

PATRICIAN COLLEGE OF ARTS AND SCIENCE ADYAR, CHENNAI - 600 020.



NSS REPORT 2019 -2020

The National Service Scheme of Patrician College of Arts and Science commenced its regular activities for the academic year 2019-2020 by organizing International Yoga Day in association with the Physical Education Department and Student Support Committee on Friday, 21st June 2019 at 1.00 pm. in the college auditorium with great enthusiasm.



50 NSS volunteers actively participated in this program to exercise peace, harmony, happiness and success throughout their lives. Yoga Kalaimamani Dr. H Balachandar presided over the day as the Chief Guest. The Chief Guest addressed on the objectives and intended goals of practicing Yoga, which embodies the unity of mind and body; thought and action; restraint and fulfillment; harmony between man and nature and well being.



Warm up exercises were taken and the students demonstrated various Asanas, and the significance of the Asanas were explained simultaneously. The celebration concluded with a strong message and words of encouragement from the chief guest Yoga Kalaimamani Dr. H Balachandar, as he urged the students to practice Yoga regularly to remain fit and to improve their concentration.

In accomplishing the vision of our Hon'ble Prime Minister Sh. Narendra Modi to devote time to Swachata through the year, the NSS Volunteers of Patrician College of Arts and Science

engaged in a 50-hour of Swachata internship Program and developed their skills for sanitation-related works and Solid waste management.

On 17th and 18th of July 2019, around 10 NSS Volunteers visited Tirur village, and Sevvapettai Village, Thiruvallur, and cleaned the streets of the village and tried their best to make the streets Plastic free.



On Saturday 20th and Sunday 21st of July 2019, around 7 NSS Volunteers visited the Sevvapettai housing board locality to create awareness on Rain Water Harvesting and Illeffects of Plastic usage. The volunteers explained the demerits of wasting water and using plastics through door to door campaign and the villagers responded positively.







On 23rd and 24th of July 2019, NSS Volunteers visited 'Velanmai Ariviyal Nilyam'(Agritech Research Centre), Tirur, Thiruvallur dist., and learned the techniques of Traditional farming and solid waste management. The volunteers were educated on how to effectively change the waste into wealth and to prepare organic manure for crop production and to cut down on fertilizers which are harmful for plants and crops.







On 25th, 26th and 27th July 2019, 7 NSS Volunteers painted the walls of Govt. Boys Higher Secondary School depicting themes such as save water and no plastics to create awareness to the students and villagers as the outside wall of the school stands as the chief spotlight region in the village. Mr. Johnson, Principal, Govt. Boys Higher Secondary school, Sevvapettai appreciated the work of NSS Volunteers who beautified the walls of the school compound.







On Monday, 29th July 2019, 10 NSS Volunteers visited the Govt. Boys Higher Secondary School and created awareness to the school students through performances such as Speech, Mime, Street play and a Song reflecting on 3R's and Water conservation.





On Tuesday, 30th July 2019, 10 NSS Volunteers visited the Model Primary School, Tirur and created awareness to the school students through performances such as Speech, Mime, Street play and a Song reflecting on 3R's and Water conservation.



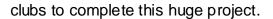


In pursuit of the vision of Swachh Bharat as proposed by our Hon'ble Prime Minister Sh. Narendra Modi, NSS Units of Patrician College of Arts and Science has launched special cleanliness drive in the month of August and performed various activities to uphold cleanliness in and around the college. In the



observance of Swachhta Pakhwada, NSS units ensured the publicity of CLEAN INDIA MOVEMENT and involved the general public to take an active part in keeping their environment clean. The extensive description of activities is as follows:

On 1st and 2nd of August 2019, around 50 NSS volunteers took active participation in cleaning the inner lobby of Kotturpuram Railway station for 5 hours on both days from 9.00 a.m. to 2.00 p.m. Since the area around the Kotturpuram station was in a deplorable state with stagnant water and uncleared garbage posing health hazards to the dwellers in Kotturpuram and the users of the railway station. The NSS volunteers sought the help of the management to take a step forward by contacting the Corporation of Chennai and the Railway officials. After an optimistic discussion, the management decided to CLEAN, BEAUTIFY, PAINT & ADOPT the railway station with assistance of NSS, RRC & ROTRACT









On 6th and 8th August 2019 around 10 NSS Volunteers visited Thirur village, Sevvapet, Thiruvallur, and cleaned the streets of the village keeping in mind the precarious nature of soil ruptured by plastic waste. The volunteers took necessary steps to clean the streets of the village and tried their best to make the streets Plastic free.









From 9th to 22nd August 2019 NSS Volunteers of UNIT 1 and UNIT 2 took active participation in cleaning the college campus. Areas like canteen (during and after the break time i.e., 11.00 a.m. to 11.25 a.m.), playground and few old rooms in the college campus came under the scanner which required special attention.

The NSS Volunteers took necessary measure to clean the canteen area, playground, and rooms as they worked round the clock to maintain perfect cleanliness in the campus.





On Wednesday, 14th August 2019 around 20 NSS volunteers visited Shayam Illam, An Old age home for women, St. Thomas Mount, Chennai between 9.00 a.m. to 12.00 p.m. and cleaned the whole campus, rooms, terrace and portico of the old age home. Thereafter the students interacted with the residents of the old age home and learned how to be compassionate with elders. Later the students planted fruits bearing plants like Amla, Mango and Citrus in the backyard of the old age home.













On Tuesday 20th August 2019, Ms. Miriam Noel, Yuva, an active advocacy forum addressed the NSS Volunteers on good governance and needs for the today's youth in taking effective participation in the society. 150 NSS volunteers partook in this event. She engaged the session with light hearted illustrations from the real life situations and briefed on how to create



awareness on cleanliness, right to articulate, and be an active participants in the society.



An Oath taking ceremony on Swaach Bharath was administered after the end of the session. The NSS volunteers took pledge of cleanliness led by the NSS student leader of Unit 2 to devote 100 hours every year for cleanliness activities.





Dr. Usha George, Principal appreciated the deeds of NSS Volunteers all throughout the month of August and urged the volunteers to continue to render this service in the academic years to follow.