



M. O. P. VAISHNAV COLLEGE FOR WOMEN (AUTONOMOUS)

(Affiliated to University of Madras and Re-accredited at "A++" grade by NAAC)

Chennai - 600 034, India.

3.6-EXTENSION ACTIVITIES

NSS/NCC/ROTARACT/ CRS

2022-23



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NATIONAL SERVICE SCHEME

REPORT ON COMMUNITY ACTIVITIES CONDUCTED BY NSS FOR

THE YEAR 2022-23

S.No.	Date	Name of the activity	Organizing unit/agency/Collaborating agency	Number of Beneficiaries/ Participants
1.	27.06.2022 & 28.06.2022	Life Skill Workshop Allrounder@Freedom75	M.OP.Vaishnav College for Women	75
2.	29.08.2022	Tree care activity- Thuvakkam 75 days of Change	Thuvakkam NGO	15
3.	03.09.2022	Urban Forestry celebration - Thuvakkam 75 days of Change	Thuvakkam NGO	31
4.	27.09.2022	Swasth bharath Event on account of nutrition month	M.O.P.Vaishnav College For Women	150
5.	14.10.2022	Beach clean up - Thuvakkam 75 days of change	Thuvakkam NGO	11
6.	15.10.2022	Mega Awareness Green Event Celebrating 91st birthday of Dr. APJ Abdul Kalam	University of Madras	40
7.	30.10.2022	One walk One hope Walkathon for breast cancer awareness	CAN - STOP Cancer - support therapy	75
8.	15.08.2022	Har ghar tiranga Azadhi ka amrith mahotsav	University of Madras	300

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9.	02.08.2022	Video Screening Azadhi ka amrith mahotsav	University of Madras	200
10.	10.09.2022	Tree care activity- Thuvakkam 75 days of Change	Thuvakkam NGO	04
11.	17.12.2022	Tree care activity- Thuvakkam 75 days of Change	Thuvakkam NGO	04
12.	04.01.2023	Wall Painting Thuvakkam 75 days of Change	Thuvakkam NGO	23
13.	12.01.2023	Wall Painting Thuvakkam 75 days of Change	Thuvakkam NGO	25
14.	02.02.2023	Book reveal session - Thuvakkam	Thuvakkam NGO	20
	13.02.2023 & 14.02.2023	Skill Development Workshop Mushroom Cultivation To Empower Women		
15.	06.03.2023	International Women's Day Celebration	DOT School of Design, Ambattur & University of Madras	18
16.	09.03.2023	Wall Painting Thuvakkam 75 days of Change	Thuvakkam NGO	21

LIST OF EXTENSION ACTIVITIES CONDUCTED

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Name of the Activity	Organizing unit/agency/ collaborating agency	Name of the Scheme	Year of the activity	Number of Beneficiaries
Dry waste drive	AWECEM	Swacch bharath	2022	150

Programme Brief: The NSS cell of M.O.P. Vaishnav college in collaboration with AWECEM foundation and waste 360 organized solid waste drive in the college campus on 3rd, 4th and 5th of June 2022. Around 150 people were benefitted out of this drive. The drive aimed at collecting dry solid and e-waste for the recycling.

Outcome: Around 150 kg Solid waste was collected from the neighborhood in midst of Covid-19. Active participation from the NSS volunteers and general public.

Allrounder@Freedom75

Name of the activity	Organizing unit/agency/collaborating agency	Name of the scheme	Year of the activity	Number of students participated in such activities
Life Skill Workshop	M.O.P. Vaishnav College for Women	Community service initiative	2022-23	75

Programme Brief: In the year 2022, to commemorate 75th independence, a two day life skill workshop was conducted for 75 government school girls of 9th grade was conducted. . The resource person for the workshop was Ms. Usha Ramakrishnan, life-skill catalyst and trainer. The event focused on empowering girls to pursue their dreams and guiding them to achieve greater heights. The girls were taught various important aspects of self image and a session of self defense was also conducted from them. On the end of the 2 day workshop, Dr. Lalitha Balakrishnan Principal,

M.O.P. Vaishnav college rendered the valedictory address. She highlighted the significance of freedom and the need to understand its importance.

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Programme Outcome: The sessions were filled with enriching learning, engaging activities, interaction and fun. The children had lots of great take-aways from the sessions. They went back with a strong mindset of achieving their goals, to never compromise on their dreams, to work towards success every day, to be happy, to have physical and mental peace, and to do good for the nation.

75 days of Change

Date	Name of the activity	Organizing unit/agency/Collaborating agency	Year	Number of Beneficiaries / Participants
29.08.2022	Tree care activity - Thuvakkam	Thuvakkam NGO	2022-23	15

Programme Brief: In the year of 2022, This event was geared towards celebrating nature and its beauty while creating awareness among the students about urban forestry. The programme started off with a PPT explaining the various deeds that the organisation is carrying out. They also explained the basics of urban forestry and the projects that they have carried out. After that, the students were taken on a tour around the venue to see the plantation patches, they were encouraged to ask any kind of queries they had on tree care and were given an in-depth explanation on how to cater to an urban forest plantation and also how it differs from one type of plant to another.

Programme Outcome: The session was filled with knowledge, interaction and it also served as an eye-opener for the students. The students were able to introspect, analyse and conclude on what changes they could make in their own lifestyles to preserve the environment. The session contained lots of takeaways for the students that they would find useful in the future. The students were thrilled to know about the ways in which they can help save the environment, they also came to appreciate nature deeply.

75 days of Change

Date	Name of the activity	Organizing unit/agency/Collaborating agency	Year	Number of Beneficiaries / Participants
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03.09.2022	Urban Forestry celebration – Thuvakkam	Thuvakkam NGO	2022-23	31
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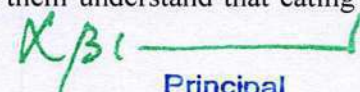
Programme Brief: In the year of 2022, This event was conducted to celebrate the first year anniversary of the collaboration of Thuvakkam NGO and HCL foundation. This event focused on educating the public about nature and urban forestry. The chief guest Mrs. Thamizhachi Thangapandian gave a bewitching speech on the beauty of nature and its resources. Following that, the celebration did not go about the usual way celebration instead the celebration involved educating young minds gathered about the benefits of urban forestry, they gave the students a healthy snack and then planted trees and even taught the NSS volunteers how to plant trees. They then explained their future plans for the 75 days of change campaign.

Programme Outcome: The volunteers were enlightened on the process and benefits of urban forestry. They were able to learn new things like planting and deweeding trees. The volunteers were allowed to realise the importance of nature and how to take care it through this event. This event provided them a platform to clear all their doubts on how to protect and care for nature.

Swasth Bharath

Date	Name of the activity	Organizing unit/agency/Collaborating agency	Year	Number of Beneficiaries / Participants
27.09.2022	Event on account of nutrition month	M.O.P. Vaishnav College For Women	2022-23	150

Programme Brief: In the year of 2022, on account of Nutrition month (September) this event was conducted to spread awareness about the importance of nutrition and healthy foods among school students. The event aimed to create an impact on young minds and urge them to create and follow a healthy diet. It also educated them on the benefits of following a healthy lifestyle through games, competitions and street play. Through the event the students got to know about many healthy foods and their perks. They also got to taste a few of them like salads, traditional Indian sweets etc.. The event focused on helping them understand that eating


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healthy will inherently help them in the long run.

Programme Outcome: The session was filled with fun, interaction and at the same time lots of learning and knowledge. The students were able to realise the importance of nutrition in order for them to stay healthy. They were encouraged to think about the benefits of healthy foods and also substitutes for junk foods. The students came to understand the effect of nutrition on our lifestyle through fun activities such as JAM, street play etc. The students were thrilled to know about the different varieties of food that are available which are both healthy and tasty.

75 days of Change

Date	Name of the activity	Organizing unit/agency/Collaborating agency	Year	Number of Beneficiaries / Participants
14.10.2022	Beach clean up – Thuvakkam	Thuvakkam NGO	2022-23	11

Programme Brief: In the year of 2022, This event focused on instilling a sense of environmental awareness and cleanliness in the minds of both the volunteers and onlookers. The event aimed to give something back to the environment from which we get so many things. The events started off with the team installing two bags for waste collection, one for biodegradable and the other for non biodegradable respectively. The volunteers were provided food and the necessary gear for cleaning. The target venue was stretched across 2km of the besant nagar beach. The waste was collected by the volunteers and was categorized into recyclable and non-recyclable waste and was then disposed accordingly.

Programme Outcome: The session impacted all the volunteers involved. They came to realise the amount of pollution and damage caused by humans to the environment through physical evidence. At the same time, they were happy to have contributed to this movement. The event not only brought about a change in the mindsets of the volunteers, it also brought about a change in the environment, it made the beach cleaner and less polluted. The volunteers were able to gain knowledge on how to categorize and dispose of wastes properly. Overall the clean up drive was very effective and helpful.

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Mega awareness green event - World Record

Date	Name of the activity	Organizing unit/agency/Collaborating agency	Year	Number of Beneficiaries / Participants
15.10.2022	Mega awareness green event Celebrating 91st birthday of Dr. APJ Abdul Kalam	University of Madras	2022-23	40

Programme Brief: In the year of 2022, On account of the 91st birthday of Dr. APJ Abdul Kalam the University of Madras planned to plant 1,00,000+ trees. This event also aimed to honor Dr. Kalam's dreams of creating a nation driven by youth power. Therefore with the help of student volunteers from colleges all over Chennai, a human chain was formed for 20 kms near Besant Nagar beach creating a world record. The cloth which was held by the student volunteers during the world record was signed by 5,00,000+ people all of whom were students from schools and colleges and also teachers and professors in order to honor Dr. Kalam's vision of an educated India. This cloth was then used to stitch plant bags for the 1,00,000 saplings that were planted.

Programme Outcome: The event achieved its aim of creating a world record through youth power in order to celebrate Dr. Kalam's dream. It also brought together students from different colleges, backgrounds and profiles together. The students were able to communicate, learn and work with people from all walks of life. The students were thrilled to experience the joy of creating a world record and were happy to contribute to such a beautiful cause.

Blood Donation Camp

Date	Name of the activity	Organizing unit/agency/Collaborating agency	Year	Number of Beneficiaries / Participants
27.10.2022	Blood donation camp	University of Madras	2022-23	20

Programme Brief: In the year of 2022, This camp aimed to provide a pathway for young volunteers to help those in need. The event focused on providing blood to patients who didn't have enough resources to find donors

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or contact blood banks. Before the volunteers donated their blood they underwent a mandatory health checkup to make sure they were eligible to donate blood. Once that was done the volunteers donated their blood. The volunteers were then given refreshments and were asked to rest. The blood which was donated through this camp was given to those in dire need of it.

Programme Outcome: The event helped a lot of underprivileged people who couldn't access blood banks or donors. It also created awareness on blood donation and its benefits among today's youth. The volunteers who donated blood were able to know more about the process of blood donation and its intricacies. It provided a proper channel of donation for a lot of students who wanted to donate blood but didn't know how to.

Walkathon for breast cancer awareness

Date	Name of the activity	Organizing unit/agency/Collaborating agency	Year	Number of Beneficiaries / Participants
27.10.2022	One walk One hope	CAN - STOP Cancer - support therapy	2022-23	75

Programme Brief: In the year of 2022, This event focused on creating awareness about breast cancer and its side effects. Women of all ages are susceptible to breast cancer, therefore creating awareness about this harmful disease is extremely important and that was what the walkathon was geared towards. As soon as the event started the volunteers were given brooches and placards that contained awareness slogans and quotes. They then walked about 3.5 km. The volunteers were then given refreshments at the end of the event. The event was executed in a gentle and eco-friendly way.

Programme Outcome: The walkathon was able to achieve its main aim of spreading awareness about breast cancer. The volunteers who were involved and the bystanders who witnessed the walkathon were able to know more about breast cancer through this awareness effort. The volunteers involved were very happy to have taken part in such a noble effort.

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Azadhi ka amrith Mahotsav

Date	Name of the activity	Organizing unit/agency/Collaborating agency	Year	Number of Beneficiaries / Participants
15.08.2022	Har ghar tiranga Azadhi ka amrith mahotsav	University of Madras	2022-23	300

Programme Brief: In the year of 2022, On account of the Har Ghar tiranga campaign conducted by the central government the college asked its students to hoist the National flag at their homes in order to ignite a sense of patriotism and a sense of unity within the heart of every student. The event aimed to spread awareness about the importance of the National flag and incite a sense of respect for it among young minds.

Programme Outcome: The event brought the students closer towards the nation. They were able to connect with the national flag on a deeper level due to the intimacy of it being hoisted at their very own homes. Seeing the National flag at a place where you spend most of your time brought a new sense of pride and patriotism within their hearts.

Azadhi ka amrith mahotsav

Date	Name of the activity	Organizing unit/agency/Collaborating agency	Year	Number of Beneficiaries / Participants
02.08.2022	Video Screening Azadhi ka amrith mahotsav	University of Madras	2022-23	200

Programme Brief: In the year of 2022, On August 2nd the college organised a video screening to spread a sense of nationalism among the students. The event aimed to create awareness among the students about the history, culture, ethnicity and diversity of our country. A video highlighting the achievements and milestones of our country was played for the students in order for them to realise the true beauty and richness of India.

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Programme Outcome: The event enabled the students to understand the achievements and feats of the Indian government. It deepened the love and respect for their country in their hearts. By the end of screening the students were overwhelmed with a sense of pride, duty and patriotism.

National unity day

Date	Name of the activity	Organizing unit/agency/Collaborating agency	Year	Number of Beneficiaries / Participants
31.10.2022	Unity pledge National Unity day	University of Madras	2022-23	300

Programme Brief: In the year of 2022, On account the birth anniversary of Sardar Vallabhai Patel on October 31st to honour his views on integrity, unity and his love for India. Unity pledge was taken by all the NSS volunteers. The students vowed to create a country that functioned as one body, mind and soul irrespective of their differences in religion, language and backgrounds.

Programme Outcome: The students deeply appreciated the vow and were grateful for an opportunity to be a part of such a thoughtful event. They were happy to honour the dreams of an individual as amazing as Sardar Vallabhai Patel and promised to develop their sense of friendliness and brotherhood towards their fellow citizens further.

Vigilance awareness week

Date	Name of the activity	Organizing unit/agency/Collaborating agency	Year	Number of Beneficiaries / Participants
02.11.2022	Vigilance awareness pledge Vigilance awareness week	University of Madras	2022-23	200

Programme Brief: In the year of 2022, The vigilance awareness week is celebrated on the last week of

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October every year in the remembrance of the Iron man of India, Mr. Sardar Vallabhai Patel the college organised a virtual oath taking session where the volunteers pledged to build an honest and corruption free India. They pledged to uphold the honour and integrity of the country through their thoughts, words and deeds and to also help spread the message of honesty and integrity among their fellow citizens.

Programme Outcome: The students actively participated in the session and vowed to fight against the disease called corruption in all their future endeavours. This event helped the students realise the ugly truth of corruption and succeeded in creating a sense of honesty within them. The students also came to realise the importance of vigilance awareness week and appreciated it strongly.


National Environment day

Date	Name of the activity	Organizing unit/agency/Collaborating agency	Year	Number of Beneficiaries / Participants
05.06.2022	Environmental awareness pledge National Environment day	University of Madras	2022-23	250

Programme Brief: In the year of 2022, On account of environment day celebrated on June 5 every year, the college organised a virtual session that explained the importance of avoiding plastics and the downsides of over using natural resources to the students. The session involved the students taking an oath to reduce, reuse and recycle their plastic wastes. The students also vowed to take better care of their surroundings and to minimise the amount of harm caused to the environment through their lifestyle.

Programme Outcome: The inhumane ways in which plastics and chemicals destroy nature was laid out bare in front of the students, this helped them realise the urgent need to avoid their usage as much as possible. The students were thrilled to know measures through which they can protect the environment and vowed to carry it out as far as they can.

Anti drug abuse pledge


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Date	Name of the activity	Organizing unit/agency/Collaborating agency	Year	Number of Beneficiaries / Participants
11.08.2022	Drug Free Tamil Nadu pledge Anti drug abuse pledge	University of Madras	2022-23	300

Programme Brief: In the year of 2022, On account of the Drug free Tamilnadu campaign launched by our Chief Minister Mr. M.K. Stalin, an Anti-drug use pledge was conducted among students from colleges all over tamilnadu. The students were enlightened on how the usage of drugs affects the society as a whole and how it plays an important role in driving up the existing crime rate. The students were then asked to take a pledge to refrain from usage of any kind of narcotic substance in order to contribute to the greater good of the society.

Programme Outcome: The usage of drugs and its side effects were explained clearly to the young students and encouraged them to join the fight against creating a drug free society. The session served as an eye- opener for students about how drugs not only affect the individual but the society as a whole. It instilled a sense of responsibility among the minds of youth.

75 days of Change

Date	Name of the activity	Organizing unit/agency/Collaborating agency	Year	Number of Beneficiaries / Participants
10.09.2022	Tree care activity- Thuvakkam 75 days of Change	Thuvakkam NGO	2022-23	04

Programme Brief: In the year of 2022, This event was geared towards celebrating nature and its beauty while

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creating awareness among the students about urban forestry. It aimed at teaching the volunteers about the intricacies of planting and deweeding trees. The students were given hands-on training on how to plant and care for different varieties of trees. The students were encouraged to ask and clarify any kind of doubts they had on tree care and urban forestry.

Programme Outcome: The session was filled with lots of takeaways for the volunteers about trees and nature. It was an event where the students came to understand the true concept of urban forestry and its depth. It helped the students appreciate nature and its beauty and intricacies more deeply. The volunteers were washed over with a sense of protection for the environment.

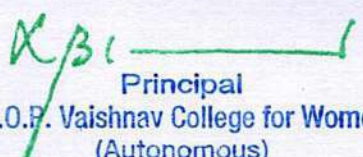
75 days of Change

Date	Name of the activity	Organizing unit/agency/Collaborating agency	Year	Number of Beneficiaries / Participants
17.12.2022	Tree care activity- Thuvakkam 75 days of Change	Thuvakkam NGO	2022-23	04

Programme Brief: In the year of 2022, This event aimed at helping the volunteers understand the basics of tree planting and provided them hands-on experience on plantation. The volunteers were enlightened on the different techniques that can be used to plant the different varieties of trees. The volunteers were given in-depth explanations on the intricacies of plantation and tree care.

Programme Outcome: The volunteers were able to grasp the concept of plantation very well. They came to appreciate the labor that goes into planting and taking care of a single tree. They realized the importance of using proper techniques in order to ensure the maximum growth and yield from trees.

75 days of Change


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Date	Name of the activity	Organizing unit/agency/Collaborating agency	Year	Number of Beneficiaries / Participants
04.01.2023	Wall Painting 75 Days of Change	Thuvakkam NGO	2022-23	23

Programme Brief: In the year of 2023, This event was geared toward beautifying the walls of the Arima Middle School, Valasaravakkam. The volunteers were first guided on how to carry out the process of wall painting. Then they cleaned and sanded the walls before painting different types of fruits, vegetables, vehicles, birds and body parts on it. This event spread a sense of positivity among the volunteers and the school children.

Programme Outcome: The volunteers learnt to appreciate the amount of effort and thought that goes into the art of wall painting. They also realized the importance of having a pleasant atmosphere in which children can learn and were happy to be a part in making that happen.

Outstanding achievements

Krithika J (Reg No: 2113721086025) from II B.Sc. Psychology represented our college and attended 26th National Youth Festival Camp held at Hubballi-Dharwad, Karnataka from 12.01.2023 to 16.01.2023. The youth summit was based on the theme 'Future of Work, Industry, Innovation and 21st Century skills'; 'Climate change and disaster risk reduction'; 'Peace building and reconciliation'; 'Shared future-youth in democracy and governance' and 'Health and Well-being' in which youth get an opportunity to interact with chosen eminent personalities and experts having different areas of specialization.

Afrin Gani (2113711031002) of II B.A. Sociology, won the cash award of Rs. 3000/- for securing first place in Poster making competition conducted by Dot, school of Design in collaboration with University of Madras on

account of International Women's Day. She was felicitated by Ms. Kanimozhi, member of the Parliament and Mr. Charlie, Actor.

NSS Special Camp CAMP

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SITE: Gudalur

DATE: 27th January 2023 to 02nd February 2023

Name of the Activity	Organizing unit/agency/collaborating agency	Year of the activity	Number of students participated in such activities
NSS Special Camp Gram Vikas	University of Madras	27 th Jan'23 to 2 nd Feb'23	40

Programme Brief: The NSS Volunteers of UG II year from various department of the college participated in the NSS Special Camp on the theme "Gram Vikas" in Gudalur organised by the college from 27.01.2023 till 02.02.2023. The camp was an extremely insightful and created a great change in the students. Significant dignitaries of the Gudalur village namely the Panchayat President, Mr. Anbazhagan, Ward counselor Ms. Nirmala Dasaradhan, Inspector of Police, Melmaruvathur, Mr. Premanand hosted the event and beautified it. The event started off with a welcome speech by Mr. Anbazhagan. The chief guests lit the lamp and inaugurated the camp. This was followed by a street play by our NSS volunteers which conveyed the purpose of the special camp to the villagers in a jovial manner. At the end of the event our NSS programme officers felicitated the chief guests on behalf of our college. From there on the whole six days was fully packed with community interaction, service and guest lectures.

Outcome: The camp was successful in creating awareness on the various government schemes to the residents of Gudalur

1. Atal Pension Yojana

Programme brief: This is a pension scheme primarily targeted at the unorganized sector. Students went about educating households how important it is for a family to have an pension scheme ready.

Outcome: Many households with the help of our students were able to get to know about pension schemes.

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2. Ayushman Bharat

Programme Brief: Guest lecture on Health And Hygiene and a free dental camp for the residents of Gudalur village was conducted.

Outcome: The outcome of this project is to make sure that people of all class be offered good and hygienic dental healthcare. As part of this scheme a free dental camp was organised which helped a lot of local kids from the nearby schools and provided free screening. The camp students campaigned on the free dental camp to the community members. A crew from Karpaga Vinayaga Institute of Medical Sciences And Research Center, reached the campsite on the mentioned day and gave free screening and treatments to the localites that had dental issues. During the Guest lecture, Ms. Padma Subramaniam, Director, ACE academy addressed the villagers on the significance of basic health and hygiene

3. Fit India Campaign

Programme Brief: The event took place in three parts, firstly the volunteers participated in an 8 km walk in the early hours of the day. After that the volunteers practiced basic silambam, and lastly they did Zumba.

Outcome: Both NSS volunteers and children from the neighbourhood benefited by this event.

4. National Literacy Mission Programme

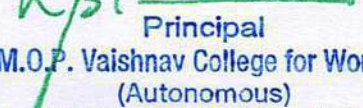
Programme Brief: An Awareness program of this scheme was conducted. Also Basic English and numeracy skills were taught to school students of Gudalur village.

Outcome: This project helped bridge the gap caused by the COVID - 19 pandemic.

5. Swachh Bharat

Programme Brief: The volunteers undertook the work of cleaning and sanding the temple in Gudalur village in order to serve the community and teach them the importance of cleanliness.

Outcome: The volunteers and the public realized the importance of proper waste disposal.


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6. National Mental Health Programme- Manodarshan

Programme Brief: Importance of mental wellbeing of Women and practises to maintain it was emphasised through a guest lecture by Dr. V. Subhathra mam, Principal, Sri Malolan College of Arts and Science, Madurantakam.

Outcome: The volunteers were able to understand the power of a positive mindset and how it helps us in our daily lives.

7. Nagrik Kartavya Palan Abhiyan

Programme brief: A street play highlighting the concepts of cleanliness was conducted.

Outcome: The Volunteers came up with creative ideas and created awareness the importance of proper waste disposal and the various ways to follow it, among the villagers.

8. Beti Bachao Beti Padhao Scheme

Programme Brief: An Awareness program of this scheme was conducted, the public were educated on the basics of this scheme.

Outcome : The residents of Gudalur village were benefited by this event.

9. Entrepreneurial skill development

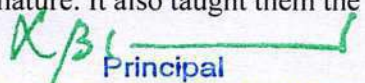
Programme Brief: Workshops were organised to teach the basics of Embroidery, Silk thread Jewelry, Hairstyling, Mehndi and Western Cooking to the women residents of the Gudalur Village.

Outcome: The volunteers got a chance to share their knowledge among the villagers and develop their entrepreneurial skills. The villagers gained a new skill that they can use to beautify themselves or make a living.

10. Plantation

Programme Brief: In the Gudalur village the NSS volunteers took part in a plantation drive and planted various useful trees like neem, mango, jamun and tamarind.

Outcome: This event helped the volunteers realize the importance of caring for nature. It also taught them the


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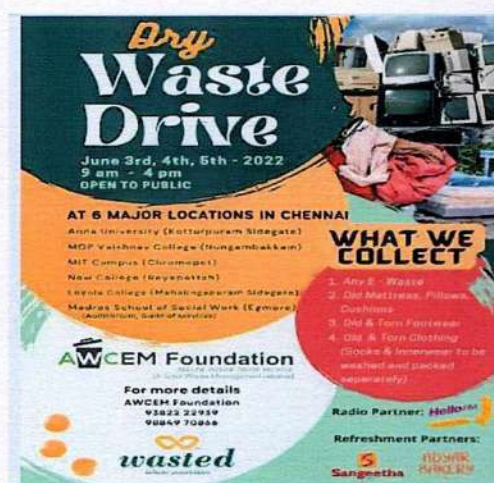
basics of plantation and the uses of various trees.

11. Field Visit

All the NSS volunteers visited the Govindhan Goshala, Gudalur on 28.01.2023. This event aimed to educate the volunteers on the various methods that are undertaken during cattle breeding. It focused on passing on the necessary information about cattle and its significance to the next generation. The volunteers were enchanted by the beauty of the shed and the nature of the different breeds, they bonded with the cattle by feeding and playing with them. The volunteers were educated on the preparation of Gobar gas, sacred Ash and ark - a medicine that can cure cancer in the early stages. The session was filled with lots of takeaways; it served as both an informative and inspiring session.

Donations at the Campsite

- Blue & Green trash-bins were donated to all the 6 wards of the Gudalur village, to bring an awareness regarding segregation of waste.
- Training sessions on tailoring were conducted at the campsite for women and Sewing machines were donated as a small initiative to develop entrepreneurial skills among them.
- Value-based books were gifted to all the women participants of the skill classes, which would help them to become a better version of themselves.



Allrounder@Freedom75 - Life Skill Workshop

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NATIONAL SERVICE SCHEME OF
M.O.P. VAISHNAV COLLEGE FOR WOMEN
CORDIALLY INVITES YOU TO

Life skill workshop

VENUE: 2ND FLOOR, SEMINAR HALL, M.O.P. VAISHNAV
COLLEGE FOR WOMEN

JULY
FROM 9:30 AM 27 & 28 TO 3:30 PM
2022


OUR PRINCIPAL
DR. LAKSHMI BALAKRISHNAN


OUR SPEAKER
UMA KARANISHNAN
LIFE SKILLS CATALYST AND
TRAINER

FOR FURTHER INFORMATION
CONTACT: 8660028405 - MRS. LOWNITA R.
9328473007 - MRS. ANAMELU MB

75 days of Change - Tree care activity – Thuvakkam





TREE CARE

29. Aug 2022 (Monday)
07:30 AM - 09:00 AM
Prabhas Auto parts, Poomattur
POC: Parthiban - 82206 00251



www.thuvakkam.org

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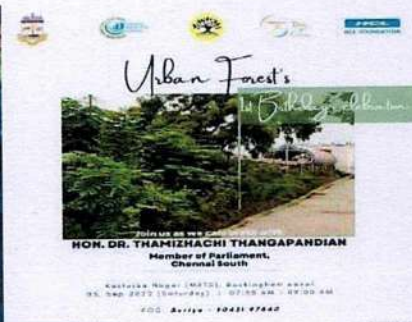


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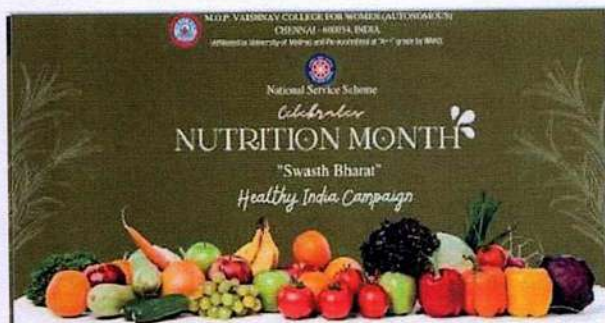
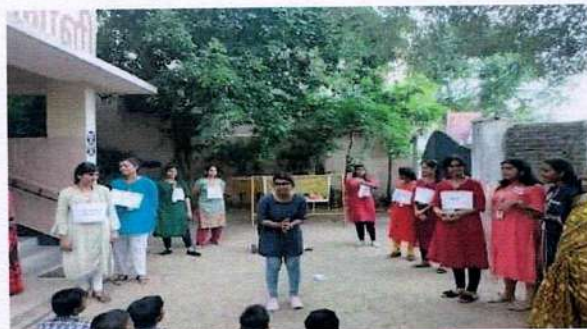
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75 days of Change - Urban Forestry celebration - Thuvakkam



Swasth bharath - Event on account of nutrition month



75 days of Change - Beach clean up – Thuvakkam

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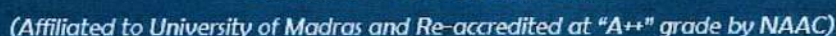
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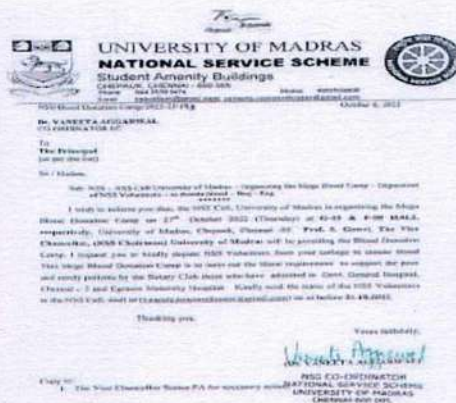


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Walkathon for breast cancer awareness - One walk One hope



Azadhi ka Amrith Mahotsav - Har gar thiranga

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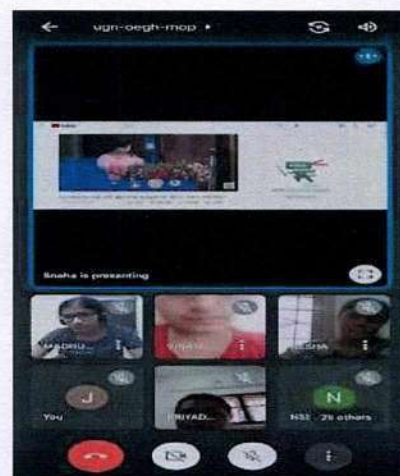
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Azadhi ka Amrith Mahotsav - Video Screening



Anti drug abuse pledge - Drug Free Tamil Nadu pledge



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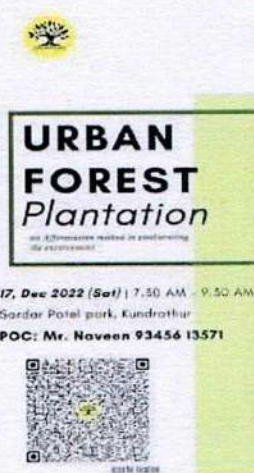
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75 days of Change - Tree care activity- Thuvakkam



75 days of Change - Tree care activity- Thuvakkam



75 days of Change- Tree care activity- (Wall Painting) Thuvakkam



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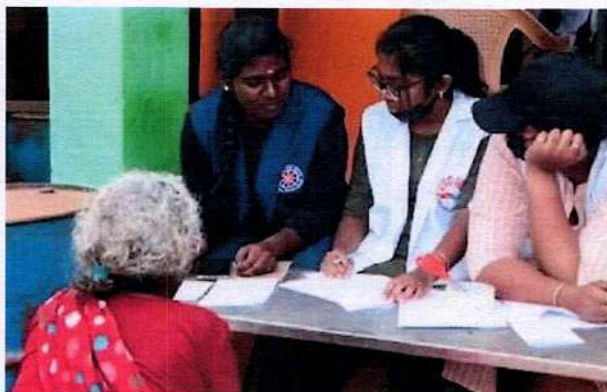


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1. Atal Pension Yojana



2. Ayushman Bharat - Dental Camp and Guest Lecture on Health And Hygiene



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3. Fit India Campaign



4. National Literacy Mission Programme



5. Swacch Bharat

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6. National Mental Health Programme- Manodarshan



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7. Nagrik Kartavya Palan Abhiyan



8. Entrepreneurial skill development



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9. Plantation



K. B. C.

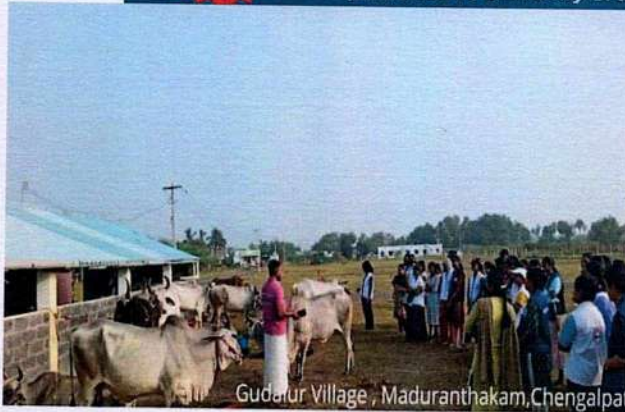
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Gudalur Village, Maduranthakam, Chengalpa



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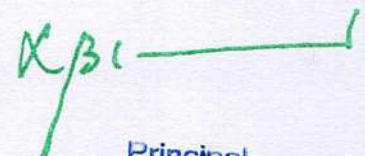
LIST OF NCC ACTIVITIES CONDUCTED IN THE YEAR 2022-2023

S.no	Name of the activity	Organizing unit/agency/ elaborating agency	Name of the scheme	Year of the activity	Number of students participated in such activities
1.	Stress free morning	MOP NCC	Jeeva Sparsham (DGV NCC)	01.12.2022	50
2.	Sharing gifts	MOP NCC	Jeeva Sparsham (DGV NCC)	02.12.2022	50
3.	Career guidance	MOP NCC	Jeeva Sparsham (DGV NCC)	08.12.2022	50
4.	Providing free saplings	MOP NCC	Jeeva Sparsham (DGV NCC)	11.12.2022	50
5.	It's time to talk	MOP NCC	Jeeva Sparsham (DGV NCC)	17.12.2022	200
6.	Happy hour	MOP NCC	Jeeva Sparsham (DGV NCC)	18.12.2022	50
7.	Tidy shines	MOP NCC	Jeeva Sparsham (DGV NCC)	23.12.2022	50
8.	Reusable bottle garden	MOP NCC	Jeeva Sparsham (DGV NCC)	26.12.2022	50
9.	Burst it	MOP NCC	Jeeva Sparsham (DGV NCC)	27.12.2022	50
10.	Let's move a little	MOP NCC	Jeeva Sparsham (DGV NCC)	29.12.2022	50
11.	Broke to Brilliant	MOP NCC	Jeeva Sparsham (DGV NCC)	28.01.2023	50
12.	Pachai Nirame	MOP NCC	Jeeva Sparsham (DGV NCC)	17.02.2023	50
13.	Net market	MOP NCC	Jeeva Sparsham (DGV NCC)	08.02.2023	200


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14.	Service to self	MOP NCC	Jeeva Sparsham (DGV NCC)	20.02.2023	50
15.	Need to learn	MOP NCC	Thalir (TNDALU NCC)	26.12.2022	50
16.	Matriarch	MOP NCC	Thalir (TNDALU NCC)	30.12.2022	50
17.	Manja Pai	MOP NCC	Thalir (TNDALU NCC)	31.12.2022	50
18.	Stalking: know it. Name it. Stop it.	MOP NCC	Thalir (TNDALU NCC)	03.01.2023	50
19.	Greeny Earth	MOP NCC	Thalir (TNDALU NCC)	05.01.2023	100
20.	Not mean, just Green	MOP NCC	Thalir (TNDALU NCC)	13.01.2023	50
21.	Support, Educate, Empower	MOP NCC	Thalir (TNDALU NCC)	18.01.2023	50
22.	Self Defense	MOP NCC	Thalir (TNDALU NCC)	19.01.2023	50
23.	RIGHT ! Know it	MOP NCC	Thalir (TNDALU NCC)	20.01.2023	50
24.	Time to know	MOP NCC	Thalir (TNDALU NCC)	28.01.2023	50


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REPORT ON ACTIVITIES CONDUCTED BY NCC FOR THE YEAR 2022-2023

STRESS FREE MORNING

Name of the activity	Organizing unit/agency elaborating agency	Name of the scheme	Year of the activity	Number of student participated in the activity
Stress free morning	MOP NCC	Jeeva sparsham(DGV NCC)	01.12.2022	50

Programme Brief: Conducted fun activities in old age home.

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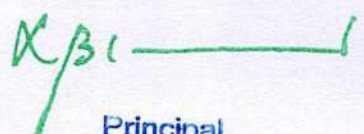
 **M.O.P NCC** 
CONDUCTS

"STRESS FREE MORNING"

DATE: 01.12.2022
TIME: 10:00AM - 12:00 PM
VENUE: ANNAI ULLAM, 24/2,
1ST STREET AZEEZ NAGAR,
KODAMBAKKAM, CHENNAI

JOIN US LIVE
@mop_ncc

Outcome: MOP NCC has conducted this activity mainly concentrating on old age people to make them happy and enthusiastic by conducting several fun activities.


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SHARING GIFTS

Name of the activity	Organizing unit/agency elaborating agency	Name of the scheme	Year of the activity	Number of students participated in the activity
Sharing gifts	MOP NCC	Jeeva Sparsham (DGV NCC)	02.12.2022	50

Programme Brief: Conducted awareness on mental health.

Outcome: MOP NCC has conducted this activity to create awareness on mental health by providing public people with envelopes carrying happy messages.

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CAREER GUIDANCE

Name of the activity	Organizing unit/agency elaborating agency	Name of the scheme	Year of the activity	Number of students participated in the activity
Career guidance	MOP NCC	Jeeva Sparsham (DGV NCC)	08.12.2022	50

Programme Brief: Conducted career guidance.


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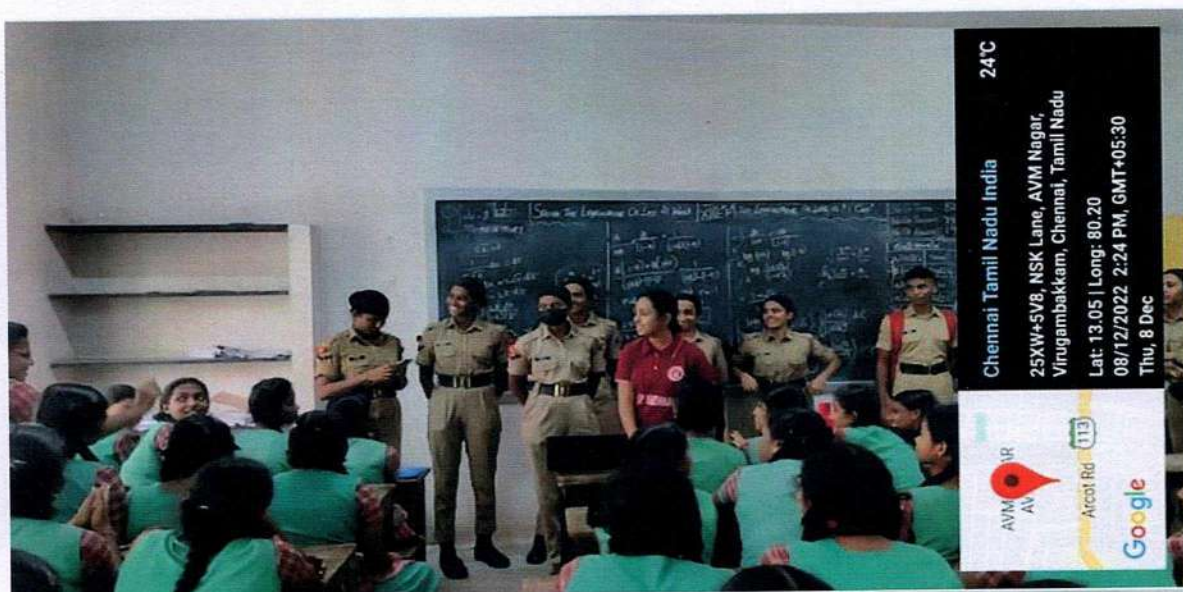
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Outcome: MOP NCC has conducted the activity to create awareness to the school students on various career domains.

PROVIDING FREE SAPLINGS



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Name of the activity	Organizing unit/agency elaborating agency	Name of the scheme	Year of the activity	Number of students participated in the activity
Providing free saplings	MOP NCC	Jeeva Sparsham (DGV NCC)	11.12.2022	50

Programme Brief: Creating awareness on climate change

Outcome: MOP NCC has conducted this activity to create awareness to the public on climate change by providing free plant saplings.

M.O.P VAISHNAV COLLEGE FOR WOMEN, (AUTONOMOUS)
NUNGAMBAKKAM CHENNAI- 600032

M.O.P NCC CONDUCTS

"PROVIDING FREE SAPLINGS"

DATE: 11.12.2022
TIME: 14:30PM - 16:00PM
VENUE: DURAISWAMY ROAD, BUS STAND, POSTAL COLONY, CIT NAGAR, CHENNAI

JOIN US LIVE @MOP_NCC



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IT'S TIME TO TALK

Name of the activity	Organizing unit/agency elaborating agency	Name of the scheme	Year of the activity	Number of students participated in the activity
It's time to talk	MOP NCC	Jeeva Sparsham (DGV NCC)	17.12.2022	200

Programme Brief: Creating awareness on menstruation.

Outcome: MOP NCC has conducted this activity to create awareness of the menstrual cycle



17 Dec 2022 12:59:02 pm
Nungambakkam High Road
Thousand Lights
Chennai
Tamil Nadu

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HAPPY HOUR

Name of the activity	Organizing unit/agency elaborating agency	Name of the scheme	Year of the activity	Number of students participated in the activity
Happy hour	MOP NCC	Jeeva Sparsham (DGV NCC)	18.12.2022	50

Programme Brief: Fun interaction with orphanage children

Outcome: MOP NCC has conducted this activity to create awareness on orphanage children's lives, they also require equal rights as other children by making them play several fun games and making them feel like they also belong to the society.


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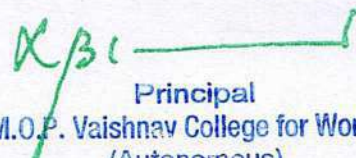
18 Dec 2022 2:07:48 pm
Chetpet
Chennai
Tamil Nadu

TIDY SHINES

Name of the activity	Organizing unit/agency elaborating agency	Name of the scheme	Year of the activity	Number of students participated in the activity
Tidy shines	MOP NCC	Jeeva Sparsham (DGV NCC)	23.12.2022	50

Programme Brief: Beach cleaning.

Outcome: MOP NCC has conducted this activity to create awareness on climate change by cleaning the beach.

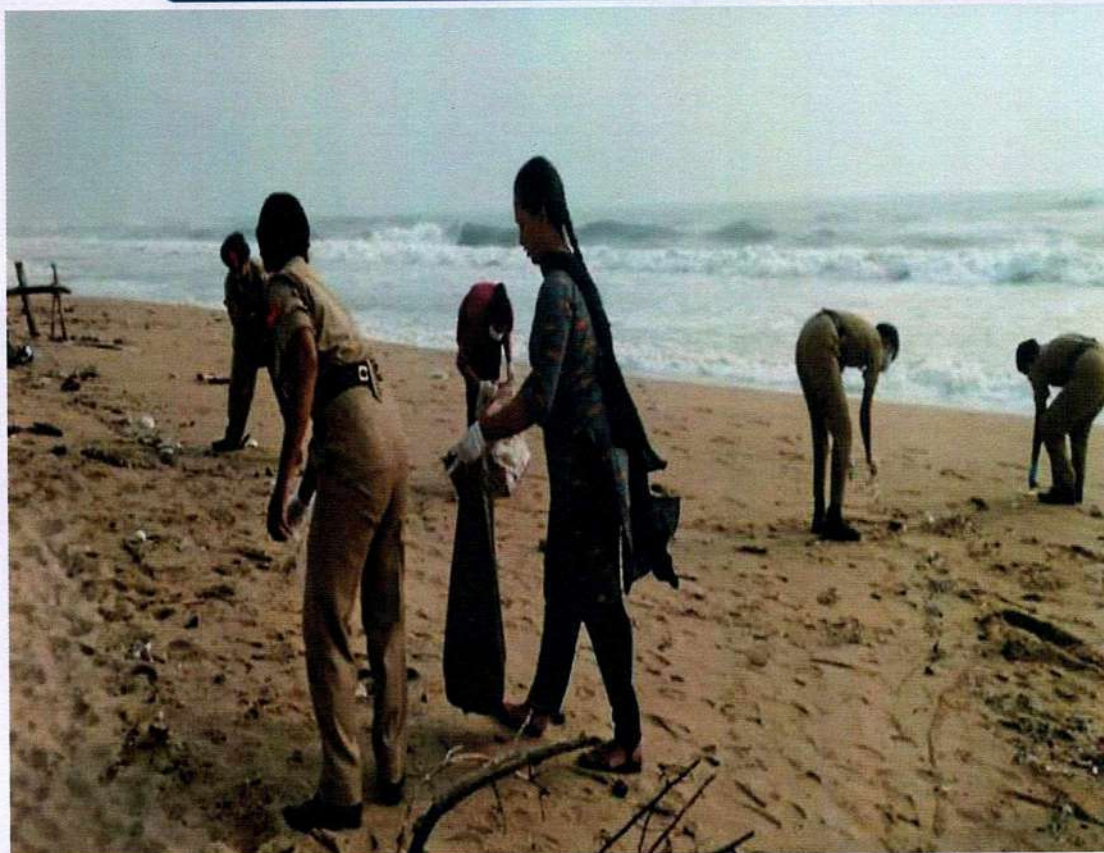

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REUSABLE BOTTLE GARDEN

Name of the activity	Organizing unit/agency elaborating agency	Name of the scheme	Year of the activity	Number of students participated in the activity
Reusable bottle garden	MOP NCC	Jeeva Sparsham (DGV NCC)	26.12.2022	50

Programme Brief: Providing bottle gardens.

K. B. C.
Principal
M.O.P. Vaishnav College for Women
(Autonomous)
No. 20, IV Lane, Nungambakkam High Road
Chennai-600 034



M. O. P. VAISHNAV COLLEGE FOR WOMEN (AUTONOMOUS)

Chennai - 600 034, India.

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Outcome: MOP NCC has conducted this activity to create awareness on climate change by providing the public with small bottle gardens.



mist
29.0 °C
74/223, 2nd floor, (above
COSMOS bank), Second
Avenue, Y Block, Anna Nagar,
26 Dec 2022 03:23 pm



BURST IT

Name of the activity	Organizing unit/agency elaborating agency	Name of the scheme	Year of the activity	Number of students participated in the activity
Burst it	MOP NCC	Jeeva Sparsham (DGV NCC)	27.12.2022	50

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Programme Brief: Bursting water balloons.

Outcome: MOP NCC has conducted this activity to make public people let go of their stress by bursting water balloons.



LET'S MOVE A LITTLE

KBC _____

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Name of the activity	Organizing unit/agency elaborating agency	Name of the scheme	Year of the activity	Number of students participated in the activity
Let's move a little	MOP NCC	Jeeva Sparsham (DGV NCC)	29.12.2022	50

Programme Brief: Stress management.

Outcome: MOP NCC has conducted this activity on creating awareness on how to lose stress by engaging public people in a lot of fun activities.

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NUNGAMBAKKAM CHENNAI- 600032

M.O.P NCC
CONDUCTS

"LET'S MOVE A LITTLE"

JEEVA SPARSAM

DATE: 29.12.2022
TIME: 7.00 AM - 8.00 AM
VENUE: NATESAN PARK,
VENKATANARAYANA ROAD,
PARTHASARATHI PURAM, T.NAGAR,
CHENNAI

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BROKE TO BRILLIANT

Name of the activity	Organizing unit/agency elaborating agency	Name of the scheme	Year of the activity	Number of students participated in the activity
Broke to Brilliant	MOP NCC	Jeeva Sparsham (DGV NCC)	28.01.2023	50

Programme Brief: Creating awareness on mental health.

Outcome: MOP NCC has conducted this activity on creating awareness on mental health by engaging the public in a lot of fun activities.



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PACHAI NIRAME

Name of the activity	Organizing unit/agency elaborating agency	Name of the scheme	Year of the activity	Number of students participated in the activity
Pachai Nirame	MOP NCC	Jeeva Sparsham (DGV NCC)	17.02.2023	50

Programme Brief: Distribution of seed balls.

Outcome: MOP NCC has conducted this activity to create awareness on climate change by providing seed balls to the public.

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 **M.O.P NCC** 
CONDUCTS



"பச்சை நிறமே"
THEME: CLIMATE CHANGE
DATE: 17:02:2023
TIME: 1500HRS - 1600HRS
**VENUE: PARK STATION,
POONAMALLE HIGH ROAD,
KANNAPAR THIDAL,
POONGAVANAPURAM, CHENNAI**
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NET MARKET

Name of the activity	Organizing unit/agency elaborating agency	Name of the scheme	Year of the activity	Number of students participated in the activity
Net market	MOP NCC	Jeeva Sparsham (DGV NCC)	08.02.2023	200

Programme Brief: Creating awareness on net market.

Outcome: MOP NCC has conducted this activity to create awareness on the future net market to college students.


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Vishnu Hari Harikumar is presenting



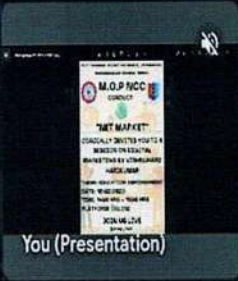
Got an Opportunity as an Operation Manager in Airbnb.
Had a Little confidence thinking my Life is Sorted until...

Working as Cleaner Boy, Vessel Washer because of Aspiration TO DO SOMETHING in LIFE...


Priyadharshini V has left the meeting



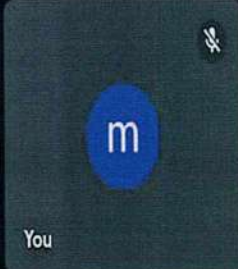
Vishnu Hari Harikumar



You (Presentation)



95 others



You

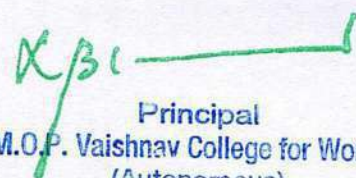
2:13 PM | are-jmqv-ixd

31°C Sunny 14:13 18-02-2023

SERVICE TO SELF

Name of the activity	Organizing unit/agency elaborating agency	Name of the scheme	Year of the activity	Number of students participated in the activity
Service to self	MOP NCC	Jeeva Sparsham (DGV NCC)	20.02.2023	50

Programme Brief: Interaction with school NCC cadets about camps.


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Outcome: MOP NCC has conducted this activity to create awareness on Republic day camp and other prominent NCC camp experience to the Junior Wing and Junior division NCC cadets.

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NUNGAMBAKKAM CHENNAI- 600034

M.O.P NCC
CONDUCTS

"SERVICE BEFORE SELF"

THEME: EDUCATION EMPOWERMENT
DATE: 20:02:2023
TIME: 1400HRS - 1530HRS
VENUE: SRI SANKARA VIDYASHRAMAM
MATRICULATION HIGHER SECONDARY
SCHOOL, 1, SOUTH AVE, KAMARAJ
NAGAR,
THIRUVANMIYUR, CHENNAI-600041

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GPS Map Camera

Chennai, TN, India

SH 49, Thiruvanmiyur, Chennai, 600041,
TN, India

Lat 12.985427, Long 80.257028

02/20/2023 02:41 PM GMT+05:30

Note : Captured by GPS Map Camera

NEED TO LEARN

KBC

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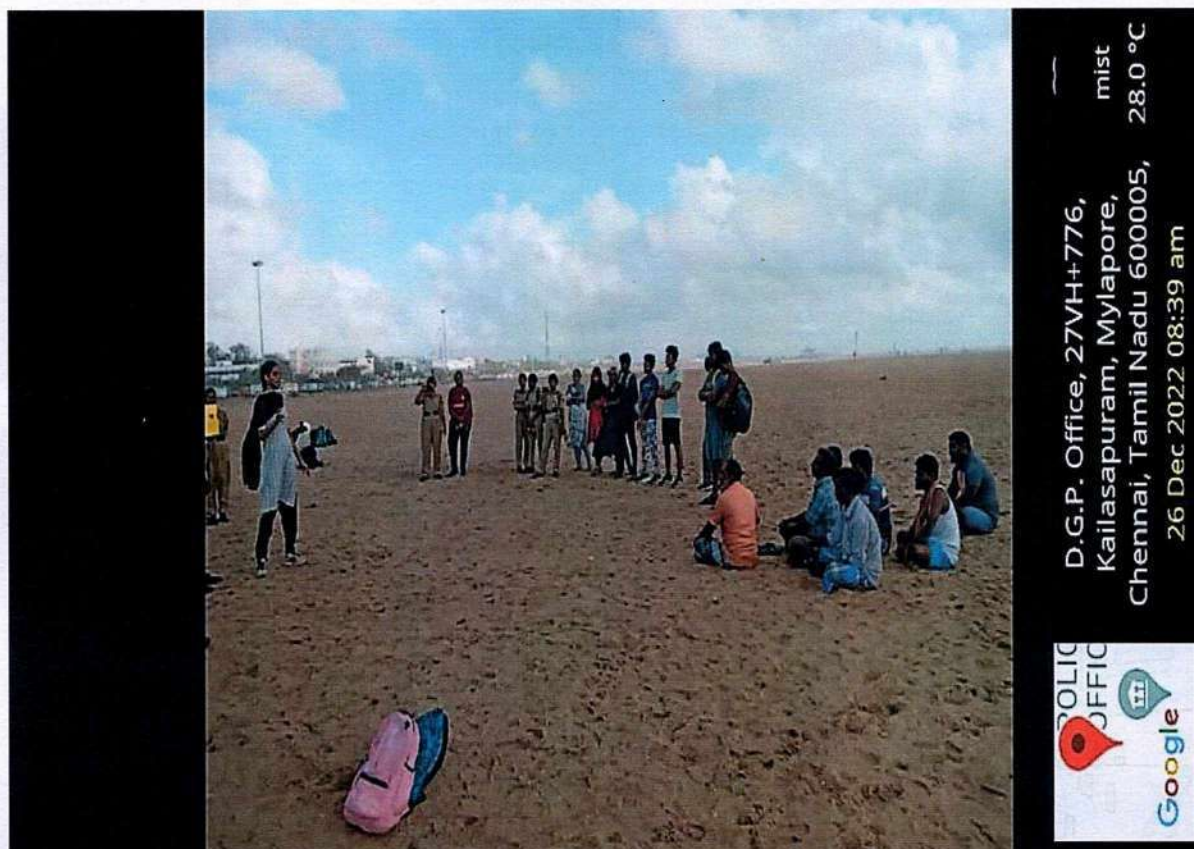
Chennai - 600 034, India.

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Name of the activity	Organizing unit/agency elaborating agency	Name of the scheme	Year of the activity	Number of students participated in the activity
Need to learn	MOP NCC	Thalir (TNDALU NCC)	26.12.2023	50

Programme Brief: Creating awareness on basic rights.

Outcome: MOP NCC has conducted this activity to create awareness to the public on basic constitution rights and laws.



mist
28.0 °C
D.G.P. Office, 27VH+776,
Kailasapuram, Mylapore,
Chennai, Tamil Nadu 600005,
26 Dec 2022 08:39 am



MATRIARCH

K/31
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Name of the activity	Organizing unit/agency elaborating agency	Name of the scheme	Year of the activity	Number of students participated in the activity
Matriarch	MOP NCC	Thalir (TNDALU NCC)	30.12.2022	50

Programme Brief: Encouraging women to start their own business.

Outcome: MOP NCC has conducted this activity to create awareness to women encouraging them to start their own business and enlightening them about some basic laws.

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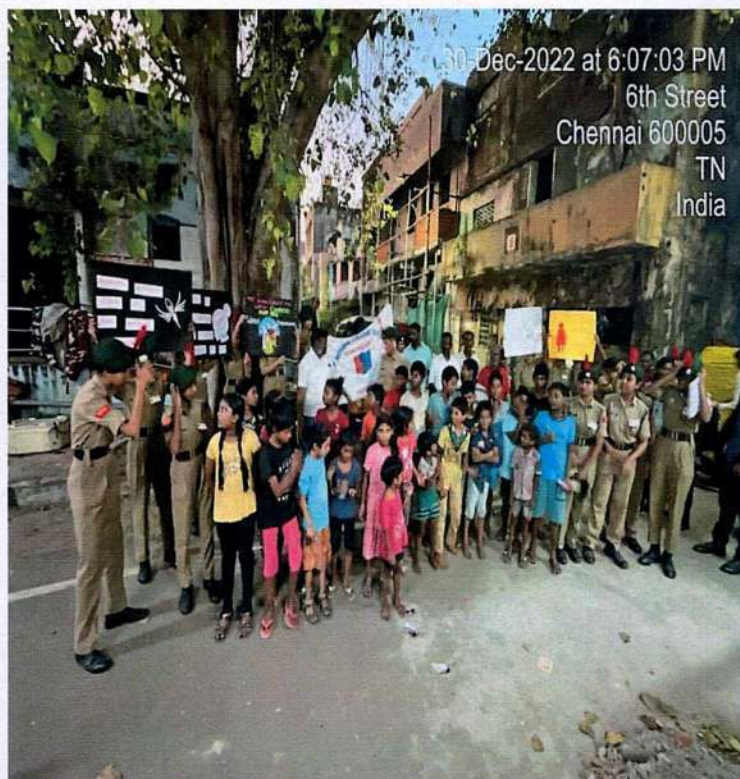
 **M.O.P NCC** 
CONDUCTS

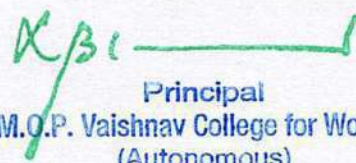


"MATRIACH"

DATE: 30.12.2022
TIME: 17:00 PM
VENUE: NADDU KUPPAM, TRIPPLICANE, CHENNAI, TAMILNADU - 600005

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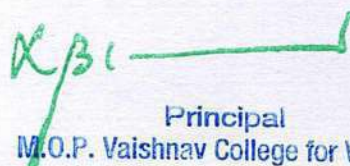
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MANJAI PAI

Name of the event	Organizing unit/agency elaborating agency	Name of the scheme	Year of the activity	Number of students participated in the activity
Manja Pai	MOP NCC	Thalir (TNDALU NCC)	31.12.2022	50

Programme Brief: Distribution of cloth bags.

Outcome: MOP NCC has conducted this activity to create awareness to the public on climate change and encouraging them to carry cloth bags instead of plastic bags.



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**M.O.P NCC
CONDUCTS**



"MANJA PAI"

THEME: ENVIRONMENTAL ISSUES

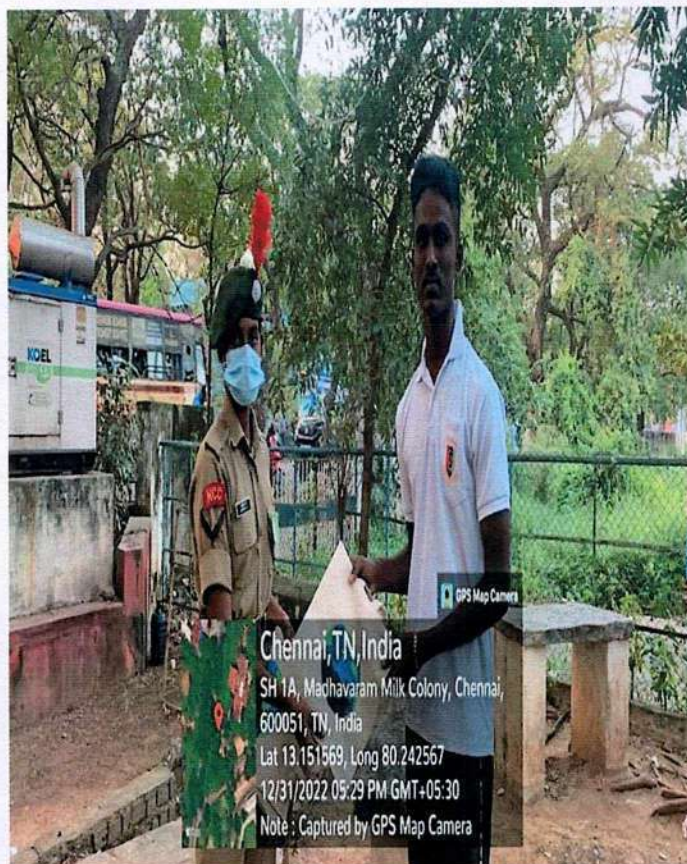
DATE: 31.12.2022

TIME: 17:00 PM

**VENUE: MILK COLONY RD, KANNADASA
NAGAR, MADHAVARAM MILK COLONY,
CHENNAI , TAMILNADU -600051**

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STALKING: KNOW IT, NAME IT, STOP IT

Name of the event	Organizing unit/agency elaborating agency	Name of the scheme	Year of the activity	Number of students participated in the activity
Stalking: know it. Name it. Stop it.	MOP NCC	Thalir (TNDALU NCC)	03.01.2023	50

Programme Brief: Creating awareness on cyber laws.

Outcome: MOP NCC has conducted this activity to create awareness to the public on stalking and cyber laws.

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3 Jan 2023 2:20:54 pm
4 East Tambaram Railway Station Road
Tambaram
East
Tamil Nadu

GREENY EARTH

Name of the event	Organizing unit/agency elaborating agency	Name of the scheme	Year of the activity	Number of students participated in the activity
Greeny Earth	MOP NCC	Thalir (TNDALU NCC)	05.01.2023	100

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Programme Brief: Distribution of seed balls.

Outcome: MOP NCC has conducted this activity to create awareness on environmental issues and also distributed seed balls.

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NUNGAMBAKKAM CHENNAI- 600034

M.O.P NCC CONDUCTS

"GREENY EARTH"

THEME: ENVIRONMENTAL ISSUES

DATE: 05.1.2023

TIME: 1245 HRS

VENUE: MOP VAISHNAV COLLEGE FOR WOMEN, 20, IV LANE, NUNGAMBAKKAM HIGH ROAD, CHENNAI , TAMILNADU -600034

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5 Jan 2023 1:38:30 pm
4th Lane
Thousand Lights
Chennai
Tamil Nadu

NOT MEAN, JUST GREEN

Name of the event	Organizing unit/agency elaborating agency	Name of the scheme	Year of the activity	Number of students participated in the activity
Not mean, just Green	MOP NCC	Thalir (TNDALU NCC)	13.01.2023	50

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Programme Brief: Creating awareness on environmental issues.

Outcome: MOP NCC has conducted this activity to create awareness on environmental issues to primary school students.



13 Jan 2023 2:51:29 pm

Nungambakkam High Road

Nungambakkam

SUPPORT, EDUCATE, EMPOWER

K/31 Principal

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Name of the event	Organizing unit/agency elaborating agency	Name of the scheme	Year of the activity	Number of students participated in the activity
Support, Educate, Empower	MOP NCC	Thalir (TNDALU NCC)	18.01.2023	50

Programme Brief: Creating awareness on education.

Outcome: MOP NCC has conducted this activity to create awareness on education in a children trust.



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SELF DEFENSE

Name of the event	Organizing unit/agency elaborating agency	Name of the scheme	Year of the activity	Number of students participated in the activity
Self Defense	MOP NCC	Thalir (TNDALU NCC)	19.01.2023	50

Programme Brief: Creating awareness on basic self defense.

Outcome: MOP NCC has conducted this activity on creating awareness on basic self defense for school students.

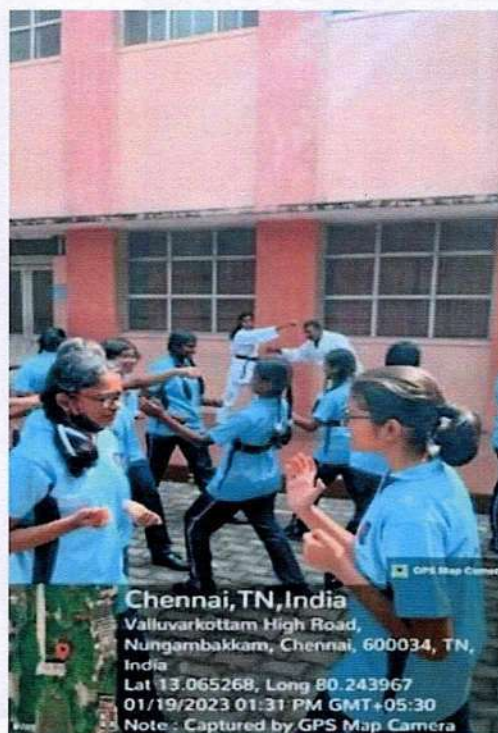
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NUNGAMBAKKAM CHENNAI- 600034

M.O.P NCC
CONDUCTS

"SELF DEFENCE"

THEME: WOMEN EMPOWERMENT
DATE: 19:01:2023
TIME: 13:00 HRS
VENUE: GOOD SHEPHERD MATRICULATION
HIGHER SECONDARY SCHOOL,32, COLLEGE
ROAD, SUBBA AVENUE, NUNGAMBAKKAM,
CHENNAI , TAMILNADU -600034

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RIGHT ! KNOW IT

Name of the event	Organizing unit/agency elaborating agency	Name of the scheme	Year of the activity	Number of students participated in the activity
RIGHT ! Know it	MOP NCC	Thalir (TNDALU NCC)	20.01.2023	50

Programme Brief: Creating awareness on education laws.

Outcome: MOP NCC has conducted this activity on creating awareness on educational laws to school students.

**M.O.P VAISHNAV COLLEGE FOR WOMEN (AUTONOMOUS)
NUNGAMBAKKAM CHENNAI- 600034**



**M.O.P NCC
CONDUCTS**



"RIGHT! KNOW IT!"

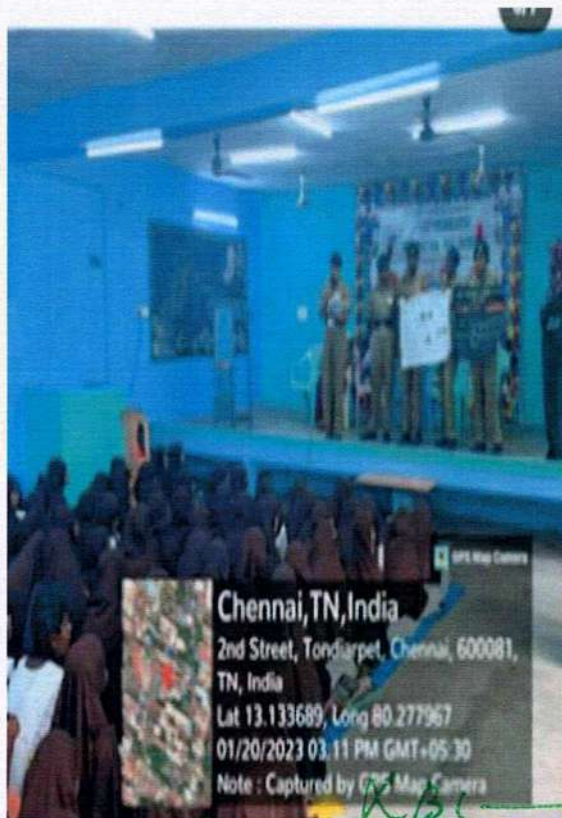
THEME: LEGAL AWARENESS

DATE: 20/01/2023

TIME: 14:00 HRS

**VENUE: SEETHAKATHI MATRICULATION
HIGHER SECONDARY SCHOOL, 3rd st
NETAJI NAGAR, TONDIARPET,
CHENNAI, TAMILNADU -600081**

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TIME TO KNOW

Name of the event	Organizing unit/agency elaborating agency	Name of the scheme	Year of the activity	Number of students participated in the activity
Time to know	MOP NCC	Thalir (TNDALU NCC)	28.01.2023	50

Programme Brief: Creating awareness on law of crime.

Outcome: MOP NCC has conducted this activity to create awareness about the law of crime to the public.

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**M.O.P NCC
CONDUCTS**



"TIME TO KNOW"

THEME: LEGAL AWARENESS

DATE: 28/01/2023

TIME: 17:00 HRS

**VENUE: ANNA SALAI MOUNT ROAD, THE
ISLAND, PARK TOWN
CHENNAI, TAMILNADU -600003**

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**Report On Activities Conducted by M.O.P. COMMUNITY RADIO STATION
(MOP CRS 107.8 MHz FM) from 1st JUNE 2022 till 31st MAY 2023:-**

Name of the activity:	Organising unit/ agency/ collaborating agency:	Name of the Scheme/Theme:	Year of the activity:	Number of students participated in such activities:
CAMPAIGN: UNICEF-CRA Pledge for Good Health	MOPCRS@MOPVC with UNICEF-CRA	UNICEF-CRA Pledge for Good Health	1st June 2022 -31st May 2023	30

Objective of the Programme:

- The project **Pledge for Good Health** is a community radio programme that was launched in partnership with UNICEF and Community Radio Association to forewarn the community members and educate people about COVID-19 vaccination, for all eligible cohorts, Nutrition

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(Breastfeeding and Complimentary feeding, Growth monitoring), Sanitation and Hygiene, and much more.

Programme Outcomes:

- Production of 18 fresh episodes
- Completion of 24 Interactive Narrowcasting Sessions
- Estimated 65 Radio Volunteers identified and trained from within the community.




Name of the activity:	Organising unit/ agency/ collaborating agency:	Name of the Scheme/Theme:	Year of the activity:	Number of students participated in such activities:
CAMPAIGN: FACTSHALA—A News and Information Literacy Initiative	MOPCRS@MOPVC with SMART NGO and DATALEADS	FACTSHALA—A News and Information Literacy Initiative	1st June 2022 -31st May 2023	10

Objective of the Programme:

- To help internet users in Tier 2, Tier 3 cities and villages understand and analyse online information better.
- Spot and identify misinformation and differentiate between news and other forms of online information.
- Access trustworthy and reliable information and Handle information overload better.

Programme Outcomes:

- Discussed about the spread of misinformation and fake news.
- Empowered citizens to navigate the information superhighway


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- Raised awareness to assess and critically evaluate information.

PHOTOGRAPHS:



Name of the activity:	Organising unit/ agency/ collaborating agency:	Name of the Scheme/Theme:	Year of the activity:	Number of students participated in such activities:
Seminar on balanced diet and awareness on anaemia	MOPCRS@MOPVC with ICDS	GUESTS: Ms. Pavithra, Chief Development Project Officer, ICDS, Ms. Indra, Chief Development Project Officer, ICDS	1st June 2022 - 31st May 2023	120

Objective of the Programme:

1. To raise awareness on Anemia among young adolescents
2. To educate young girl children on the early symptoms of Anemia
3. To help community members overcome nutrition deficiency through balanced diet

Programme Outcomes:

1. The officers gave us various pointers on how to spot the deficiency through self-assessment as well as a very clear demonstration of the consequences of Anaemia.
2. The guests also discussed how this might impact the stage of pregnancy for any potential mother, making it a highly thoughtful session.
3. Power slide presentations, boards, and other supporting materials were used by the officers to further our

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understanding of the problem.




Name of the activity:	Organising unit/ agency/ collaborating agency:	Name of the Scheme/Theme:	Year of the activity:	Number of students participated in such activities:
Seminar on CLIMATE CHANGE AWARENESS	MOPCRS@MOPVC with POOVULAGIN NANBARGAL – Environmental NGO	GUESTS: Mr.Prabhakaran & Mr. Lokesh Parthiban (Volunteers from POOVULAGIN NANBARGAL – Environmental NGO)	1st June 2022 - 31st May 2023	130

Objective of the Programme:

1. To create awareness on climate change
2. To help community members understand various terminologies behind climate change
3. To inculcate the spirit of oneness to fight against climate change

Programme Outcomes:

1. Community members were able to understand the concept of climate change.
2. Adequate awareness on climate change was given through real life stories and case study discussion
3. People understood the seriousness of the threats that the planet is facing


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Name of the activity:	Organising unit/ agency/ collaborating agency:	Name of the Scheme/Theme:	Year of the activity:	Number of students participated in such activities:
PROJECT: CRS-DST-SCIENCE PROJECT – “ARIVIYAL PALAGAI”	MOPCRS@MOPVC with TAMILNADU SCIENCE and TECHNOLOGY CENTER	“ARIVIYAL PALAGAI – ARIVIYAL PAYANAM”	1st June 2022 -31st May 2023	20

Objective of the Programme:

- To create awareness programs based on SCIENCE for the common people
- This project focuses on elaborating the necessity of the usage of SCIENCE in our day-to-day life.
- To know more about the scientist & their valuable inventions for the mankind.
- To give clear understanding on the importance of various Scientific concepts & discoveries.

Programme Outcomes:

- Created awareness about scientific concepts in a simpler perspective in order to reach larger audience
- Elaborated the necessity of science in our day-to-day activities
- The importance of scientific concepts & inventions was elaborated.


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Name of the activity:	Organising unit/ agency/ collaborating agency:	Name of the Scheme/Theme:	Year of the activity:	Number of students participated in such activities:
WOMEN'S DAY SPECIAL: Interview with The Australian Consulate General, Ms Sarah Kirlew	MOPCRS@MOPVC	Interview with The Australian Consulate General, Ms Sarah Kirlew	1st June 2022 - 31st May 2023	2

Objective of the Programme:

- This International Women's Day Special Radio Program, aims to focus on the theme on WOMEN EMPOWERMENT

Programme Outcomes:

It was an honor to have 'The Australian Consulate General, Ms Sarah Kirlew' @MOP CRS studio and to listen her insightful talk about women empowerment, on the occasion of International Women's day.



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Name of the activity:	Organising unit/ agency/ collaborating agency:	Name of the Scheme/Theme:	Year of the activity:	Number of students participated in such activities:
Interview	MOPCRS@MOPVC	Sports and its importance	1st June 2022 -31st May 2023	1

Objective of the Programme:

- To create awareness about sports, it's importance and the need for it in the current generation
- This interview also focuses on Football and its status in India

Programme Outcomes:

- The interview was taken in the guest's house from 3-4 pm.
- Focused on the inclusion of physical education, the scope of the subject and the changes to be made in the system.

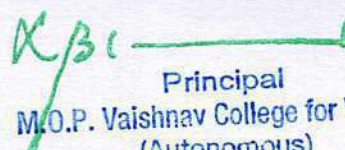
Name of the activity:	Organising unit/ agency/ collaborating agency:	Name of the Scheme/Theme:	Year of the activity:	Number of students participated in such activities:
Interview	MOPCRS@MOPVC	Awareness on Veganism	1st June 2022 -31st May 2023	1

Objective of the Programme:

- To create awareness about the problems that animals face.
- This interview focuses on how veganism is the need of the hour.

Programme Outcomes:

- Discussed about animal cruelty.
- Discussed the improvements that can be brought for those voiceless creatures.


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Name of the activity:	Organising unit/ agency/ collaborating agency:	Name of the Scheme/Theme:	Year of the activity:	Number of students participated in such activities:
Interview	MOPCRS@MOPVC	In-depth knowledge about his experience in the field	1st June 2022 -31st May 2023	1

Objective of the Programme:

- To talk about the various works of the artist
- This interview focuses on his recent work "Miss you"

Programme Outcomes:

- Discussed about the field of writing.
- Discussed the personal struggles the writer has encountered

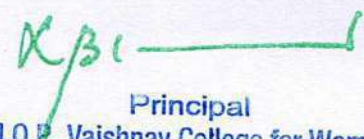
Name of the activity:	Organising unit/ agency/ collaborating agency:	Name of the Scheme/Theme:	Year of the activity:	Number of students participated in such activities:
Interview	MOPCRS@MOPVC	Tips about parenting	1st June 2022 -31st May 2023	1

Objective of the Programme:

- To create awareness about gentle parenting.
- This interview focuses on how government schools can become better, if parents take action.

Programme Outcomes:

- Discussed about different ways of parenting
- Discussed the improvements that can be brought in government schools if the parents are determined to do so.


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Name of the activity:	Organising unit/ agency/ collaborating agency:	Name of the Scheme/Theme:	Year of the activity:	Number of students participated in such activities:
Interview	MOPCRS@MOPVC	In-depth knowledge about his experience	1st June 2022 -31st May 2023	1

Objective of the Programme:

- To understand the various aspects of photography
- This interview focuses on the photographer's struggles pre and post pandemic

Programme Outcomes:

- Discussed about photography field
- Discussed the struggles of budding photographers


Name of the activity:	Organising unit/ agency/ collaborating agency:	Name of the Scheme/Theme:	Year of the activity:	Number of students participated in such activities:
Interview	MOPCRS@MOPVC	In-depth knowledge about digital marketing	1st June 2022 -31st May 2023	1

Objective of the Programme:

- To understand what digital marketing is.
- This interview focuses on the scope of digital marketing in the current generation

Programme Outcomes:

- Discussed about the trends in digital marketing
- Discussed what students aspiring to become digital marketers must do.


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Name of the activity:	Organising unit/ agency/ collaborating agency:	Name of the Scheme/Theme:	Year of the activity:	Number of students participated in such activities:
Interview	MOPCRS@MOPVC	A comparison between teaching in the golden era vs now. (Teachers' Day special)	1st June 2022 -31st May 2023	1

Objective of the Programme:

- To talk about how teaching has changed over the period of time

Programme Outcomes:

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- Discussed about the many differences between offline and online teaching and their pros and cons.
- Discussed the improvements that can be brought in the field of teaching



Name of the activity:	Organising unit/ agency/ collaborating agency:	Name of the Scheme/Theme:	Year of the activity:	Number of students participated in such activities:
Interview with Ms. Lakshitha N - Volunteer in multiple NGOs around Chennai	MOPCRS@MOPVC	Awareness on maintaining good hygiene methods	1st June 2022 -31st May 2023	

Objective of the Programme:

- To educate people about the importance of maintaining hygiene in Public Places

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- To increase awareness on good sanitation methods
- To help people to develop the habit of segregating dry and wet waste separately
- To address the struggles of garbage pickers

Programme Outcomes:

- The objectives of the programme were achieved.
- Listeners were educated about the struggles faced by garbage pickers while picking up waste which is not segregated.
- Expressed the importance of disposing of Sanitary Pads in the right method.



Name of the activity:	Organising unit/ agency/ collaborating agency:	Name of the Scheme/Theme:	Year of the activity:	Number of students participated in such activities:
Interview with Ms. S. Vandana (Clinical Psychologist and founder of V-Cope).	MOPCRS@MOPVC	How the pandemic affected mental health of children	1st June 2022 -31st May 2023	

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Objective of the Programme:

- To create awareness about the mental states of children during the pandemic and talking about managing it through healthy outlets and communication.
- The interview focusses on discussing the effects of stress on teenagers during the COVID-19 pandemic and ways to manage it.
- To give clear understanding on mental health and how it fares with teenagers especially in unforeseen situations like the pandemic.

Programme Outcomes:

- Talked about the importance of mental health, with special reference to teens.
- Raised awareness about how and why mental health was affected so widely during the pandemic.
- Discussed steps that can be taken by both adults and teens to preserve mental health.



Name of the activity:	Organising unit/ agency/ collaborating agency:	Name of the Scheme/Theme:	Year of the activity:	Number of students participated in such activities:
Interview with Auto Driver Selva Raj, Nurse and Dr Gayathri	MOPCRS@MOPVC	LIVELIHOOD ISSUES DURING THE COVID PANDEMIC	1st June 2022 -31st May 2023	

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Objective of the Programme:

- To let people, know about the Livelihood issues during the covid pandemic.
- To give a clear awareness about the vaccination to the people.
- To let people, know about how all the workers suffered during the covid pandemic without any livelihood.

Programme Outcomes:

- People would get to know about the difficulties of workers who lost their livelihood during the covid pandemic
- People would get to know about the experience and difficulties faced by a nurse.
- People would get a clear idea of covid vaccinations.



Name of the activity:	Organising unit/ agency/ collaborating agency:	Name of the Scheme/Theme:	Year of the activity:	Number of students participated in such activities:
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Interview with DR.SARANYA JAIKUMAR She is the first Doctorate in educational psychology in Chennai	MOPCRS@MOPVC	Mental health of people during COVID time	1st June 2022 -31st May 2023	
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Objective of the Programme:

- To know the mental health problems faced by the public
- To know the reason of stress and give clear understanding on mental health
- To create spiritual awareness about people's mental health in times of Covid
- To inform people how to handle mental stress in a positive way

Programme Outcomes:

- Talked about people's problem and how control the mental health.
- Focused about how to handle mental health in a positive way.



Name of the activity:	Organising unit/ agency/ collaborating agency:	Name of the Scheme/Theme:	Year of the activity:	Number of students participated in such activities:
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Interview with Mr. S. Baskar, Chemistry Teacher at Vidya Mandir Estancia	MOPCRS@MOPVC	Online to Offline Education- Challenges	1st June 2022 -31st May 2023	
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Objective of the Programme:

- To inform people about the challenges the educational sector faced during the pandemic
- To inculcate knowledge about how students and teachers shifted to an online forum
- To create awareness for the various schemes initiated by the government to improve the quality of education
- To address the struggles of those involved during this period

Programme Outcomes:

- Concepts like online classes, online exams, lack of interaction and connectivity issues were discussed
- Many methods which were used to engage students were mentioned
- Coping mechanisms of a teacher and a parent were voiced



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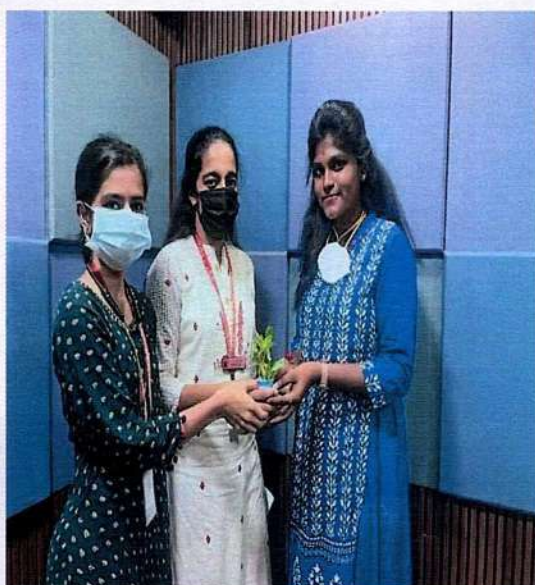
Name of the activity:	Organising unit/ agency/ collaborating agency:	Name of the Scheme/Theme:	Year of the activity:	Number of students participated in such activities:
Interview with Ms. Rakshitha Giridhar (CEO of HelpForCovid- a non-government organization that helped patients during the pandemic)	MOPCRS@MOPVC	CoVID-19 frontline warriors and their families and how they coped up	1st June 2022 -31st May 2023	

Objective of the Programme:

- To create awareness about the difficulties that the frontline warriors faced during the pandemic.
- This interview also focuses on the founding history of the organization HelpForCovid.
- To thank the frontline warriors through messages received from various people.

Programme Outcomes:

- Talked about the contributions that the frontline warriors did to improve the health of the nation.
- Expressed gratitude to frontline warriors for their selfless and timely help.



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Name of the activity:	Organising unit/ agency/ collaborating agency:	Name of the Scheme/Theme:	Year of the activity:	Number of students participated in such activities:
Interview with Dr. Sabrin Sulthana, General Doctor.	MOPCRS@MOPVC	Long Covid and its Effects (Dr. Sabrin Sulthana) interview for MOP Community Radio Listeners.	1st June 2022 -31st May 2023	

Objective of the Programme:

- To let people, know about the long covid and its effects.
- This program focuses on protecting people from covid
- To give a clear awareness regarding COVID diet and preventive measures.

Programme Outcomes:

- Everyone would get to know about the people who suffer a lot in covid pandemic.
- Everyone would get to know about what are the diets to follow in covid.
- The people get to know about what are the preventive measures to take in covid pandemic.



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Name of the activity:	Organising unit/ agency/ collaborating agency:	Name of the Scheme/Theme:	Year of the activity:	Number of students participated in such activities:
Interview with Advocate Dr. Padmapriya	MOPCRS@MOPVC	child marriages during covid-19	1st June 2022 -31st May 2023	

Objective of the Programme:

- . To alter the social paradigm that sees marriage as the sole path to a child's personal and social fulfilment, especially for girls and young women.
- . To develop youth and adolescents as agents for change.
- . To educate people about the negative traditional practice of child marriage and how it undermines children's rights.

Programme Outcomes:

- Concepts like how to promote public awareness and opposition to child marriage were discussed
- Focused specifically on female child marriages in order to solve the pervasive gender inequity in our culture.
- Actions to be made to prevent child marriage and improve societal perceptions were explored

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Name of the activity:	Organising unit/ agency/ collaborating agency:	Name of the Scheme/Theme:	Year of the activity:	Number of students participated in such activities:
Interview with Mohamed Ashik, Aspire system company oracle consultant.	MOPCRS@MOPVC	Back to Office – Precautions needed (Mohamed Ashik)	1st June 2022 - 31st May 2023	

Objective of the Programme:

- To let people, know about the precautions needed for people going back to offices.
- To create awareness about how important it is to get vaccinated for them.
- To bring into knowledge about how all the employees were affected, during online.

Programme Outcomes:

- Difficulties faced by employees while working online during the pandemic.
- Opinions of employees who are working in different companies were voiced.
- To create awareness about vaccination camps from office.
- To ensure that all the employees are safe.

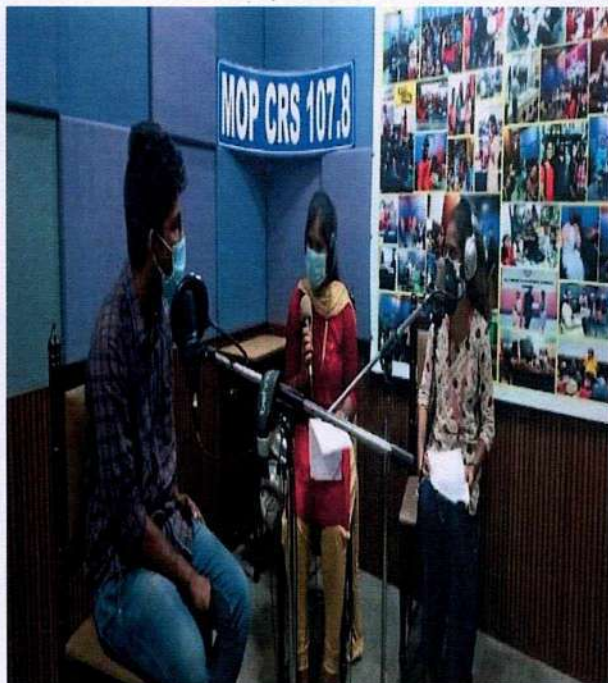
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Name of the activity:	Organising unit/ agency/ collaborating agency:	Name of the Scheme/Theme:	Year of the activity:	Number of students participated in such activities:
Interview with Ms Jayashree Sharma - MBBS, DGO, MRC OG consultant obstetrician & gynaecologist Infertility specialist.	MOPCRS@MOPVC	Safety measures for lactating mothers in pandemic	1st June 2022 - 31st May 2023	

Objective of the Programme:

- To create awareness about lactating mothers during the pandemic and talk about managing it through healthy outlets and communication.

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- The interview is about how to breastfeed an infant without any problems.
- To prevent more diets and food plans for young mothers.

Programme Outcomes:


- Talked about the importance of breastfeeding
- Raised awareness how to segregate breastmilk during the pandemic



Name of the activity:	Organising unit/ agency/ collaborating agency:	Name of the Scheme/Theme:	Year of the activity:	Number of students participated in such activities:
Interview with Muralidharan-Admin, Thirunindraoor Murgan Temple	MOPCRS@MOPVC	Festivals during Covid and new normal	1st June 2022 - 31st May 2023	

Objective of the Programme:

- To make people aware of the current Covid- 19 situation / new normal
- To talk about the various problems faced while celebrations of festivals during covid


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- To spread awareness about the safety precautions to be taken during celebrations and huge crowd gathering

Programme Outcomes:

- Expressed how the pandemic crisis was handled during festivals.
- Thanked the frontline warriors for making festivals run seamlessly.



Name of the activity:	Organising unit/ agency/ collaborating agency:	Name of the Scheme/Theme:	Year of the activity:	Number of students participated in such activities:
Interview with Sangeetha , Anganwadi worker	MOPCRS@MOPVC	Role of Anganwadi's during COVID-19	1st June 2022 -31st May 2023	

Objective of the Programme:

- To make people aware of the current covid situation

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- To talk about how Anganwadi's helped childcare and nurtured mothers during the pandemic
- To know what schemes were introduced by Anganwadi's to promote health during the pandemic

Programme Outcomes:

- The programme expressed how mothers and children were taken care of by Anganwadi's during COVID-19
- Thanking the Anganwadi worker's for their dedication towards their jobs and appreciating their effort.



Name of the activity:	Organising unit/ agency/ collaborating agency:	Name of the Scheme/Theme:	Year of the activity:	Number of students participated in such activities:
INTERVIEW on CLIMATE CHANGE AWARENESS	MOPCRS@MOPVC with POOVULAGIN NANBARGAL – Environmental NGO	GUESTS: Mr.KAARMUGIL (Volunteer from POOVULAGIN NANBARGAL – Environmental NGO)	1st June 2022 - 31st May 2023	130

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Objective of the Programme:

1. To create awareness on climate change
2. To help community members understand various terminologies behind climate change
3. To inculcate the spirit of oneness to fight against climate change

Programme Outcomes:

1. Community members were able to understand the concept of climate change.
2. Adequate awareness on climate change was given through real life stories and case study discussion
3. People understood the seriousness of the threats that the planet is facing



Name of the activity:	Organising unit/ agency/ collaborating agency:	Name of the Scheme/Theme:	Year of the activity:	Number of students participated in such activities:
Interview with Dr.Padma Priya is an advocate, social activist, counseling Psychologist, motivational speaker, founder of a NGO (Mind Tree)	MOPCRS@MOPVC	Constitutional Awareness on Republic day	1st June 2022 -31st May 2023	

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Organization) and a woman achiever.				
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Objective of the Programme:

- To create awareness among people about Constitution .
- Fundamental Rights and Fundamental Duties

Programme Outcomes:

- Talked in detail about the basics of the Constitution , how it is written , preamble , fundamental right , fundamental duties , their difference and about the importance of republic day.



Name of the activity:	Organising unit/ agency/ collaborating agency:	Name of the Scheme/Theme:	Year of the activity:	Number of students participated in such activities:
"PANEL DISCUSSION WITH STUDENTS OF	MOPCRS@MOPVC	Program about VIKAS	1st June 2022 -31st May 2023	1

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MOP VAISHNAV COLLEGE ON VIKAS"				
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Objective of the Programme:

- To make understand what is VIKAS
- To explain to the listeners, the importance of VIKAS
- To make listeners know how much VIKAS benefits people

Programme Outcomes:

- The session has thoroughly explained what VIKAS is all about, its importance, its benefits, the learnings from VIKAS and so on.
- The experience of the students who visited the village has been shared
- It delivered how VIKAS has helped women develop their entrepreneurship skills



Name of the activity:	Organising unit/ agency/ collaborating agency:	Name of the Scheme/Theme:	Year of the activity:	Number of students participated in such activities:
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"INTERVIEW ON ORGAN DONATION"	MOPCRS@MOPVC	Awareness on ORGAN DONATION	1st June 2022 -31st May 2023	1
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Objective of the Programme:

- To know the importance of organ donation
- To debunk the myths associated with organ donation
- To make listeners understand the needed subject

Programme Outcomes:

- Very informative session on Organ donation
- It provides the listeners with who, when, how, and where the organ donation can be taken place
- It made the listeners to think about the subject which has the power to save many lives

Name of the activity:	Organising unit/ agency/ collaborating agency:	Name of the Scheme/Theme:	Year of the activity:	Number of students participated in such activities:
Interview with Radha Krishnan Founder of Sea moment NGO	MOPCRS@MOPVC	Global Warming with sea movement	1st June 2022 -31st May 2023	

Objective of the Programme:

- To create awareness about current climactic condition, it's importance and the need for it.

Programme Outcomes:

- This interview focuses on Global warming and its allied factors contributing for the same.



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Name of the activity:	Organising unit/ agency/ collaborating agency:	Name of the Scheme/Theme:	Year of the activity:	Number of students participated in such activities:
Interview with V. Kuberan Retired Teacher	MOPCRS@MOPVC	About Zoology	1st June 2022 -31st May 2023	1

Objective of the Programme:

- To create awareness about animal and environment, its importance and the need for it.

Programme Outcomes:

- This interview focuses on Zoology and its allied factors contributing for the same.



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Name of the activity:	Organising unit/ agency/ collaborating agency:	Name of the Scheme/Theme:	Year of the activity:	Number of students participated in such activities:
Interview with Lokesh Parthiban Member of Poovulagin Nanbargal.	MOPCRS@MOPVC	Pollution	1st June 2022 -31st May 2023	1

Objective of the Programme:

- To create awareness about current pollution, it's impact and the need to know about it.

Programme Outcomes:

- This interview focuses on Pollution and its allied factors contributing to the same



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Name of the activity:	Organising unit/ agency/ collaborating agency:	Name of the Scheme/Theme:	Year of the activity:	Number of students participated in such activities:
Interview with Dr. Sabesan Positive Psychologist	MOPCRS@MOPVC	Phobia	1st June 2022 -31st May 2023	1

Objective of the Programme:

- To create awareness about current Phobia, it's impact on humans and the need know it.

Programme Outcomes:

- This interview focuses on Phobia and its allied factors contributing to the same.

Name of the activity:	Organising unit/ agency/ collaborating agency:	Name of the Scheme/Theme:	Year of the activity:	Number of students participated in such activities:
Interview with Ms. Jaya Ishwarya, expert in Butterfly fostering and home gardening, alumni of MOP Vaishnav College.	MOPCRS@MOPVC	Butterfly fostering	1st June 2022 -31st May 2023	1

Objective of the Programme:

- To educate the community through radio programming about the importance of organic farming through butterfly conservation.
- To involve them in the butterfly fostering project and engage them in hands-on learning about the life cycle of butterflies.

Programme Outcomes:

- Explained in detail on how to create a butterfly-friendly habitat in our house's outdoor/ terrace space.

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- To research and select appropriate species of butterflies for the area



Name of the activity:	Organising unit/ agency/ collaborating agency:	Name of the Scheme/Theme:	Year of the activity:	Number of students participated in such activities:
RJ Talk	MOPCRS@MOPVC	Entertainment and life lessons for children	1st June 2022 -31st May 2023	2

Objective of the Programme:

- To entertain Listeners(children) of mopcrs107.8
- The RJ Talk also focuses on teaching life lessons to listeners(children)

Programme Outcomes:

- Discussed about how to entertain the children and to learn life of lesson.

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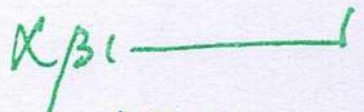
Name of the activity:	Organising unit/ agency/ collaborating agency:	Name of the Scheme/Theme:	Year of the activity:	Number of students participated in such activities:
PANEL DISCUSSION	MOPCRS@MOPVC	Discussion on VELPAARI –most popular Tamil novel	1st June 2022 -31st May 2023	2

Objective of the Programme:

Discussed in detail about Velpari which is a most popular Tamil novel about the ultimate epitome of life, nature, love, and war

Programme Outcomes:

Had an amazing and informative interview with Tamil authors, Mr. Parisal Krishna, Mr. Karki Bava & Mr. Veyil about one of the best tamil novels written by Su Venkatesan "Velpari"


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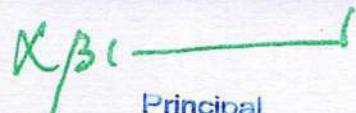
Name of the activity:	Organising unit/ agency/ collaborating agency:	Name of the Scheme/Theme:	Year of the activity:	Number of students participated in such activities:
CONSUMER DAY SPECIAL INTERVIEW	MOPCRS@MOPVC	CONSUMER DAY SPECIAL INTERVIEW With Ms.SAROJA	1st June 2022 -31st May 2023	2

Objective of the Programme:

This interview aims to create awareness on CONSUMER RIGHTS AWARENESS

Programme Outcomes:

Awareness on CONSUMER RIGHTS have been explained in detail


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Name of the activity:	Organising unit/ agency/ collaborating agency:	Name of the Scheme/Theme:	Year of the activity:	Number of students participated in such activities:
PSA	MOPCRS@MOPVC	Benefits of breastfeeding	1st June 2022 -31st May 2023	2

Objective of the Programme:

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- To create awareness and to enlighten the general public on the benefits of breastfeeding.
- To encourage the habit of Breastfeeding till the required age (baby)

Programme Outcomes:

- Talked about the importance of breast milk for the baby
- Focused on the benefits of breastfeeding for both child and the mother.

Name of the activity:	Organising unit/ agency/ collaborating agency:	Name of the Scheme/Theme:	Year of the activity:	Number of students participated in such activities:
Interview with Sneha Kumar is an actress, recently appeared in Iravin Nizhal and a woman achiever.	MOPCRS@MOPVC	Women in Media	1st June 2022 -31st May 2023	1

Objective of the Programme:

- To create awareness among people about Media field, different stages of production and challenges of being an actor

Programme Outcomes:

- Talked in detail about the basics of the film production, different stages, about the movie Iravin Nizhal and her role.

Name of the activity:	Organising unit/ agency/ collaborating agency:	Name of the Scheme/Theme:	Year of the activity:	Number of students participated in such activities:
Interview with Jayanthi is a senior manager, client service and a woman achiever.	MOPCRS@MOPVC	Women in abusive relationship and sexual harrasment	1st June 2022 -31st May 2023	1

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Objective of the Programme:

- To create awareness among people about the PCVC organization, issues that woman face everyday.

Programme Outcomes:

- Talked in detail about the issues that women face in abusive relationship, fire burn victims, how to overcome such activities., etc

Name of the activity:	Organising unit/ agency/ collaborating agency:	Name of the Scheme/Theme:	Year of the activity:	Number of students participated in such activities:
RJ Talk	MOPCRS@MOPVC	PONGAL CELEBRATION	1st June 2022 -31st May 2023	1

Objective of the Programme:

- To know the history and how Pongal festival starts
- To know the importance of farmers festival

Programme Outcomes:

- How to celebrate Pongal festival and the this festival is celebrated to thank the Sun God and Lord Indra for helping farmers in getting better yielding crops



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Name of the activity:	Organising unit/ agency/ collaborating agency:	Name of the Scheme/Theme:	Year of the activity:	Number of students participated in such activities:
RJ Talk	MOPCRS@MOPVC	FAMILY DAY	1st June 2022 -31st May 2023	1

Objective of the Programme:

- To create knowledge about family day
- To know the importance of family

Programme Outcomes:

- Parents gained knowledge about their child strengths and weakness.
- Children have a chance to voice their thoughts and feelings



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Name of the activity:	Organising unit/ agency/ collaborating agency:	Name of the Scheme/Theme:	Year of the activity:	Number of students participated in such activities:
RJ Talk	MOPCRS@MOPVC	CANCER	1st June 2022 -31st May 2023	1

Objective of the Programme:

- To know the types of cancer and stages
- To know the basic symptoms of cancer

Programme Outcomes:

- Awareness on CANCER, its types, symptoms, treatments were clearly narrated

Name of the activity:	Organising unit/ agency/ collaborating agency:	Name of the Scheme/Theme:	Year of the activity:	Number of students participated in such activities:
RJ Talk	MOPCRS@MOPVC	VOTERS DAY	1st June 2022 -31st May 2023	1

Objective of the Programme:

- To know the importance of voting
- To know that voters day is celebrated for young people

Programme Outcomes:

- The national voters day is celebrated to encourage more for young voters to take part in the political process.

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Name of the activity:	Organising unit/ agency/ collaborating agency:	Name of the Scheme/Theme:	Year of the activity:	Number of students participated in such activities:
RJ Talk	MOPCRS@MOPVC	WOMEN'S DAY	1st June 2022 -31st May 2023	1

Objective of the Programme:

- To know the women achievers
- To know the origin of women's day

Programme Outcomes:

- Womens day is a day to celebrate activists on a global level.
- Raising awareness of their work and the challenges they face.

Name of the activity:	Organising unit/ agency/ collaborating agency:	Name of the Scheme/Theme:	Year of the activity:	Number of students participated in such activities:
Interview with Mr.BHASKARAN KRISHNAMOORTHY retired income tax officer	MOPCRS@MOPVC	INDIAN CONSTITUTION	1st June 2022 - 31st May 2023	1

Objective of the Programme:

- To create awareness about constitution and its importance

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- This interview also focuses on constitutional rights

Programme Outcomes:

- The Indian constitution has provided with integrated and independent judiciary has been clearly narrated



Name of the activity:	Organising unit/ agency/ collaborating agency:	Name of the Scheme/Theme:	Year of the activity:	Number of students participated in such activities:
Interview with Dr.Sathwika Ravishankar	MOPCRS@MOPVC	PCOS/ PCOD and importance of testing them	1st June 2022 -31st May 2023	1

Objective of the Programme:

- To create awareness about PCOS, it's importance of knowing about it in current generation
- This interview also focuses on PCOD, Diet and physical activity to maintain a healthy life

Programme Outcomes:

- The importance of PCOD and PCOS awareness has been explained well

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Name of the activity:	Organising unit/ agency/ collaborating agency:	Name of the Scheme/Theme:	Year of the activity:	Number of students participated in such activities:
Group Interview with MOP SCHOOL STUDENTS on ENVIRONMENTAL AWARENESS	MOPCRS@MOPVC with MOP SCHOOL	GUESTS: MOP SCHOOL STUDENTS	1st June 2022 - 31st May 2023	12

Objective of the Programme:

1. To create awareness on ENVIRONMENT

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2. To help community school students understand various terminologies behind ENVIRONMENT
3. To inculcate the spirit of oneness among school kids to fight against ENVIRONMENT HAZARDS

Programme Outcomes:

1. School students were able to understand the concept of safeguarding our environment
2. Adequate awareness on safeguarding our environment was given to school kids through simple examples
3. The school students understood the seriousness of the threats that the planet is facing



Name of the activity:	Organising unit/ agency/ collaborating agency:	Name of the Scheme/Theme:	Year of the activity:	Number of students participated in such activities:
RJ Talk	MOPCRS@MOPVC	Government Schemes implemented for underprivileged society	1st June 2022 - 31st May 2023	

Objective of the Programme:

- The program holds high importance in informing people about the various schemes implemented by government of Tamil Nadu for the welfare of underprivileged society.
- The main objective of the program is to make people understand schemes and their benefits

Programme Outcomes:

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- People have been informed on eligibility criteria, documents required for the schemes as well.



Name of the activity:	Organising unit/ agency/ collaborating agency:	Name of the Scheme/Theme:	Year of the activity:	Number of students participated in such activities:
RJ Talk	MOPCRS@MOPVC	Effects of climatical changes	1st June 2022 - 31st May 2023	

Objective of the Programme:

- To educate the Listeners of mopcrs107.8 on climate change

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- The RJ Talk also focuses on elaborating the impact of climatical change to the listeners

Programme Outcomes:

- To know about the effects of Climate Change
- And how to overcome from the climatical changes



Name of the activity:	Organising unit/ agency/ collaborating agency:	Name of the Scheme/Theme:	Year of the activity:	Number of students participated in such activities:
RJ Talk	MOPCRS@MOPVC	NEST SCHOOL kids Interview	1st June 2022 - 31st May 2023	

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Objective of the Programme:

- To entertain Listeners(children) of mopcrs107.8
- The RJ Talk also focuses on teaching life lessons to listeners(children)

Programme Outcomes:

- Discussed about life of lesson with the children Entertained the school children



Name of the activity:	Organising unit/ agency/ collaborating agency:	Name of the Scheme/Theme:	Year of the activity:	Number of students participated in such activities:
RJ Talk	MOPCRS@MOPVC	Awareness on food Adulteration in underprivileged area	1st June 2022 - 31st May 2023	

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Objective of the Programme:

- Aims to give awareness and knowledge of food adulteration.

Programme Outcomes:

- The Process of contaminating food ordering to the food components is a common phenomenon in developing countries.



Name of the activity:	Organising unit/ agency/ collaborating agency:	Name of the Scheme/Theme:	Year of the activity:	Number of students participated in such activities:
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Interview with Udhaya Krishna gopal	MOPCRS@MOPVC	Awareness on mental health issue	1st June 2022 - 31st May 2023	
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Objective of the Programme:

- The people who faced mental issues and their experience before and after therapy.

Programme Outcomes:

- The listeners can learn how to come out of stress.

Name of the activity:	Organising unit/ agency/ collaborating agency:	Name of the Scheme/Theme:	Year of the activity:	Number of students participated in such activities:
PSA	MOPCRS@MOPVC	Awareness on women safety	1st June 2022 - 31st May 2023	1

Objective of the Programme:

- The safety of women living in slum areas.
- It involves strategies, practice and policies which aim to reduce gender based violence including women's fear of crime.

Programme Outcomes:

- Our motive is to create awareness among the women about their rights and privileges.
- Space which causes fear restricts movements and thus the community use of the space.

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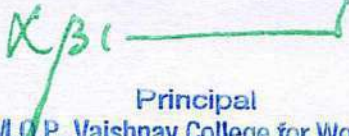
Name of the activity:	Organising unit/ agency/ collaborating agency:	Name of the Scheme/Theme:	Year of the activity:	Number of students participated in such activities:
Panel discussion	MOPCRS@MOPVC	Idhuvum Kadandhu Pogum	1st June 2022 -31st May 2023	5

Objective of the Programme:

- The program discuss about the important discussion implemented by the government of Tamil Nadu for the women who faced problem on PCOD and breast cancer.
- The program have main solution women facing problem in their health issues.

Programme Outcomes:

- The presenters discuss about the solution for women who faced problem of PCOD.
- At the end of the program will be useful in getting to know about various solutions for women.


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Name of the activity:	Organising unit/ agency/ collaborating agency:	Name of the Scheme/Theme:	Year of the activity:	Number of students participated in such activities:
PSA	MOPCRS@MOPVC	Cyber crime and security	1st June 2022 -31st May 2023	2

Objective of the Programme:

- The main objective of this program is to let people know why and how cyber crimes occur in this generation and how cyber security can be a protection and few suggestion to prevent from such issues.
- Others uses computer or networks to spread malware, illegal information,image or other material.

Programme Outcomes:

- Firms not only lose current customers, but they also lose the ability to gain new customers.

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Name of the activity :	Organising unit/ agency/ collaborating agency:	Name of the Scheme/Theme :	Year of the activity :	Number of students participated in such activities:
RJ Talk	 MOPCRS@MOPVC	Malnutrition in Children with Special Focus on under privileges	1st June 2022 - 31st May 2023	1

Objective of the Programme:


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- Our program's objective is to bring awareness about malnutrition and the schemes offered by the government as well as steps that can be taken independently to help them fight it.
- These helpless children have to deal with various malnutrition, illiteracy, child mortality and abuse due to financial circumstances of their parents and family members.



Programme Outcomes:

- The extent of stunting and underprivilege among the children from poor and non poor households by use of public distribution system in India.

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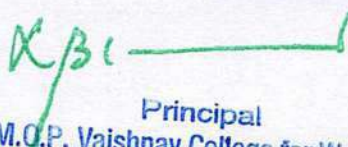
Name of the activity:	Organising unit/ agency/ collaborating agency:	Name of the Scheme/Theme:	Year of the activity:	Number of students participated in such activities:
RJ Talk	MOPCRS@MOPVC	Health of underprivileged society in post covid	1st June 2022 -31st May 2023	2

Objective of the Programme:

- The main objective of the program is to provide information, education, and communication to slum dwellers to help them adapt to the challenges posted by the post – corona virus measures.
- Multi organ effects can involve many body system including the heart, lung, kidney, skin, and brain.

Programme Outcomes:

- Covid -19 and the government response to it have impacted different people in different ways.
- Often amplifying existing structural inequalities in income and poverty.


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RJ Talk	MOPCRS@MOPVC	Lack of educational opportunities in under privileged society.	1st June 2022 -31st May 2023	2
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Objective of the Programme:

- About difficulties faced by poor people on education we are going to discuss about why there is lack of education in poor sector ?
- Education in poor sector ?why do people think about it ? and how we can change the situation ? and how we can change the situation ?

Programme Outcomes:

- The world's most vulnerable children from disadvantaged communities are more likely to miss out on school.
- Established a classroom right inside your living room.

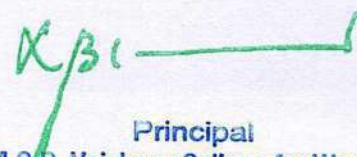
Name of the activity:	Organising unit/ agency/ collaborating agency:	Name of the Scheme/Theme:	Year of the activity:	Number of students participated in such activities:
RJ Talk	MOPCRS@MOPVC	Underprivileged Child Empowerment	1st June 2022 - 31st May 2023	2

Objective of the Programme:

- where we discuss the ways to empower underprivileged children in education, stating practical solution to support and uplift them.

Programme Outcomes:

- Donate to an NGO can mould the lives of children and provide them the opportunities they need.
- Create a play zone for children. Engage the kids parents and teachers as well this strengthens.



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Name of the activity:	Organising unit/ agency/ collaborating agency:	Name of the Scheme/Theme:	Year of the activity:	Number of students participated in such activities:
RJ Talk	MOPCRS@MOPVC	Postpartum Care for women	1st June 2022 - 31st May 2023	2

Objective of the Programme:

- Introduces the necessity of postpartum care for women
- Guidance on how women can care for themselves and how people around them can support them.

Programme Outcomes:

- Created awareness of postpartum physical and mental troubles.

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- Expert advice on how to prioritise postpartum care.



Name of the activity:	Organising unit/ agency/ collaborating agency:	Name of the Scheme/Theme:	Year of the activity:	Number of students participated in such activities:
Interview with Rekha – house wife.	MOPCRS@MOPVC	Body Shaming and Racism.	1st June 2022 - 31st May 2023	2

Objective of the Programme:

- RJs talked about how the harsh comments made by people on a person's weight and complexion and how it makes the other person feel very low and terrible about themselves.
- And suggesting them to not take any of those negative comments to their minds.

Programme Outcomes:

- Discussed about how to get Body shaming and Racism.

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- Fat shaming can have a much worse impact on mental and physical health than racism.



Name of the activity:	Organising unit/ agency/ collaborating agency:	Name of the Scheme/Theme:	Year of the activity:	Number of students participated in such activities:
RJ Talk	MOPCRS@MOPVC	Independence day special	1st June 2022 - 31st May 2023	1

Objective of the Programme:

- To narrate the history of our leaders and their struggles faced before independence

Programme Outcomes:

- Talked in detail about the issues our independence leaders faced during the 1940s

Name of the activity:	Organising unit/ agency/ collaborating agency:	Name of the Scheme/Theme:	Year of the activity:	Number of students participated in such activities:

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RJ Talk	MOPCRS@MOPVC	Raksha bandhan special	1st June 2022 - 31st May 2023	1
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Objective of the Programme:

- To educate people about the tradition behind celebrating Raksha Bandhan

Programme Outcomes:

- Talked in detail about Siblings bond and had callers for the show.

Name of the activity:	Organising unit/ agency/ collaborating agency:	Name of the Scheme/Theme:	Year of the activity:	Number of students participated in such activities:
RJ Talk	MOPCRS@MOPVC	Traditional Indian practices	1st June 2022 - 31st May 2023	1

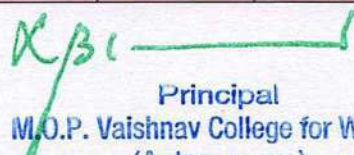
Objective of the Programme:

- To educate people about the science behind certain traditions that is followed in India

Programme Outcomes:

- Talked in detail about traditional Indian practices that is followed in day-to-day lifestyle.

Name of the activity:	Organising unit/ agency/ collaborating agency:	Name of the Scheme/Theme:	Year of the activity:	Number of students participated in such activities:
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RJ Talk	MOPCRS@MOPVC	Vinayagar Chaturthi special	1st June 2022 - 31st May 2023	1
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Objective of the Programme:

- To narrate stories of Lord Ganesha and why Vinayagar Chaturthi is celebrated

Programme Outcomes:

- Talked in detail about Lord Ganesh's stories and also the importance of Vinayagar Chaturthi

Name of the activity:	Organising unit/ agency/ collaborating agency:	Name of the Scheme/Theme:	Year of the activity:	Number of students participated in such activities:
RJ Talk	MOPCRS@MOPVC	World Food day special	1st June 2022 - 31st May 2023	1

Objective of the Programme:

- To educate people about dieting and how to maintain balance diet.

Programme Outcomes:

- Talked in detail about homemade recipes and how to take care of health in today's lifestyle.

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Name of the activity:	Organising unit/ agency/ collaborating agency:	Name of the Scheme/Theme:	Year of the activity:	Number of students participated in such activities:
RJ Talk	MOPCRS@MOPVC	Teachers day special	1st June 2022 - 31st May 2023	1

Objective of the Programme:

- To celebrate teachers and acknowledge their role in everyone's life

Programme Outcomes:

- Talked about the importance of the role of TEACHERS in our lives.

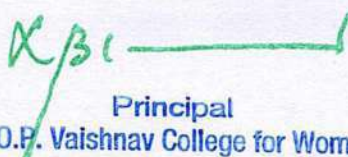
Name of the activity:	Organising unit/ agency/ collaborating agency:	Name of the Scheme/Theme:	Year of the activity:	Number of students participated in such activities:
Group Interview with ASSUMPTION SCHOOL STUDENTS on CLIMATE CHANGE AWARENESS	MOPCRS@MOPVC with ASSUMPTION SCHOOL, NUNGAMBAKKAM	GUESTS: ASSUMPTION SCHOOL STUDENTS	1st June 2022 -31st May 2023	12

Objective of the Programme:

1. To create awareness on climate change
2. To help community school students understand various terminologies behind climate change
3. To inculcate the spirit of oneness among school kids to fight against climate change

Programme Outcomes:

1. School students were able to understand the concept of climate change.
2. Adequate awareness on climate change was given to school kids through simple examples


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3. The school students understood the seriousness of the threats that the planet is facing



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ROTARACT CLUB

REPORT ON ACTIVITIES CONDUCTED BY ROTARACT CLUB FOR THE YEAR

2022-23

S.no	Date	Name of the activity	Organizing unit/agency/Collaborating agency	Number of Beneficiaries / Participants
1.	06.08.2022	ENTHRONE Installation Ceremony	Rotaract Club of M.O.P Vaishnav College for Women	100
2.	13.07.2022	MAGIZH	Rotaract Club of M.O.P Vaishnav College for Women	500
3.	23.08.2022	PROFILE Professional Service Training	Rotaract Club of M.O.P Vaishnav College for Women	40
4.	23.08.2022	BIO UPDATE	Rotaract Club of M.O.P Vaishnav College for Women	30
5.	12.09.2022	ORIENTATION PROGRAMME	Rotaract Club of M.O.P Vaishnav College for Women	200
6.	16.10.2022	FIZZ	Rotaract Club of M.O.P Vaishnav College for Women and Rotaract Club of Madras	


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ENTHRONE

Programme Brief: In the year of 2022, on 6th of August, Enthroned, the 17th installation ceremony of the Rotaract Club of MOP Vaishnav College for Women was held. The Chief guest for the day was Rtn. Jayshree Sridhar, President of the Rotary Club of Madras, 22-23. The guests of honor included Rtn. Shivkumar Eashwaran, Rtn. Dr. Parkavi Mahalingam and Rtn. Gautam Raj from the Rotary Club of Madras. Rtr. Pres. Akshata, Secretary Rtr. Sunetra took charge of their posts along with the new board for 2022-2023. IPP Rtr. Senthia Abirami and Rtr. Kavya Reddy were also present to share the secretarial report of year 21-22 and pass on the legacy of the club to the new president and Secretary.

Programme Outcome: A few projects, the new logo, standee, banner and letter were released. All the guests, district officials, other club members and the group rotaract representative wished the new team best of luck and encouraged them to achieve great heights as board members.

INSTALLATION INVITE :



Kp. ———

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INSTALLATION PHOTOS:



Chief Guest Rtn Jayshree Sridhar along with Rotarians from Rotary club of Madras launching the logo for the year 2022 2023



Rtn Dr Parkavi Mahalingam, Rotaract-Chairman, Rotaract Club of Madras presenting the badge and letter to the Rotarac board members

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Date	Name of the activity	Organizing unit/agency/Collaborating agency	Year	Number of Beneficiaries/ Participants
13.07.2022	MAGIZH	Rotaract Club of M.O.P Vaishnav College for Women	2022	500

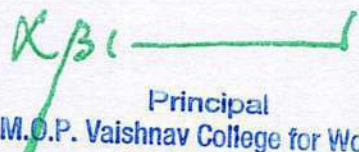


Rotaract Club Board members 2022-2023

MAGIZH

Programme Brief: Magizh is a year-long initiative of the Rotaract club of M.O.P. Vaishnav College for Women to spread happiness in the community. This project is all about gifting a positive handwritten note with chocolates to strangers, in order to bring cheerful smiles on their faces. The club believes that this small act of caring will spread joy among people and bring a ray of hope to someone who is in distress. Magizh reached as many as 500+ beneficiaries, including public servants, corporation workers, security workers, domestic helpers, senior citizens, children, teachers, grocery vendors, orphanage kids, rotaractors' parents, neighbours, and friends, health care workers, and rotaractors from other clubs and districts. Magizh envelopes were also presented to fellow rotaractors from other clubs during each District Rotaract Council. The project also reached the hands of the President of Rotary International, Rtn Jennifer Jones and Actor Dulquer Salmaan at the event "Imagine to Inspire", Rtn Jennifer Jones' visit to RID 3232 (Chennai). The Testimonials from beneficiaries show that the project truly touched their hearts.

Programme Outcome: Starting from August, in order for people from all walks of life to be benefitted by this project, Magizh will be having specific themes for each month based on monthly themes given by the Rotary. In this direction, the theme for the month of August is "Membership and New club development". Throughout the month, the Rotaractors of our club would enthusiastically give Magizh envelopes to non rotaractors in order to inspire them to join the Rotaract movement. Students learnt to be empathetic and got to know the value of EQ. Students got a hands-on experience of how a tiny act of kindness will make others happy and give someone who is struggling some hope.

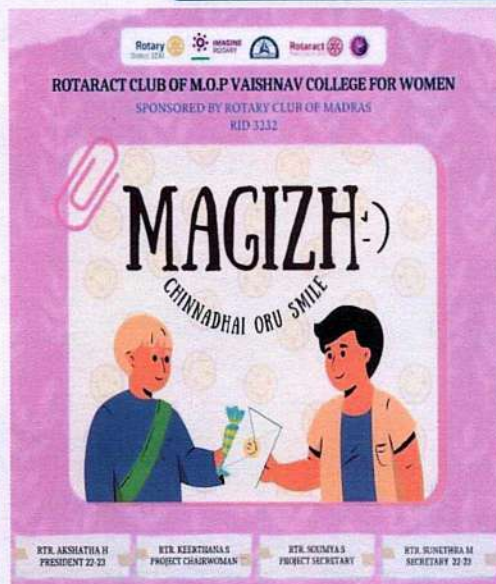

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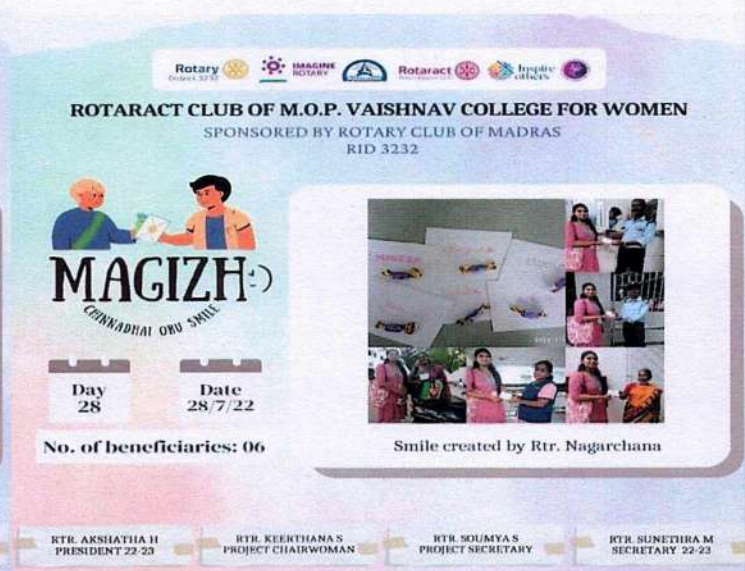
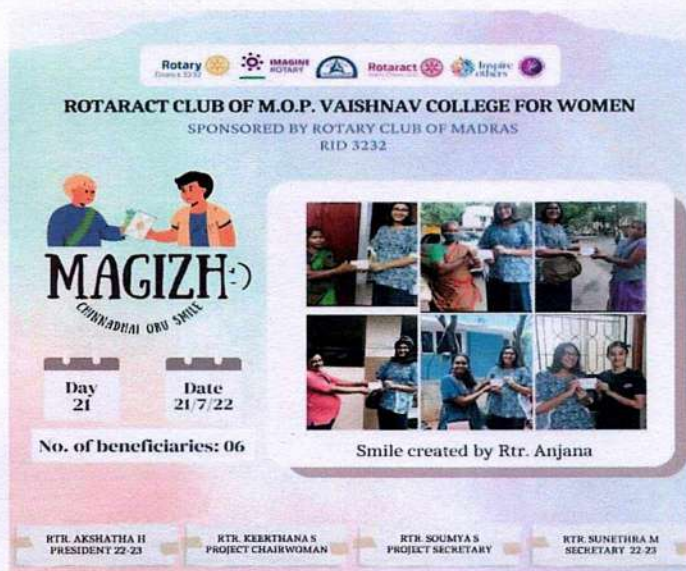
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Photos:



PROFILE

Date	Name of the activity	Organizing unit/agency/Collaborating agency	Year	Number of Beneficiaries/Participants
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23.08.2022	PROFILE Professional Service Training	Rotaract Club of M.O.P Vaishnav College for Women	2022	40
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Programme Brief: This training event for the rotaractors was regarding how to create a portfolio, resume building and tips for interviews. It was an interactive session on profile building and interview tips with the speaker Mr. Vinod Ricard, Founder of VinRich Academy. His talk was on how to attend an interview and how to build a profile for interviews. He taught the students the power phrases to be used while writing a resume. Students also learnt the difference between a portfolio from a resume. He used live examples to make the students understand better. The session also had an interactive time with the district profession service director Rtr. PP Mr.Dhamodaran. He also gave some more suggestions on how to build a professional resume and bio data.

Programme Outcome: Students learnt how to build a profile for interviews and were given tips for interviews. They also learnt the difference between a portfolio from a resume.

BIO UPDATE

Date	Name of the activity	Organizing unit/agency/Collaborating agency	Year	Number of Beneficiaries/ Participants
23.08.2022	BIO UPDATE	Rotaract Club of M.O.P Vaishnav College for Women	2022	30

Programme Brief: Bio Update is an offline event on the understanding of Resume building and interview attending. The event was conducted on 23 August, 2022. The speaker of the event was Rtn. PP Dhamodharan, the District Professional Services Director. The event started with the welcome address by the project Chairperson followed by the club President's welcome address. Then the profile of the speaker was delivered by the project Chairperson. Following this the speaker gave a very enlightening live session on how to build a strong resume, what the recruitment team of many organizations expect, the skill sets required, etc. He also elaborated on how to attend interviews and on developing better self presentation during the interviews.

Programme Outcome: Students were able to identify the various components of resume. Students learnt the art of building a good portfolio. They got an idea on how to build a professional resume and bio data.

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Photo:




Felicitation of the Guest Speaker Mr Vinod Ricard, Founder VinRich Academy

ORIENTATION PROGRAMME

Date	Name of the activity	Organizing unit/agency/Collaborating agency	Year	Number of Beneficiaries/ Participants
12.09.2022	ORIENTATION PROGRAMME	Rotaract Club of M.O.P Vaishnav College for Women	2022	200

Programme Brief: Rotaract Club of M.O.P Vaishnav College for Women conducted an orientation seminar. It is basically the training given by the experienced Rotaractors to inspire and motivate the students to join the movement. Also an interactive ice breaking session to build a bond as a family. Rtn. Subhadra Marimuthu & Rtn Solomon, graced the event with their valued wisdom and shared their life experience in Rotaract. The event had fun ice-breaking sessions and insightful speeches given by the main speaker, it provided an immense number of ideas and values to each member of the board no matter which committee they belonged to. It was a very impactful session.


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Programme Outcome: Students were inspired by the insightful speeches and were motivated to join movement. They were also provided an immense number of ideas and values.

FIZZ

Date	Name of the activity	Organizing unit/agency/Collaborating agency	Year	Number of Beneficiaries/ Participants
16.10.2022	FIZZ	Rotaract Club of M.O.P Vaishnav College for Women and Rotaract Club of Madras.	2022	50

Programme Brief: Rotaract Club of M.O.P Vaishnav College for Women joined along with Rotaract club of Madras and co-hosted a grand cultural event "FIZZ" which was held on 16 October 2022 in St. Thomas College of Arts And Science, Koyambedu . The cause of this event was to help renovate and rehabilitate Government schools. The Co-Chair was accompanied by Rtr. Vignesh and our board members worked in various committees. The event saw many celebrity walk-ins, cultural events, talent shows, etc. Rtr . Rohith

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(Membership empowerment) performed a fabulous show on 'Silambam' which was appreciated by all the audiences and other club members.

Programme Outcome: The cause of this event was to help renovate and rehabilitate Government schools.

COLLEGE INITIATIVES – YEAR OF VIKAS

REPORT ON THE EXTENTION ACTIVITY OF THE COLLEGE 2022-2023

M.O.P. Vaishnav College for Women (Autonomous), Chennai believes in inculcating social responsibility alongside academic proficiency amongst its students. Aligning with the mission goal of the college in grooming students as socially responsible leaders of the future, students are encouraged to carry out real-time community service activities for the needy and the underprivileged. The College adopts a thematic approach to its extension work under the banner of "M.O.P. Cares".

2022–2023 was designated as the "Year of Vikas," during which a focused outreach effort was made in a number of methods to accomplish the UN Sustainable Development Goals.

In the crucible of academic institutions, today's corporate citizens, policymakers, and members of civil society are sculpted for tomorrow. For this reason, we believe that our contribution to the SDGs' success is crucial. Vikas is the most recent in our yearly series of social responsibility initiatives. The College's departments and programs each carried out the shared objective in a unique way for the benefit of various cohorts, following the established model. The various department activities are as follows:



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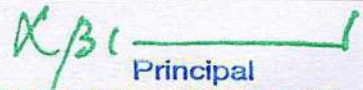
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S.no	Date	Name of the activity	Organizing unit/agency/Collaborating agency	Number of Beneficiaries / Participants
1	17.10.2022	2 ∞ and beyond - Workshop & Quiz	M.OP.Vaishnav College for Women	212
2	18.02.2023	MEME'23	Government Higher secondary school Perambur Chennai.	250
3	13.2.2023-7.03.2023	VIKAS	The MAP learning Centre, T.Nagar, Chennai	45
4	02-03-23 to 07-03-23	VIKAS	Mary Clubwala Jadhav Girls Hr.Sec.School	150/49
5	09.11.2022-15.11.2022	Old Clothes Campaign	Celebrating Life	
6	07.03.2023 to 13.03.2023	VIKAS 2022-2023 (Community Service Initiative)	The Chennai Middle School, C Block, MMDA Colony, Arumbakkam, Chennai.	210/32
7	16.12.2022	Eat Right Campaign	FSM Prakriti Club students and volunteers from Food science department, MOPVC	117
8	14.03.2023	Skill Development	Assumption Higher Secondary, Chennai	51
9	30.10.2022	Career Skill Training and Guidance	Pudiyador Organisation	15
10		Distribution of Sanitary napkins	Nadukuppam	

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11		Interactive Play Space	Inner Wheel District 323	-
12	-	Radio Programmes	Collaboration with MOP CRS 107.8 MHz	-
13	-	ENROLMENT INTO SOCIAL SECTOR SCHEMES	M.O.P Vaishnav College for Women	55/250
14	11.03.2023	Walkathon	V.S Geriatric Foundation	60
15	10.02.2023	Village Visit	Kuthambakkam village	70
16	25.02.2023	Entrepreneurial Development Workshops	Department of Management Studies in association with MOBIS India Foundation	208/125
17		Progress & Pragati	Rainbow Homes, Kosapet, Chennai	
18	-	Cleanliness and hygiene	Chennapuri Anna Dana Samajam	
19	09.01.2023	Short Term Courses, Library	Anjugam Primary School	70
20		Vikas	BHUMI	
21	-	Vikas	AGAL Foundation	
22		Vikas	Golden Butterflies CPC	
23	22.01.2023	Gnana Vikas	Swastha-Centre For Special Education And Rehabilitation- A Tata Coorg Foundation	120


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24	09.09.2022	Activity 1 - Distribution of recycled tablets to children of M.O.P Primary School in association with BYJUS Activity 2 - Initiatives for dry waste collection and recycling. Students were involved in every day drives in Chennai City under the banner of 'Take Me Back Chennai' and 'The Rebirth Collective'.	Wasted 360 Solutions	70
25	18.03.2023	Vikas	Nethrodaya	60
25		Vidhvatha Vridhi		200

B.SC MATHEMATICS

S.NO	Date	Name of the activity	Number of Beneficiaries/Participants
1	17.10.2022	2 ∞ and beyond -Workshop &Quiz	150/56

Programme Brief: Geogebra is an interactive mathematical software for learning and teaching science, technology, engineering and maths from primary to University level. This workshop was conducted by the resource person Mr. Sathish Kumar (Asst. Professor at RMD College of Engineering) and covered 5 sub

Topics :

Interactive Geometry
Spreadsheets
Computer Algebra System(CAS)
Statistics
Hooks

Students were taught how to plot a point, line, line segment by inputting line length, ray, polyline, line graphs, parabola in 2D plane using polar and cartesian coordinates. Concepts of vector addition, subtraction, creation of a vector from a point, congruency, orthocenter, circumcenter, angles, Lissajous curve, angle between tangent and circle, angle bisector, perpendicular bisector were also introduced. Creation of a polygon, difference between rigid and regular polygon, locus of various curves such as parabola and ellipse, graphical

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interpretation of Pythagoras theorem, vector polygon, connecting 3D images, transformation of vectors was also taught.

The Quiz had three rounds (two prelims and one final). Rules and regulations of the quiz were explained at the beginning. Three-round competition includes MCQ, direct answer and audio-visual round, which engaged the students for one and half hours.

Outcome:

Students were able to learn:


- Mathematical concepts using Geogebra .
- a new training software that would help them to visualize the concepts that they learn.
- graphical interpretation of various concepts that were already introduced.

Activity based round was very informative and knowledge enriching competition for the participants.

S.NO	Date	Name of the activity	Organising unit/agency/Collaborating agency	Number of Beneficiaries/Participants
2	18.02.2023	MEME'23	Government Higher secondary school Perambur Chennai.	250

Programme Brief: The Programme was inaugurated by the Headmistress of the Government Higher secondary school Perambur Chennai.

The Quiz had three rounds (two prelims and one final). Rules and regulations of the quiz were explained at the beginning. Three-round competition includes MCQ, direct answer and audio-visual round, which engaged the students for one and half hours. Subsequently, quintessential quiz was organised by group of students where team of 2 were participating in the event. The prelims round was based on multiple choice. Thus the event continued with an uplifting session of tricks where a group of students taught to approach various formulas and their applications in an efficient manner which includes areas of cube and cuboid and parts of circle as well as shortcuts to find squared and square roots. Then selected teams were given crosswords, Pictionary with words of maths and cascading connections to compete against time. Then the mesmerising event Skit where the students had enacted the importance of mathematics but with a twist which is applications based on maths gave a symphony Coachella conclusion to the extravaganza ending with the valedictory where glorious winners were awarded with trophies and certificates.


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Outcome:

Students were able to learn:

- Mathematical concepts like finding square and square root of a number, profit & loss, mathematical identities, divisibility rules, mensuration
- Application of mathematics in every day life

Activity based round was very informative and knowledge enriching competition for the participants.

PHOTOS:



Workshop in progress for School children

KBC

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Quiz in progress at Government Higher secondary school Perambur Chennai.

B.SC COMPUTER SCIENCE

S.NO	Date	Name of the activity	Organising unit/agency/Collaborating agency	Number of Beneficiaries/ Participants
1	13.2.2023-7.03.2023	VIKAS	The MAP learning Centre, T.Nagar, Chennai	45


Programme Brief:

The Programme B.Sc computer Science conducted their community service activities at the MAP learning Centre, T.Nagar. The children in the Centre were specially challenged. The students of B.Sc computer science helped them gain confidence and helped them in building their conversational skills, listening and writing skills. The students of the centre were engaged in painting, singing and also in art work.

Programme Outcomes

- The students of the MAP learning centre gained confidence in listening and comprehension
- Some of the students were trained in art and craft

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BCA

S.NO	Date	Name of the activity	Organising unit/agency/Collaborating agency	Number of Beneficiaries/ Participants
1	02-03-23 to 07-03-23	VIKAS	Mary Clubwala Jadhav Girls Hr.Sec.School	150/49

Programme Brief:

The BCA programme students visited the Mary Clubwala Jadhav Girls Hr.Sec.School and imparted basic computer skills, communication skills, presentation skills to the selected students of 6th, 7th and 8th grade.

The BCA students also conducted activities like Pictionary games, Art out of waste, Jewelry Making.

The school students found these activities and the skills useful and innovative.

Outcomes:

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- It was a healthy boost to self-esteem and life satisfaction of the students.
- Students were able to learn basic computer skills and gained confidence.

PHOTOS:



B.SC DATA SCIENCE

S.NO	Date	Name of the activity	Organising unit/agency/Collaborating agency	Number of Beneficiaries/ Participants
1	09.11.2022-15.11.2022	Old Clothes Campaign	Celebrating Life	

Programme Brief:

The Old Cloth Campaign was held from 9th of November to 15th of November 2022. The students were informed to bring old clothes to help and support a palliative care center. It was a week-long campaign where many students and staff happily turned up to donate their pre-loved merchandise. Data Science department took incharge to collect the clothes from students and staff. It was an initiative taken in collaboration with Celebrating Life for a good cause.

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Outcomes:

- Students were able to bring more clothes to help the needy people.
- It helped to show pure love by donating their old clothes.

PHOTOS:



Dr. D. Uthira, Vice-Principal, M.O.P. Vaishnav College for Women contributing towards old clothes collection campaign.

S.NO	Date	Name of the activity	Organising unit/agency/Collaborating agency	Number of Beneficiaries/ Participants
1	07.03.2023 to 13.03.2023	VIKAS 2022-2023 (Community Service Initiative)	The Chennai Middle School, C Block, MMDA Colony, Arumbakkam, Chennai.	210/32

Programme Brief:

The Department of Information Technology organized a community service initiative commemorating VIKAS the year of development by the college, from 7th March 2023 to 13th March 2023.

Education is considered a vital element in the development of a society, a system, and a country. Digital Skills

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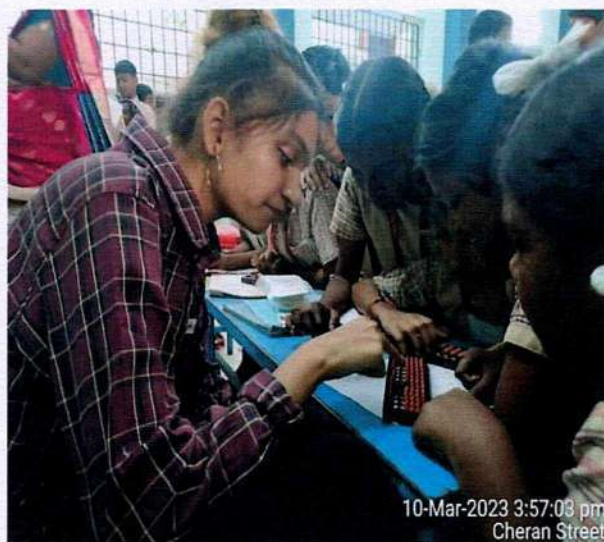
are the Foundation of Our Future Workforce. This year the college theme towards social initiatives is VIKAS (Development). The students of B.Sc. Data Science chosen 'The Chennai Middle School, C Block, MMDA Colony, Arumbakkam, Chennai' to bestow their talents to the school children and impart Digital Skills. This help accelerate progress towards United Nations Sustainable Development goals. The school children of VI Std, VII Std and VIII std were chosen for imparting the skills.

The digital skills imparted are Cyber Security, Life Skills, Computer Skills, Presentation Skills, Abacus and Communication Skills. Yoga, Dance and Drama were also part of the activities. Nearly 210 school children benefitted during the knowledge transfer sessions. The children able to know the basics of computer, navigating internet, staying safe online, creating and editing documents, designing presentations, communication basics and abacus.

Outcomes:

- Students enjoy the teaching process and realize the importance of community service.
- Provides a platform to identify and exhibits students hidden digital skills.

PHOTOS:



B.SC FSM

S.NO	Date	Name of the activity	Organising unit/agency/Collaborating agency	Number of Beneficiaries/ Participants
1	16.12.2022	Eat Right Campaign	FSM Prakriti Club students and volunteers from Food science department, MOPVC	117

Programme Brief:

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- Briefed on the purpose and goals of the Eat Right Initiative.
- Interactive games and videos included.

Programme Outcomes:

- Understanding of how to be part of the Eat Right Initiative as a dutiful citizen.

PHOTOS:



S.NO	Date	Name of the activity	Organising unit/agency/Collaborating agency	Number of Beneficiaries/ Participants
2	14.03.2023	Skill Development	Assumption Higher Secondary, Chennai	51

Programme Brief:

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- Students were briefed on the purpose of reading a food label before consuming.
- Interactive games were included.

Outcomes:

- Understanding of how to read the food label.
- Development of artistic skills such as drawing to help improve accuracy in terms of perception and clear thinking to aid better understanding.
- Honing life skills necessary for budding teenagers to help them deal with different demands and pressures.

PHOTOS:



Assumption Higher Secondary School, Nungambakkam,
Chennai, Tamil Nadu 600034

14/03/2023 15:30

B.SC PSYCHOLOGY

S.NO	Date	Name of the activity	Organising unit/agency/Collaborating agency	Number of Beneficiaries/ Participants
1	30.10.2022	Career Skill Training and Guidance	Pudiyador Organisation	15

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Programme Brief:

On the Sunday, 30th October 2022, Psychology students hosted a Community Outreach Program for Youth in association with a NGO called Pudiyador at Vettiver Collective, Besant Nagar, Chennai. The aim of the program was to provide the youth, aged 16 to 25 years, of Urur community with the career skill training.

The program focused on broadening career interests, assessment of career maturity such as attitudes and competence and brief profiling of stress management was executed. Skill-based activities were conducted to train soft skills such as effective communication, leadership, team skills, problem solving and interview skills. Psychometric testing on stress inventory and career maturity inventory was conducted and scope for enhancement was provided. A mock interview was hosted to build self-awareness and confidence.

Outcomes:

- The participants gained self-awareness & confidence.
- Self-guided soft skills training helped the participants.
- The participants equipped with ways to manage stress.
- Organizers cultivated better soft skill training competence.

PHOTOS:

The students along with participants at the outreach program
Skill based activity on career interests



B.SC EM

S.NO	Date	Name of the activity	Organising unit/agency/Collaborating agency	Number of Beneficiaries/ Participants
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1		VIKAS	M.O.P Vaishnav College for Women	
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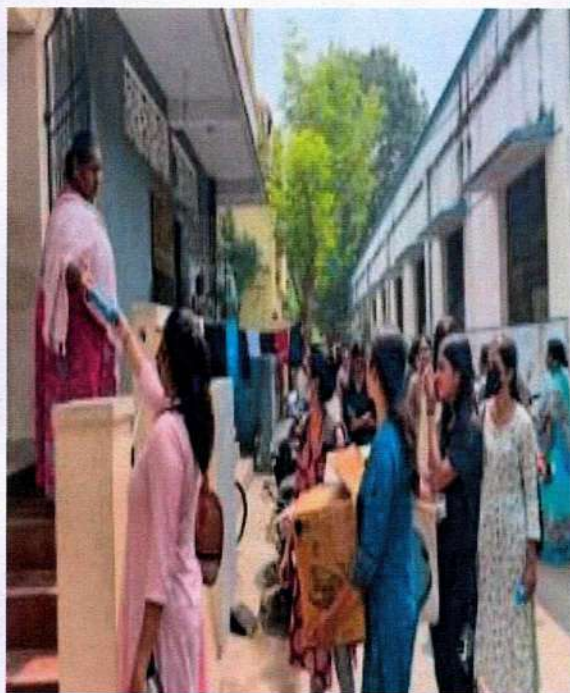
Programme Brief:

The final year students of B.Sc Electronic Media program took up a community development initiative in the urban slums of Nadukuppam, Chennai as a part of the year of development – VIKAS. They distributed free sanitary pads to the women and created awareness on menstrual hygiene among them. They also distributed free snacks and drinks to the children in the slums and insisted on the importance of education and encouraged them to study.

Outcome:

- Awareness on menstrual hygiene
- Instill social responsibility and create awareness on social issues

PHOTOS:



B.SC VISCOM

S.NO	Date	Name of the activity	Organising	Number of
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			unit/agency/Collaborating agency	Beneficiaries/ Participants
1		Vikas	Inner Wheel District 323	-

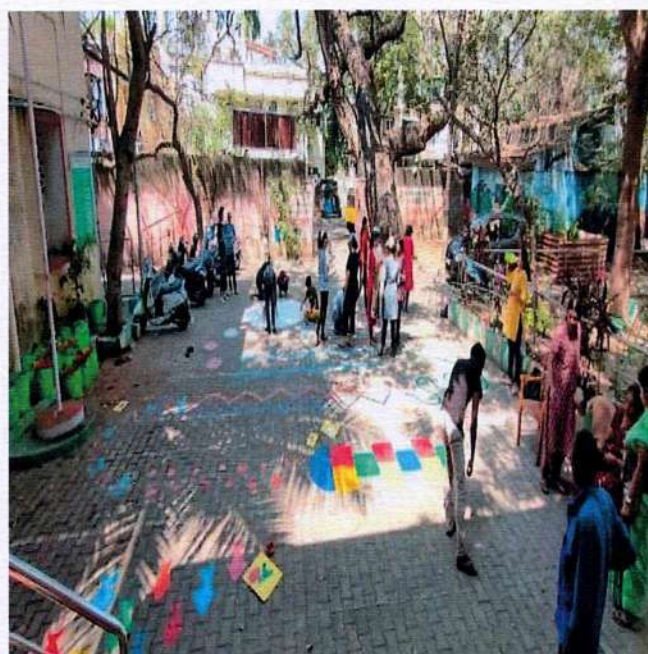
Programme Brief

As a part of college's social responsibility initiative for the year 2022 – 2023, VIKAS – The Year of Development, the students of B.Sc. Visual Communication were involved in the creative designing and painting of interactive play spaces for the primary and middle school children of Government schools in Chennai. This community outreach activity titled 'Odi Vilayaadu Paapa' was done in association with the Inner Wheel District 323 (An International organisation closely linked to Rotary)

Outcome:

- Awareness on the civic responsibility in students
- Convey educational messages using art work

PHOTOS:



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B.A JOURNALISM

S.NO	Date	Name of the activity	Organising unit/agency/Collaborating agency	Number of Beneficiaries/ Participants
1	-	Radio Programmes	Collaboration with MOP CRS 107.8 MHz	-

Programme Brief:

As part of VIKAS, the B.A. Journalism programme produced radio programmes in collaboration with MOP CRS 107.8 MHz for UNICEF-CRA Program 2022, titled Pledge for Good Health. Pledge for Good Health, a six-months project, is a community radio programme that was launched in partnership with UNICEF and Community Radio Association to educate the community members and educate people about COVID-19 vaccination for all eligible cohorts, nutrition, breastfeeding and complimentary feeding, growth monitoring, sanitation and hygiene, and much more. The program's primary requirements include the creation of 18 episodes (weekly episodes and narrowcasting), as well as 24 interactive narrowcasting sessions. The students of II B.A. Journalism produced 18 episodes of radio shows for the project on topics such as:

- COVID frontline warriors and how they coped up
- Festivals during COVID and the new normal
- Online to Offline Education – Challenges
- Livelihood issues during the COVID pandemic
- Importance of Mental Health of Children
- Lactating Mothers and their Nutrition
- Importance of Sanitation and Hygiene in Public Places
- Long COVID and its effects
- Back to offices- precautions needed
- Experience sharing of children and relevant stakeholders on re-opening of schools
- Awareness on Child Marriage during COVID 19
- Pregnancy during COVID 19 and the right Nutrition
- Myths and misconception of vaccination
- Role of Anganwadi during COVID-19
- Awareness on Child Labour and prevention
- Impact of mental health on adults during COVID time
- Importance of complimentary feeding
- Importance of Breastfeeding

Outcome:

- Creating awareness about COVID-19 and vaccination
- Awareness on nutrition, breastfeeding and complimentary feeding, growth monitoring, sanitation and hygiene, and much more.

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B.A SOCIOLOGY

S.NO	Date	Name of the activity	Organising unit/agency/Collaborating agency	Number of Beneficiaries/ Participants
1	-	ENROLMENT INTO SOCIAL SECTOR SCHEMES		55/250

Programme Brief:

Students of II BA Sociology engaged in a social sector schemes awareness and enrolment initiative, wherein beneficiaries from the general public were identified and briefed about the schemes. Around 250 individuals belonging to below poverty households were identified and sensitised about various state and central government schemes. Interested beneficiaries were enrolled into the schemes by the students total number of beneficiaries were 55.

Outcome:

Enrolment :

55 beneficiaries were enrolled into various social sector schemes as follows:

S.no	Scheme Enrolled	About the scheme	No of Beneficiaries enrolled
1	Pradhan Mantri Shram Yogi Maandhan Yojana	1. Minimum Assured Pension of 3000 per month for unorganised sector workers after 60 years, after obtaining e-shram identity card. 2. Assured amount of 2 lakhs on death of beneficiary. 3. 1 lakh on partial disablement	47 unorganised sector workers ,both men and women.(Like servants,construction workers,Domestic helpers,Watchmans etc)
2	Pradhan Mantri Jan Arogya Yojana	Health cover of 5 lakhs per family for secondary and tertiary healthcare.	4 individuals from Below Poverty Line households
3	Ayushman Bharath Digital Mission- Enrolment into (Ayushman Bharath Health Account)	Digital health record maintenance wherein beneficiaries can maintain and receive reports and medical history and prescriptions on a	4 individuals from lower income group households

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	hassle free digital platform	
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Awareness Creation:

250 individuals belonging to unorganised sectors, below poverty line and other individuals belonging to marginalised sections, were sensitised on the following central and state government schemes.

S.no	Scheme	Details
1	Pudhumai Pen Scheme (Moovalur Ramamirtham Ammaiyar Higher Education Assurance)	Rs.1000 scholarship for female students enrolled in higher education.
2	PM Svanidhi	10,000Rs micro credit for street vendors.
3	Tamilnadu Unorganized Workers Welfare Board- Nalavariyam Scheme	Benefits such as Children education benefits, Marriage expense benefits, Maternity benefits for registered women workers, Pension, Family Pension, Accident cover, Death coverage, Funeral
4	Atal Pension Yojana	Contributory pension scheme, benefits for which will be received after 60 years of age.
5	Indira Gandhi Old Age Pension Scheme	Non- Contributory pension scheme for BPL individuals
6	PM Jan Dhan Yojana	Zero balance bank accounts with accidental insurance cover of 2 lakhs, and overdraft facility of 10,000 Rs
7	Sukanya Samriddhi Yojana	Girl child savings scheme to build a fund for future education and marriage expenses with interest rate of 9.1% with tax benefits.

PHOTOS

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Ms. Yuvarani (2113711031060) and Ms. Varshinii (2113711031057)- students of II BA Sociology handing over the e-shram card to beneficiaries

ई-श्रम कार्ड
e-SHRAM Card

भारत सरकार
GOVT. OF INDIA

नाम / Name : **वलरमथी सुन्दरम / VALARMATHI SUNDARAM**

पति का नाम / Husband Name : **SUNDARAM**

जन्म तिथि / DOB : **04/06/1964**

लिंग / Gender : **Female / महिला**

Universal Account Number (UAN)
7815 2907 0242

श्रम एवं रोजगार मंत्रालय | MINISTRY OF LABOUR & EMPLOYMENT

श्रम एवं रोजगार मंत्रालय, भारत सरकार
MINISTRY OF LABOUR & EMPLOYMENT, GOVT. OF INDIA

Blood Group : **O+**

Primary Occupation : **Domestic and Related Helpers, Cleaners and Launderers, Other**

Current Address : **17/6, Ponamapett, Salem, Salem, Salem, Tamil Nadu-636001**

Contact Number : **9150550122 (Self)**

To reprint the card and update details, visit <https://eshram.gov.in> and to find the nearest CSC centre, visit <https://findmycsc.nic.in>

eshram.gov.in 14434 eshramcare-mole@gov.in

जिनकी मेहनत देश का आधार, सपना उनका हुआ साकार

E-shram card of Ms. Valarmathi S, enrolled by G S Sruthi (2113711031051)

S.NO	Date	Name of the activity	Organising unit/agency/Collaborating agency	Number of Beneficiaries/ Participants
2	11.03.2023	Walkathon	V.S Geriatric Foundation	60

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Programme Brief:

Students of I B.A Sociology took part in the millets awareness walkathon organised by V.S Geriatric Foundation, Chennai on 11th March 2023 at Anna Nagar Tower Park, Chennai. Mr.S.Peter Alphonse, the chairman of State Human Rights Commission, flagged off the walkathon. The walkathon was led by Dr.V.S.Natarajan, senior geriatrician.

Outcomes:

1. The walkathon was well received by leading educationists and health experts
2. General public gained awareness on millet-based diet

PHOTOS:



B.A ECONOMICS & M.A PP

S.NO	Date	Name of the activity	Organising unit/agency/Collaborating agency	Number of Beneficiaries/ Participants
1	10.02.2023	Village Visit	Kuthambakkam village	70

Programme Brief:

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Towards the Year of Vikas III B.A. Economics students (Batch 2020-2023) on 10th February, 2023, visited Kuthambakkam village which is designed on the lines of Gandhi's vision of India and local self governance. The Panchayat Head - Mr. Elango gave the students a complete tour of the village and explained various techniques using sustainable solar powered technology such as vertical agriculture and soil-less plantation along with a demonstration of value addition at source to increase the farmers income through in-house local production such as generation of groundnut oil from groundnuts.

Outcome:

- Students developed a sense of social and civic responsibility
- Students understood the challenges faced by the villagers and the unique way in which they sustain themselves.

PHOTOS



BBA SH-I & II

S.NO	Date	Name of the activity	Organising unit/agency/Collaborating agency	Number of Beneficiaries/ Participants
1	25.02.2023	Entrepreneurial Development Workshops	Department of Management Studies in association with MOBIS India Foundation	208/125

Programme Brief

Under the banner of Vikas, the Department of Management Studies in association with MOBIS India Foundation conducted daylong Entrepreneurial Development Workshops for Community upliftment at Valarpuram, Mannur & Nemili Villages, Sriperumbudur Taluk, Kanchipuram District on 25th February 2023. The project was presided over by Dr. Lalitha Balakrishnan, Principal, M.O.P. Vaishnav College for Women and Mr. S. Prem Sai, Head Of Department (HR, Safety & CSR) Mobis India Ltd.

Nine Entrepreneurial skill training workshops were conducted simultaneously at three venues St. Annis High school Valarpuram, Department of Women & Child Development, ICDS office, Mannur and Panchayat Union Middle School, Nemili.

125 students and 8 faculty members belonging to the BBA Programme conducted these workshops. 208 women and young adults from these three villages were beneficiaries of

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these workshops. Raw materials for these skill training workshops were provided by the college to the participants.

The following entrepreneurial skills were imparted by the students :

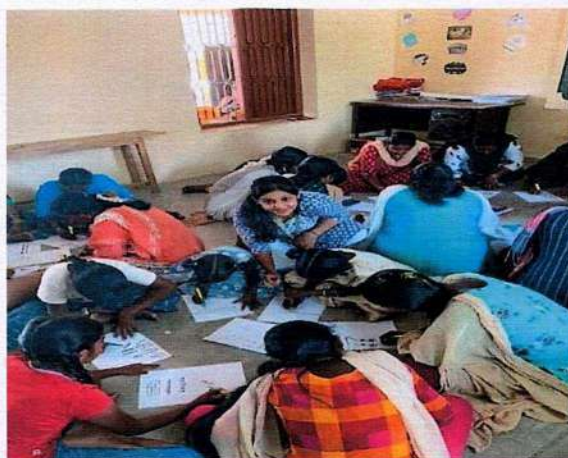
- Cooking without Fire – Students demonstrated how to make Roll Sandwich, Beverages like Cold Coffee Lemon Soda, Sharbat, Chaat and street-food.
 - Best out Waste – The making of Flower Vase, Bags, Photo frames, Stationery Stands with newspapers, Bangles with embroidery threads, Earrings and Envelopes using Quilling Papers, Diya decoration and Scrunchie making were taught to beneficiaries.
 - Cosmetology sessions included Hairstyles, Mehendi Design, Nail-art, Organic face masks and lip balm making using readily available ingredients at home.
- Besides these one-hour module on Nutrition and Health, Personal Hygiene and Financial literacy was provided
- Participation certificates were given to all the trainees. Panchayat Heads of the villages were also part of the event.

Outcomes:

Entrepreneurial skills were imparted to the beneficiaries as a means of developing a skill that would help them to materialize the learning as a supplementary source of income.

- The entire intent of the workshops was to carry out real-time community service activities that would provide an exposure to the target audience.
- The students of the BBA Programme actively contributed by conducting workshops on Etiquette and Grooming, Personal Hygiene and Best out of waste product making. The intention was to impart essentials skills that would help them to get better personally and also have the tinge of entrepreneurship

PHOTOS:



B.COM SH-I

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S.NO	Date	Name of the activity	Organising unit/agency/Collaborating agency	Number of Beneficiaries/ Participants
1		Progress & Pragati	Rainbow Homes, Kosapet, Chennai	

Programme Brief:

The students of the college taught three things to these young girls belonging to age group 6 – 10 years:

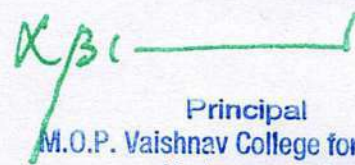
- **Craft:** The kids were taught origami craft. The students provided them with papers necessary and help them learn how to make a dog and a butterfly step – by – step.
- **Zumba:** To have a fun activity and to energise the kids, the students taught them to dance and exercise on songs known to the kids.
- **Storytelling:** Certain stories with moral values were narrated to the kids by enacting the scenes to make it more interesting.

The kids were also taught about the personal hygiene, importance of exercise and discipline.

Sanitiser stands and sanitiser, biscuits, chocolates and story books were donated to the organisation.

OUTCOME:

The initiative enabled the students to contribute towards social work and teach a skill to the underprivileged. The kids had lot of fun during the entire 2-hour session with adequate learning for their well-being. It enriched the young girls' knowledge curve.



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PHOTOS:



S.NO	Date	Name of the activity	Organising unit/agency/Collaborating agency	Number of Beneficiaries/ Participants
1	-	Cleanliness and hygiene	Chennapuri Anna Dana Samajam	

Programme Brief:

The session emphasized how each single one of these topics helps an individual in their present as well as future. The topics selected were based on the age of the students present there. Cleanliness and hygiene were taught to students as to how to keep themselves clean and take care of each other and their surroundings. Fun with math teaches them the basics of math with the addition of fun elements. Concepts like addition, subtraction, multiplication and division were taught by an interactive session. Basic communication skills covered the concepts such as "how to introduce yourself" and "how should you answer a phone call". Good manners and habits are aimed at giving the students how to behave when meeting new people and the habits which are to be used everywhere. The topic of good touch, and bad touch was also briefed to the students. The programme came to an end with a small dance session to help the students the importance of fitness and your body's healthy.

Cleanliness and hygiene is the most important aspect for a good livelihood. There is a proverb that goes "Cleanliness is indeed next to Godliness" so it is important to each the children at the young age about how to be clean and how to maintain hygiene everywhere they go. We practically explained the concept of washing hands on a regular basis throughout the day and showed them how to wash hands properly and asked the children to join us in doing it. We inculcated basic necessities for good health and hygiene. Mathematics is to be framed in light of the educational values of the subject. As effective math teaching supports students to grapple mathematical ideas and relationships. we allowed them to discover what works and experience setbacks along the way as they adopt a growth mindset about mathematics. Inculcating basic mathematical functions with fun learning environment which help them to increase their memory power.

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It was such a wondrous experience to go to the CHENNAPURI ANNADANA SAMAJAM (an orphanage home) situated in park town, Chennai. We were a team of 10 split further into smaller groups of 2 and 3 to teach the kids at the home. We had planned to teach them basic communication skills, some mathematics, hygiene, good touch Vs bad touch etc. Under this topic, we were thinking what fun activities to do and finally came up with a few ideas where we would give them a tamil word and they would have to translate it in English and vice versa. They were made to translate not only simple words but also sentences and have a conversation with one another. It was very cheerful to see many of them volunteer and confidently give it a try. The programme's main aim was to make the orphanhoods apply the basic good and decent living manners in the real life, not just by educating them about those as many other books do too, but yes by making them understand why it is actually required for a good standard of living. Good manners and habits starts from home and yes those kids had a very big family which should learn and make others learn about what the basic manners and summing up with manners, growing kids should be taught about what good and bad is for them as well which forms a part of learning what good touch and bad touch is. Fitness is important to maintain a healthy lifestyle and it is essential for everyone to engage in some kind of physical activity. This session was to remind the kids that fitness can be achieved through activities that they enjoy, like dance which helps with entire body cardio. It was a very relaxing session where they danced to songs according to their choice. This activity also gave an opportunity for all the team members to take part and enjoy along with the kids.

OUTCOME:

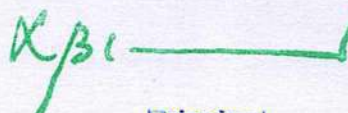
The overall session which lasted for 3 hours was interactive and knowledgeable. The students were attentive throughout the session and the feedback given to them was positive as well. The topics taught were more of a concept necessary in life. Through this session, we learnt about how much it's important to realize that even the basic concepts are valuable. The programme was overall a learning experience on our part as students as well.

This session helped the kids to know about how it is important to keep themselves and their surrounding neat. We also taught them how to neatly present themselves in public and how important 1st impression of others is which they get from how they neatly present themselves and their surrounding.

Maths games were played at the time of day – over breakfast, on the walk to school while kids had fun learning and improved their basics. Moreover there was a better understanding and the kids really involved and learnt values while understanding how to work as a team as well.

The total duration of the session lasted for about 30-45 minutes where the children participated enthusiastically as a few fun activities were planned towards the end of the session to keep them constantly engaged. It was outside our comfort zone and a learning experience for us as well. It was a wholesome experience as we got a chance to make a small difference in their lives. During the process, we got to build connections with most of them individually which made our farewell more difficult. The kids were taught how to defend when not comfortable and move out from the place they are in. They were taught to speak up for themselves along with manners in mind, backed up with good and proper way to communicate it with a friendly and Comfortable person whoever they had/have. This session helped the kids take a break from their regular routine of studies and homework. It also gave them an opportunity to interact with their fellow mates while doing the physical activity. This raised their energy levels and kept them active throughout the rest of the day.

PHOTOS:


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B.COM F&T

S.NO	Date	Name of the activity	Organising unit/agency/Collaborating agency	Number of Beneficiaries/ Participants
1	09.01.2023	Short Term Courses, Library	Anjugam Primary School	70

Programme Brief:

On 9th January 2023, at 10:30 a.m., the department of B. Com Finance and Taxation marked the Year of Vikas by opening a library and initiating short-term courses on three subjects- Spoken English, Logic Math, and Basic Computer Science. This initiative was inaugurated by our Principal, Dr. Lalitha Balakrishnan.

The students of Anjugam Primary School, the school's faculty, and all seventy students of the department of finance and taxation, accompanied by the Head of the Program, Dr. M. Madhumathy were present for the gathering. The event began with a salutation to the Almighty, followed by a welcome address from one of the students from the department. The Head Mistress of Anjugam Primary School, Mrs. Uma Maheshwari shared a few words of gratitude and praise for the efforts taken to make our vision to develop and nurture the society a reality. Our beloved Principal addressed the gathering of primary students with words of encouragement to instill in them, morality, and discipline.

The event concluded with the distribution of workbooks to the primary students, compiled and edited by the students of the department, with a stationery pouch. The event was a massive success and received great praise from our Principal.

Outcomes:

- The students of Anjugam Primary school now have access to a library with an array of books from a collection of different genres.
- The students of finance and taxation have now taken one step closer to mastering the art of giving and helping society.
- The initiative now gives students of the school access to co-curricular subjects.

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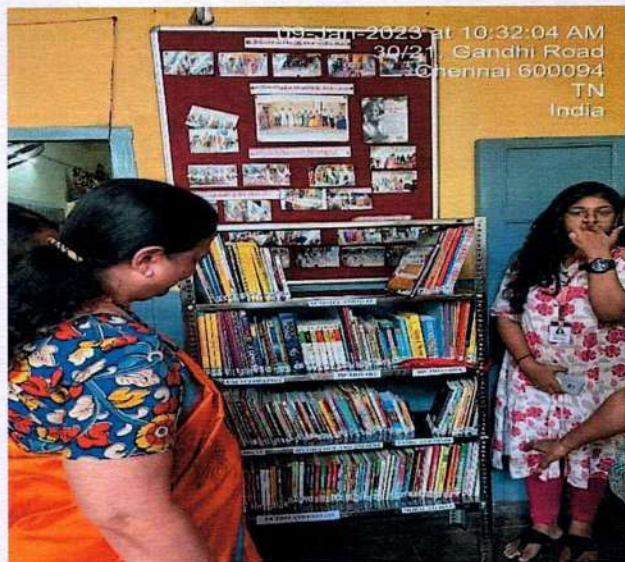


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PHOTOS:



B.COM SH-II

S.NO	Date	Name of the activity	Organising unit/agency/Collaborating agency	Number of Beneficiaries/ Participants
1		Vikas	BHUMI	

Programme Brief:

- M.O.P. Vaishnav College for women organized a community service project in collaboration with "BHUMI" to do their part in contributing to society. The students of the College were bestowed with the opportunity to deliver Spoken English, Science and Math for students covered under the wings of Bhumi. The classes were arranged in such a way that every 10 -15 students of a shelter home were allocated two mentors (students of M.O.P). The program was scheduled for 8 weeks to cover a curriculum to strengthen the grammar and speaking skills of children. The classes were interactive and the mentors delivered the curriculum in both interesting and informative ways. They took a step further by discovering the hidden potential of students and helped them to make best use of their talents.
- In addition to the education program, events were conducted encouraging our students to shift to environmentally friendly methods, and creating awareness about the same. Events such as Paper bag making, Beach cleanup drive , seed ball making, etc were conducted to instill a sense of giving back to the society.

Outcomes:

- The curriculum improved the students' self-confidence in the core subjects and served as a catalyst for them to realize their full potential and strengthen their skills.

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- The students of M.O.P also gained a sense of satisfaction by mentoring the children and being able to contribute towards the upliftment of the society.

PHOTOS



Students Switching To Environmental Friendly Ways To Create Awareness

S.NO	Date	Name of the activity	Organising unit/agency/Collaborating agency	Number of Beneficiaries/ Participants
2	-	Vikas	AGAL Foundation	

Programme Brief:

M.O.P. Vaishnav College for women organized a community service project in collaboration with "AGAL FOUNDATION" to do their part in contributing towards society.

- The students were given an opportunity to assist the visually impaired across Tamil Nadu by supporting them in activities such as event management, exam paper evaluation, and preparation of audio books and study material.
- The campaigns and initiatives were in line with the theme for the year- "VIKAS," focusing on the development of underprivileged and visually impaired students.

Outcome:

- The students of M.O.P Vaishnav College for women gained a sense of satisfaction by aiding and motivating the visually impaired and also being able to contribute towards the upliftment of the society.
- This program helped various visually impaired students to write their examinations and ensured that there was no obstacle in their learning circle.
- It also helped our students to gain a new perspective of life.

S.NO	Date	Name of the activity	Organising unit/agency/Collaborating agency	Number of Beneficiaries/ Participants
3		Vikas	Golden Butterflies CPC	

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Programme Brief:

The students were encouraged to carry on with this initiative as a part of the current year's primary theme "VIKAS ". This initiative has been done in collaboration with a Chennai based organization "Golden Butterflies ".

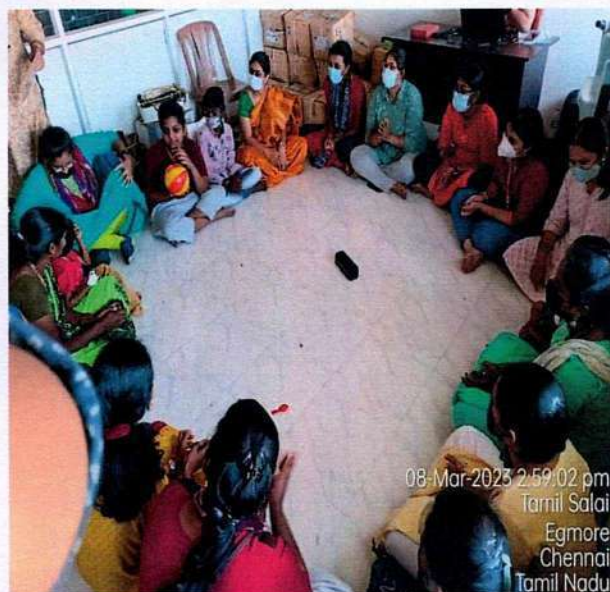
Golden Butterflies CPCF has dedicated itself to bring solace to underprivileged, terminally ill children suffering from incurable diseases like cancer, AIDS, end stage organ failure, etc., whilst also supporting their families at this crucial time. Golden Butterflies CPCF will provide medical aid, financial assistance, palliative care and counselling to families of underprivileged children suffering from chronic, advanced or incurable diseases, in Chennai city and its surrounding districts, in Tamil Nadu.

The students of MOP Vaishnav College conducted various simple but effective games for the children such as passing the ball, musical chair, memory game etc. The students also entertained the children with some music and dance performances.

Outcome:

- The students of MOP Vaishnav college learned the importance of service and to strive to keep working for the wellbeing of the society.
- The children in the hospital spent some quality time in a different environment which made them feel happy.
- The parents of the children felt satisfied with all the games and performances which had been conducted.
- The students as well felt blessed and satisfied by this opportunity given by the college and the organization.

PHOTOS



B.COM CS

S.NO	Date	Name of the activity	Organising unit/agency/Collaborating	Number of Beneficiaries/
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			agency	Participants
1	22.01.2023	Gnana Vikas	Swastha-Centre For Special Education And Rehabilitation- A Tata Coorg Foundation	120

Programme Brief:


Students of B.Com Corporate Secretaryship accompanied by Head of Programme Dr Sudha V visited SWASTHA-CENTRE FOR SPECIAL EDUCATION AND REHABILITATION- A Tata Coorg foundation on 22/01/2023 as part of the Gnana Vikas programme of the College. This SWASTHA foundation is the only residential school in the district providing the required care and training to 120 special children, free of cost, through its centers in Suntikoppa and Pollibetta. It has become synonymous with bringing about economic, ecological, environmental and social change in Coorg.

The concept of SWASTHA was first given impetus by Mrs. Ganga Chengappa who started with 20 children. Ms. Aarthi Somaiah is currently the director of the foundation. A comprehensive study of social and emotional learning implementation for the children was planned by dedicated teachers of SWASTHA under the leadership of Ms. Aarthi Somaiah.

The Centre has a team of devoted and dedicated volunteers as well as special educators with good experience in handling children with learning difficulty. The team includes special educators, speech therapists, psychologists, counselors, yoga trainers, pre-primary teachers, skilled development teachers, music teachers, helpers, vocational trainers, dedicated drivers who help the children in their commuting, cooks who make nutritious food for the children. All volunteers play a very important role here as they are unique in their approach towards the child which can create magic for these children.

Students of B.Com Corporate Secretaryship took the opportunity to visit this foundation during the trip to Coorg. The students distributed sweets, chocolates and other savories. Around 70 children's story books were collected and contributed to the SWASTHA foundation. The students were pleased to interact with children in the foundation.

Outcome:


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- Students learnt about social responsibilities
- Students were sensitized and motivated to help towards community development

PHOTOS:



Taking group pictures with children's of the institute and its trustees.



Students and Head of programme of B.COM Corporate Secretaryship distributing sweets and gifts.

B.COM MM

S.NO	Date	Name of the activity	Organising unit/agency/Collaborating agency	Number of Beneficiaries/Participants
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1	09.09.2022	Activity 1 - Distribution of recycled tablets to children of M.O.P Primary School in association with BYJUS Activity 2 - Initiatives for dry waste collection and recycling. Students were involved in every day drives in Chennai City under the banner of 'Take Me Back Chennai' and 'The Rebirth Collective'.	Wasted Solutions	360	70
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Programme Brief:

Divya Gokulnath of Byjus started an initiative called EDUCATION FOR ALL Under this initiative Byjus provides tablets for underprivileged students of various schools. This year along with our college Byjus and Wasted 360 Solutions donated 5 tablets to M.O.P school at triplicane


The event was chaired by our principal Dr Lalitha balakrishnan, Mrs Pankajam Head Mistress, M.O.P school, Ms. Ektha representative of Byjus and Ms Ann Anra Founder of Wasted 360 Solutions. M.O.P has an MOU signed with Wasted 360 Solutions. The 5 tabs donated were a part of Rebirth. The tabs donated were made of recycled e waste materials

• **TAKE IT BACK** The campaign aims to curb the mismanagement of Tetra Pak waste and provide a solution for it via source segregation and collection. During the course of community service, the volunteers designed instagram posts and memes on sustainability and tetra pack disposal

• **REBIRTH** They conducted 3 waste drives to collect e wastes and normal household wastes plastic covers and wrappers, juice bottles, old stationers, old bags etc. They also collect old used clothes for thrifting The volunteers helped them in collection and waste segregation REBIRTH is also a thrift store that they are running. They sell all the recycled clothes, toys, books, DVD cassettes etc. The volunteers helped them in cloths segregation, adding of price tags and even designing instagram posts and blogs about their products and initiatives

OUTCOME:

- To recognize that students have civic responsibility
- To demonstrate the skills and knowledge learnt
- Enhanced sense of what it means to be in community and act with integrity
- Greater understanding of community
- Ability to identify community needs
- Sustained interest for community involvement/ contributions


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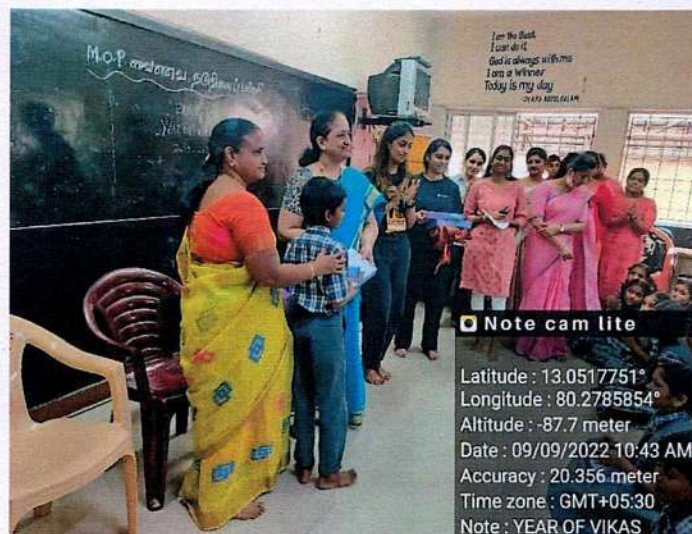


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PHOTOS:



B.COM HONOURS

S.NO	Date	Name of the activity	Organising unit/agency/Collaborating agency	Number of Beneficiaries/ Participants
1	18.03.2023	Vikas	Nethrodaya	60

Programme brief:

On 18 March, students of III B.Com honours visited Nethrodaya School in Nolumbur, to interact with the students of Nethrodaya and understand their lives. The students had an orientation session with the founder who briefed the students with the history and the activities of the school. The school was initiated to provide lodging facilities for visually impaired and physically disabled people to continue their education. They gradually extended the activities of the school to providing general and special B.Ed. courses for the students for their development.

He also briefed the students with the different types of disabilities, governmental support by way of enactments. The students helped the school in sponsoring and serving food to get better connects with the students of Nethrodaya. Post lunch, the students of Nethrodaya were gathered for a fun, interactive session with the college students. During the session, the students of Nethrodaya were encouraged to showcase their talents. Students were given gifts as a token of love for exhibiting their singing and dancing talents.

Outcome:

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- The students of the college got deep insights about life, struggle and support for specially abled children.
- The students understood the core values and activities of Nethrodaya to support the children there.
- During the interactive session, the students of the college got a better understanding about the people of Nethrodaya.
- The students learned to appreciate and were delighted to find and encourage the hidden talents of the Nethrodaya people during the cultural session.

PHOTOS:



MSC FTM

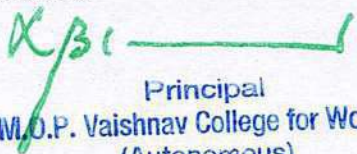
S.NO	Date	Name of the activity	Organising unit/agency/Collaborating agency	Number of Beneficiaries/ Participants
1		Vidhvatha Vridhi		200

Programme Brief:

To commemorate the year of the Vikas, the Department of Food Science hosted a series of workshops "Vidhvatha Vridhi" on Basic Baking skills, Chocolate Making and Culinary skills. The workshops benefitted 200 students in enhancing their entrepreneurial skills.

Outcomes:

- It taught the students basic culinary skills
- It also encouraged the students to enhance their entrepreneurial skills.


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