

## 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, 21<sup>st</sup> 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 17<sup>th</sup> and 18<sup>th</sup> 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 20<sup>th</sup> and Sunday 21<sup>st</sup> of July 2019, around 7 NSS Volunteers visited the Sevvapettai housing board locality to create awareness on Rain Water Harvesting and ill-effects of Plastic usage. The volunteers explained the demerits of wasting water and using plastics through door to door campaign and the villagers responded positively.





# பேட்ரிசியன்

கலை மற்றும் அறிவியல் கல்லூரி  
தேசிய சேவை திட்டம்



## பிளாஸ்டிக் ஒழிப்பு விழிப்புணர்வு

- \* பிளாஸ்டிக் ஸ்பையில் 1 வங்ககாதே பித்தப் ஸ்பையில் காள்சர் வங்ககாதே
- \* வாஷ்ட இலையில் சாப்பாடு ...ஆயுசு நூறு பிளாஸ்டிக் இலையில் சாப்பாடு ...ஆயுசு கேடு
- \* பூமினயக் கெடுக்கும் பூதம் யாரு..? பிளாஸ்டிக் எனறே அதற்குப் பேரு.
- \* வீதி எங்கும் பறக்கும் பார் பிளாஸ்டிக் குப்பை விழி பிதுங்கி அடிக்குது பார் பூமிப் பந்து
- \* பிளாஸ்டிக் பஸ்ஸரில் தண்ணீரு பூமித்தாங்குகோ கண்ணீரு
- \* ஒத்தை ரூபா பொருளுக்கும்.. பிளாஸ்டிக் கவரா..? ஒத்தை ஸ்பாசா மதிப்பில்லாமல் பூமி. அழியது ஜோரா..
- \* கொஞ்சம் கொஞ்சமாய் ...சேரும் பிளாஸ்டிக் கெஞ்சு கெஞ்சு ...பூமினயக் கெடுக்குமே.
- \* வேண்டும் வேண்டும் பூமி வேண்டும் நாங்கள் வாழ பூமி வேண்டும்



# நீர் பாதுகாப்பு

- \* சேகரிப்போம் / சேகரிப்போம் / மழைநீரை சேகரிப்போம் !
- \* மழையால் ஆவது உலகு அதற்கு மரம் வைத்து பழகு.
- \* பாலைவனமானாலும் மழைநீர் சேமித்தால் சோலைவனம் ஆகும் .
- \* வான் தரும் மழை - அதை வினாக்குவது உன் பிழை.
- \* இன்றைய தாகத்துக்கு நீர் தரும் பூமி ! நாளை தேவைக்கு மழைநீரை சேமி !
- \* மழை நீர் சேமிப்பு, மனைக்சிங்கே அவசியமே !
- \* காப்போம் / காப்போம் / மண்வனம் காப்போம்.



தண்ணீரை தாது ஆற்றில் படுத்துவர் !

On 23<sup>rd</sup> and 24<sup>th</sup> of July 2019, NSS Volunteers visited 'Velammai 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 25<sup>th</sup>, 26<sup>th</sup> and 27<sup>th</sup> 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, 29<sup>th</sup> 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, 30<sup>th</sup> 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 1<sup>st</sup> and 2<sup>nd</sup> 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 clubs to complete this huge project.



On 6<sup>th</sup> and 8<sup>th</sup> 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 9<sup>th</sup> to 22<sup>nd</sup> 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, 14<sup>th</sup> 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.

**After**



**Before**





On Tuesday 20<sup>th</sup> 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.