



2020-2021 ANNUAL REPORT

**NATIONAL SERVICE SCHEME,
LOYOLA COLLEGE (AUTONOMOUS),
CHENNAI – 600 034.**

“COLLEGE OF EXCELLENCE”

“NOT ME BUT YOU”

REGULAR ACTIVITIES OF THE YEAR 2020-21

| S.NO | DATE | ACTIVITIES |
|------|------------|-----------------------------|
| 1. | 29/06/2020 | JAL SAKTHI |
| 2. | 24/09/2020 | E-QUIZ |
| 3. | 03/10/2020 | GANDHI JAYANTHI |
| 4. | 08/10/2020 | COVID – 19 PLEDGE |
| 5. | 31/10/2020 | NATIONAL UNITY DAY |
| 6. | 26/11/2020 | CONSTITUTION DAY |
| 7. | 05/12/2020 | FIT INDIA THEMATIC CAMPAIGN |
| 8. | 06/12/2020 | FIT INDIA |
| 9. | 09/12/2020 | THIRUKURAL COMPETITION |
| 10. | 18/12/2020 | NAAC MOCK |
| 11. | 18/12/2020 | MAAC MOCK TALK |
| 12. | 13/01/2021 | BOTTLE FOR CHANGE |
| 13. | 25/01/2021 | NAAC ORIENTATION PROGRAM |
| 14. | 26/01/2021 | REPUBLIC DAY |

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|-----|------------|--|
| 15. | 27/01/2021 | NAAC ARRANGEMENT |
| 16. | 28/01/2021 | NAAC PREPARATION |
| 17. | 29/01/2021 | UNTOUCHABLITY PLEDGE |
| 18. | 04/02/2021 | INTERNATIONAL SOLIDARITY WEBINAR YOUTH |
| 19. | 06/02/2021 | ROAD SAFETY AWARENESS |
| 20. | 02/03/2021 | GOVERNMENT PROGRAM ESSAY |
| 21. | 02/03/2021 | ROAD SAFETY WRITING |
| 22. | 07/03/2021 | WOMENS DAY PHOTO VIDEO COLLECTION |
| 23. | 08/03/2021 | WOMENS DAY CELEBRATIONS |
| 24. | 11/03/2021 | NSS INAUGRATION |
| 25. | 21/06/2021 | INTERNATIONAL YOGA DAY 2020 |

JALSAKTHI

The program began with an extensive awareness campaign to highlight the importance of water conservation and its impact on the environment, society, and sustainable development. This could involve distributing informational materials, organizing awareness sessions, and engaging with local communities. We conduct workshops and training sessions to educate participants on various aspects of water conservation, including methods for reducing water wastage, rainwater harvesting, and efficient irrigation techniques. Experts in the field might be invited to share their knowledge and insights. It involve actively engaging with local communities to promote water conservation practices. This might include organizing awareness rallies, community meetings, and interactive sessions where participants share their knowledge and encourage community members to adopt water-saving measures.

E-QUIZ

Loyola NSS Unit organized an exciting and intellectually stimulating E-Quiz competition. The event aimed to provide participants with an engaging platform to showcase their knowledge and compete with fellow students in a virtual environment. The E-Quiz was on the topic 'SANITATION'. With the convenience and accessibility of an online format, the competition attracted a large number of enthusiastic participants.

COVID-19 AWARENESS PLEDGE

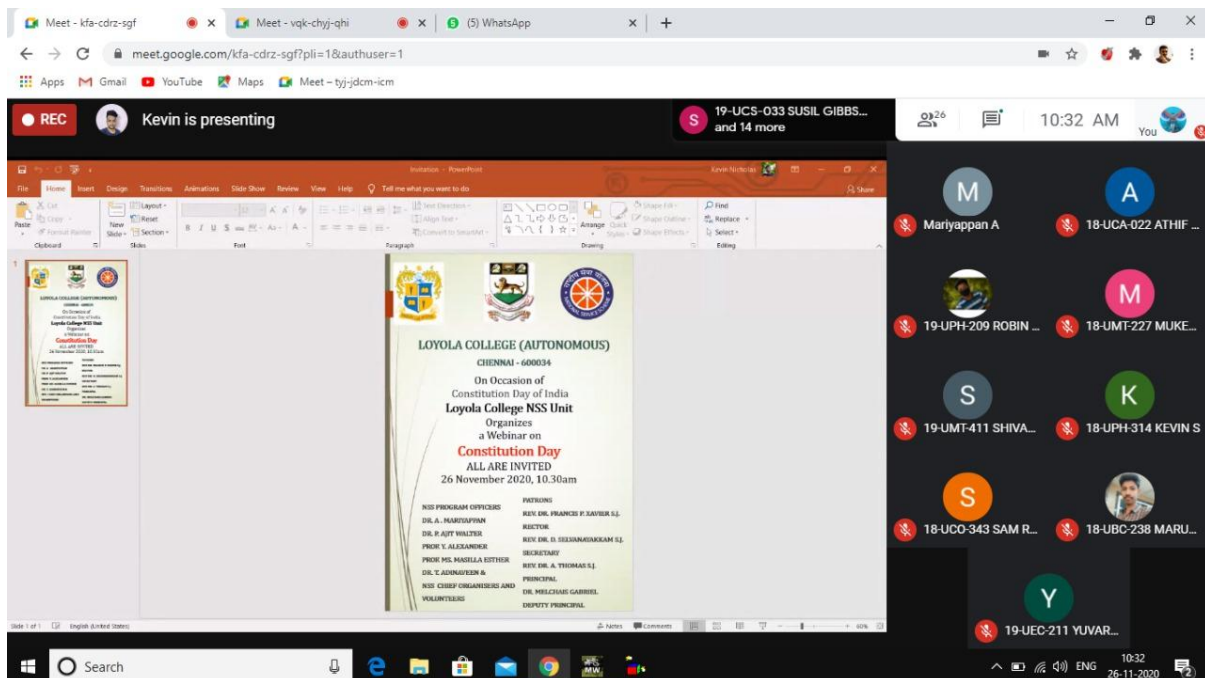
For past one-year entire world facing a pandemic in the name of Covid-19. And people are not aware of the serious issues. So Loyola NSS unit have taken an initiative to make an awareness by the way of conducting a COVID-19 pledge among the Volunteers.

COVID-19 pledge has been conducted by our LOYOLA NSS unit on 8.10.2020 with the co-operation of 162 volunteers, Meeting was Organised through Google meet. Programmer officers of NSS Unit Dr. Mariyappan, Assistant professor of economics department and Ms. Masilla Esther. J, Assistant professor of Human Excellence have taken lead of the Program till the End. Its gave awareness among our volunteers to prevent the loss of human life's without taking adequate care on their health, and to follow the covid-19 protocol, rules and guidelines given by the government.

At the end of the session covid-19 pledge have been dictated by professor Miss. Masilla Esther and it have been repeated by the volunteers.

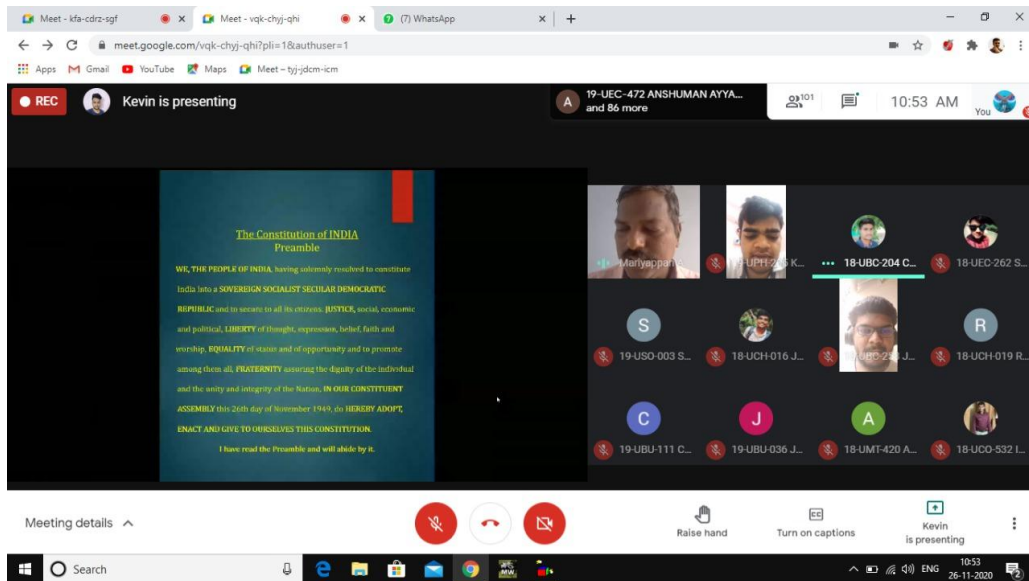
CONSTITUTION DAY

Constitution Day also known as Samvidhan Divas, is celebrated in India on November 26 every year to commemorate the adoption of the Constitution of India. Loyola NSS Unit successfully conducted the Constitution Day programme through online mode inspite of difficult circumstances of COVID and Nivar cyclone, as per the directive of the Ministry of Youth Affairs to stay positive in tough situations and create awareness in the young minds of our nation. 150 volunteers participated in the programme through online mode and their cooperation was very much encouraging. The programme started with the salutation to the god, followed by the introduction given by **Mr. Kevin Nicholas, NSS Chief Organizer** where he explained about the constitution of our nation and its evolution and also shared his opinion about the preamble of the constitution. Our NSS volunteers actively participated through interaction and shared their knowledge about the constitution. **Dr. A. Mariyappan, Programme Officer, Loyola NSS Unit** shared his thoughts about the constitution and he motivated our volunteers to know about their fundamental rights, do's and don'ts, to act as a benefit to the society and he also said that every laws and amendments must be practiced instead of being a paper record.



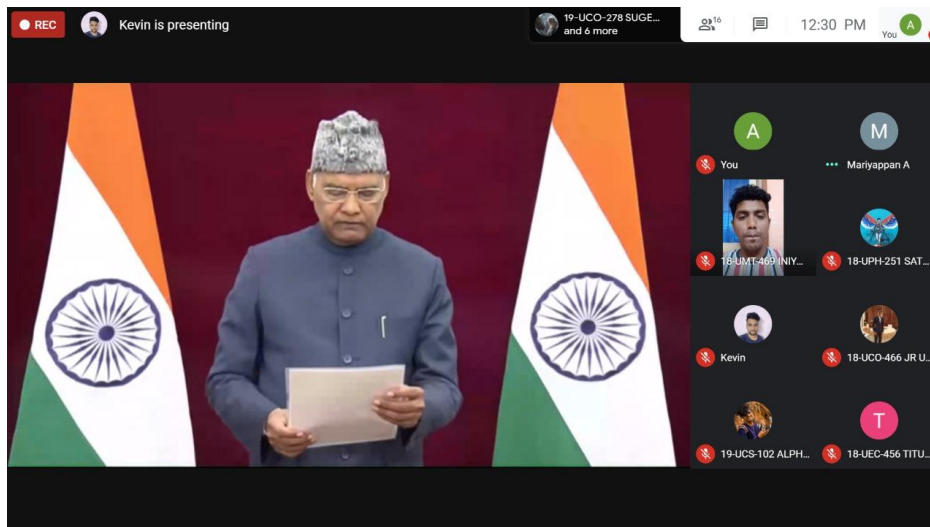
The Constitution of India Preamble:

The Constitution day preamble was taken up by the volunteers of the Loyola NSS Unit along with the chief organizers and programme officers. Our volunteers pledged that as the people of India they would constitute India into a sovereign socialist secular democratic republic and help in securing justice, liberty of thought, equality of status, fraternity assuring the dignity of the individual and the unity and integrity of the nation.



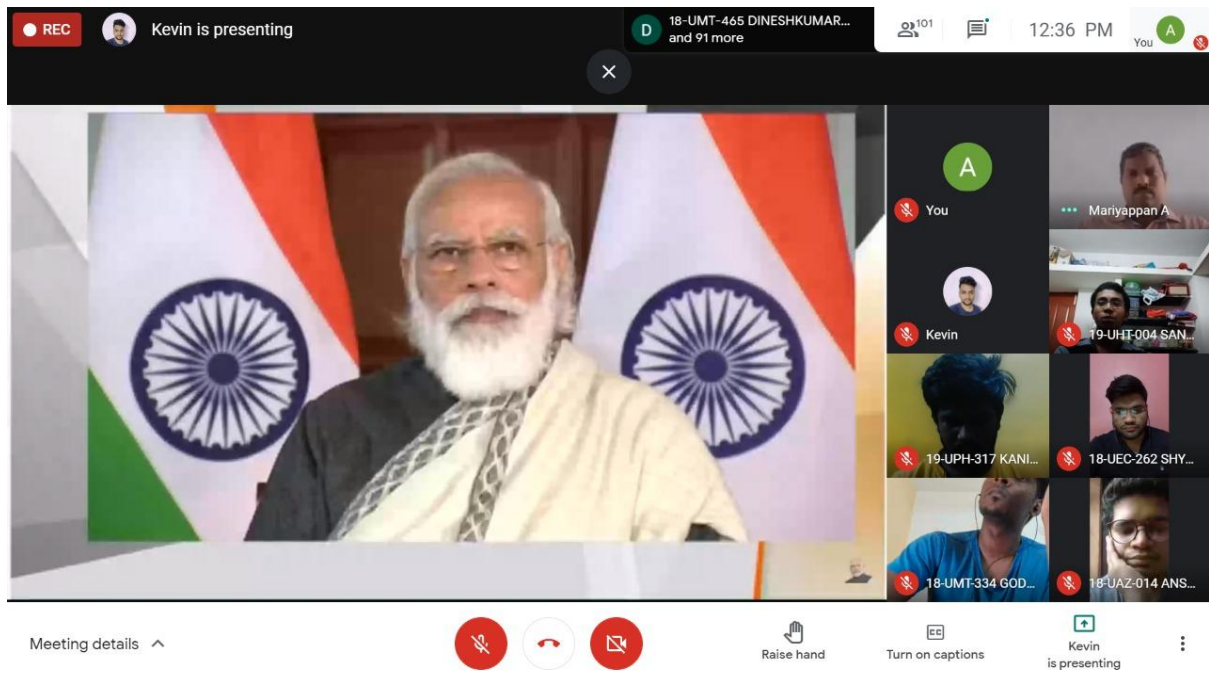
PRESIDENT'S ADDRESS ON CONSTITUTION DAY:

Mr. Ram Nath Kovind, Hon'ble President of India's preamble was telecasted to our NSS volunteers in order to make the volunteers aware of the current constitutional happenings of our nation and help them gain knowledge about the preamble of our constitution.



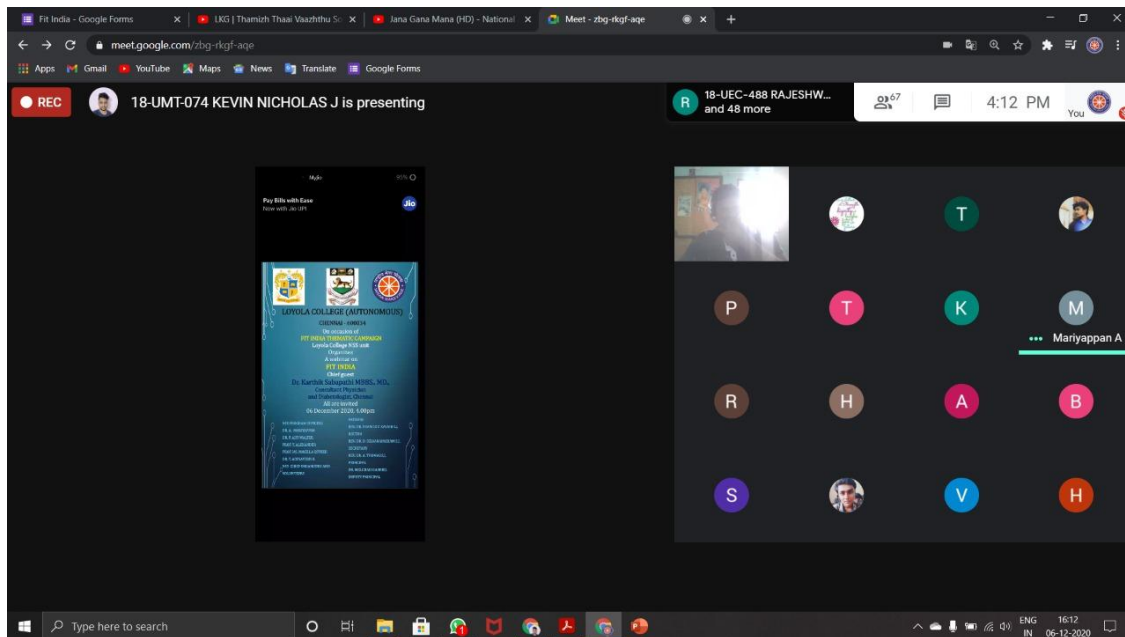
PRIME MINISTER'S ADDRESS ON CONSTITUTION DAY:

Mr. Narendra Modi, Hon'ble Prime Minister of India addressed the nation by praising the drafting committee of the constitution and he said we should be proud that we are under a well framed constitution. He also mentioned that the citizens of the country have a key role to play for the betterment of the constitution and every citizen must know his constitution and their KYC. He appreciated all the warriors who have fought during the pandemic situation and praised them for boosting the confidence of the public. He stated that if the citizens perform their duties properly, their rights will be safeguarded and initiative should be taken to make our constitution popular among the youths. The Prime Minister's address to the nation was telecasted to our NSS volunteers, where all of them listened to his speech keenly. The programme came to an end with the national anthem.



Celebration of Fit India Thematic Campaign

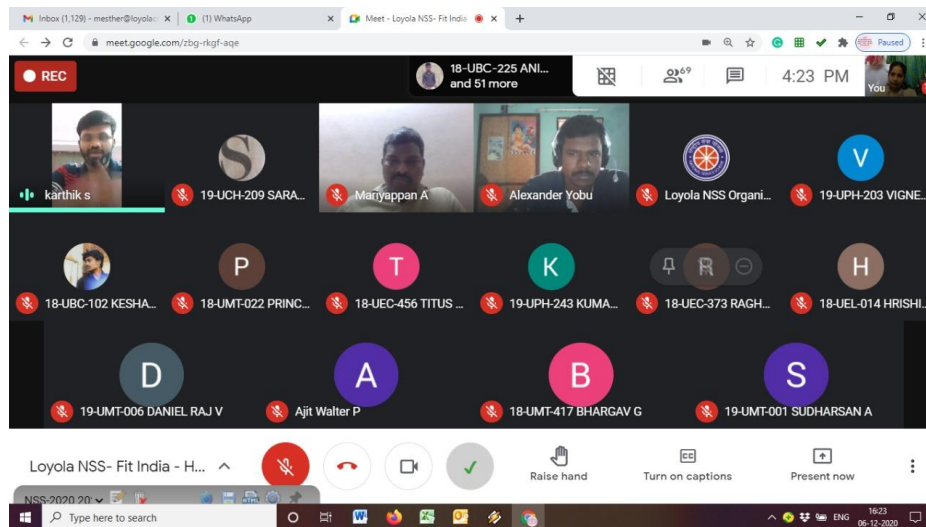
Loyola NSS Unit successfully conducted the Fit India Thematic Campaign programme through online mode inspite of difficult circumstances of COVID and Nivar cyclone, as per the directive of the Ministry of Youth Affairs and sports, Government of India. 50 volunteers participated in the programme through online mode and their cooperation was very much appreciable. The programme started with the Tamil Anthem (Tamil Thai Vazhthu), followed by the introduction of the chief guest which was done by **Dr. A. Mariyappan, Programme Officer – Loyola NSS Unit**. The programme was honoured by **Dr. Karthik Sabapathi MBBS., MD. Consultant Physician and Diabetologist, Chennai**.



Chief Guest's Lecture:

The chief guest explained the important aspects of fitness to the volunteers, he interacted with the volunteers and raised questions like what is investment? He said health is very important for everyone. He told that Fit India Movement encourages every youth of the nation to stay fit and healthy. He also expressed his opinions and facts about health and fitness like Fitness is not a goal or achievement or destiny where as it should be considered as a practice throughout the life. India has an effective young working population compared to other countries. Government of India is taking good measures to keep people fit. The Chief Guest deeply explained about the four elements of fitness:

- Physical Fitness
- Diet
- Sleep
- Mental Fitness



Physical Fitness:

Dr. Karthik asked our volunteers to indulge in physical activities like climbing steps, walking, running, jogging and other day to day activities for at least one hour a day to stay healthy, which also would prevent us from obesity. Specific fitness is required incase of fields like sports and agriculture. He also mentioned nowadays people can track their movements with devices like smart watches, fitness trackers to be aware of their daily activities.

Diet:

He said diet is an important element of our routine to stay fit and healthy. He advised the volunteers not to skip their breakfast and explained the term '**Breakfast**'. He quoted that "**Eat like a king in the morning and like a beggar in the night**". He made it clear that food should be consumed according to the food pyramid and fast foods should be avoided.

Sleep:

He told sleep is a necessary one for every human being. Everyone should sleep **7-8** hours a day. To sleep for a required amount of time, firstly food must be taken at the earliest. Late night dinner and food habits causes gas and acidity in our body. He mentioned that long naps in the afternoon should be avoided for a healthy body.

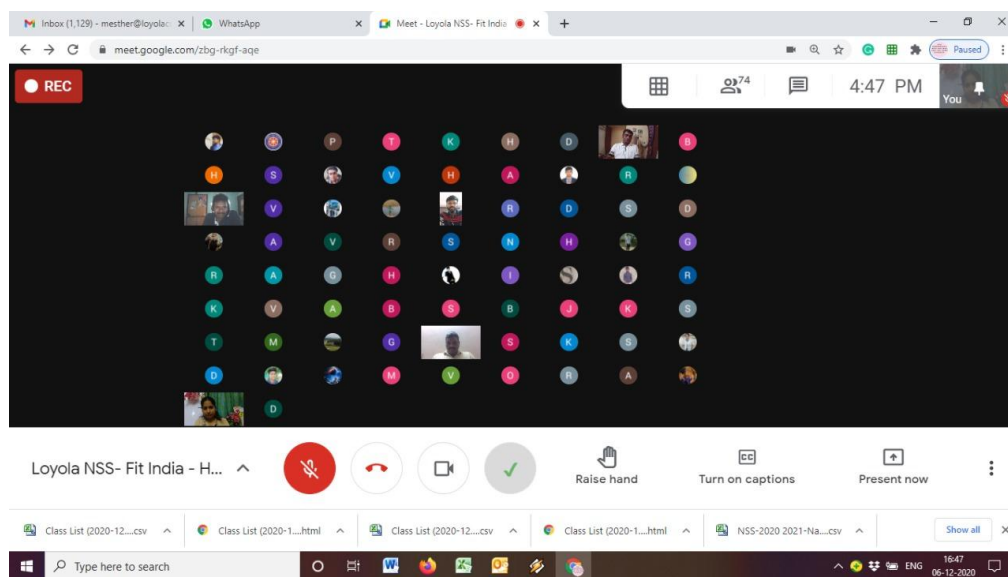
Mental Fitness:

He enumerated about mental fitness that it is not so easy to maintain mental fitness which includes handling stress, pressure and tragedy situations. He suggested taking pills for mental

illness is not a good solution, instead of taking pills one must engage himself in playing sports, talking to friends and spending time in fresh air for a better focus and wellness.

Conclusion:

After the chief guest's lecture, Q&A session took place where all the volunteers and programme officers interacted with the chief guest and cleared their doubts about fitness and health issues. The programme came to an end with national anthem.



NAAC MOCK

The NAAC Mock was held on 18.12.2020. Seven Volunteers of our NSS unit participated in the program. Each volunteer came up with different projects like rain water harvesting, artworks, etc... We were given a cabin in the Betram hall to display our volunteer's project. Each volunteer's projects were kept in Betram hall for display.

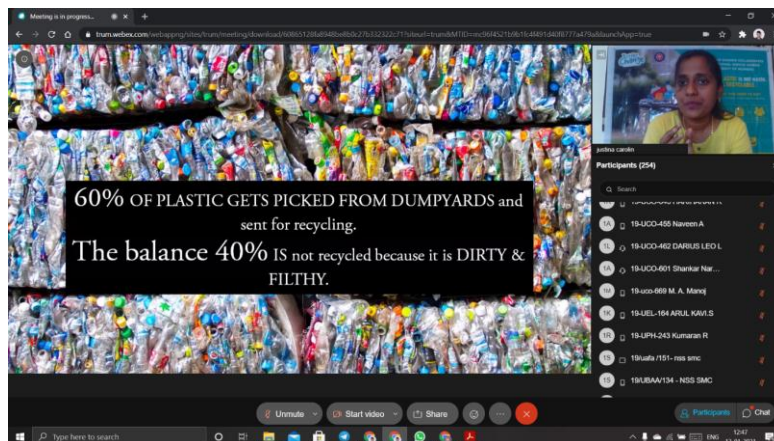
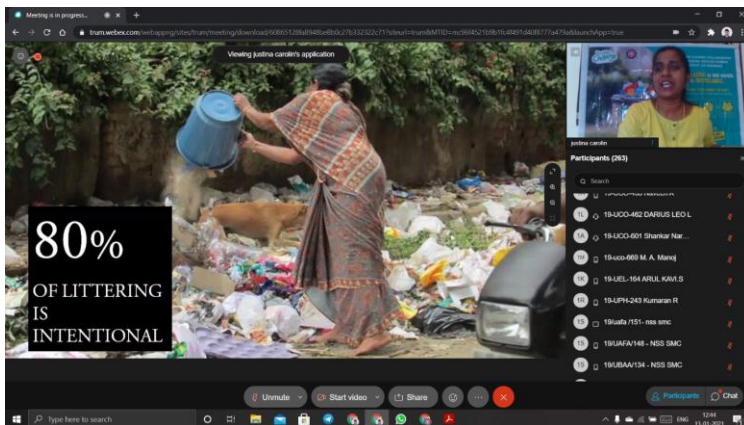
NAAC MOCK TALK

The NAAC Mock was held on 18.12.2020. It was held in Betram Hall, all the clubs represented their selves as a rehearsal for the NAAC program, which was held on January. So, Rev. Fr. F. Andrew, S.J has attended the session and interrogated some questions regarding the club. Our Volunteers participated with full-fledged interest and did well.

BOTTLE FOR CHANGE

Introduction:

We are using lots and lots of plastic bottles nowadays, so instead of producing new plastic bottle it is good idea to recreate using an old bottle. This program was based on recycling an old bottle into a new one which took place in virtual mode. 18 volunteers participated in this program. They learned how to recycle the bottles and it was very useful and a productive session for them. The speaker was **Justina Carolin** took over the session along with **DR. Vaneeta Agarwal**(NSS Coordinator – University of Madras), **Anjanna Ghosh** and **Prof. S. Gowri** spent their precious time with our NSS volunteers and helped them learn about the recycling methods and the importance of plastic waste reduction.



Meeting is in progress...

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Bring Simple Habitual Change

USE PLSTIC **Clean It**

Segregate IT SEPERATELY

SEND TO RECYCLING

Participants (245)

- Kevin Nicholas J
- Dr. Vanecta Aggarwal
- Justina carolin
- Saishankar M
- UNOM RUSA ECH
- 1624 UDHAYAKUMAR R
- 18UCMB213 - NSS SMC
- 19-UCC-045 HARIHARAN R
- 19-UCC-455 Naveen A

Unmute Start video Share

Meeting is in progress...

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PLASTICS 2020
Standing at Cross Road, Where shall we go from here?

Participants (259)

- 19-UCC-455 Naveen A
- 19-UCC-462 DARIUS LEO L
- 19-UCC-601 Shankar Nar...
- 19-ucc-669 M. A. Manoj
- 19-UJEL-164 ARUL KAVI.S
- 19-UPH-243 Kumaran R
- 19/ualfa 151- rns smc
- 19/UAF148 - NSS SMC

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Meeting is in progress...

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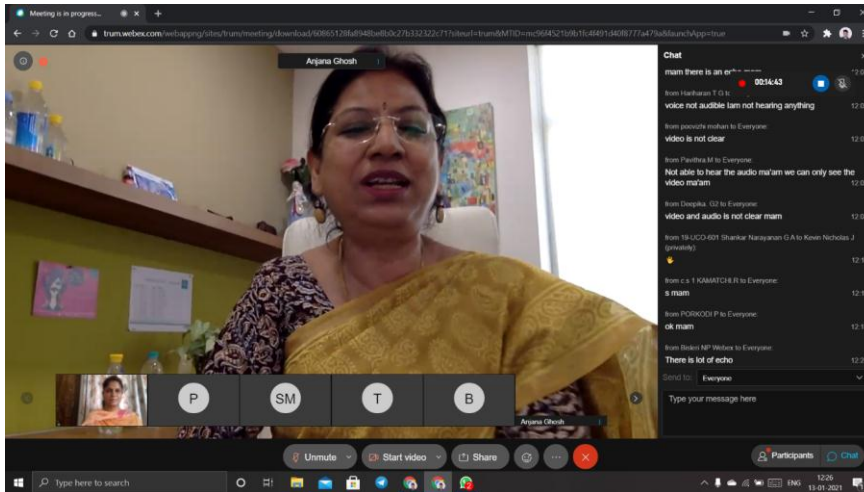
Justina carolin

Participants (234)

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- 19-UPH-243 Kumaran R

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Conclusion:

This webinar proved to be a productive and thought provoking one for all the NSS volunteers of Loyola NSS Unit and they learned about the recycling techniques and importance of recycling, plastic products especially plastic bottles.

NAAC ORIENTATION PROGRAM DAY 1 & DAY 2

NAAC orientation program held in our college

On DAY 1 Total 6 volunteers and on DAY 2 Total 3 volunteers. It's one hour program on each day.

On the visit of The NATIONAL ASSESSMENT AND ACCREDITATION COUNCIL (NAAC). Our Loyola Nss Unit volunteers has involved in the orientation program work. And NAAC Officials asked some questions to our volunteers like how much do you know about

your college , what outcome you have learned in the college , what is your motto , how much involvement you have given in the extra curricular activities in your college and our volunteers had answered to all there questions and they had performed well.

72ND REPUBLIC DAY CELEBRATION



Loyola NSS Unit celebrated the 72nd Republic Day Celebrations in Jubilee quadrangle in a successful manner. 45 volunteers and all the programme officers participated in the programme inspite of the ongoing pandemic situation. The Chief guest of the programme was **Dr. Martin Luther William, Head of Department of Statistics**. He shared his opinion about the constitution and the preamble of our constitution. He also quoted the saying ‘**Yaathum oorae yaavarum kaeleer**’ to make the volunteers understand the importance of unity and integrity among us and the nation. The Chief guest appreciated the selfless service of the NCC cadets and NSS volunteers and he also recognized the dedication and involvement of the NSS volunteers. He thanked the college for the exposure it has given to the students for academics and also other extra-curricular activities, he also mentioned that the college belongs as the ‘**Second home**’ to all the students. He concluded his speech by saying ‘**Unity in Diversity**’.

MASK DISTRIBUTION

Mask distribution program was conducted by Loyola NSS unit in accordance with the Covid-19 protocol and to raise awareness. The distribution went on for two days, both 28th January 2021 and 29th January 2021. The distribution of the objects was taken up by 11 volunteers on day one and 12 on day 2. Volunteers set up a stall near the College main Entrance with a shop-like structure and selling sanitizers, masks and gloves for really small price, and the collected money went to College fund. This programme was conducted along with the NAAC programme, and all of them were provided with masks and sanitizers. The effort of Loyola NSS to raise awareness on the pandemic was applauded by the college authorities, and was even encouraged to take it to the next level by doing the same to students.

INTERNATIONAL SOLIDARITY FOR YOUTH

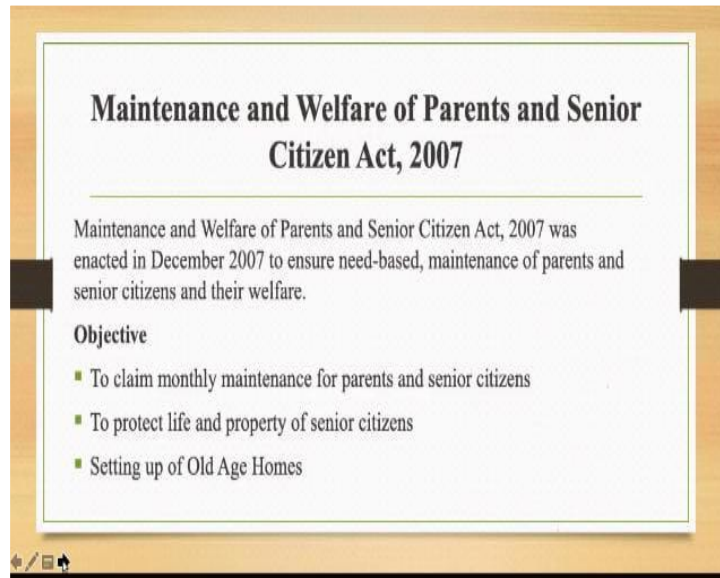
Introduction:

❖ The International Solidarity for Youth on ageing and their care was duly organised and conducted by Madras School of Social Work, according to the Maintenance and Welfare of Parents and Senior Citizens Act 2007, was enacted to provide financial security, welfare and protection for senior citizens. It requires children to provide maintenance for their parents, and the government to provide old age homes and ensure medical care for senior citizens. Two Organisers from NSS Unit Volunteers from our college participated in the Webinar and successfully completed it. The Webinar was conducted through Zoom app from 10.00 AM, and the webinar was addressed by Mr.K.Gangadharan, Heritage Foundation, Mrs.Mary Abraham, Assistant professor, Department of Social Work (UG), (Guest Speaker) and Mrs.P.K.Vathani, Head- Department of Bachelor of Social Work, Madras School of Social Work.

Theme of the Webinar:

❖ The main theme of the webinar is to motivate the young generation of our country to take care of their old aged generation and take necessary steps for ageing care. The Statistics of elderly people in India with reference to census was displayed to the participants, Challenges faced by elder people like loneliness, neglected by children, helplessness, hopelessness and approach of children towards their grandparents were explained and discussed, and the speaker insisted that the behaviour of youths towards elder generation and

addressing the aged people should be with utmost respect and affectionate, not in a filthy manner as it may affect their morale and confidence



Conclusion:

❖ As a youngster, it's our duty to take care of our elders, the top most priority should be to save and invest for our retirement and help the elders in need. If we do it today, our future will be saved by someone else.

ROAD SAFETY

The University of Madras with Greater Chennai of Police conducted a program on Road Safety awareness where our LOYOLA NSS unit was a part of it. The program was inaugurated by the city commissioner MAHESH KUMAR AGGARWAL in Besant Nagar near Elliots Beach. This program is mainly about the Road Safety Awareness and MAHESH KUMAR AGGARWAL flagged off a Road Safety Awareness bike rally and walkathon in the presence of the Vice Chancellor Of Madras University DR.GOWRI, NSS Co-Ordinator, MRS. VANEETA AGGARWAL and DR. SAMUEL (MIN OF YOUTH). LOYOLA NSS unit participated in the program along with them by contributing our part by attending the road rally, campaigning and standing in signals and giving awareness about the road safety and zero violation by stopping all the vehicles before the stop line for prevention of traffic violation. There were 34 volunteers from our college who attended this Road Safety program on 6th February 2021.



WOMEN DAY CELEBRATION

Introduction:

Every year Loyola NSS unit are celebrating Women's day with the help of NSS unit volunteers. Behind every successful man there is a women. And behind every successful women there is a women.

By keeping this in mind, Loyola NSS unit have celebrated women's day with the motivation of dean of women students. And distributed lots of gifts to all women's teaching staffs, Administers and students. The program started at 8:30 am. Our volunteers involved in packing of gifts and it was distributed for each and every department of the college.

With the help of 11 volunteers, NSS unit distributed lots of gifts to honor their gender and to motivate them to achieve they goals in future.





Conclusion:

With the help of NSS unit and volunteering services we successfully conducted the Women's day celebration.

NSS CLUB INAUGURATION 2021

The NSS CLUB was inaugurated on 11th March 2021 by NSS Co-Ordinator, **MRS. VANEETA AGGARWAL**. This program was conducted in online mode in CISCO WEBEX MEETING and our NSS volunteers participated in a large number which is a positive sign for

our **LOYOLA NSS UNIT**. The chief guest addressed about the importance of NSS and how it can change a person's individual life and social life in which working as a NSS volunteer can build a person's character which molds them to be a better citizen and she shared her lifetime experience as a NSS volunteer that motivated the students to do social service to the public and she also said that being a NSS volunteer is a great tool for individuals that can set an example to be a better citizen of India. Being NSS volunteer this program has benefited the individuals to learn and upgrade themselves in their respective roles given to them.

ELECTION DUTY

An Election duty had been assigned to Loyola NSS unit by the Police Commissionerate, in collaboration with University of Madras. The duty was to control the vehicles within a 100-meter radius from the polling booth for the election work. Totally 17 Volunteers attended the election duty in various places. On Day 1 (05.04.2021) we were asked to come to Chintadripet police station to receive instructions regarding the type of work we would be doing on the day of the election and were divided into 3 groups each containing 5 volunteers and the remaining 2 volunteers were split into two colleges (Madras School of Social Work and Presidency college). The orientation for the duty was given by Mr. Vimal Kumar, Sub-Inspector of Police, Chintadripet Police Station.

On Day 2 (06.04.2021) each team was assigned different polling booths and the work started in the morning at 6.30 am. First team was assigned in National Star Nursery & Primary School, Choolaimedu, Second Team was assigned in Presidency Girls Higher Secondary School, Eggmore, third team was assigned in Dav Matriculation Higher Secondary School, Choolaimedu, fourth team with Madras School of Social work were assigned in Alwin Matriculation School, Choolaimedu and lastly Fifth team with Presidency College in Chennai Middle School, Ellispuram. We reported to the police in charge of the booth, and they allotted us the places of work.

The Morning Breakfast and afternoon lunch were given by them and the Volunteers worked very well, and the officials made us more comfortable at work and treated us well. We learnt the problems faced by the police at work and the problems with their daily routine

Conclusion:

The duty ended in the evening at 7.00 pm, and the police in charge delivered a talk about our work and appreciated our cooperation. The Volunteers gave an overwhelmed response to the

work, and we thanked the police officers, who helped us be motivated and more passionate to the work.





ELECTION DUTY

An election duty has been assigned to LOYOLA NSS Unit by the DMS differently abled section. The duty was to help the differently abled people to vote in the pooling both (picking up them in a wheel chair and dropping them in the same wheelchair). Totally 9 volunteers attended the duty in various places.

On Day – 1 (05/04/2021) we were asked to come to DMS COMPLEX to collect the ID Cards for the next day election and also received some instructions regarding the next days work. Three volunteers came to DMS COMPLEX to collect their ID Card and they were allotted places to work. Only three ID Cards were allotted the instructions regarding the election work was given by Mrs. Sheba, office bearer, DMS COMPLEX.

On day – 2 (06/04/2021) the nine volunteers were divided into two groups (six volunteers one group and three volunteers another group). The six volunteers were assigned works in the DMS COMPLEX and other three were assigned works in other places. Our volunteers worked among the differently abled people like guiding the voters, pushing and pulling of wheelchairs, instructing the voters to maintain social distance, and also instructing the voters to wear a mask.



QUARANTINE MANIA

❖ NSS unit of St. Josephs college (autonomous) Tiruchirappalli have conducted a “QUARANTINE MANIA” state level inter collegiate online competition exclusively for NSS volunteers to inculcate the spirit of volunteerism. The competition explores the social responsibility of the students. Two NSS volunteers have participated in this completion from the Loyola NSS unit. One chief organizer Mr. Hrishikesh, and one student volunteer Mr. T Hendry, have participated in the topic of “CORONA A PAUSE BUTTON”. And we are proud to say that our student volunteer has won the second place with the cash price of Rs: 300 in that completion.



The art which won second price.

“CORONA A PAUSE BUTTION”

INTERNATIONAL YOGA DAY 2020

International Yoga Day 2020 had been conducted by our NSS unit with a motive of helping in controlling an individual's mind, body and soul. The uses of Yoga bring together physical and mental disciplines to achieve a peaceful body and mind; it helps manage stress and anxiety and keeps people relaxing, and it also helps in increasing flexibility, muscle strength and body tone. It was conducted as a photo video uploading session. Volunteers are asked to upload a photo or a video of doing yoga asanas in the mail. Totally 46 Volunteers participated with self-interest and did it well.

