

NSS ANNUAL REPORT

2025-2026

Department	Title of the Programme	Date & Venue	Experts/ Resource Persons	No. of Beneficiaries
NSS	International Yoga Day Celebrations	20.06.2025 OP Ramasamy Reddiar Auditorium	Dr. P. Kavitha, NCC Officer Cauvery College for Women (Autonomous) Trichy	45
NSS	International Yoga Day Celebrations	21.06.2025 Khajamalai Campus	Dr. V. Rajesh Kannan, Syndicate Committee Member, Vice Chancellor Committee Member Bharathidasan University Trichy.	Dr. M. Neela Ms. P. Meenakshi NSS Programme Officers 50 NSS Volunteers
NSS	Deeksharambh	26.06.2025 OP Ramasamy Reddiar Auditorium	Dr. M. Neela NSS Program Officer	850
NSS	International Day Against Drug Abuse and Illicit Trafficking	26.06.2025 Trichy Collector's Office to K.A.P. Viswanatham Government Medical College.	Jospeh Eye Hospital	Dr. M. Neela Dr. G. Kanagavalli NSS Programme Officers 30
NSS	"Empowering Youth through Service", Inaugural Ceremony of the Extension Clubs	24.07.2025 Jamal Mohamed College (Autonomous) Trichy	Dr. M. Neela NSS Program Officer	700
NSS	Kaaval Uthavi App Download Programme	05.08.2025 Cauvery College for Women (Autonomous)	Ms. P. Vanitha, Sub-Inspector of Police	50
NSS	State Level Workshop on Youth for Reviving Traditional Sports and Games	08.08.2025 – 10.08.2025 Bharathidasan University	Dr. M. Neela NSS Program Officer	200
NSS	Three Day State Level Workshop on Youth for Reviving Traditional Sports and Games	08.08.2025 – 10.08.2025 Bharathidasan University	B. Durgadevi NSS Volunteer	1 st Prize in Kho- Kho 2 nd Prize in Dodge Ball 2 nd Prize in Potato Race 2 nd Prize in Nondi Relay

				3 rd Prize in KiduKidu Relay
NSS	State Level Adventure Training Programme 2025 Tamilnadu State NSS Cell, Chennai and Periyar University NSS Cell, Salem.	18.08.2025 to 22.08.2025 Yercaud	R. Poornima NSS Volunteer	01
NSS	Three Day Workshop on Youth for Social Justice	24.08.2025 to 26.08.2025 Bharathiar University, Coimbatore	R. Atchaya NSS Volunteer	01
NSS	NSS Orientation Programme - “The Power of We”	25.08.2025 Bon Secours Arts & Science College for Women, Mannargudi	Dr. M. Neela NSS Program Officer	500
NSS	Three Day State Level Workshop on Disaster Management and First Aid	28.08.2025 – 30.08.2025 S.T.Hindu College, Nagarcovil	V. Priyadharshini NSS Volunteer	01
NSS	Three Day State Level Workshop on Youth against Digital Media Addiction	01.09.2025 – 03.09.2025 Madras University, Chennai	V.Dhanya Shree NSS Volunteer	01
NSS	Vikshit Bharat Young Leaders Programme	18.09.2025 Online	Dr. C. Samuel Chellai, Regional Director, Chennai.	NSS Programme Officer Dr. M. Neela
NSS	National Integration Camp	18.09.2025-24.09.2025 Tamil University, Thanjavur.	B.Priyadharshini NSS Volunteer	01
NSS	World Rabies Day Walkathon 2025	28.09.2025 NSS Cell of Bharathidasan University in association with the Rotary Club of Tiruchirappalli Butterflies	Mr.Rahim Rotary Club of Tiruchirappalli Butterflies	NSS Programme Officer Dr. M. Neela & Dr. G. Kanagavalli 50 NSS Volunteers
NSS	Programme on	07.10.2025		NSS Programme

	Cyber Crime Awareness	Bharathidasan University, Trichy		Officer Dr. M. Neela
NSS	Online Meeting on Viksit Bharat Yuva Quiz Revi	09.10.2025 Online	Dr. C. Samuel Chellaih, Regional Director, Chennai.	NSS Programme Officer Dr. M. Neela
NSS	University Level- Pre-Republic Day Parade Selection Camp	15.10.2025 Bharathidasan University Trichy	Dr. C. Samuel Chellaih, Regional Director, Chennai.	NSS Programme Officer Dr.M.Neela 2 NSS Volunteers
NSS	State Level NSS Youth Festival	23.10.2025 -27.10.2025 Vellore Institute of Technology, Chennai.	P. Lavanya NSS Volunteer	01
NSS	One Day Workshop for NSS Programme Officers on Sensitisation against Digital Media Addiction	29.10.2025 & 30.10.2025 Bharathidasan University, Trichy	Officials from Fact Checking Unit.	NSS Programme Officer Dr. M. Neela Dr. N. Sathammai Priya Dr.G.Kanagavalli Ms.P.Meenakshi
NSS	Celebration of Constitution Day	26.11.2025 Cauvery Hall, Cauvery College for Women (Autonomous), Trichy.	Dr. S. Ramalakshmi, Principal, Cauvery College for Women (Autonomous), Trichy	NSS Programme Officer Dr. M. Neela 150 NSS Volunteers
NSS	Child Abuse Awareness Walkathon	26.11.2025 Student Road, Trichy to Vestry School Ground.	Mr. P. Ramajayam NSS Coordinator, Bharathidasan University, Trichy	NSS Programme Officer Dr. N. Sathammai Priya 46 NSS student volunteers
NSS	District Youth Festival	09.12.2025 Bharathidasan University	Mr. P. Ramajayam NSS Coordinator, Bharathidasan University, Trichy	NSS Programme Officer Dr.M.Neela, 15 NSS Volunteers
NSS	Cyber Crime Security Awareness Programme	16.12.2025 Dr.Mrs.Rameshwari Nallusamy Hall, Cauvery College for Women (Autonomous), Trichy.	Mr. Simon Arulprakasham, Legal Advisor, SCOPE India and High Court, Madras & Mr. A. Socrates, Programme Organiser, SCOPE India	500 NSS Volunteers

NSS	Promotion of Mental Health and Prevention of Alcohol, Drug, Social Media Addiction and Suicide	17.12.2025 MMTTC Seminar Hall, Khajamalai Campus, Bharathidasan University.	Dr. K. Ramakrishnan, Chief Psychiatrist Managing Director & CEO, Athma Mind Care Hospital	NSS Programme Officer Dr. M. Neela, & 15 NSS Volunteers
NSS	District Level Sports Meet	20.12.2025 Anna Stadium, Trichy	Dr. Balasubramaniam, Syndicate Member, Bharathidasan University.	NSS Programme Officer Dr. M. Neela, R. Gunasri, II-MSc. Microbiology &A. Asin, III-B.Com
NSS	Road Safety Week Awareness Rally	22.12.2025 Trichy Collector Office to Students Road	Tamilnadu State Transport Corporation.	NSS Programme Officer Dr. M. Neela, & 50 NSS Volunteers
NSS	One Day Awareness Programme on “Water, Sanitation and Hygiene in the era of climate change” under RUSA 2.0 TRP Social Sciences	07.01.2026 Centre for the Study of Social Inclusion, Bharathidasan University, Trichy	Dr. M. Vasanthy, Professor, Department of Environmental Biotechnology, Bharathidasan University, Trichy. Dr.V.Sukumaran, Professor, Department of Biotechnology, Periyar Institute of Science and Technology, Vallam, Thanjavur. Dr. S. Suba, Professor & Head, Department of Women’s Studies, Bharathidasan University, Tiruchirappalli. Dr. M. Senthilkumar, Gramalaya, District Coordinator, Tiruchirappalli. Ms. Berna Ignatius, WASH Specialist and Civil Society Consultant, Tiruchirappalli.	NSS Programme Officer Dr.M.Neela
NSS	National Level Workshop on Swami	08.01.2026 Centre for	Dr. R. Vaniyarajan Ji, Principal(Rtd)	NSS Programme Officer

	Vivekanandha Perspective on Human Thoughts	Spirituality and Yogic Science & Department of Physical Education and Yoga	Vivekananda College, Thiruvudakam. Swami Vimiruthanantha Ji, Ramakrishna Math, Thanjavur.	Dr. M. Neela 50 NSS Volunteers
NSS	Being WASH(Water, Sanitation and Hygiene) Ambassadors -One Day Capacity Building Workshop for NSS Programme Officers	09.01.2026 Department of Women's Studies & National Service Scheme, Bharathidasan University, Tiruchirappalli in association with RUSA 2.0 – TRP Social Science	Padma Shri. Mr. Subbaraman, Director, SCOPE, Tiruchirappalli. Ms. Sugantha Priscilla, Senior Specialist-Social Development, Indian Institute of Human Settlement (IIHS), Banglore.	NSS Programme Officer Dr. M. Neela
NSS	Republic Day Celebration	26.01.2026 Bharathidasan University	Dr.V.Rajesh Kannan Syndicate Committee Member Vice Chancellor Committee Member Bharathidasan University	Ms. P.Meenakshi NSS Program Officer 50 NSS Volunteers
NSS	NSS Special Camp	09.02.2026 – 15.02. 2026 Kulumani Maruthandakurichi Mekkudi Seerathoopu Nachikurichi	Mrs.Jayasri Suresh, Speaker , Entrepreneur , First Craft & OMG Foods- Trichy J.Wilbird Edison, Trustee ,Kanmalai Trust.	250 NSS Volunteers
NSS	CHAMFEST 2K26	25.02.2026 St.Joseph's College Trichy	Mr. P. Ramajayam NSS Coordinator, Bharathidasan University, Trichy	NSS Program Officer Dr.G.Kanagavalli NSS Volunteers Overall Runner
NSS	National Integration Camp	Nitte University (Deemed to be University) Mangalore 13.04.2026 - 19.04.2026	M. Monika NSS Volunteer	01
NSS	JAMFUNSS 2K26	14.03.2026 Jamal Mohamed College	Principal Jamal Mohamed College Trichy	NSS Program Officer Dr.G.Kanagavalli NSS Volunteers Overall Winner

NATIONAL SERVICE SCHEME



MONTHLY REPORT

JUNE-2025

**CAUVERY COLLEGE FOR WOMEN (AUTONOMOUS),
TRICHY-18**

Nationally Accredited (4th Cycle) with “A+” by NAAC

International Yoga Day Celebrations

On the eve of International Yoga Day, the NSS 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 NSS Programme Officer Dr. M. Neela and Ms. P. Meenakshi, 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 NCC students symbolized the spirit of unity and wellness.



International Yoga Day Celebrations

50 NSS Volunteers and the NSS Programme officers Dr.M.Neela and Ms.P.Meenakshi participated in the International Yoga Day Celebrations at Bharathidasan University, Trichy on 21.06.2025. Dr. S. Jeyaprakash, Managing Trustee of the Temple of Consciousness, Trichy, demonstrated yoga to NSS Volunteers. Prof. V.Rajesh Kannan, Member Syndicate and Vice Chancellor Committee, Bharathidasan University, Trichy tendered the Chief Guest Address.



International Day Against Drug Abuse

Dr. M. Neela and Dr. G. Kanagavalli, NSS Programme Officers, along with 30 NSS volunteers, actively participated in the rally organized on the occasion of the International Day Against Drug Abuse and Illicit Trafficking held on 26.06.2025. The rally commenced from the Trichy Collector's Office and concluded at K.A.P. Viswanatham Government Medical College, Trichy. The rally was flagged off by the Trichy City Collector, Mr. Saravanan.

Following the rally, the team attended an awareness programme at K.A.P.V. Government Medical College, themed "Breaking the Chains: Prevention, Treatment, and Recovery for All," emphasizing the collective responsibility in combating drug abuse.





NSS Volunteer D. Mahalakshmi, rendered an awareness speech on Drug Abuse and received the memento from the Principal, KAPV medical College

Deeksharambh

As part of the Deeksharambh Student Induction Programme (SIP) 2025–2026, the **National Service Scheme (NSS)** orientation was held on **26th June 2025** from **2.30 pm to 3.00 pm**. The session aimed to introduce the values, mission, and activities of NSS to the freshers and to inspire them to participate actively in community service and nation-building initiatives.

The session was graced by **Dr. M. Neela**, NSS Programme Officer, who delivered an inspiring address to the newly admitted students. In her speech, Dr. Neela emphasized the motto of NSS, *“Not Me, But You”*, highlighting the importance of selfless service and community involvement. She outlined the core objectives of NSS which include personality

development through social service, instilling discipline, leadership qualities, and civic responsibility in students.

She shared various impactful initiatives undertaken by the NSS units of the college such as blood donation camps, tree plantation drives, awareness rallies on environmental protection, health and hygiene, voter awareness, and rural outreach programmes. Dr. Neela also encouraged students to join NSS to experience the joy of giving back to society and making a difference in people's lives.

The session was interactive and engaging, with students expressing keen interest in volunteering for future NSS activities. The orientation concluded with a motivating quote from Dr. Neela: *"Service to humanity is the best work of life."*



NATIONAL SERVICE SCHEME



MONTHLY REPORT

JULY-2025

**CAUVERY COLLEGE FOR WOMEN (AUTONOMOUS),
TRICHY-18**

Nationally Accredited (4th Cycle) with “A+” by NAAC

Inaugural Ceremony of the Extension Clubs (JMC)

Dr. M. Neela, NSS Programme Officer of Cauvery College for Women (Autonomous), Trichy, had the distinct honour of serving as the Chief Guest for the **Inaugural Ceremony of the Extension Clubs at Jamal Mohamed College (Autonomous), Trichy**, on 24th July 2025, where she emphasized the pivotal role of the National Service Scheme (NSS) in shaping socially responsible and service-minded youth. In her address on **“Empowering Youth through Service”**, she highlighted how NSS fosters leadership, discipline, empathy, and community engagement through impactful activities such as cleanliness drives, environmental initiatives, health awareness programmes, and disaster relief efforts. The dedication and enthusiasm of the NSS volunteers and programme officers

were truly inspiring, reaffirming NSS as a powerful platform for nation-building.



JAMAL MOHAMED COLLEGE (Autonomous)
 Accredited with A++ Grade by NAAC (4th Cycle) with CGPA 3.69 out of 4.0
 (Affiliated to Bharathidasan University)
 Tiruchirappalli – 620 020.



The Centre for Extension Activities of Jamal Mohamed College SF - Women
Cordially Invites You to the Inauguration of its Constituent Clubs
 NSS (NATIONAL SERVICE SCHEME), FINE ARTS CLUB, CITIZEN CONSUMER CLUB, YOUTH RED CROSS, RED RIBBON CLUB, THANNEER SUTRU CHOOLAL MAANAVAR MANDRAM, HELPING HEARTS ASSOCIATION, GENDER CHAMPION CLUB, DRUG ABOLISHERS ASSOCIATION, STUDENT'S EXNORA, ELECTORAL LITERACY CLUB

In the August Presence of Management Committee

Hajee. M. J. Jamal Mohamed Bilal
President

Hajee. Dr. A.K. Khaja Nazeemudeen D.Litt., (U.S.A)
Secretary & Correspondent

Dr. K. Abdus Samad
Assistant Secretary

Dr. D. I. George Amalarethinam
Principal
Presides

Hajee. M.J. Jamal Mohamed
Treasurer

Hajee. Dr. K. N. Abdul Kader Nihal
Member and Honorary Director



Resource Person
Dr. M. NEELA
 Associate Professor
 Department of Business Administration
 Cauvery College for Women (Autonomous), Trichy

Delivers a special address on
Empowering Youth through Service

Date & Time : 24-07-2025 (Thursday) at 4.30 p.m **Venue: NBAG Auditorium**

Dr. M. H. JAHANARA
 Coordinator-Part V Extension Activities
 &
 Faculty Advisor of All Clubs















A Heanty Welcome You all





NATIONAL SERVICE SCHEME



MONTHLY ACTIVITIES REPORT NOVEMBER-2025



**CAUVERY COLLEGE FOR WOMEN
TRICHY-18**

NATIONAL SERVICE SCHEME

2025 – 2026

NOVEMBER MONTH ACTIVITIES REPORT

S. No	Title of the Programme	Date	Venue	Resource Person	No. of Beneficiaries
1.	Celebration of Constitution Day	26.11.2025	Cauvery Hall, Cauvery College for Women (Autonomous), Trichy.	Dr. S. Ramalakshmi, Principal, Cauvery College for Women (Autonomous), Trichy	NSS Programme Officer Dr. M. Neela & 150 NSS Volunteers
2.	Child Abuse Awareness Walkathon	26.11.2025	Student Road, Trichy to Vestry School Ground.	Mr. P. Ramyajayam NSS Coordinator, Bharathidasan University, Trichy	NSS Programme Officer Dr. N. Sathammai Priya & 46 NSS student volunteers

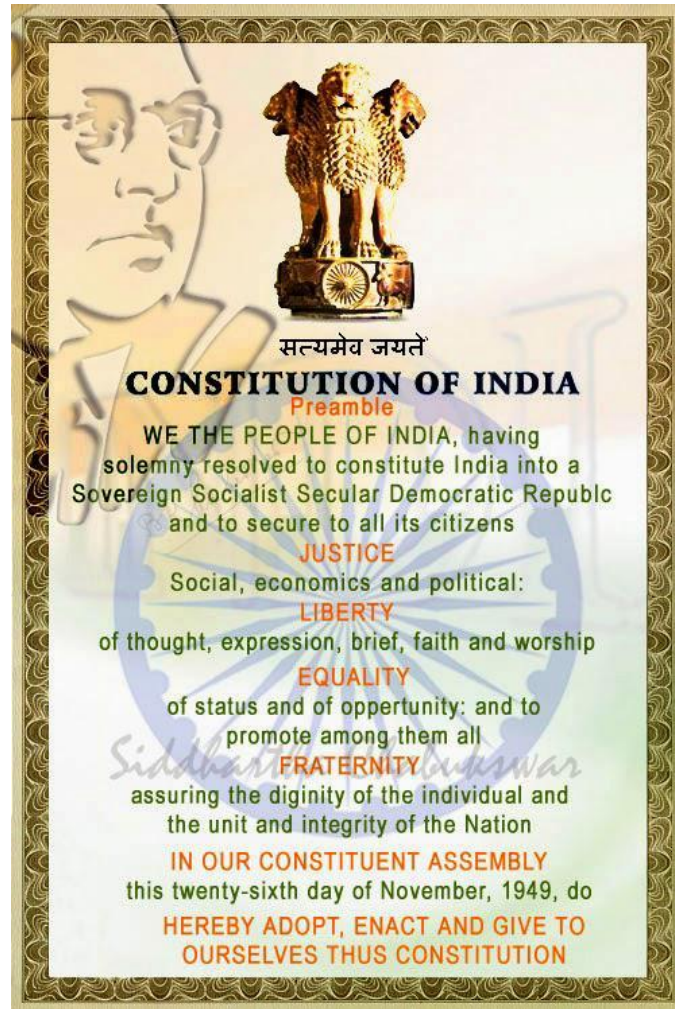
NATIONAL SERVICE SCHEME

CELEBRATION OF CONSTITUTION DAY

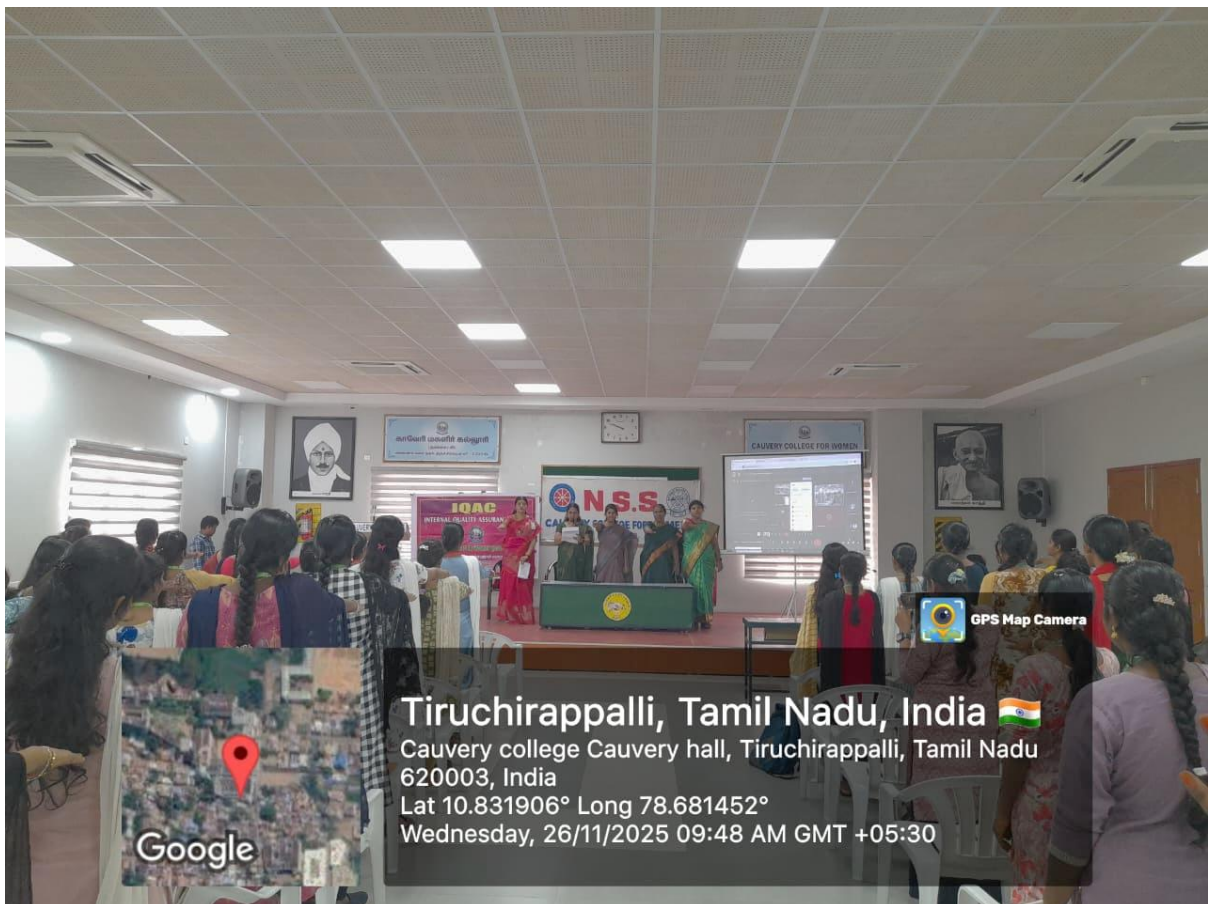
26.11.2025

The National Service Scheme 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 150 NSS student volunteers actively took part in the programme.



**Dr. M. Neela, NSS Programme Officer, administered the Constitution Day
pledge**





NATIONAL SERVICE SCHEME
CHILD ABUSE AWARENESS WALKATHON
26.11.2025

The NSS Units of Cauvery College for Women participated in the Child Abuse Awareness Walkathon organized by the Rotary Club of Next Gen on 26th November 2025. The walk started at Student Road, Trichy, and concluded at Vestry School Ground.

A total of 46 NSS student volunteers, along with NSS Programme Officer Dr. N. Sathammai Priya, actively took part, spreading awareness along the route. At the end of the event, NSS Coordinator Mr. P. Ramyajayam distributed certificates to appreciate the volunteers commitment to the cause.



NSS Programme Officer Dr. N. Sathammai Priya received certificate of participation from the NSS Coordinator Mr.P.Ramajayam



Tiruchirappalli, Tamil Nadu, India 🇮🇳
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NATIONAL SERVICE SCHEME



MONTHLY ACTIVITIES REPORT DECEMBER-2025



CAUVERY COLLEGE FOR WOMEN TRICHY-18

NATIONAL SERVICE SCHEME 2025 – 2026 DECEMBER MONTH ACTIVITIES REPORT

S. No	Title of the Programme	Date	Venue	Resource Person	No. of Beneficiaries
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1.	District Youth Festival	09.12.2025	University Convocation Hall, Bharathidasan University	-	NSS Programme Officer Dr.M.Neela, & 15 NSS Volunteers
2.	Cyber Crime Security Awareness Programme	16.12.2025	Dr.Mrs.Rameshwari Nallusamy Hall, Cauvery College for Women (Autonomous), Trichy.	Mr. Simon Arulprakasham, Legal Advisor, SCOPE India and High Court, Madras & Mr.A. Socrates, Programme Organiser, SCOPE India	500 NSS Volunteers
3.	Promotion of Mental Health and Prevention of Alcohol, Drug, Social Media Addiction and Suicide	17.12.2025	MMTTC Seminar Hall, Khajamalai Campus, Bharathidasan University.	-	NSS Programme Officer Dr.M.Neela, & 15 NSS Volunteers
4.	District Level Sports Meet	20.12.2025	Anna Stadium, Trichy	-	NSS Programme Officer Dr.M.Neela, R.Gunasri of II- MSc. Microbiology and A. Asin of III- B.Com
5.	Road Safety Week Awareness Rally	22.12.2025	Trichy Collector Office to Students Road	-	NSS Programme Officer Dr.M.Neela, & 50 NSS Volunteers

**NATIONAL SERVICE SCHEME
DISTRICT YOUTH FESTIVAL**

09.12.2025

The Tamil Nadu State NSS Cell organized the District Youth Festival for the youth aged 15–29 years in each district. The Tiruchirappalli District Youth Festival was held at the University Convocation Hall on 09.12.2025. NSS Volunteers, under the guidance of Dr. M. Neela, NSS Programme Officer, actively participated in various events and secured the Second Place in Folk Song and Third Prize in Folk Dance competitions. Dr.M.Neela also assisted the Organising Committee in the successful conduct of the festival.

Active participation of students through a dance presentation at the National Youth Festival.





NATIONAL SERVICE SCHEME

CYBER CRIME SECURITY AWARENESS PROGRAMME-16.12.2025

Cyber Crime Security Awareness Programme at Cauvery College for Women, Tiruchirappalli, Dec. 16: The National Service Scheme (NSS) and Internal Quality Assurance Cell of Cauvery College for Women (Autonomous), Tiruchirappalli, in collaboration with SCOPE India Charitable Trust, Karur Vysya Bank Ltd, and Cyber Crime Police, Trichy District, organised a Cyber Crime Security Awareness Programme on December 16, 2025, at Dr. Mrs. Rameswari Nallusamy Hall. The programme was organised with the objective of creating awareness among students about cyber-crimes, cyber security, and safe digital practices in the rapidly growing digital environment. The event began with a warm welcome to the dignitaries and participants, followed by the felicitation address by Dr. S. Ramalakshmi, Principal, Cauvery College for Women. In her address, she stressed the need for cyber awareness among young women and highlighted the importance of responsible and ethical use of digital platforms. The resource person Mr. Simon Arulprakasham, Legal Advisor, SCOPE India and High Court, Madras, delivered an informative session on various types of cyber-crimes, including online frauds, phishing, identity theft, cyber stalking, and social media misuse. Another session was handled by Mr. A. Socrates, Programme Organiser, SCOPE India who emphasized the importance of cyber awareness. Mr. V .Shankar, Trichy City Cyber Crime Head Constable focused on cyber security measures and preventive strategies. He explained the importance of creating strong passwords, avoiding suspicious links, safeguarding personal information, and ensuring secure online banking transactions. The programme was effectively coordinated by Dr. M. Neela, NSS Programme Officer, Cauvery College for Women. Students actively participated in the programme and benefited from the practical insights shared by the resource persons.



Cauvery College For Women (AUTONOMOUS)

Nationally Accredited (IV cycle) with 'A+' Grade by NAAC
Annamalai Nagar, Tiruchirappalli - 620018



National Service Scheme

SCOPE INDIA Charitable Trust

in collaboration with

**Karur Vysya Bank Ltd &
Cyber Crime Police Trichy-Dt**

Organises

CYBER CRIME SECURITY AWARENESS PROGRAMME

Resource Person

Mr.Simon Arulprakasam
Legal Advisor
Scope India
High Court Madras

Mr.A Socrates
Programme Organiser
Scope India

Felicitation:
Dr.S.Ramalakshmi
Principal
Cauvery College for Women
(Autonomous)

Programme Coordinator:
Dr.M.Neela
NSS Programme Officer
Cauvery College for Women
(Autonomous)

Date: 16.12.2025

Time: 10 AM

**Venue: Dr.Mrs.Rameswari
Nallusamy Hall**

Resource person Mr. Simon Arulprakasham, Legal Advisor, delivering an awareness session on Cyber Security during the programme.



Dr. S. Ramalakshmi, Principal, delivering the inaugural address



Dr.M.Neela NSS Programme Officers welcoming the gathering..



**NATIONAL SERVICE SCHEME
WORKSHOP ON PROMOTION OF MENTAL HEALTH AND PREVENTION OF
ALCOHOL, DRUG, SOCIAL MEDIA ADDICTION AND SUICIDE-
17.12.2025**

The NSS Cell and the Department of Social Work of Bharathidasan University jointly organised a One Day Workshop on “Promotion of Mental Health and Prevention of Alcohol, Drug, Social Media Addiction and Suicide” on 17th December 2025 at the MMTTC Seminar Hall, Khajamalai Campus, Trichy. Fifteen NSS Volunteers, along with the NSS Programme Officer Dr. M. Neela, participated in the programme at the University.



**NATIONAL SERVICE SCHEME
DISTRICT LEVEL SPORTS MEET
20.12.2025**

The NSS Volunteers of Cauvery College for Women participated in the District Level Sports Meet on 20.12.2025 at Anna Stadium, Trichy jointly organized by My Bharat Kendra, Tiruchirappalli and NSS Cell for Bharathidasan University, Trichy. R. Gunasri of II- MSc. Microbiology got first prize in Shot put and second prize in 100 meters. A. Asin of III- B.Com got Second Prize in Shot put. The NSS Programme Officer, Dr. M. Neela, was honored with a memento by the organizers for coordinating the event.

**NSS Programme Officer Dr. M. Neela received honor from the District
level sports team**





**NATIONAL SERVICE SCHEME
ROAD SAFETY WEEK AWARENESS RALLY
22.12.2025**

The 50 NSS Volunteers, along with the NSS Programme Officer Dr. M. Neela, participated in the Road Safety Week Awareness Rally conducted from the Trichy Collector Office to Students Road on 22.12.2025. The rally was organised by the Tamil Nadu State Transport Corporation.





NATIONAL SERVICE SCHEME



MONTHLY ACTIVITIES REPORT

JANUARY - 2026



**CAUVERY COLLEGE FOR WOMEN
TRICHY-18**

NATIONAL SERVICE SCHEME
2025 – 2026
JANUARY MONTH ACTIVITIES REPORT

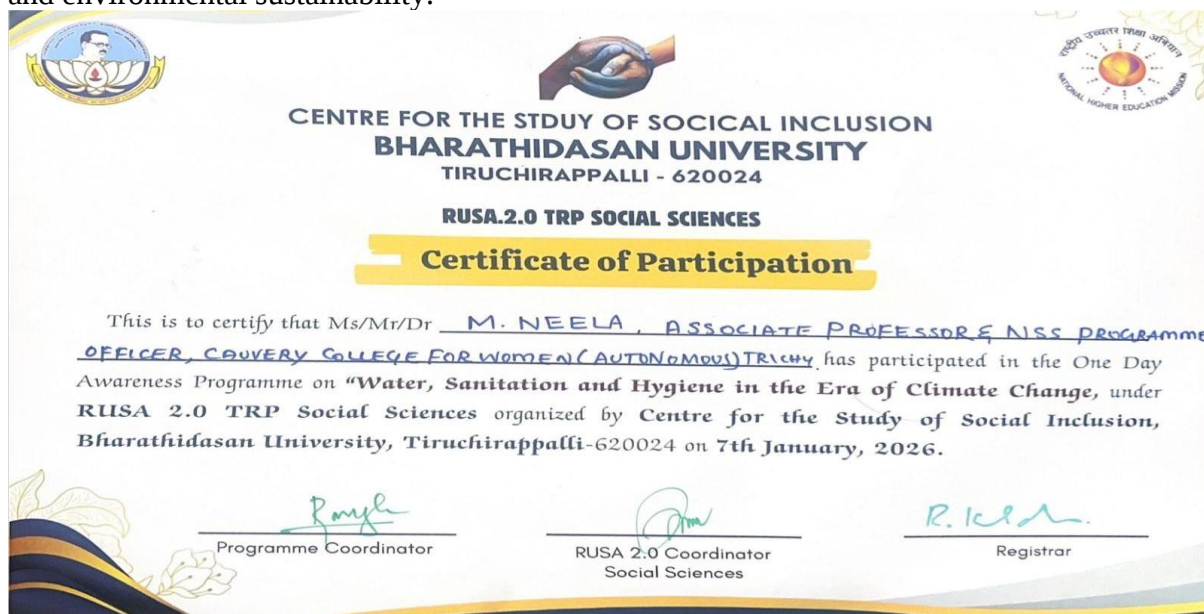
S. No	Title of the Programme	Date	Venue	Resource Person	No. of Beneficiaries
1.	One Day Awareness Programme on “Water, Sanitation and Hygiene in the Era of Climate Change” under RUSA 2.0 TRP Social Sciences	07.01.2026	Centre for the study of Social Inclusion, Bharathidasan University, Trichy 62 024	Dr. M. Vasanthy, Professor, Department of Environmental Biotechnology, Bharathidasan University, Trichy. Dr.V.Sukumaran, Professor, Department of Biotechnology, Periyar Institute of Science and Technology, Vallam, Thanjavur. Dr. S. Suba, Professor & Head, Department of Women’s Studies, Bharathidasan University, Tiruchirappalli. Dr. M. Senthilkumar, Gramalaya, District Coordinator, Tiruchirappalli. Ms. Berna Ignatius, WASH Specialist and Civil Society Consultant, Tiruchirappalli.	NSS Programme Officer Dr.M.Neela,
2.	National Level Workshop on Swami	08.01.2026	Centre for Spirituality and Yogic Science &	Dr. R.Vaniyarajan Ji, Principal (Retd)	NSS Programme Officer

	Vivekananda's Perspective on Human Thoughts		Department of Physical Education and Yoga	Vivekananda College, Thiruvadakam Swami Vimiruthanantha Ji Ramakrishna Math, Thanjavur	Dr.M.Neela, & 50 NSS Volunteers
3.	A One day Capacity Building Workshop titled 'Being WASH (Water, Sanitation and Hygiene) Ambassadors'	09.01.2026	Department of Women's Studies & National Service Scheme, Bharathidasan University, Trichy in association with RUSA 2.0 – TRP Social Science	Padma Shri Mr. Subbaraman, Director, SCOPE, Trichy Ms.Sugantha Pricilla Senior Specialist Social Development, InDIAN Institute of Human Settlement (IIHS) Bangalore	NSS Programme Officer Dr.M.Neela,
4.	Republic Day Celebration	26.01.2026	Bharathidasan University, Trichy	Dr. V. Rajesh Kannan, Syndicate Committee Member, Vice Chancellor Committee Member Bharathidasan University Trichy.	NSS Programme Officer Ms. P Meenakshi & 50 NSS Volunteers

NATIONAL SERVICE SCHEME
One Day Awareness Programme on “Water, Sanitation and Hygiene in the
Era of Climate Change” under RUSA 2.0 TRP Social Sciences
07.01.2026

A One-Day Awareness Programme on “Water, Sanitation and Hygiene in the Era of Climate Change” under RUSA 2.0 – TRP Social Science was successfully conducted on 07 January 2026. The programme was organised by the Centre for the Study of Social Inclusion, Bharathidasan University, Tiruchirappalli.

The main objective of the programme was to create awareness among students and the community about the importance of water conservation, sanitation practices, and hygiene, particularly in the context of climate change. The programme aimed to educate participants on sustainable water management and the need for proper sanitation to improve public health and environmental sustainability.





National Level Workshop on Swami Vivekananda's Perspective on Human Thoughts

08.01.2026

A National Level Workshop on “Swami Vivekananda’s Perspective on Human Thoughts” was successfully conducted on 08 January 2026, jointly organised by the Centre for Spirituality and Yogic Science and the Department of Physical Education and Yoga. The programme aimed to enlighten students and faculty on the relevance of Swami Vivekananda’s philosophy in shaping human thoughts, character, and purposeful living in the contemporary world.

The workshop was graced by the esteemed presence of Dr. R. Vaniyarajan Ji, Principal (Retd.), Vivekananda College, Thiruvudakam, who delivered an inspiring address highlighting Swami Vivekananda’s vision of holistic education and the power of disciplined thinking in personal and social transformation. His talk emphasized the need for youth to cultivate self-confidence, moral strength, and intellectual clarity.

The keynote session was delivered by Swami Vimiruthanantha Ji from Ramakrishna Math, Thanjavur. Through his profound and thought-provoking discourse, he explained Swami Vivekananda’s views on the mind, human potential, and spiritual awakening. The session deeply motivated the participants to practice positive thinking, self-reflection, and service-oriented living.

The workshop witnessed the active participation of the NSS Programme Officer, Dr. M. Neela, along with 50 NSS Volunteers. The volunteers enthusiastically took part in the sessions and interacted with the speakers, gaining valuable insights into the practical application of Vivekananda’s teachings in daily life and community service.

Overall, the workshop was highly enriching and meaningful. It reinforced the importance of spiritual wisdom, mental strength, and ethical values in nurturing responsible citizens and socially committed youth, truly reflecting the timeless relevance of Swami Vivekananda’s thoughts.



WASH (Water, Sanitation and Hygiene) Ambassadors – One Day Capacity Building Workshop for NSS Programme Officers

09.01.2026

A One Day Capacity Building Workshop titled “Being WASH (Water, Sanitation and Hygiene) Ambassadors” was organised on 09 January 2026 by the Department of Women’s Studies and the National Service Scheme, Bharathidasan University, Tiruchirappalli, in association with RUSA 2.0 – TRP Social Science. The workshop aimed to strengthen the knowledge and leadership skills of NSS Programme Officers in promoting water conservation, sanitation practices, and hygiene awareness at the community level.

The programme was enriched by the presence of Padma Shri Mr. Subbaraman, Director, SCOPE, Tiruchirappalli, who delivered an inspiring session on grassroots-level interventions in water and sanitation. He shared practical experiences and successful models of community participation, emphasizing the role of NSS in creating sustainable behavioural change and empowering rural and urban communities through WASH initiatives.

Ms. Sugantha Priscilla, Senior Specialist – Social Development, Indian Institute of Human Settlement (IIHS), Bangalore, conducted an insightful session focusing on the social dimensions of WASH, gender perspectives, and inclusive development. Her interaction highlighted policy frameworks, urban and rural challenges, and the importance of sensitising youth to hygiene, sanitation, and public health issues through structured outreach programmes.

Dr. M. Neela, NSS Programme Officer, actively participated in the workshop and gained valuable insights into capacity building, community engagement strategies, and the role of NSS Programme Officers as WASH Ambassadors. The workshop proved to be highly informative and empowering, equipping participants with practical tools and perspectives to effectively implement WASH-related activities and contribute to healthier, cleaner, and more sustainable communities.



Republic Day Celebration

26.01.2026

The Republic Day celebration was conducted on 26.01.2026 at Bharathidasan University, Tiruchirappalli. The programme was organized to commemorate the spirit of the Constitution and to promote patriotism among students. NSS Programme Officer Ms. P.Meenakshi along with 50 NSS volunteers actively participated in the event. The celebration included the hoisting of the national flag and the observance of Republic Day with great enthusiasm and respect. The NSS volunteers took part in the programme and demonstrated their commitment to national service and social responsibility.





MPHV+8R5, Mathur, Mandaiyur, Tamil Nadu 620024, India

Latitude
10.678353333333332°

Longitude
78.74465833333333°

Local 08:16:55 AM
GMT 02:46:55 AM

Altitude 101 meters
Monday, 26.01.2026

NATIONAL SERVICE SCHEME



MONTHLY ACTIVITIES REPORT

FEBRUARY - 2026



CAUVERY COLLEGE FOR WOMEN TRICHY-18

NATIONAL SERVICE SCHEME 2025 – 2026 FEBRUARY MONTH ACTIVITIES REPORT

S. No	Title of the Programme	Date	Venue	Resource Person	No. of Beneficiaries
1.	NSS Camp inauguration program	09.02.2026	Cauvery college for women	Dr.S.RamaLaksmi, Principal Cauvery College For Women - Trichy	250
2.	Awareness	09.02.2026	Kulumani –	Dr.M.Neela, NSS -	250

	program on “Personality traits that attain excellence through service”		Village	Program officer, Assttstant Professor, Department of Business Administration ,Cauvery College For Women- Trichy	
3.	Awareness on Menstrual Hygiene	10.02.2026	Malliampathu - Village	Dr.G.Kanaga , Former Dean of Alumnae Relation, Professor Department of Social Work., Cauvery college for Women - Trichy	250
4.	Awareness program on Physical health and its contribution to Mental Health on topic “Let us care for the body and strengthen the mind.”	10.02.2026	Kulumani – Village	Ms .Akalya, Assistant professor department of FSMD, Cauvery College For Women- Trcihy.	250
5	Environmental Awareness Program.	11.02.2026	Mekudi – Village	T.Hasina Banu , Assistant professor department of English, Cauvery College For Women- Trcihy.	250
6	Capacity building program on Claering Competitive Examination	11.02.2026	Mekudi – Village	Dr K.Kanaga Valli, Assistant professor department of commerce, Cauvery College For Women- Trcihy	250
7	Awareness On Youth Roles And Responsibilities At Present Scenario In The Society	12.02.2026		Dr G.Mettilda Buvaneswari, Assistant professor department of Social Work, Cauvery College For Women- Trcihy	250
8	Personality traits for women entrepreneurs	12.02.2026	Nachikurichi village	Mrs.R.Subha, IIC Coordinator, , Cauvery College For Women- Trcihy	250
9	Awareness On	12.02.2026	Nachikurichi	Mrs.N.Sudhandira	250

	Hygiene The Responsibility Of Every Citizen.		village	devi, Departmet of English Cauvery College For Women- Trcihy	
10	Motivational speech for youth	13.02.2026	Seerathopu village	Dr.N.Saathamai Priya,NSS Program Officer, Assistant Professor, Deapartment of Micro Biology Cauvery College For Women-Trichy	250
11	Awareness on Health and Hygiene	13.2.2026	Seerathopu Village	Dr.S JayaBharathi, Assistant Professor, Deapartment of Micro Biology Cauvery College For Women-Trichy	250
12	Awareness Program On Personality Development	13.02.2026	Naachikurichi village	Dr.M. Elakkya , NSS Program Coordinator, Cauvery College For Women.	250
13	Awareness program on Women and Law	14.02.2026	Malliampathu Village	Ms.Meenakshi.P, NSS Program Officer, Cauvery College For Women – Trichy	260
14	Vocational Training Program	14.02.2026	Malliampathu Village	Mrs.V.Infine Sindhuja, Rotract Club Coordinator, Cauvery College For Women – Trichy	250
15	Skill Development Program an awareness on entrepreneurship skills	14.02.2026	Malliampathu Village	Mrs.Jayasri Suresh, Speaker , Entrepreneur , First Craft & OMG Foods- Trichy	250
16	NSS Camp Valediction ,Awareness and skill development program on Leadership Qualities.	15.02.2026	Malliampathu Village	J.Wilbird Edison, Trustee ,Kanmalai Trust..	250

**NATIONAL SERVICE SCHEME
NSS CAMP INAUGURATION PROGRAM
09/02/2026**

NSS CAMP INAUGURATION REPORT

The National Service Scheme (NSS) Camp inauguration program was successfully conducted on 9th February 2026 at Cauvery College for Women. The event marked the beginning of a special camp aimed at promoting social responsibility, community service, and student engagement in rural development activities.

The program commenced with a warm welcome address by NSS program officer Dr.M.Neela to the dignitaries, faculty members, NSS volunteers, and beneficiaries. Followed by presidential address by Madam Principal Dr.S Ramalakshmi.. In her speech, she emphasized the importance of youth participation in community development and encouraged the volunteers to serve society with dedication and compassion.

The inauguration ceremony highlighted the objectives of the NSS camp, including health awareness, environmental protection, sanitation, and social welfare activities. The NSS Program Officer outlined the schedule and various initiatives planned for the camp.

Around 250 beneficiaries NSS volunteers and people from the local community participated in the program, reflecting strong community involvement and support. The inaugural function followed by student paying visit to kulumai village to collect the socio demography details.



Awareness Program on “Personality Traits that Attain Excellence through Service”

09.02.2026

An awareness program on “**Personality Traits that Attain Excellence through Service**” was successfully conducted on **09.02.2026** at **Kulumani Village**. The program aimed to instill the importance of service-mindedness and the development of positive personality traits among the participants.

The session was led by **Dr. M. Neela**, NSS Program Officer and Assistant Professor, Department of Business Administration, Cauvery College for Women, Trichy. She served as the resource person and delivered an insightful and engaging talk.

During her address, Dr. Neela emphasized that qualities such as empathy, leadership, discipline, and responsibility are strengthened through selfless service. She highlighted the role of youth in nation-building and encouraged the participants to actively engage in community service activities to enhance their personality and social awareness.

The program witnessed active participation from around **250 beneficiaries**, including villagers and youth. The interactive session enabled participants to share their thoughts and gain a deeper understanding of how service contributes to personal growth and societal development.

Overall, the awareness program was highly informative and impactful. It successfully motivated the participants to adopt service-oriented values and strive for excellence in their personal and social lives.



NSS CAMP DAY 2

AWARENESS PROGRAM ON MENSTRUAL HYGIENE

10.02.2026

An awareness program on menstrual hygiene was conducted on 10th February 2026 at Malliampathu Village as part of the NSS special camp activities organized by Cauvery College for Women, Trichy.

The program aimed to educate women and adolescent girls about the importance of menstrual hygiene, breaking myths and taboos, and promoting healthy practices. A large number of participants, including 250 NSS volunteers and local villagers, actively took part in the session.

The resource person for the program was Dr. G. Kanaga, Former Dean of Alumnae Relation and Professor, Department of Social Work, Cauvery College for Women, Trichy. She delivered an informative and engaging session, highlighting the significance of maintaining proper hygiene during menstruation to prevent infections and ensure overall well-being.

Dr. Kanaga also addressed common misconceptions surrounding menstruation and encouraged open discussions to remove social stigma. She emphasized the use of safe and hygienic sanitary products and proper disposal methods. The session included interactive discussions, where participants were encouraged to ask questions and share their experiences.

The program created a positive impact among the participants by increasing awareness and promoting confidence to discuss menstrual health issues openly. NSS volunteers also gained valuable knowledge, enabling them to further spread awareness in their communities.



NSS CAMP DAY 2

AWARENESS PROGRAM ON PHYSICAL HEALTH AND ITS CONTRIBUTION TO MENTAL HEALTH (10.02.2026)

An awareness program on “Physical Health and its Contribution to Mental Health” with the theme “*Let us care for the body and strengthen the mind*” was conducted on 10th February

2026 at Kulumani Village. The program was organized as part of the NSS special camp activities by Cauvery College for Women, Trichy.

The primary objective of the program was to create awareness about the strong connection between physical health and mental well-being, and to encourage individuals to adopt healthy lifestyles for a balanced and stress-free life.

The resource person for the session was Ms. Akalya, Assistant Professor, Department of FSMDD, Cauvery College for Women, Trichy. She delivered an insightful and motivating talk on the importance of maintaining physical fitness through regular exercise, proper nutrition, and healthy daily routines. She explained how physical health directly influences mental health by reducing stress, anxiety, and depression.

Ms. Akalya also highlighted the role of balanced diet, adequate sleep, and physical activity in improving concentration, emotional stability, and overall quality of life. The session included practical tips on maintaining a healthy lifestyle and encouraged participants to incorporate simple habits such as walking, yoga, and mindful eating into their daily routines.

Around 250 NSS volunteers and local villagers actively participated in the program. The session was interactive, allowing participants to raise questions and share their experiences, which made the program more engaging and impactful.



NSS CAMP DAY 3

ENVIRONMENTAL AWARENESS PROGRAM (11/02/2026)

An Environmental Awareness Program was conducted on 11th February 2026 at Mekudi Village as part of the NSS special camp organized by Cauvery College for Women, Trichy.

The main objective of the program was to create awareness among the public about the importance of protecting the environment and adopting sustainable practices in daily life. The

program also aimed to encourage community participation in environmental conservation activities.

The resource person for the session was Ms. T. Hasina Banu, Coordinator Exnora Club Assistant Professor, Department of English, Cauvery College for Women, Trichy. She delivered an informative and thought-provoking speech on environmental issues such as pollution, deforestation, and climate change. She emphasized the need for collective responsibility in preserving natural resources for future generations.

Ms. Hasina Banu also highlighted simple eco-friendly practices such as reducing plastic usage, proper waste management, tree plantation, water conservation, and maintaining cleanliness in surroundings. She motivated the participants to take small but meaningful steps toward environmental protection

Around 250 NSS volunteers and local villagers actively participated in the program. The session was interactive, with participants showing keen interest and engaging in discussions on environmental challenges and solutions



NSS CAMP DAY 3

CAPACITY BUILDING PROGRAM ON CLEARING COMPETITIVE EXAMINATION (11/02/2026)

A Capacity Building Program on “Clearing Competitive Examinations” was conducted on 11th February 2026 at Mekudi Village as part of the NSS special camp organized by Cauvery College for Women, Trichy.

The objective of the program was to guide students and young aspirants on how to effectively prepare for various competitive examinations and to motivate them to pursue higher career opportunities through systematic preparation.

The resource person for the session was Dr. K. Kanaga Valli, Assistant Professor, Department of Commerce, Cauvery College for Women, Trichy. She delivered an insightful lecture on the strategies and techniques required to successfully clear competitive exams. She

explained the importance of goal setting, time management, regular practice, and staying updated with current affairs.

Dr. Kanaga Valli also provided useful tips on preparing for different types of examinations, including government job exams, banking, and other competitive tests. She emphasized the need for consistency, self-discipline, and confidence in achieving success. The session also covered guidance on choosing appropriate study materials and managing exam stress effectively.

Around 250 NSS volunteers and beneficiaries actively participated in the program. The session was interactive, with participants asking questions and clarifying their doubts regarding exam preparation and career planning.



NSS CAMP DAY 4

AWARENESS PROGRAM ON YOUTH ROLES AND RESPONSIBILITIES IN THE PRESENT SCENARIO (12/02/2026)

An awareness program on “Youth Roles and Responsibilities in the Present Scenario in Society” was conducted on 12th February 2026 as part of the NSS special camp organized by Cauvery College for Women, Trichy.

The main objective of the program was to enlighten young individuals about their vital role in shaping society and to encourage them to take up responsibilities with commitment, integrity, and social awareness.

The resource person for the session was Dr. G. Mettilda Buvaneswari, Assistant Professor, Department of Social Work, Cauvery College for Women, Trichy. She delivered an inspiring

and thought-provoking lecture highlighting the importance of youth in nation-building and social development.

Dr. Mettilda Buvaneswari emphasized that today's youth play a crucial role in addressing social issues such as poverty, education, gender equality, environmental protection, and community welfare. She encouraged the participants to be responsible citizens by actively engaging in social service, maintaining ethical values, and contributing positively to society. She also spoke about the challenges faced by youth in the modern world, including the influence of social media, unemployment, and peer pressure, and provided guidance on how to overcome these challenges through self-discipline, continuous learning, and strong moral values.

Around 250 NSS volunteers and local people actively participated in the program. The session was interactive, allowing participants to share their views and gain clarity on their roles and responsibilities in society.



NSS CAMP DAY 4

AWARENESS PROGRAM ON PERSONALITY TRAITS FOR WOMEN ENTREPRENEURS (12/02/2026)

An awareness program on “Personality Traits for Women Entrepreneurs” was conducted on 12th February 2026 at Nachikurichi Village as part of the NSS special camp organized by Cauvery College for Women, Trichy.

The main objective of the program was to inspire and educate women on the essential personality traits required to become successful entrepreneurs and to encourage them to explore self-employment opportunities.

The resource person for the session was Mrs. R. Subha, IIC Coordinator, Cauvery College for Women, Trichy. She delivered an informative and motivating session highlighting the key qualities that contribute to entrepreneurial success.

Mrs. Subha emphasized important personality traits such as leadership, self-confidence, risk-taking ability, creativity, decision-making skills, and perseverance. She explained how these

qualities help women overcome challenges and succeed in business ventures. She also encouraged participants to believe in their abilities and to take initiative in starting small-scale enterprises.

The session also covered practical aspects such as goal setting, communication skills, time management, and financial awareness. Real-life examples were shared to motivate participants and provide a clear understanding of entrepreneurial growth.

Around 250 NSS volunteers and local women beneficiaries actively participated in the program. The session was interactive, with participants engaging in discussions and clarifying their doubts regarding entrepreneurship.



NSS CAMP DAY 4

AWARENESS PROGRAM ON HYGIENE – THE RESPONSIBILITY OF EVERY CITIZEN

(12/02/2026)

An awareness program on “Hygiene – The Responsibility of Every Citizen” was conducted on 12th February 2026 at Nachikurichi Village as part of the NSS special camp organized by Cauvery College for Women, Trichy.

The primary objective of the program was to educate the public about the importance of personal and community hygiene and to promote healthy practices for a better quality of life.

The resource person for the session was Mrs. N. Sudhandira Devi, Department of English, Cauvery College for Women, Trichy. She delivered an informative and engaging talk emphasizing the significance of maintaining cleanliness in daily life.

Mrs. Sudhandira Devi coordinator of Leo club, Cauvery College for Women-Trichy , highlighted key aspects of hygiene such as personal cleanliness, proper handwashing, safe drinking water, sanitation, and waste management. She stressed that maintaining hygiene is not only an individual responsibility but also a collective duty that contributes to the overall health of the community.

Around 250 NSS volunteers and local villagers actively participated in the program. The session was interactive, with participants showing keen interest and gaining awareness about maintaining hygiene in their daily lives.



NSS CAMP DAY 5

MOTIVATIONAL SPEECH FOR YOUTH (13.02.2026)

A motivational speech for youth was conducted on 13th February 2026 at Seerathopu Village as part of the NSS special camp organized by Cauvery College for Women, Trichy.

The main objective of the program was to inspire and motivate young individuals to develop a positive attitude, set clear goals, and strive for success in their personal and professional lives.

The resource person for the session was Dr. N. Saathamai Priya, NSS Program Officer and Assistant Professor, Department of Microbiology, Cauvery College for Women, Trichy. She delivered an inspiring and energetic speech that encouraged the youth to believe in themselves and work towards achieving their dreams.

Dr. Saathamai Priya emphasized the importance of self-confidence, determination, hard work, and perseverance in overcoming challenges and achieving success. She motivated the participants to stay focused, make wise decisions, and utilize opportunities effectively.

She also highlighted the role of education, discipline, and positive thinking in shaping a successful future. Real-life examples and practical advice were shared to guide the youth in handling difficulties and building resilience.

Around 250 NSS volunteers and local youth actively participated in the program. The session was highly interactive, with participants showing enthusiasm and engaging in discussions.



NSS CAMP DAY 5

AWARENESS PROGRAM ON HEALTH AND HYGIENE (13/02/2026)

An awareness program on “Health and Hygiene” was conducted on 13th February 2026 at Seerathopu Village as part of the NSS special camp organized by Cauvery College for Women, Trichy.

The primary objective of the program was to educate the public about the importance of maintaining good health and hygiene practices for a healthy and disease-free life.

The resource person for the session was Dr. S. Jaya Bharathi, Assistant Professor, Department of Microbiology, Cauvery College for Women, Trichy. She delivered an informative and insightful talk on the significance of personal hygiene and preventive healthcare.

Dr. Jaya Bharathi emphasized the importance of daily hygiene practices such as regular handwashing, safe drinking water, proper sanitation, and maintaining clean surroundings. She also highlighted the role of nutrition, exercise, and cleanliness in preventing various diseases. The session also focused on creating awareness about common communicable diseases and the ways to prevent them through hygienic practices. Participants were encouraged to adopt healthy habits and spread awareness within their communities.

Around 250 NSS volunteers and local villagers actively participated in the program. The session was interactive, with participants showing keen interest and actively engaging in discussions.



NSS CAMP DAY 5

AWARENESS PROGRAM ON PERSONALITY DEVELOPMENT (13/02/2026)

An awareness program on “Personality Development” was conducted on 13th February 2026 at Naachikurichi Village as part of the NSS special camp organized by Cauvery College for Women, Trichy.

The main objective of the program was to educate and guide participants on the importance of personality development, self-confidence, and communication skills for personal and professional growth.

The resource person for the session was Dr. M. Elakkya, NSS Program Coordinator, Cauvery College for Women, Trichy. She delivered an engaging and insightful lecture emphasizing the significance of building a positive attitude, effective communication, and interpersonal skills. She also highlighted the importance of time management, goal setting, and self-discipline in shaping a successful personality.

Dr. Elakkya encouraged the participants to develop leadership qualities, adapt to changes, and cultivate self-confidence to face challenges in life. Practical tips and interactive discussions were conducted to help participants understand ways to improve their personal and professional skills.

Around 250 NSS volunteers and local villagers actively participated in the program. The session was interactive, with participants asking questions and sharing their experiences, which enhanced the learning experience.



NSS CAMP DAY 6

AWARENESS PROGRAM ON WOMEN AND LAW (14/02/2026)

An awareness program on “Women and Law” was conducted on 14th February 2026 at Malliampathu Village as part of the NSS special camp organized by Cauvery College for Women, Trichy.

The main objective of the program was to educate women and the community about their legal rights, laws protecting women, and the importance of legal awareness in ensuring safety and equality.

The resource person for the session was Ms. Meenakshi P., NSS Program Officer, Cauvery College for Women, Trichy. She delivered an informative and engaging lecture on various legal provisions related to women, including laws against domestic violence, harassment, dowry, and sexual offenses. She also highlighted women’s rights in education, employment, property, and health.

Ms. Meenakshi encouraged participants to be aware of their legal rights and to take appropriate action when necessary. She emphasized the role of education, awareness, and active participation in protecting oneself and contributing to a safer society.

Around 260 NSS volunteers and local villagers actively participated in the program. The session was interactive, with participants asking questions, sharing experiences, and clarifying doubts regarding

legal matters.



NSS CAMP DAY 6

VOCATIONAL TRAINING PROGRAM (14/02/2026)

A Vocational Training Program was conducted on 14th February 2026 at Malliampathu Village as part of the NSS special camp organized by Cauvery College for Women, Trichy. The primary objective of the program was to equip participants with practical skills that can help them pursue self-employment, enhance livelihood opportunities, and develop professional competencies.

The resource person for the session was Mrs. V. Infine Sindhuja, Rotaract Club Coordinator, Cauvery College for Women, Trichy. She conducted an engaging and informative session on various vocational skills and techniques relevant for small-scale business and entrepreneurship. She emphasized the importance of skill development, creativity, and consistency in achieving professional success.

Mrs. Sindhuja provided practical demonstrations and hands-on guidance to the participants, covering areas such as basic entrepreneurship skills, craft work, and other marketable vocational activities. She also highlighted the significance of financial planning, marketing, and time management for sustaining small-scale ventures.

Around 250 NSS volunteers and local villagers actively participated in the program. The session was interactive, with participants asking questions and learning practical techniques to implement in their daily lives.



NSS CAMP DAY 6

SKILL DEVELOPMENT PROGRAM AND AWARENESS ON ENTREPRENEURSHIP SKILLS (14/02/2026)

A Skill Development Program focusing on “Entrepreneurship Skills” was conducted on 14th February 2026 at Malliampathu Village as part of the NSS special camp organized by Cauvery College for Women, Trichy.

The primary objective of the program was to create awareness among participants about entrepreneurship, business opportunities, and the essential skills required to become successful entrepreneurs.

The resource person for the session was Mrs. Jayasri Suresh, Speaker, Entrepreneur, and Founder of First Craft & OMG Foods, Trichy. She delivered an inspiring and practical session, highlighting key entrepreneurship skills such as creativity, innovation, leadership, risk-taking, and financial management.

Mrs. Suresh shared her personal experiences as an entrepreneur and emphasized the importance of perseverance, planning, and self-confidence in building a successful business. She also provided practical guidance on identifying market opportunities, starting small-scale ventures, and managing resources efficiently.

Around 250 NSS volunteers and local villagers actively participated in the program. The session was interactive, allowing participants to ask questions, discuss ideas, and understand the practical aspects of entrepreneurship.



NSS CAMP DAY 6

NSS CAMP VALEDICTION AND AWARENESS PROGRAM ON LEADERSHIP QUALITIES

The NSS special camp organized by Cauvery College for Women, Trichy, concluded with a valediction and an awareness program on “Leadership Qualities” on 15th February 2026 at Malliampathu Village.

The main objective of the program was to recognize the contributions of NSS volunteers during the camp and to enhance their understanding of leadership skills and qualities required to inspire and guide others in community service and professional life.

The resource person for the session was Mr. J. Wilbird Edison, Trustee of Kanmalai Trust. He delivered an insightful and motivating session on leadership, emphasizing qualities such as vision, communication skills, decision-making, responsibility, teamwork, and integrity. He encouraged participants to develop confidence, problem-solving abilities, and ethical values to become effective leaders in society.

During the valediction ceremony, certificates of participation were awarded to all 250 NSS volunteers in recognition of their active involvement and dedicated service throughout the camp. The program also included reflections on the various awareness and skill development activities conducted during the camp.

The session was interactive, allowing participants to discuss leadership challenges, share experiences, and gain practical insights into leading teams and managing community initiatives effectively.

The event concluded with a heartfelt vote of thanks, expressing gratitude to the resource person, college authorities, faculty members, and all participants for making the NSS camp successful.

Overall, the NSS Camp Valediction and Awareness Program on Leadership Qualities was highly effective in recognizing volunteer contributions and motivating them to develop leadership skills for personal growth and societal impact.



NATIONAL SERVICE SCHEME



MONTHLY REPORT

APRIL-2026

**CAUVERY COLLEGE FOR WOMEN (AUTONOMOUS),
TRICHY-18**

Nationally Accredited (4th Cycle) with “A+” by NAAC

National Integration Camp

Our NSS Volunteer M.Monicka of II BSW participated in the National Integration Camp (NIC) conducted at Mangalore from 13.04.2026 to 19.04.2026. The camp provided an excellent platform for cultural exchange, leadership development, teamwork, and social interaction with students from various parts of the country. Through her active participation in different activities and sessions, she gained valuable exposure, improved her communication and interpersonal skills, and developed a deeper understanding of national unity and social responsibility.

Student Name: M.Monicka

Reg Num:24103010

Class: II BSW

Duration: 13.04.2026 – 19.04.2026







