

UNNAT BHARAT ABHIYAN**2025 – 2026****ANNUAL REPORT**

S. No	Title of the Programme	Date	Venue	Resource Person	No. of Beneficiaries
1.	International Yoga Celebrations	20.06.2025	OP Ramasamy Reddiar Auditorium Cauvery College for Women(Autonomous), Trichy.	Dr. P. Kavitha, NCC Officer Cauvery College for Women (Autonomous) Trichy	45 UBA Volunteers
2.	Regional Workshop Cum Orientation Programme	03.07. 2025	Regional Coordinating Institute, Tamilnadu Agricultural University, Coimbatore and hosted at Bishop Heber College (Autonomous). Trichy	Director, UBA RCI Coordinator, Tamilnadu Agricultural University, Coimbatore.	Dr. M. Neela UBA Coordinator
3.	Kaaval Uthavi Download Programme	05.08.2025	Cauvery College for Women (Autonomous)	Ms. P. Vanitha, Sub-Inspector of Police	50 UBA Volunteers
4.	Pledge on Constitution Day	26.11.2025	Cauvery College for Women (Autonomous)	Dr. M. Neela UBA Coordinator	50 UBA Volunteers
5.	One Day Award Programme on “Water, Sanitation Hygiene in the era of climate change” RUSA 2.0 TRP Sciences	07.01.2026	Centre for the Study of Inclusion, Bharathidasan University, Trichy	Dr. M. Vasanthy, Professor, Department Environmental Biotechnology, Bharathidasan University, Trichy. Dr.V.Sukumaran, Professor, Department of Biotechnology, Periyar Institute of Science and Technology, Thanjavur. Dr. S. Suba, Professor & Head, Department of Women’s Studies, Bharathidasan University, Tiruchirappalli. Dr. M. Senthilkumar, Gramalaya, Coordinator, Tiruchirappalli. Ms. Berna Ignatius,	Dr. M. Neela UBA Coordinator

				WASH Specialist and Civil S Consultant, Tiruchirappalli.	
6.	Phase -I -Onboarding of PIs on Tech4Seva	21.01.2026	Online Mode	Regional Coordinating Institute, Tamilnadu Agricultural University, Coimbatore	Dr. M. Neela UBA Coordinator

INTERNATIONAL YOGA DAY CELEBRATIONS

On the eve of International Yoga Day, the UBA volunteers and NCC cadets of Cauvery College for Women enthusiastically participated in a Surya Namaskar session organized in the college auditorium on 20th June 2025. The event aimed to raise awareness about the significance of yoga in promoting physical and mental well-being among youth.

The session began with a brief introduction to the importance of yoga and its relevance in today's fast-paced life. Under the guidance of the UBA Coordinator Dr. M. Neela, a total of 45 NSS volunteers took part in performing Surya Namaskar, a well-known sequence of yoga postures that enhances strength, flexibility, and mindfulness.

The NCC cadets also demonstrated discipline and enthusiasm during the session, showcasing the synchronization and focus required in yogic practice. The combined performance of NSS and UBA volunteers symbolized the spirit of unity and wellness.



Dr.M.Neela, UBA Coordinator participated in the Regional Workshop Cum Orientation Programme on 03.07.2025 at Bishop Heber College (Autonomous), Trichy.





KAAVAL UTHAVI APP DOWNLOAD PROGRAMME

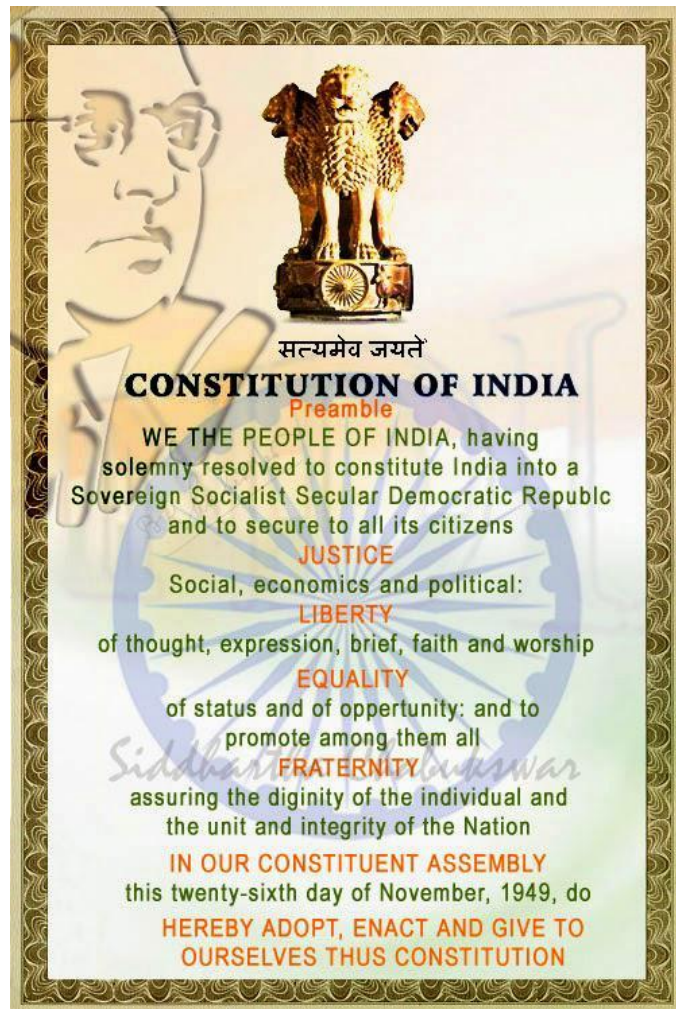
The Unnat Bharat Abhiyan of Cauvery College for Women (Autonomous) organized the Kaaval Uthavi App Download Programme on 5th August 2025 at 11 a.m. The event aimed to create awareness among students about the importance of safety and the role of technology in ensuring quick assistance during emergencies. Dr. M. Neela, UBA Coordinator, welcomed the gathering and introduced the resource person to the audience.

Ms. P. Vanitha, Sub-Inspector of Police from the Anti-Child Tracking Unit, addressed the students and gave a practical demonstration on how to download and use the Kaaval Uthavi mobile application. She explained the key features of the app and guided students on how to use it effectively in emergencies to seek immediate help. A total of 50 students participated and benefited from the session, gaining valuable knowledge on using the app as a safety tool.



CELEBRATION OF CONSTITUTION DAY

The Unnat Bharat Abhiyan of Cauvery College for Women (Autonomous), celebrated Constitution Day on 26th November 2025 at the college campus. The Principal, Dr. S. Ramalakshmi, highlighted the importance of the Indian Constitution and encouraged students to uphold its core values. Dr. M. Neela, NSS Programme Officer, administered the Constitution Day pledge to the participants. A total of 50 UBA volunteers actively took part in the programme.



Dr. M. Neela, UBA Coordinator administered the Constitution Day pledge



Dr. M. NEELA, UBA Coordinator participated in the One Day Awareness Programme on “Water, Sanitation and Hygiene in the era of climate change” under RUSA 2.0 TRP Social Sciences organized by Centre for the Study of Social Inclusion, Bharathidasan University, Trichy on 07.01.2026.



Dr. M. NEELA participated in the Phase -I –Onboarding of PIs on Tech4Seva organized by Regional Coordinating Institute, Tamilnadu Agricultural University, Coimbatore on 21.01.2026.

