



DAY 5

Around morning 6.00 AM the flag hoisting was lead by Odisha and Pondicherry team. The event consists of welcoming the chief guest by Parade, NSS song, Thought of the day, Report of the Previous day, National Anthem and ended by Vote of thanks.

Around 8.30AM, We had our breakfast. We were taken to the indoor stadium of Bharathiar University, Coimbatore for the FIT INDIA PROGRAMME. After that we had our Lunch. Around 2.30PM we were taken to the Marudhamalai Temple. We explore there and enjoyed a lot there. And we were taken back to the campus around 6.30 PM by bus. After tea break, The Campfire Programme was taken place. There the students performed a wonderful dance and yoga performance.



Image taken while the visit of
MARUDHAMALAI TEMPLE at
National Intergration Camp



DAY 6

Around morning 6.30 AM the flag hoisting was lead by All Universities of Tamilnadu. The event consists of welcoming the chief guest by Parade, NSS song, Thought of the day, Bagavathgeetha, Thirukural, Bible, Quran, Report of the Previous day, National Anthem and ended by Vote of thanks.

After breakfast, We had a Academic session taken by Dr. R. Annadurai, NSS Coordinator, Bharathiar university, Coimbatore. And in that event I won MOST VALUABLE STUDENT award. We were taken to the group photo session followed by Herbal Garden visit.

NSS Volunteers how prepared India map using plenty of colour powders and stone salts its looking very beautiful. The NSS volunteers were lighten the lamp of Deepotsav.

This picture was taken while receiving
MOST VALUABLE STUDENT AWARD



This image was taken while the students
make the INDIA MAP



DAY 7

Around morning 6.00 AM the flag hoisting was lead by Odisha and Pondicherry team. The event consists of welcoming the chief guest by Parade, NSS song, Thought of the day, Report of the Previous day, National Anthem and ended by Vote of thanks.

Around 8.30 AM we had our breakfast and we are instructed us to assemble at Dr. Usha Kirtilal Auditorium for VALEDICTORY FUNCTION in our traditional dress.

Around 11.00 AM The Valedictory Function witnessed by the Vice-Chancellor of Bharathiar University Dr. P. Kaliraj. In this function they certified all the NSS volunteers of all the states and some valuable feedbacks were given by the program officers of all the states and the function finally ended lot of love and tears.

The group photo of NSS volunteers of all states attended NIC 2022



NATIONAL INTEGRATION CAMP -II (2023)

INTRODUCTION:

The National Integration Camp(NIC) 2023 was very successfully organized by the NSS Regional Directorate, Hisar, Haryana from 26th to 04th (February To March) 2023 at Chaudhary Charan Singh, Agriculture University, Hisar. There are 200 participants plus 50 volunteers participated in the Camp.



युवा कार्यक्रम
एवं खेल मंत्रालय
MINISTRY OF
YOUTH AFFAIRS
AND SPORTS



NATIONAL INTEGRATION CAMP 2023

Date: 26/02/2023 - 04/03/2023

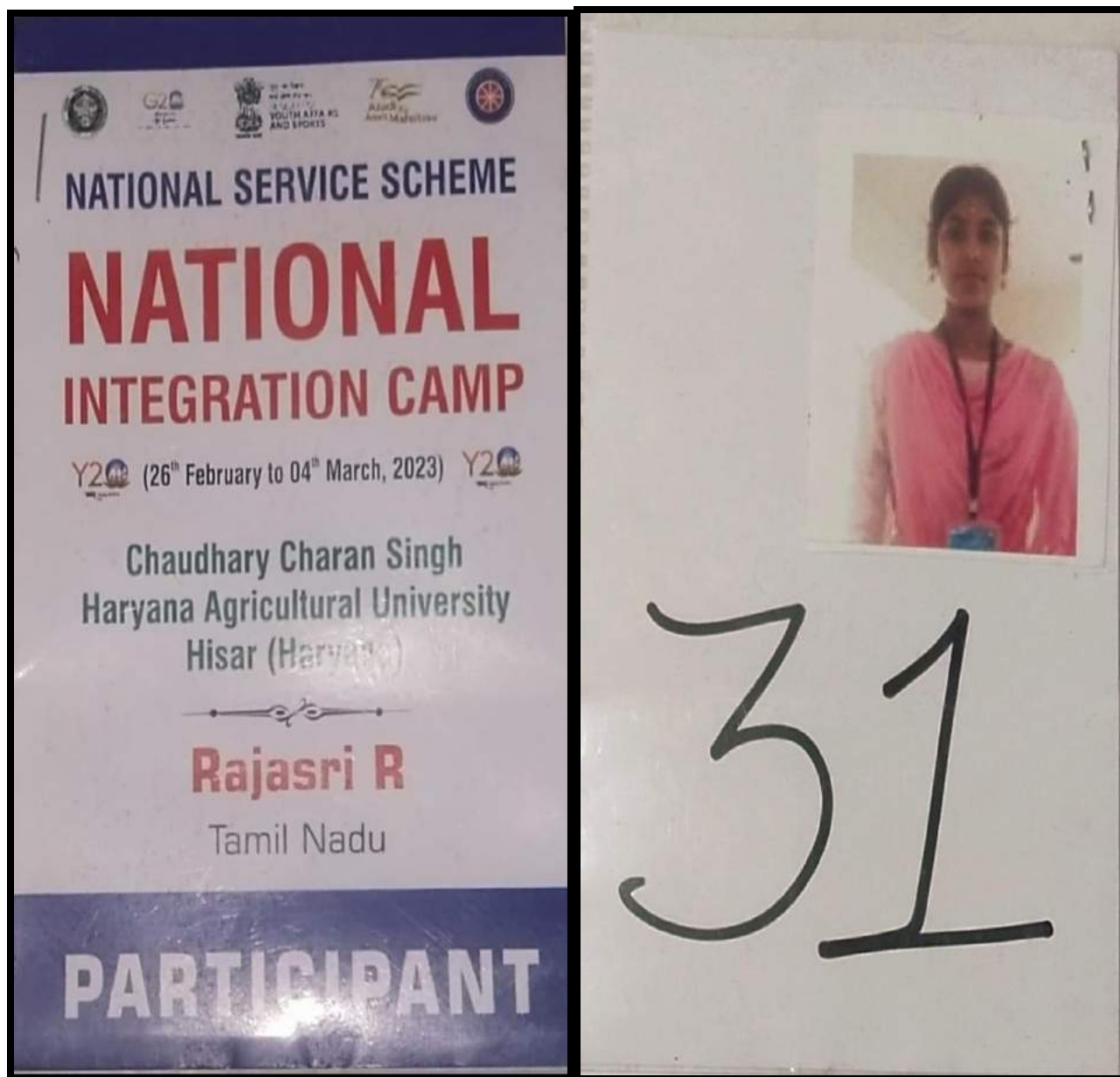
TAMILNADU TEAM

NSS VOLUNTEERS

NSS REGIONAL DIRECTORATE, CHENNAI
TAMILNADU STATE NSS CELL & ANNA UNIVERSITY, CHENNAI

**Place: Chaudhary Charan Singh Haryana Agriculture
University, Hisar, Haryana**

ID for National Integration Camp at Chaudhary Charan Singh, Haryana Agriculture University Hisar, Haryana



Certificate for participating in NATIONAL INTEGRATION CAMP – (2023) held at CCSHA University Hisar Haryana.



75
Azadi Ka
Amrit Mahotsav



भारत सरकार
Government of India
युवा कार्यक्रम और खेल मंत्रालय
Ministry of Youth Affairs & Sports



Sr. No. : 30



G20
भारत 2023
INDIA



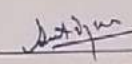
Y20
भारत 2023 INDIA

प्रमाण-पत्र/CERTIFICATE

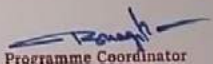
प्रमाणित किया जाता है कि / Certified that श्री / सुश्री / Mr./Ms. Rajasri R
 सुपुत्र / सुपुत्री श्री / Son/Daughter of Shri Rajkot A
 राष्ट्रीय सेवा योजना स्वयंसेवक/NSS Volunteer of Arasn Engineering College, Kumbakonam
 राज्य / केन्द्र शासित प्रदेश / State/UT Tamilnadu

ने दिनांक 26 फरवरी से 4 मार्च, 2023 तक चौधरी चरण सिंह हरियाणा कृषि विज्ञान विश्वविद्यालय, हिसार (हरियाणा) द्वारा राष्ट्रीय सेवा योजना क्षेत्रीय निदेशालय, दिल्ली, युवा कार्यक्रम एवं खेल मंत्रालय, भारत सरकार के सहयोग से कृषि मंत्रालय, चौ.च.सि.ह.कृ.वि., हिसार, हरियाणा में आयोजित राष्ट्रीय एकता शिविर में सहभागिता की / has participated in the National Integration Camp organized by the Chaudhary Charan Singh Haryana Agricultural University, Hisar (Haryana) in collaboration with the Regional Directorate of NSS, Delhi, Ministry of Youth Affairs & Sports, Govt. of India from 26th February to 04th March, 2023 at College of Agriculture, CCSHAU, Hisar, Haryana.


 Vice-Chancellor
CCSHAU, Hisar


 Director, Students' Welfare
CCSHAU, Hisar


 Regional Director
Regional Directorate NSS, Delhi


 Programme Coordinator
CCSHAU, Hisar

CHENNAI TO HARYANA (NIC) TRIP STARTING

CLICK



SEVEN DAY NIC CAMP HOSTEL



INAUGURATION

- 1, The National Integration Camp was inaugurated by Chaudhary Charan Singh, Haryana Agriculture University, Hisar(Haryana). the event was witnessed by Prof. BR Kamboj, the Vice Chancellor of Chaudhary Charan Singh, Haryana Agriculture University Hisar(Haryana).
- 2, The Inaugural event was honored by the Chief Guest Dr. Dinesh Sharma, Haryana State NSS Officer, and many other regional Directorates of NSS Delhi.



DAY-1

1,Started with Document Verification and Registration for the Camp .

2,Then the camp was inaugurated in a grand manner with chief guest Prof. BR Kamboj, the Vice Chancellor of Chaudhary Charan Singh, Haryana Agriculture University, Hisar (Haryana). Inaguration of the camp at 2:30 AM To 4:00 PM.





3, Chief guest Dr. Dinesh Sharma Haryana State NSS Officer, and many other regional of NSS Delhi.

4, The motto of the camp, the thoughts of The Honorable Prime Minister of India, and the role of G20 were a few of the topics that were discussed during The Inaugural Function

		Team 4
	Team leader	Dr. Kamal Kishor Saini
Sr no	Team member	College
1	Supriya	Vivekananda College
	Syed Naveed	Business School, University of Kashmir
3	Rajasri R	Arasu Engineering College, Kumbakonam
5	Basanta Bonia	Madhabdev University, Narayanpur, Lakhimpur, Assam
6	Lokesh Samriya	College of Agriculture, Jodhpur
7	Sneha Bhosale	Tuljaram Chaturchand ASC College, Baramati
8	Soma Das	Balurghat Mahila Mahavidyalaya, Balurghat
9	O. Bhanu	Babu Jagjeevan Ram Govt. Degree College
10	Kosinapogu Vijay Kumar	Krishna Chaitanya Degree College
11	Sonia	Govt. College For Women, Rewari
12	Vishal	Pt. Chiranji Lal Govt. College, Sec-14, Karnal
13	Harender	Govt. College, Kalka
14	Jeenat	IC College of Home Sciences
15	Bijender	COFS, Hisar
16	Samrti	CCSHAU, Hisar
17	Supriya	CCSHAU, Hisar
18	Jaskiran	RIMT Mandi Gobindgarh
19	Rachna Nayak	S.H. Degree Mahavidyalaya, Madanpur, Khurda
20	Neha	Patel Memorial national College

6, After the Students were split into groups, there was an introduction session where all the students introduced themselves to others.

TRADITIONAL DRESS CLICK...



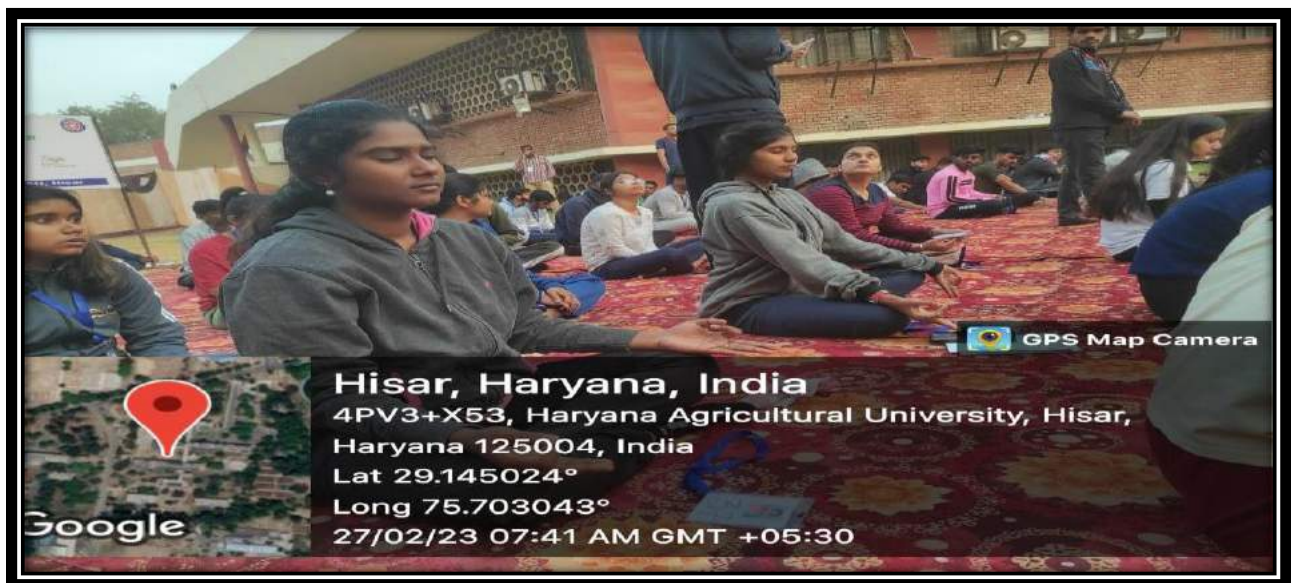
7, Then we had Poster Making Competition And a Poem Reciting Competition at 4:00 PM
To 5:30PM

8, Finally we had Cultural performances from Team Haryana to end the beautiful first day of camp at 6:30 PM To 8:00 PM.



DAY-2

1. The day started with the early morning physical exercise and yoga session at 6:30 AM To 8 AM.



2, Moving On we had our 1st literary session of the camp where, Sachin Gupta, a Sub Inspector of the IG Office of Delhi was the speaker and spoke about, Drug Addiction, addiction



to Mobile Phones, and violence in society.

3, Next up we had Another literary session where first aid skills and CPR training were taught by Mr.Saini to all thevolunteers 11:30 to 1 PM

4,Many volunteers also had hands-on experience with theHuman models that were provided for the sessionThen we had Solo Singing Competition and Collage Making Competition.

5, We also had physical games sessions where volunteersinvolved in games like bomb squad, tug of war 4 to 5 PM.

TUG OF WAR



DAY-3

1, The third day also started with an early morning yoga session where the volunteers were



taught about the different types of Pranayamas 6:30 To 8 AM.

2, The first literary session had Dr. surrender Singh, HOD of the Agriculture and Metrology department of CCSHA University, who shared his insights about Our environment and its emergency concerns (climate change) at 9 To 11 AM.

3, The next literary session had 2 speakers where the first one was DS Dahiya, 4time NSS National award winner session at 11:30 To 12 AM.

4, who spoke about Formal Education in Personality development and the second speaker was Dr. RK Banu, a distinguished Alumni of CCSHAU University.

5, who spoke about the importance of such NIC camps being conducted and how it will help



the volunteers in personal life 12:30 To 1PM.

6, Volunteers made people aware by taking out a rally. Professor BRKamboj, Vice Chancellor of Chaudhary Charan Singh, Haryana Agricultural, University started the rally by showing



the green flag.

7, Regional Director Jangjilong, Mr. Manoj, Mr. Deshraj, Director of Student Welfare Dr. AtulDhingra, Dean Agriculture College Dr. SK Pahuja, etc. were present in the rally at 4 To 5:30pm.



8, The volunteers wore the costumes of their respective states and introduced the country's culture and integrity.

9, A Cultural Program was organized during which volunteers from Andhra Pradesh, and Telangana their respective traditional cultures at 6 To 8 pm.

ANDHRAPRADESH CULTURALS



TELANGANA CULTURALS

DAY-4

1, The Day as usual started with a yoga session and the volunteers were taught the Various types of



mudras and the values of Meditation 6:30 To 8 AM.



2, The second literary session saw, the speaker give general social Awareness across various is topics like drug Addiction, women's Harassment, poverty, etc.

3, In the afternoon and evening sessions, the volunteers were taken to Agroha, a manmade



cave temple, a historical place in Haryana.

4, All the volunteers enjoyed the visit thoroughly and the place was a most Recommended Place to Vist at 2:30 To 5:30 PM.

DAY-5

1, It was no surprise as like every day, this day also started with a yoga session at the



Morning from 6:30 to 7:30, The Volunteers were taught the benefits of good sleep during the session at 6:30 to 8 AM

2, Then we had Only one literary session where the speaker was Mr. Neeraj Kumar Gupta



who spoke and gave his knowledge about the usage of meditation in personality development. He also taught some easy meditation practices to the Volunteers session at 9:00 To 11:00 PM.

3, Competitions like group Singing and Slogan Making were conducted for the participants.

4, Then, the Volunteers were taken for a visit around the CCSHAU campus at 11:00 To 1:00 PM.



INDIRA GANDHI AUDITORIUM



NEHRU LIBRARY

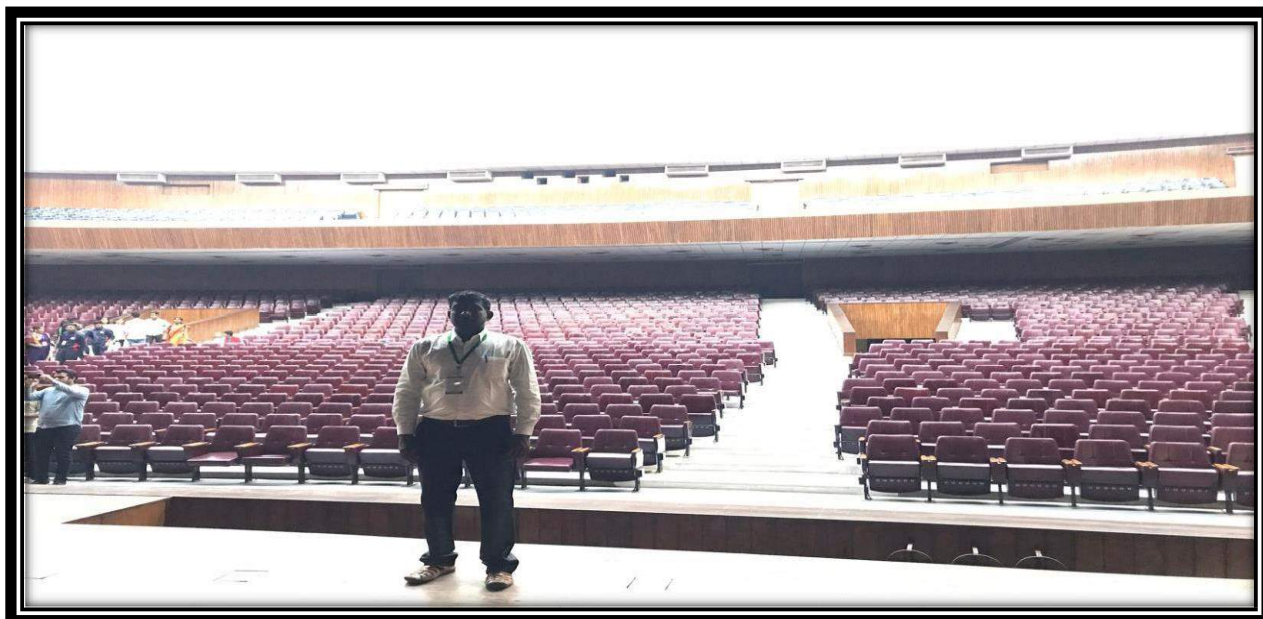


CCSHAU ENTRANCE

5, Everyone was Astonished to see the facilities that were provided to the students studying there, It Has an auditorium with a capacity of 4000 people.

AUDITORIUM

6, To finish the day, Team Odisha and Team Tamil Nadu participated in various cultural



activities and Tamil Nadu got some great appreciation 6 to 8 PM.

TAMILNADU PERFORMANCE

TAMILNADU GROUP DANCE



SILAMBAM PERFORMANCE



DOUBLE STICK PERFORMANCE IN SILAMBAM



CLASSICAL PERFORMANCE



SURULWAL PERFORMANCE



TAMILNADU GROUP PHOTO



DAY-6

- 1, Without any surprise, the day started with a physical exercise session where the volunteers were taught some mild exercises to practice regularly 6:30 To 8:00 AM.
- 2, The first literary session saw Dr. SK pahuja, share his thoughts about self Confidence



and the ways of acquiring at 9:00 To 11:00 AM.

3, Dr. Kashmiri Lal was the chief guest for the second Mr. Neeraj Kumar Gupta session as he shared the ideology of Aatmanirbar Bharat.

4, Competitions like Solo Dance, Group Dance, and Rangoli were conducted for the volunteers and many volunteers from Tamil Nadu participated a cinch event.

5, Dr. M Manoj, PO from Tamil Nadu was one of the 3-panel judges for the solo and group dance competition.

6, The day ended with cultural performances of West Bengal, Assam, and Sikkim.

WEST BENGAL CULTURALS



ASSAM CULTURALS



SIKKIM CULTURALS



DAY-7

- 1, The last day ended with only a valedictory function for the camp. The chief guest was Dr. Kamal Gupta, Minister of Urban Local Self-government of Haryana.
- 2, All the participants of the NIC camp were awarded their camp Certificates by the chief guest.



NATIONAL INTEGRATION CAMP-(2023) E- NEWS PAPER CUTTING

**திருவிடைமருதூர் அருகே
அரசு இன்ஜினியரிங் கல்லூரி மாணவி
சிலம்பம் விளையாட்டில் சாதனை**



▶ அண்ணா பல்கலைக்கழக துணைவேந்தர் வேல்ராஜ், சிலம்பம் விளையாட்டில் தேசிய அளவில் சாதனை படைத்த கொண்டாங்குடி அரசு இன்ஜினியரிங் கல்லூரி மாணவி ராஜலீக்கு பரிசு வழங்கினார்.

திருவிடைமருதூர், மார்ச் 18:மத்திய இளைஞர் நலன் மற்றும் விளையாட்டுத் துறை அமைச்சகத்தின் சார்பாக அகில இந்திய அளவில் தேசிய ஒருமைப் பாட்டு முகாம் ஹரியானா மாநிலம், ஹிசாரில் உள்ள சவுத்ரி சரண் சிங் ஹரியானா வேளாண்மை பல்கலைக்கழகத்தில் கடந்த பிப்ரவரி 26 முதல் மார்ச் 4 வரை 7 நாட்கள் நடைபெற்றது. இம்முகாமில் தமிழ் நாட்டின் அண்ணா பல்கலைக்கழகம் சார்பாக நாட்டு நலப்பணித் திட்ட மாணவர்கள் 10 பேர் கலந்து கொண்டனர். இதில் அரசு இன்ஜினியரிங் கல்லூரியின் நாட்டு நலப்பணித் திட்ட மாணவி ராஜலீகு திருச்சிமண்டலம் சார்பாக இந்த முகாமிற்கு தேர்வு செய்யப்பட்டார். இந்த முகா

மில் பாரம்பரிய கலையான சிலம்பம் மற்றும் பரதநாட்டிய நடனத்தை வெளிப்படுத்தி தமிழகத்தின் தொன்மையையும், பழமை மாறாத கலாச்சாரத்தையும் வெளிப்படுத்தி பெருமை சேர்த்துள்ளார். தனது பங்களிப்பை சிறப்பாக வெளிப்படுத்திய மாணவியை அண்ணா பல்கலைக்கழக துணைவேந்தர் வேல்ராஜ், அண்ணா பல்கலைக்கழக நாட்டு நலப்பணித்திட்ட ஒருங்கிணைப்பாளர் ராஜேஷ், திருச்சிமண்டல நாட்டு நலப்பணித்திட்ட ஒருங்கிணைப்பாளர் குமரகுருபரன் ஆகியோர் பாராட்டினர். மேலும் அரசு இன்ஜினியரிங் கல்லூரி நிறுவனர் திருநாவுக்கரசு, தலைவர் செந்தில்குமார் ஆகியோர் மாணவிக்கு பாராட்டினர்.



ALL STATE GROUP PHOTO



ODISSA & TAMILNADU



TELANGANA & TAMILNADU



ANNA UNIVERSITY

1, National service scheme is implemented by the Indian government aimed at developing the personality and character of students through community service. It is possible that the NSS volunteers were participating in the National Integration Camp in Haryana Hisar, where Dr.R. Velraj appreciated their efforts.

2, Anna University, located in Chennai, is a premier technical university in India, and Dr.R. Velraj is the current Vice Chancellor of the university. It is likely that he visited the camp to show his support for the NSS volunteers and to encourage their participation in such community service activities.





ROUND TABLE CONFERENCE IN ANNA



REPORT FOR 7 DAYS SPECIAL CAMP

INTRODUCTION

We adopted a village named **SERUGUDI KALLUR** Kumbakonam at Thanjavur district . There we halted for 7days (21.03.2022 to 27.03.2022) and done our duty to improve and develop the village by doing some activities. By those activities we help the village to develop the in clean environment. Also we improve the computer knowledge of children in the village.

Day1

Event: School surrounding cleaning.

Date: 21.03.2022

Place: Serugudi Government school.

At 9.30am, We reached Government Primary School located at Serugudi. There the 30minutes. And all NSS Volunteers were engaged in this cleaning programme.

The NSS Programme officer divided the NSS volunteers into several groups. Each group members were allocated with a particular area for cleaning.

I started cleaning the surrounding area of school building. There lot so plastics and weed plants were grown which will act as the paradise for mosquitoes. So I started clearing it completely.

Then after completing lunch at 3.00pm the NSS Programme Officers tell us about the work we need to done for the next 6days. And direct us for learning martial arts.



DAY2

Event : School campus cleaning.

Date: 22.03.2022

Place: Serugudi Government school.

On Day2, We reached the elementary school at 9.30 am as usual. NSS Program Officer assigned certain work to every volunteers and separate them into separate groups.

I worked in the group of School building cleaning. We take half of the school buildings and cleaned completely. Were move the unwanted things kept in the elementary school classrooms. The waste papers and records were taken out and dumped properly.

At 2.30 pm the lunch was arranged. It was awesome and prepared like giving energy to the body.

After taking some rest we started work at 3.30pm. We move all the things .



I worked in the group of School building cleaning. We take half of the school buildings and cleaned completely. We move the unwanted things kept in the elementary school classrooms. The waste papers and records were taken out and dumped properly.

DAY3

Event: Silambam and Yoga training.

Date: 23.03.2022

Place: Serugudi Government school playground.

On day3, We reached the village at 9.30am as usual. After refreshment the NSS Program Officer assigned the work for every volunteers about their Martial arts (Silambam) training and Yoga training.

After Lunch the silambam training was started around 3.00pm. The silambam session was taken by Masters Mr.Vijaykumar and Mr.Abishek. The basic step in silambam were taken by the masters. All the NSS volunteers were actively take part in Silambam Training.

The basic steps they taught were listed below:

- Adimurai
- Salamvarisai
- EaruvarisaiandIranguvarisai
- Vettu
- Vaaral
- Pirali...etc





YOGATRaining

About 10.30am, the yoga practice was started. The morning session was carried out by Guru Thiruneelagandan . He aware us about the Benefits of yoga and teach the students with basic steps in yoga. The steps are:

- Padhmasanam
- Uthigapadmasanam ➤Virichagasanam.
- Ushrasanam
- Vagrasanam
- Kaalahashasaram
- Dhanurasanam
- Chakrasanam
- Sooriyanamaskaram
- Mayurasanam
- Savasanam

. The morning session was carried out by Guru Thiruneelagandan . He aware us about the Benefits of yoga and teach the students with basic steps in yoga



DAY4

Event: Silambam core training

Date: 24.03.2022

Place: Serugudi Government school play ground.

On day4, We reached the Serugudi Government school play ground to continue the silambam training.

SILAMBAM

Silambam is an Indian martial art originating in south india in the Indian sub continent. This style is mentioned in tamil sangam literature. We areal so known as silambattam, chillambam.

The first stage of silambam practice are mean to provide a foundation for fighting, and also prepatory body conditioning. This includes improving flexibility, agility and hand eye coordination, kinesthetic awareness, balance, strength, speed, muscular and cardio vascular stamina.

Different type of silambam steps was trained for students

The steps are

- Adimurai
- Salamvarisai
- EaruvarisaiaandIranguvarisai
- Vettu

SILAMBAM PHOTOS



DAY5

Event: Medical camp for Tuber culosis awareness rally programme and Tree Planting.

Date: 25.03.2022

Place: Serugudi Government school play ground.

On day5, We reached the village around 9.30am. NSS Programme officers assigned as the work and we started working.

On that day we planned two events.

- (i) To go a rally about Tuberculosis radication and preventive measures.
- (ii) Free Medical camp.

Morning around 10am, the Medical camp was started. The doctors and nurses are came from Government hospitals. All the village people were instructed to consult the doctors and many of them make use of it.

The medical for spread the awareness for village people and children. The awareness is drawing the flexes are students within stand the rally and awareness spread the village people.

After lunch and taking rest , Around 4pm we started a rally about . Tubercolsise radication and preventive measures. The main moto of the rally is to give awareness for the village peoples about the effects of tuberculosis







TREEPLANTING

Tree Plant at the National Service Scheme at college campus. Trees are the foremost source for producing the oxygen in environment, they help stored level of CO₂. As we all know that the whole world is facing the problem of global warming and to recover from such problem planting the trees is become one of the most important aspects today.

Unit-I Programmer Officer or the NSS volunteers by notifying the importance of NSS for them as well as society. He shared his past experiences with volunteers that how he got the success through NSS and what difficulties he faced while performing his role as Programmer Officer. He said that “In society all the human beings are of equal importance, no matter with the Men or Women.” He also said that the dedication is must to accomplish the goals and dreams in life.





DAY6

Event: Computer Training for children, craft make for entrepreneur and uses of Raw Food.

Date: 26.03.2022

Place: Serugudi Government school play ground.

COMPUTER TRAINING FOR CHILDREN

Reading, writing and arithmetic have been the basic skills taught in schools for centuries. But modern times demand that one more essential skill be added to the basics: digital literacy.

Students of: Serugudi Government school, located in the Kalloor, From conceptualization to execution, the digital literacy programme workshops are all their doing.



CRAFT MAKE FOR ENTREPRENEUR

A hand craft, some times more precisely expressed as art is anal hand craft or hand made, is any of awide variety of types of work where **useful and decorative objects are made completely by one's hand or by using only simple, non automated related tools like scissors, carving implements, or hooks.**

Hand craft is about **processing materials by hand with hand tools.** The results can be help ful things or decorative things. The materials utilized in the product are natural, industrially processed or may be recycled. The model so the product are ancient, revised traditional or fashionable.

Crafting **gives you happiness, good health, and creativity.** It also helps and lift others. If are happy, healthy and not stressed out as you create, you become more patient, generous and kind to other people. Crafting also encourages you to share what you create for others.

Necessity of Women hand craft entrepreneur to our healthy society on **26.03.2022**

Mrs. N.Mahalakshmi Handicraft Trainer.

We are explained the various entrepreneurship in the handicraft industries like,

- Wood craft,
- Paper craft,
- Jewellery,
- Embroidery,





BENEFITS OF RAW FOOD

- High in nutrients. A raw food diet tends to be high in fruits, vegetables, nuts, and legumes, all of which are staples of a healthful diet.
- Fewer processed foods. Processed foods tend to be higher in salt, added sugars, and unhealthy full saturated fats.
- Weight loss.
- Retaining enzymes in food.
- Other benefits.

Some foods are more nutritious when eaten raw, while others are more nutritious after being cooked. However, it's unnecessary to follow completely raw diet for good health. For the most health benefits, eat a variety of nutritious raw and cooked foods.

In the short - term, the raw food diet is not likely to pose major health concerns. However, you may develop problems if you follow the diet long-term. A mostly raw diet makes it difficult to get enough calories, protein and certain vitamin and minerals. Some people may not be able to get enough calories from this diet.

INGREDIENT

- Raw Fruits And Raw Vegetables.
- Dried Fruits And Vegetables.
- Freshly Made Fruit And Vegetable Juices.
- Soaked And Sprouted Beans, Other Legumes, And Grains.
- Raw Nuts And Seeds.
- Raw Nut Butters, Such As Peanut Butter And Almond Butter.
- Nut Milks, Including Almond Milk.









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DAY7

Event: Inauguration and Certificate Distribution

Date:27.03.2002

Place: Arasu Engineering College, Kumbakonam.

Inauguration Function of NSS Activity for the year 2022-2023 was held on 27.03.2022 at 10.00 A Min Arasu Engineering College, Kumbakonam. Dignitaries on the inauguration were chief guest NSS Volunteer Alumni Sri. Surya and Sri. Santhosh. Inaugurator Principal Dr.T.Balamurugan, Trainer of Silambam, Mr.Vijaykumar and Mr.Abishek, NSS Program Officer Mr.M.AnandaKumar, NSS Co-ordinator Mr.Parthasarathy were Presided.

Ms. Rajasri and Mr.Harish Students of Arasu Engineering college was selected as unit Leader of NSS for the year 2022-2023.

Chief Guest of the function Dr.T.Balamurugan expressed that the function started with very creative idea were the students were given saplings for the service rendered by them for two year in NSS. Samplings indicated greenery which is important in the presents cenario and for future generation to save environment. As Arasu Engineering College is known for its Culture, Tradition, Ethics and Morality the students to develop their Personalities. Which includes every thing as what to NSS which takes the youth to develop themselves as well as the Society and included that after the work is done by students in campitis the duty of village members to continue it changes hold start from us first.

Trainer of Silambam Mr.Vijaykmar and Mr.Abishek said that education through book is not but also importance should be given for the practical training also . Sir said that as we are NSS students, it is very important for us to have good relationship with society, which also help to solve many of the in the society.

Program ended with Vote of Thanks.





NSS DAY CELEBRATION

India's National Service Scheme (popularly called as NSS). The NSS was formed in 24th sep 1969 with an aim to "inculcate the social welfare thoughts in the students , and to provide service to the society without any prejudice."

NSS volunteers work hard day and night to ensure that every one in our society who is in need gets the every possible help from them that they can also enhance their standard and lead life of dignity in the society with all of us.

NATIONAL SERVICE SCHEME

The National Service Scheme(NSS) is a central sectors Scheme of the government of India, Ministry of Youth Affairs & Sports. It allows the students of Institutions, graduate & post-graduate at colleges and university level of India to be apart of various government-led community service activities & programmes. It aims to provide hands-on experience to young students in delivering community service.

Since the formation of NSS in 1969, the number of students has increased From 40,000 to over 3.8million upto the end of March 2022.

Date of the Event: 24.09.2022

Name of the Event: Celebrations on NSS Day (YouthFestival)

Venue: Offline

No. of Participants: Students-350, Faculty-24

NSS LOGO

The symbol for the NSS has been taken from the Rath Wheel of the world-famous Konark Sun temple. The eight stroke sin the wheel represent 24 hours of a day which is are mind in the service of the nation round the clock. There indicates youth full of passion, energy. The blue colour indicate NSS as a tiny part of the cosmos, always ready to contribute to the welfare of mankind.

**“Public service must be more than doing a job efficiently and honestly It must be a completed
On to the people and to the nation-Margaret Chase Smith”**

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NSS DAY CELEBRATION

NSS Day Celebration Function of NSS Activity for the year 2022-2023 was held on 24.09.2022 at 03.00PM in Arasu Engineering College , Kumbakonam. Dignitaries on the inauguration were chief guest Principal Dr.T.Balamurugan, Vice Principal Mrs.Dr.Kalaimani Shanmugam, Dean of Academics Mr.Rukmangathan NSS Program Officer Mr.M.AnandaKumar, NSS Co-ordinator Mr.Parthasarathy were Presided.

Ms.Rajasri and Mr.Harish Students of Arasu Engineering college was selected as unit Leader of NSS for the year 2022-2023.

Chief Guest of the function Dr.T.Balamurugan expressed that the function started with very creative idea were the students were given saplings for the service rendered by them for two years in NSS. Samplings indicated greenery which is important in the present scenario and for future generation to save environment. As Arasu Engineering College is known for its Culture , Tradition , Ethics and Morality the the students to develop their Personalities. Which includes every thing as what to bedonein NSS which takes the you to develop them selves as well as the Society and included that after the work is done by students in camp it is the duty of village members to continue it change should start from us first. Sir stated that , to work and help each other there is no necessity to known , creed and included that humanity is important for all. Sir also suggested to Conserve Water and Electricity and we should all strive for Pollution Free Earth. Sir concluded that by hearing the speech no thing is going to happen, but atleast if one changes in hundred, it would help the society to develop.





Our College NSS Section President Ms.Rajasri has been promoted as Vice President and This was given by our college principal.







UNIVERSITY AWARD

NSS Award Ceremony was held on Friday, April 28, 2023, at Anna University, Chennai. National Service Scheme (NSS) unit of ARASU ENGINEERING COLLEGE received award from Anna University this year (2022–2023) for the academic year 2021–2022.

The chief guest for the award function **THIRU.UDHAYANITHI STALIN** Honorable Minister of Youth Welfare and Sports Development, Government of Tamilnadu, who distributed the awards.



The Special Address was delivered by additional Chief Secretary Thiru. Athulya Mishra, I.A.S. Youth Welfare and Sports Development, Government of Tamilnadu, and Prof.R. Velraj, Vice Chancellor, Anna University, presided over the function and distributed the awards along with the Honourable Minister.

UNIVERSITY AWARD E-NEWSPAPER CUTTING



BEST VOLOUNTEER IN COLLEGE



2022-2023

REGULAR ACTIVITIES IN COLLEGE CAMPUS

Blood donation is a selfless act that involves voluntarily giving one's blood to save lives. It is a noble and essential contribution to society's healthcare system. Blood transfusions are vital for various medical procedures, including surgeries, treatments for chronic illnesses, and emergency situations. This essay will explore the significance of blood donation, its benefits, and the reasons why more people should participate in this life-saving endeavor.



NSS – Tree Plantation Program

Tree Plantation programme was organized at **ARASU** College of Engineering, through National Service Scheme Unit .

Tree Plantation programme was held in our college campus on 02nd dec 2022 at 11:00 AM. The students of all year students actively participated in the programme. Principal, Dept HOD's, faculty, NSS Volunteers, students are plant saplings in our college premises. Our faculty had also explained about the trees and the importance of tree plantation. At the end of programme there was a photo session with Principal, faculty and students.





ENVIRONMENTAL AWARENESS

Led by the United Nations Environment Programme (UNEP) and held annually on 5 June since 1973, World Environment Day is the largest global platform for environmental public outreach and is celebrated by millions of people across the world. In 2023, it is hosted by Côte D'Ivoire.

To take initiative in creating Environmental awareness about importance of conservation and preservation of environment among students, staff, all stakeholders of the college and community by setting our own example. The institution has

own Green Policy Document for inculcating environmental awareness among all the stakeholders, conscious use of energy and water resources and making the campus litter free.

Use of renewable energy, tree plantation drives, cleanliness drives, forest trails, heritage walks, trekking, waste management help to contribute towards environment sustainability. Awareness is spread through guest lectures, conferences, workshops, poster presentations, rallies etc. Sustainable development is closely related to environmental awareness.

The way of proper utilization and preservation of environmental resources can lead to enhanced sustainable development. In this regard, the development of environmental sustainability values among the students and stake holders can play a vital role to protect the world environment and its resources which ultimately leads to sustainable development.





DOUBLE DIGGING PERMACULTURE

Double digging is a technique where you dig, put the soil to the side, dig a bit more and toss that second lot of soil into the first hole. Essentially, you are turning the soil and bugs upside down and letting their shocked, dead bodies feed the your new plantings

STEP 1 :



STEP 2 :



AWARENESS FOR RIVER BASIN

CONTAMINATION

The importance of rivers as a source of water to mankind cannot be overemphasised. Little wonder workers of Benin-Owina River Basin recently trooped out to create awareness



need to preserve the rivers from pollution. Adibe Emenyonu, who was at the event, captured the essence surrounding the celebration

World Rivers Day is one of the largest environmental celebrations on the planet earth. It is celebrated every fourth Sunday of the year. This year's celebration was however marked on September 27, with a detailed message attached to it.

Therefore, given the importance of rivers to human existence and development, Nigeria joined numerous other countries to celebrate the day in various locations nationwide.

The celebration, which is a maiden edition in Nigeria, was organised by the Federal Ministry of Water Resources through the Department of River Basin Operations and Inspectorate.

