



**Reports of the Activities Organized  
by National Service Scheme  
Unit No. 76  
(2021-2022)**

**LIST OF THE NSS VOLUNTEERS (2021-2022)**

<b>2021-2022 (I Year)</b>			
<b>S.No.</b>	<b>Roll No.</b>	<b>Name of the Volunteer</b>	<b>Major</b>
1	21067	SUDHARSAN S	I ECO
2	21068	PRAVEEN KUMAR R	I HIS
3	21069	SUDHAKAR S	I CS
4	21070	MATHAN KUMAR K	I HIS
5	21072	SUBBURAJ P	I HIS
6	21073	MOGITH G	I B.COM.,
7	21075	MANOJ KUMAR N	I CA
8	21076	THARUN J	I HIS
9	21079	KOWSHIK M	I ECO
10	21080	UTHAYAKUMAR G	I PHY
11	21081	PARATVAJ S P	I B.COM.,
12	21083	VETRIVEL K	I CHE
13	21084	ALAGURAJA K	I CHE
14	21085	BHARATH M	I ECO
15	21089	HARIPRASATH V	I MAT
16	21090	MURALISANKAR N	I HIS
17	21093	SARAVANA BHARATHI S	I ZOO
18	21094	HARIRAM T	I CS
19	21096	YUVARAJA S	I ECO
20	21097	HEMANTH RAM S S G	I CA
21	21098	PRADEEP G	I HIS
22	21099	SASIKUMAR R	I CHE
23	21100	ARUMUGA PANDIYAN T	I B.COM.,
24	21101	KIRUTHIKESWARAN K	I CHE
25	21102	NISHIKEDAN S	I PHY
26	21103	PARTHASARATHI S	I CHE
27	21105	ABISHEK P	I B.COM.,
28	21106	NITHISH KUMARAN J	I PHY
29	21107	SRIDHAR R	I CHE
30	21108	SUDHARSHAN R	I CA
31	21109	KARTHIKEYAN P	I CHE
32	21110	NITHEESH R	I CA
33	21113	NAGENDRAN S	I B.COM.,
34	21114	KIRUBANANTHA RITHIK K	I ECO
35	21115	KATHIRESAN S	I CHE
36	21116	PRADEEP K	I B.COM.,
37	21117	SIVASUKESH S	I HIS
38	21118	RAJAN K	I B.COM.,

39	21119	PRABHAHARI P	I B.COM.,
40	21122	PRADEESH P	I HIS
41	21125	VENKATESAN T	I CA
42	21127	NAVEEN V	I B.COM.,
43	21128	HARISH E	I HIS
44	21129	NIRANJAN KUMAR A	I B.COM.,
45	21130	NANDHA KUMAR R	I CA
46	21131	SURYAPRAKASH K	I CHE
47	21132	KAVI K	I CHE
48	21133	SHRI HARAN B	I CS
49	21134	NATRAYAN C	I ZOO

<b>2021-2022 (II Year)</b>			
<b>S. No.</b>	<b>Roll No.</b>	<b>Name of the Volunteer</b>	<b>Major</b>
1.	UG20084	SURYA P	ECO
2.	UG20085	NAVEENKUMAR P	ECO
3.	UG20086	THIYAKU S	ZOO
4.	UG20087	KALIDASS S	ZOO
5.	UG20088	SUNDARRAJ T	HIS
6.	UG20089	STEPHENSON L	PHY
7.	UG20090	GOKUL C	CS
8.	UG20091	RAJESHKANNA R	HIS
9.	UG20092	CHANDRU M	CA
10.	UG20093	KARTHIK S	CA
11.	UG20094	PRAGHALAATHAN R	B.COM.,
12.	UG20095	THAYANITHI C	ECO
13.	UG20096	GOKUL R	HIS
14.	UG20097	KAVASKAR E	CHE
15.	UG20098	MUGESH D	ZOO
16.	UG20099	VIGNESHPRABU B	B.COM.,
17.	UG20101	MURALI M	MATHS
18.	UG20102	RAJESH KANNAN S	CA
19.	UG20104	RAJIV K	B.COM.,
20.	UG20105	NIRMAL KUMAR S	CA
21.	UG20106	SAKTHIYOKESH M	B.COM.,
22.	UG20107	KALAI PALANIRAJAN S	B.COM.,
23.	UG20108	KESAVAN P	PHY
24.	UG20109	MUGESHWARAN M	BOT
25.	UG20110	VINITHBABU R	CHE
26.	UG20111	DHINESH KUMAR K	CHE
27.	UG20112	LOGANATHAN T	B.COM.,

28.	UG20114	VIJAY R	CHE
29.	UG20116	ASWIN J	PHY
30.	UG20117	DEJA CHANDRU S	CA
31.	UG20119	PUGAZHENTHI U	HIS
32.	UG20120	SATHYAPRIYAN S	B.COM.,
33.	UG20121	ARAVIND K	PHY
34.	UG20123	MURUGAVEL N	ECO
35.	UG20125	PREMKUMAR G R	ECO
36.	UG20127	SOMA SUNDARA BHARATHI E M	B.COM.,
37.	UG20128	GOKULNATH C	CA
38.	UG20129	SRIKANTH D	PHY
39.	UG20131	SARAN R C	CHE
40.	UG20132	RANJITHKUMAR T	PHY
41.	UG20133	ARUN KARTHIK R	HIS
42.	UG20134	SUJITH P	B.COM.,
43.	UG20135	MUTHUVIGNESH V	B.COM.,
44.	UG20137	KISHWER C	PHY
45.	UG20138	LAKSHMANAN B	CA
46.	UG20139	RAM KUMAR B	CA
47.	UG20141	GNANSEKARAN S	CHE
48.	UG20142	SADHANANTHAN R	PHY
49.	UG20143	PRAVEENKUMAR V	ECO
50.	UG20145	SARAVANAN MANOHAR R	ZOO
51.	UG20146	SIVAPANDI P	CA
52.	UG20147	SELVARAGAVAN E	ECO
53.	UG20149	SANTHOSHKUMAR T	B.COM.,
54.	UG20150	THIVAKAR M	ECO
55.	UG20151	SAKTHI PRIYAN S	CS
56.	UG20152	SUDARMANI T	CA
57.	UG20153	KRISHNA PRASANTH V	B.COM.,

**LIST OF THE PROGRAMMES ORGANIZED BY NSS UNIT NO. 76 DURING  
2021-2022**

<b>S.No.</b>	<b>Date</b>	<b>Name of the Programme</b>	<b>Place</b>	<b>No. of the Volunteers</b>
1.	24.06.2021	COVID-19 Vaccination Camp	Vivekananda College	15
2.	17.07.2021	COVID-19 Vaccination Camp	Vivekananda College	10
3.	25.08.2021	COVID-19 Vaccination Camp	Vivekananda College	10
4.	02.09.2021	COVID-19 Vaccination Camp	Vivekananda College	8
5.	13.10.2021	International Day for Disaster Reduction Awareness Programme	Sholavandan Bus Stand	10
6.	25.10.2021	75 <sup>th</sup> Independence Day Celebrations: Wall Drawing Programme	Tiruvedakam	10
7.	12.11.2021	COVID-19 Vaccination Camp	Vivekananda College	20
8.	24.12.2021	COVID-19 Vaccination Camp	Vivekananda College	25
9.	27.12.2021	Distribution of Saplings under Green Card Scheme	Vivekananda College	106
10.	28.03.2022	Voter Awareness Programme	Vivekananda College	106
11.	22.04.2022	World Earth Day Celebration	Vivekananda College	10
12.	23.04.2022	Distribution of Saplings under Green Card Scheme	Vivekananda College	106
13.	16.04.2022- 21.06.2022	International Yoga Day Celebrations	Vivekananda College	106

### COVID 19 VACCINATION CAMP- 24.06.2021

The National Service Scheme of Vivekananda College, Tiruvedakam West, has organized a COVID-19 vaccination camp in association with the Government Primary Health Centre, Katchakatti, on June 24, 2021, at Swami Chidbhavanandha Indoor Stadium, Vivekananda College, Tiruvedakam West. Dr. T. Venkatesan, Principal, Vivekananda College, Tiruvedakam West, inaugurated the COVID-19 vaccination camp. NSS Unit No. 76 Programme Officer, Dr. K. Ramesh Kumar, and other units NSS Programme Officers presided over the camp. The COVID-19 vaccination camp has started at 9.30 a.m. The medical team from the Government Primary Health Centre, Katchakatti (the team comprised of eight staff nurses), offered vaccines to NSS volunteers, Vivekananda College and Vivekananda Higher Secondary School staff, Narendra staff quarters people, and other people in and around Vivekananda College premises. 15 NSS volunteers actively coordinated and arranged the event. Nearly 150 beneficiaries got the vaccine and benefited.



**Impact of the Event:** NSS organized and NSS volunteers arranged the COVID-19 vaccination camp, and many people got the vaccine and benefited.

**Remarks and Feedback on the Event:** NSS served by organizing vaccination camps during the pandemic periods and creating awareness among the public about the vaccines.

**COVID 19 VACCINATION CAMP- 17.07.2021**

The National Service Scheme of Vivekananda College, Tiruvedakam West, has organized a COVID-19 vaccination camp in association with the Government Primary Health Centre, Katchikatti, on July 17, 2021, at Swami Chidbhananandha Indoor Stadium, Vivekananda College, Tiruvedakam West. Dr. T. Venkatesan, Principal, Vivekananda College, Tiruvedakam West, inaugurated the COVID-19 vaccination camp. NSS Unit No. 76 Programme Officer, Dr. K. Ramesh Kumar, and other units NSS Programme Officers presided over the camp. The COVID-19 vaccination camp has started at 8.30 a.m. The medical team from the Government Primary Health Centre, Katchakatti (the team comprised of five staff nurses), offered vaccines to NSS volunteers, Vivekananda College and Vivekananda Higher Secondary School staff, Narendra staff quarters people, and other people in and around Vivekananda College premises. 10 NSS volunteers actively coordinated and arranged the event. Nearly 110 beneficiaries got the vaccine and benefited.





**Impact of the Event:** NSS organized and NSS volunteers arranged the COVID-19 vaccination camp, and many people got the vaccine and benefited.

**Remarks and Feedback on the Event:** NSS served by organizing vaccination camps during the pandemic periods and creating awareness among the public about the vaccines.

**COVID 19 VACCINATION CAMP- 25.08.2021**

The National Service Scheme of Vivekananda College, Tiruvedakam West, has organized a COVID-19 vaccination camp in association with the Government Primary Health Centre, Katchikatti, on August 25, 2021, at Swami Chidbhavanandha Indoor Stadium, Vivekananda College, Tiruvedakam West. Dr. T. Venkatesan, Principal, Vivekananda College, Tiruvedakam West, inaugurated the COVID-19 vaccination camp. NSS Unit No. 76 Programme Officer, Dr. K. Ramesh Kumar, and other units NSS Programme Officers presided over the camp. The COVID-19 vaccination camp has started at 09.00 a.m. The medical team from the Government Primary Health Centre, Katchakatti (the team comprised of three staff nurses), offered vaccines to NSS volunteers, Vivekananda College and Vivekananda Higher Secondary School staff, Narendra staff quarters people, and other people in and around Vivekananda College premises. 10 NSS volunteers actively coordinated and arranged the event. Nearly 50 beneficiaries got the vaccine and benefited.

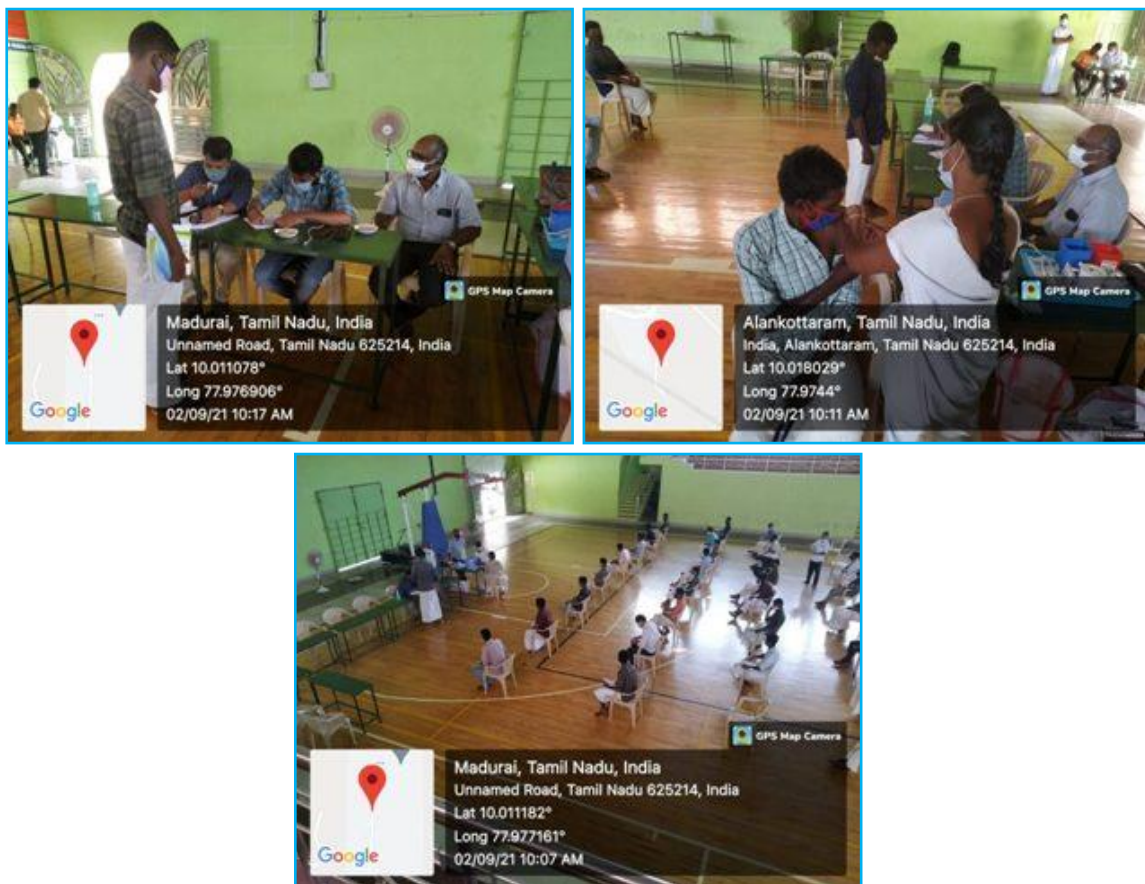
**Impact of the Event:** NSS organized and NSS volunteers arranged the COVID-19 vaccination camp, and many people got the vaccine and benefited.

**Remarks and Feedback on the Event:** NSS served by organizing vaccination camps during the pandemic periods and creating awareness among the public about the vaccines.



**COVID 19 VACCINATION CAMP- 02.09.2021**

The National Service Scheme of Vivekananda College, Tiruvedakam West, has organized a COVID-19 vaccination camp in association with the Government Primary Health Centre, Katchikatti, on September 02, 2021, at Swami Chidbhavanandha Indoor Stadium, Vivekananda College, Tiruvedakam West. Dr. T. Venkatesan, Principal, Vivekananda College, Tiruvedakam West, inaugurated the COVID-19 vaccination camp. NSS Unit No. 76 Programme Officer, Dr. K. Ramesh Kumar, and other units NSS Programme Officers presided over the camp. The COVID-19 vaccination camp has started at 10.00 a.m. The medical team from the Government Primary Health Centre, Katchakatti (the team comprised of three staff nurses), offered vaccines to NSS volunteers, Vivekananda College and Vivekananda Higher Secondary School staff, Narendra staff quarters people, and other people in and around Vivekananda College premises. 8 NSS volunteers actively coordinated and arranged the event. Nearly 60 beneficiaries got the vaccine and benefited.



**Impact of the Event:** NSS organized and NSS volunteers arranged the COVID-19 vaccination camp, and many people got the vaccine and benefited.

**Remarks and Feedback on the Event:** NSS served by organizing vaccination camps during the pandemic periods and creating awareness among the public about the vaccines.

**INTERNATIONAL DAY FOR DISASTER REDUCTION AWARENESS  
PROGRAMME – 13.10.2021**

On the occasion of International Day for Disaster Risk Reduction, the National Service Scheme of Vivekananda College, Tiruvedakam West, has organised an International Day for Disaster Reduction Awareness Programme in association with the Tahsildar of Vadipatti Taluk, Madurai District, revenue department and Tamil Nadu Fire and Rescue Service Department (TNFRS) on October 13, 2021, at Sholavandan Bus Stand. Officers and staff belonging to Revenue department and Disaster Management Department, NSS Unit No. 76 Programme Officer, Dr. K. Ramesh Kumar, and other units NSS Programme Officers conducted this event. The TNFRS officials from Vadipatti and Sholavandan gave training on how to rescue drowning persons, how to prevent fire accidents during festivals and in kitchen. A total of 10 NSS volunteers and volunteers from other units actively participated in this programme, and they learned various life-saving techniques and skills that have to be used during disaster periods and demonstrated disaster safety measures to the gatherings. The volunteers organize a rally and distributed pamphlets about the disaster risk reduction and involved themselves in the training given by TNFRS officials. The public of Sholavandan participated in the programme and understands about the disaster risk reduction methods.





Sl. No	Roll No	Name	Major
1	UG20084	SURYA P	ECO
2	UG20085	NAVEENKUMAR P	ECO
3	UG20086	THIYAKU S	ZOO
4	UG20087	KALIDASS S	ZOO
5	UG20088	SUNDARRAJ T	HIS
6	UG20089	STEPHENSON L	PHY
7	UG20090	GOKUL C	CS
8	UG20091	RAJESHKANNA R	HIS
9	UG20092	CHANDRU M	CA
10	UG20093	KARTHIK S	CA



**Impact of the Event:** NSS volunteers participated in the International day for disaster reduction awareness programme and created awareness among the public.

**Remarks and Feedback on the Event:** Through this programme, the NSS volunteers learned various lifesaving skills and creates awareness.

## 75<sup>th</sup> INDEPENDENCE DAY CELEBRATIONS: WALL DRAWING PROGRAMME – 25.10.2021

The National Service Scheme of Vivekananda College, Tiruvedakam West, has organised a wall drawing programme on October 25, 2021, at Tiruvedakam. Dr. T. Venkatesan, Principal, Vivekananda College, Tiruvedakam West, inaugurated the programme and appreciated the volunteers for their colourful message-saying paintings. NSS Unit No. 76 Programme Officer, Dr. K. Ramesh Kumar, and other units NSS Programme Officers conducted this event. A total of 10 NSS volunteers actively participated in this programme, and they conveyed the status of the environment and created awareness to save the environment and rainwater through their paintings.



**மாலை இதழ்**  
MAALAI ETHAZH

ISSN : 1742-2016/72616

**மாலை இதழ்**  
MAALAI ETHAZH

தூய்மை பாரதம் விழிப்புணர்வு ஓவியங்கள்

மதுரை, அக்ட. 25: மதுரை, திருவேடகம் விவகாசனத்த கல்லூரியின் நாட்டு நலப்பணித்திட்டமானவர்கள் தூய்மை பாரதம் விழிப்புணர்வு கவர் ஓவியங்களை திருவேடகம் பஞ்சாயத்து கவரில் வரைந்தனர்.

75-வது ஆண்டு சுதந்திர தின விழா கொண்டாட்டத்தினை முன்னிட்டு, அந்தந்த பகுதிகளில் பொதுமக்கள் பார்க்கும் வண்ணம் உள்ள பொதுச் கவரில் தூய்மை பாரதம் குறித்த விழிப்புணர்வு கவர் ஓவியங்கள் வரைய வாய்ப்பட்டி வட்டார வளர்ச்சி அலுவலர் பான்டிபன் கேட்டுக் கொண்டதின் பேரில், விவகாசனத்த கல்லூரியின் நாட்டு நலப்பணித்திட்டமானவர்கள் திருவேடகம் பஞ்சாயத்து அலுவலக

கவரில் விழிப்புணர்வு ஓவியங்களை வரைந்தனர். மானவர்களை ஊக்கப்படுத்தும் விதமாக, கல்லூரி முதல்வர் முனைவர் வெங்கடேசன் ஓவிய நுணுக்கங்களை கூறி ஓவியம் வரையும் நிகழ்வை தொடங்கி வைத்தார். வாடிப்பட்டி வட்டார வளர்ச்சி ஒருங்கிணைப்பாளர் நாகராஜ், திருவேடகம் ஊராட்சித் தலைவர் பழனிமாமன், நிவாக அலுவலர்கள் முன்னிலை வந்தனர்.

நாட்டு நலப்பணித்திட்ட அலுவலர்கள் முனைவர் அசோக்குமார் முனைவர் ரமேஷ் குமார் முனைவர் ராஜ்குமார் தினகரன் மற்றும் ரகு ஆடுயார் நிகழ்ச்சியினை ஒருங்கிணைத்தனர்.



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1	UG20084	SURYA P	ECO
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5	UG20088	SUNDARRAJ T	HIS
6	UG20089	STEPHENSON L	PHY
7	UG20090	GOKUL C	CS
8	UG20091	RAJESHKANNA R	HIS
9	UG20092	CHANDRU M	CA
10	UG20093	KARTHIK S	CA

**Impact of the Event:** NSS organized and participated in the 75th Independence Day Celebrations Wall Drawing Programme and created awareness about the importance of environment, rain water harvesting and Clean India programme.

**Remarks and Feedback on the Event:** Through this programme, the volunteers created awareness through their drawings.

**COVID 19 VACCINATION CAMP- 12.11.2021**

The National Service Scheme of Vivekananda College, Tiruvedakam West, has organized a COVID-19 vaccination camp in association with the Government Primary Health Centre, Melakkal, on November 12, 2021, at Swami Chidbhavanandha Indoor Stadium, Vivekananda College, Tiruvedakam West. Dr. T. Venkatesan, Principal, Vivekananda College, Tiruvedakam West, inaugurated the COVID-19 vaccination camp. NSS Unit No. 76 Programme Officer, Dr. K. Ramesh Kumar, and other units NSS Programme Officers presided over the camp. The COVID-19 vaccination camp has started at 8.30 a.m. The medical team from the Government Primary Health Centre, Melakkal (the team comprised of two staff nurses) offered vaccines to NSS volunteers, Vivekananda College and Vivekananda Higher Secondary School staff, Narendra staff quarters people, and other people in and around Vivekananda College premises. 20 NSS volunteers actively coordinated and arranged the event.



**Impact of the Event:** NSS organized and NSS volunteers arranged the COVID-19 vaccination camp, and nearly 90 people got the vaccine and benefited.

**Remarks and Feedback on the Event:** NSS served by organizing vaccination camps during the pandemic periods and creating awareness among the public about the vaccines.

### COVID 19 VACCINATION CAMP- 24.12.2021

The National Service Scheme of Vivekananda College, Tiruvedakam West, has organized a COVID-19 vaccination camp in association with the Government Primary Health Centre, Melakkal, on December 24, 2021, at Swami Chidbhavanandha Indoor Stadium, Vivekananda College, Tiruvedakam West. Dr. T. Venkatesan, Principal, Vivekananda College, Tiruvedakam West, inaugurated the COVID-19 vaccination camp. NSS Unit No. 76 Programme Officer, Dr. K. Ramesh Kumar, and other units NSS Programme Officers presided over the camp. The COVID-19 vaccination camp has started at 10.30 a.m. The medical team from the Government Primary Health Centre, Melakkal (the team comprised of five staff nurses) offered vaccines to NSS volunteers, Vivekananda College and Vivekananda Higher Secondary School staff, Narendra staff quarters people, and other people in and around Vivekananda College premises. 25 NSS volunteers actively coordinated and arranged the event. Nearly 200 beneficiaries got the vaccine and benefited.



**Impact of the Event:** NSS organized and NSS volunteers arranged the COVID-19 vaccination camp, and many people got the vaccine and benefited.

**Remarks and Feedback on the Event:** NSS served by organizing vaccination camps during the pandemic periods and creating awareness among the public about the vaccines.

### DISTRIBUTION OF SAPLINGS UNDER GREEN CARD SCHEME-27.12.2021

The National Service Scheme of Vivekananda College, Tiruvedakam West, has Distributed Saplings to the students under Green Card Scheme on December 27, 2021, at Vivekananda College, Tiruvedakam west. Srimath. Swami Vedananda, Secretary and Dr. T. Venkatesan, Principal, Vivekananda College, Tiruvedakam west have inaugurated and distributed saplings. The saplings were sponsored by Sri. G. Shanmugam, Producer and Marketer of Seeds, Bio Products, Guru Agro Tech, Dindigul. The Saplings were distributed to each and every student and created an awareness about the environment and importance of trees.



**VIVEKANANDA COLLEGE**  
 College with Potential for Excellence  
 Residential & Autonomous - A Gurukul Institute of Life Training  
 Re-accredited (3<sup>rd</sup> Cycle) with 'A' Grade (CGPA: 3.59 out of 4.00) by NAAC  
 Affiliated to Madurai Kamaraj University  
 Managed by Sri Ramavishna Tapovanam, Tirupparathurai, Trichy  
 Tiruvedakam West, Madurai District - 625 234

**Distribution of Saplings under GREEN CARD SCHEME**

**DATE & TIME**  
 27<sup>th</sup> December 2021 (Monday)  
 at 7.45 am

**VENUE**  
 Vivekananda College  
 Campus

**SAPLINGS SPONSORED BY**  
**Sri. G. Shanmugam**  
 Producer & Marketer of Seeds, Bio Products  
 Guru Agro Tech, Dindigul - 624002

**PRESENCE**  
**Swami Vedananda**  
 Secretary  
**Swami Athyadmananda**  
 Kulapathi  
**Dr. T. Venkatesan**  
 Principal  
**Dr. V. Parthasarathy**  
 Vice-Principal

*All are cordially invited.*

Madurai, Tamil Nadu, India  
 Unnamed Road, Tamil Nadu 625214, India  
 Lat 10.011843°  
 Long 77.977545°  
 27/12/21 07:52 AM

27 Dec 2021 7:52 AM

**Impact of the Event:** NSS distributed saplings to all the college students under the Green Card Scheme and created awareness among the students about the plantation of trees.

**Remarks and Feedback on the Event:** NSS volunteers learned the significance of planting trees and created awareness among the students

**VOTER AWARENESS PROGRAMME-28.03.2022**

National Service Scheme, Vivekananda College, Tiruvedakam West, organized a voter awareness program on March 28, 2022, at Vivekananda College. Dr. T. Venkatesan, principal, delivered the presidential address, and Thiru. R. Navaneethakrishnana, tahsildar, Vadipatti taluk, delivered an address to the students and emphasized the role of the voter in democracy. He created awareness about the importance of every citizen's vote in the elections. The program was organized by NSS program officers and volunteers. Through this program, the students gained awareness about the significance of voting.

**VIVEKANANDA COLLEGE**  
 COLLEGE WITH POTENTIAL FOR EXCELLENCE,  
 Residential - A Christa Institute of Life Training,  
 Re-accredited with 'A' Grade 'C' GPA 3.59 out of 4.00 by NAAC,  
 Autonomous, Affiliated to Madurai Kamaraj University,  
 Managed by Sri Ramakrishna Mission, Tirupattinam, Tiruchirappalli,  
 Tiruvedakam West, Madurai - 625 234

**NATIONAL CADET CORPS (NCC)**  
 &  
**NATIONAL SERVICE SCHEME (NSS)**

Organize:  
**VOTER AWARENESS PROGRAMME**

Date: 28.03.2022 (Monday) Time: 10.40 am. Venue: Prayer Hall

**PROGRAMME SCHEDULE**

Prayer	: Om Sahanavavadhu Tamil Thai Valthu
Welcome Address	: Dr. G. ASHOK KUMAR NSS Programme Officer(Unit-75) Assistant Professor of Economics
Presidential Address	: Dr. T. VENKATESAN Principal
Blessings	: Swami VEDANANDA Secretary Swami ADYATHMANANDA Kulapathi
Chief Guest Address	: Thiru. R. NAVANEETHAKRISHNAN Tahsildar, Vadipatti Taluk Thirumathi. I. MEENAKSHI Deputy Tahsildar, Vadipatti Taluk
Vote of Thanks	: Shri. N. DHINAKARAN NSS Programme Officer(Unit-199) Assistant Professor of Economics
Prayer	: Sarvae Bavanthu National Anthem
Master of Ceremony	: Dr. G. RAJKUMAR NSS Programme Officer(Unit-77) Assistant Professor of Chemistry

**ALL ARE CORDIALLY WELCOME**

**Impact of the Event:** NSS organized the voter awareness programme in associated with National Cadet Corps and created awareness about the importance of voting.

**Remarks and Feedback on the Event:** Through this rally, NSS volunteers learned about the voting.



**WORLD EARTH DAY CELEBRATIONS-22.04.2022**

The National Service Scheme of Vivekananda College, Tiruvedakam West, has World Earth Day Celebrations associated with Eco Club and IQAC on April 22, 2022, at Vivekananda College, Tiruvedakam West. Dr. T. Venkatesan, Principal, Vivekananda College, Tiruvedakam West, NSS volunteers, and other faculties planted saplings in our college playground. Dr. T. Venkatesan, principal, delivered an address on the importance of trees in the ecosystem and motivated students to plant more trees and take care of them for life.



**Impact of the Event:** NSS volunteers from VC planted sapling in the college playground.

**Remarks and Feedback on the Event:** Through this programme, NSS volunteers learned about the plantation and value of trees in the ecosystem.

### DISTRIBUTION OF SAPLINGS UNDER GREEN CARD SCHEME-23.04.2022

The National Service Scheme of Vivekananda College, Tiruvedakam West, has distributed saplings to the students under the Green Card Scheme on April 23, 2022, at Vivekananda College, Tiruvedakam West. Dr. T. Venkatesan, Principal, Vivekananda College, Tiruvedakam West, inaugurated and distributed saplings; Dr. V. Parthasarathy, Vice-Principal, and Dr. N. Nagendran, Head of the Department, Department of History, presided over it. The saplings were distributed to each and every student and created awareness about the environment and the importance of trees.



**Impact of the Event:** NSS distributed saplings to all the college students under the Green Card Scheme and created awareness among the students about the plantation of trees.

**Remarks and Feedback on the Event:** NSS volunteers learned the significance of planting trees and created awareness among the students.

### INTERNATIONAL YOGA DAY CELEBRATION (15.04.2022-21.06.2022)

With the direction of University Grants Commission (UGC) and the Madurai Kamaraj University, Madurai, the National Service Scheme (NSS), National Cadet Corps (NCC), Department of Physical Education and Centre for Yoga and Meditation of the Vivekananda College, Tiruvedakam West Jointly conducted series of programmes to celebrate the INTERNATIONAL DAY OF YOGA (21.06.2022). In this regard, it is demonstrated daily one yoga posture not only among the students of Vivekananda College but also among the public. The event is named as (Daily one Yoga). Hence, from 16.04.2022 to 21.06.2022 daily one yoga posture given by the students were photo-shoot with Geo-tag, with the description about the posture and its benefits in both Tamil and English were displayed through College Notice Board, Website and social media network like Facebook & WhatsApp. Totally 67 postures were demonstrated by different students.

**Impact of the Event:** NSS organised a series of yoga demonstration programmes for 67 days and 67 yoga asanas. The students, staff, volunteers, and public learned yoga.

**Remarks and Feedback on the Event:** Through this programme, the volunteer learned yoga and created awareness among the public by using social media.



### சக்கராசனம்

சக்கராசனம் (Chakrasana) என்பது உடலை சக்கரம் போல் வளைத்துக் காட்டும் ஒரு ஆசனப்பயிற்சி என்பதால் இதற்கு சக்கராசனம் என்று பெயர்.

#### நன்மைகள்

- ✓ அத்தனை நாடி நரம்புகளும் தூண்டப்பட்டு புத்துணர்ச்சி ஏற்படும்.
- ✓ வயிற்று தசைகள் நன்கு வலிமை அடையும்.
- ✓ முதுகு எலும்புகளைப் பலப்படுத்துவதுடன் புத்துணர்ச்சியை அளிக்கிறது.
- ✓ நிண்ட நேரம் மேசையில் அமர்ந்து கணினி பயன்படுத்துவோருக்கு மன அழுத்தம், கோபம் மற்றும் கூன் முதுகு வராமல் தடுக்கும்.
- ✓ சலபாசனம், பஜங்காசனம், தனுராசனம் ஆசனங்களின் பலன் இதில் கிடைக்கும்.

#### CHAKRASANA

Chakrasana or the wheel pose is a backward bending yoga asana. Chakra in Sanskrit means Wheel. In Wheel Pose, the final position looks like a wheel, hence the name. It gives great flexibility to the spine. It is called chakrasana since the body takes almost a wheel-like, semi-circular posture while performing this asana.

#### Benefits

- ✓ Chakrasana strengthens the liver, pancreas, and
- ✓ Excellent for the
- ✓ Good for infertility, asthma, and
- ✓ Wheel Pose Strengthens arms, shoulders, hands, wrists, and
- ✓ Stretches the chest and lungs
- ✓ Strengthens the arms and wrists, legs, buttocks, abdomen, and spine
- ✓ Stimulates the thyroid and pituitary glands.
- ✓ Increases energy and counteracts

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*"It's not about being good at something. It's about being good to yourself."*


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## VIVEKANANDA COLLEGE

COLLEGE WITH POTENTIAL FOR EXCELLENCE  
 Established in 1984, Vivekananda Institute of Life Education, Tiruvudakam West, Tiruvudakam, Tamil Nadu, India. Affiliated to Anna University, Chennai. Managed by Sri Theosophical Education Trust, Tiruvudakam West, Tiruvudakam - 625 224

NATIONAL SERVICE SCHEME (NSS)  
 NATIONAL CADET CORPS (NCC)  
 DEPARTMENT OF PHYSICAL EDUCATION  
 CENTRE FOR YOGA AND MEDITATION

Day	தினம் ஒரு யோகா நமஸ்கார முத்ரா Namaskar Mudra	June 2022 Tuesday
67		21





நமஸ்கார முத்ரா - Namaskar Mudra

Photos :	International Yoga Day Celebration 21, June 2022
Place :	Prayer Hall, Vivekananda College, Tiruvudakam West