Ready for

Every Good Work

SACRED HEART COLLEGE (AUTONOMOUS)

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A Don Bosco Institution of Higher Education, Founded in 1951 * Affiliated to Thiruvalluvar University, Vellore * Autonomous since 1987

Accredited by NAAC (4th Cycle – under RAF) with CGPA of 3.31 / 4 at 'A+' Grade

Date	Event	Resource Personnel	Participants
11.08.2022	Pattimandram	Dr. Mohan Gandhi	NSS Candidates
18.08.2022	NSS - Induction Programme	Dr. Mohan Gandhi Dr. U. Ramesh Dr. Clayton Michael Fonceca	NSS Candidates
23.08.2022	NSS – An Overview	Dr. M. Antony Arokiasamy	NSS Candidates
25.08.2022	Blood Donation Camp	The Christian Medical College, Vellore	NSS, AICUF, RRC and SHC students
25.08.2022	Eastern Ghats & Elephant Habitation	Mr. Praveen Kumar	NSS, AICUF and RRC
19.09.2022	Happy Youth - Prosperous Nation	Dr. K. Arokiaraj	NSS, AICUF and RRC
27.09.2022	NSS Day	Dr. Mohan Gandhi	NSS Candidates
17.10.2022	Tirupattur Dist. & its History	Dr. Mohan Gandhi	NSS, AICUF and RRC
20.10.2022	Clean India Campaign	Dr. Mohan Gandhi Dr. U. Ramesh Dr. Clayton Michael Fonceca	NSS Candidates
09.01.23	Rain Gauge Station and its importance	Dr. U. Ramesh Dr. Clayton Michael Fonceca	NSS, AICUF and RRC

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CRITERION III NAAC 5th CYCLE

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Motto: Not me but you

Acknowledgement

The NSS Programme Officers place on record our gratitude to Rev. Dr. John Alexander SDB, Rector & Secretary, Rev. Fr. Mari Antony Raj SDB, Principal, Dr. G. Theophil Anand SDB, Vice-Principal (Admin -Shift 1), Dr. S. R. Xavier Rajarathinam, Vice-principal (Academics), Rev. Dr. Sathiyanathan SDB, (Administrator), Dr. A. Albert Irudayaraj, Dean of Studies, Sacred Heart College (Autonomous), Tirupattur for all the support and guidance.

We wholeheartedly thank Dr. K. Ravichanderan, NSS Coordinator of Tiruvalluvar University, Vellore, for his support and good wishes. We are grateful to Rev. Fr. Y. Arockiasamy (Vellore Diocese), Parish Priest, Koviloor Village for the various facilities that he has provided during our 7-day stay.

We specially thank our distinguished guest Mr. E. Kuppusamy, Panchayat President, Tirupattur, Mrs. M. Maharani Mani, Panchayat Union Member, Mr. C. Kazhagarasu, Joint Panchayat Leader and Mr. M. Shankar, Panchayat Secretary and all the benevolent sponsors who helped us to complete this camp in a grand manner.

We are thankful to all our students and support staff for making this camp a real success and a one to remember.

Dr. G. Mohan Gandhi
Dr. U. Ramesh
Dr. Clayton Michael Fonceca
Dr. U. Chandersekar

Programme Banner



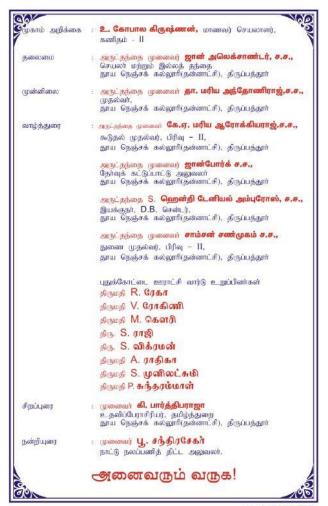
Programme Themes:

- Towards Growth and Development Role of the Youth
- Humanitarianism and Social Service
- Prevention of Drug Abuse
- Youth as Change Agents
- Paediatric Cancer Awareness
- Tamil Nadu in the Next 10 Years In the hands of young men or women
- Understanding Law and Human Rights
- Organic Farming a way forward
- Youth Rights & Responsibility's for better citizens of our nation
- Role of youth in the protection of geriatric care

PLACES

Puduklottai, Koviloor, Kanamandhur and Periya Vengayapalli







V.P. OFFSET, TPT







Day 1 12th March 2023

Pre-Camp Arrangements

The NSS Camp of Sacred Heart College (Autonomous), Tirupattur District - began at 9:00 am with the perquisite arrangements at RC Middle School, Koviloor Village, Pudukottai Panchayat, Tirupattur District. Stage Arrangements, provisions of rooms, purchase of food materials and the invitations to the local leaders and representatives took place. In this camp at total of 8 faculty members including NSS Programme Officers, Dr. G. Mohan Gandhi, Dr. U. Ramesh, Dr. Clayton Michael Fonceca, Dr. U. Chandersekar, Dr. R. Kurinji Malar, Dr. K. Shilija, Dr. S. John Sundaram, Prof. H. Ashik Ahmed and Prof. K. Vijay participated. The camp also saw the participation of 4 Units, with a total of 185 students taking part in this noble endeavour.

Travel to RC Middle School, Koviloor Village





Unit -1



Unit - 2



Unit - 3 Unit - 4

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Inauguration of the NSS Camp 2023

The inauguration of the NSS Camp 2023 of Sacred Heart College (Autonomous), Tirupattur District, took place at R.C. Middle School, Koviloor Village, Pudukottai Panchayat, Tirupattur District at 4:00 pm. The guest of honour for the day were Rev. Dr. John Alexander SDB, Rector & Secretary, Rev. Fr. Mari Antony Raj SDB, Principal, Dr. G. Theophil Anand SDB, Vice-Principal (Admin -Shift 1), Dr. S.R. Xavier Rajarathinam, Vice-principal (Academics), Rev. Dr. Sathiyanathan SDB, (Administrator), Dr. A. Albert Irudayaraj, Dean of Studies, Sacred Heart College (Autonomous), Tirupattur, together with the eminent NSS Coordinator, Tiruvalluvar University, Vellore, Dr. K. Ravichanderan, and Rev. Fr. Y. Arockiasamy (Vellore Diocese), Parish Priest, Koviloor Village. Other distinguished guest were, Mr. E. Kuppusamy, Panchayat President, Tirupattur, Mrs. M. Maharani Mani, Panchayat Union Member, Mr. C. Kazhagarasu, Joint Panchayat Leader and Mr. M. Shankar, Panchayat Secretary.





The inaugural programme began with the Tamil Thai Valthu rendered by the NSS choir theme. The welcome address was given by Dr. G. Mohan Gandhi, NSS Programme Officer. He welcomed the gathering and set the tone for the 7 day NSS Camp. He spoke on the objectives and the theme of the NSS Camp. He welcomed Rev. Fr. Y. Arockiasamy SDB, Parish Priest, Koviloor Village and Mr. C. Kazhagarasu, Joint Panchayat Leader who were present on this grand occasion.

Mementos were presented to the guest of honour. The felicitation address was given by Rev. Fr. Y. Arockiasamy SDB, Parish Priest, Koviloor Village. He urged students to have a service mindset. He stated that being service-oriented means having a desire to help others and a willingness to put others' needs before your own. It involves being compassionate, empathetic, and having a strong sense of social responsibility.





The presidential address was given by Mr. C. Kazhagarasu, Joint Panchayat Leader. He stated that he was an illustrious alumni of Sacred Heart College. He oriented the NSS volunteers to Fosters a sense of community: He noted that being service-oriented helps students understand that they are part of a larger community and that their actions can make a difference in the lives of others.

The vote of thanks was given by Dr. U. Ramesh, NSS Programme Officer. He SDB, thanked Rev. Dr. John Alexander Rector Secretary, Rev. Fr. Mari Antony Raj SDB, Principal, Dr. G. Theophil Anand SDB, Vice-Principal (Admin -Shift 1), Dr. S.R. Xavier Rajarathinam, Vice-principal (Academics), Rev. Dr. Sathiyanathan SDB, (Administrator), Dr. A. Albert Irudayaraj, Dean of Studies, Sacred Heart College (Autonomous), Tirupattur for their continuous motivation and encouragement. He recognized the unconditional support given by Dr. K. Ravichanderan, NSS Coordinator, Tiruvalluvar University, Vellore. He also thanked Rev. Fr. Y. Arockiasamy SDB, Parish Priest, Koviloor Village for his able assistance with regard for the smooth functioning of the NSS Camp. He thanked the panchayat leaders and the community at large for their presence and involvement that is to take palace in the 7 day NSS Camp. He concluded his speech by tanking all the

programme officers, supportive faculty and NSS students volunteers for their active participation and support.





The programme concluded with the national anthem invoking the spirit of nationality and patriotism.

Evaluation

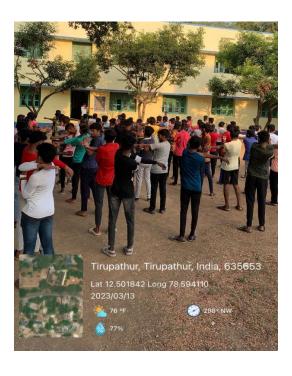
Student evaluation was conducted at 8:00 pm. NSS Programme officers oriented the NSS Volunteers on the upcoming schedule. Students presented their feedback. Evaluation was conducted to help students understand their strengths and weaknesses and identify areas for improvement.

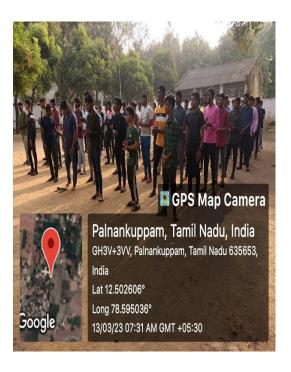
Day 2 13th March 2023

Theme: Trees are the treasure of our planet

Morning

NSS Student volunteers began the morning session with a training session on physical fitness at 7:00 am. They were taught a series of exercise to keep them both physically and mentally fit. Breakfast was served by the cooking team at 8:00 am. Instructions were given by the NSS Programme Officers on the theme 'Trees are the treasure of our Planet'.





Trees are the treasure of our planet

A short speech on the importance to conserve mother nature was given to each NSS unit of Sacred Heart College. NSS Programme officers emphasised that Trees are one of the most valuable resources that we have on our planet. They are a crucial part of our ecosystem, providing a wide range of benefits to both humans and the environment. Trees provide oxygen, shelter, food, and even medicine. They are also essential for maintaining the balance of the earth's ecosystem. Therefore, it is no exaggeration to say that trees are the treasure of our planet.

Activity

Fostering a clean and green environment is essential to ensure the health and well-being of both humans and the planet. A clean and green environment is crucial for our survival and well-being. It is the need of the hour, and it is up to all of us to take action to foster a cleaner and greener world for ourselves and future generations. In view of the above theme 4 NSS Units of SHC, went to 4 villages of Pudukottai Panchayat. This includes:

- 1. Unit I R.C. Middle School, Koviloor
- 2. Unit II Kadamandhur Parish
- 3. Unit III Eraikarai Pudukottai
- 4. Unit IV Panchayat Union Primary School, Periya Vengayapalli

Unit I - R.C. Middle School, Koviloor

Cleaning the environment is a crucial task that requires the participation of everyone in the community. One of the most effective ways to do this is by organizing cleaning campaigns, and students can play a significant role in this effort. NSS Unit I took part in an event to clean the environment at R.C. Middle School, Koviloor. They typically worked together to pick up litter and other waste materials from the school, local parks, or surrounding neighborhoods. These efforts help people understand and thus fosters an awareness to improve the overall cleanliness of the environment and promote a sense of responsibility among the society at large.





















Unit II - Kadamandhur Parish

Cleaning up plastic waste is a significant challenge that we face in today's world. Plastic pollution is one of the biggest environmental threats we face, and it is essential that we take action to address this issue. NSS Unit II went to Kadamandhur Parish and help in cleaning up plastic waste, debris and other waste materials.













Unit III – Eraikarai Pudukottai

Students of NSS Unit – III visited the Panchayat Council Office, of Pudukottai Talluk and collected 50 saplings from Mr. E. Kuppusamy, Panchayat President. All 50 saplings were planted along the lake side bed of Pudukottai Panchayat. This green initiative provide an opportunity for students to connect with nature and develop a greater appreciation for the natural world.













Unit IV - Panchayat Union Primary School, Periya Vengayapalli

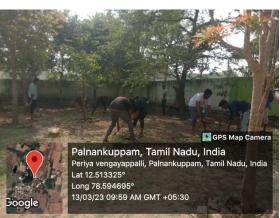
The NSS Unit 4 visited the Panchayat Union Primary School, Periya Vengayapalli and participated in a cleaning campaign. This cleaning campaign was organized to promote a sense of community and civic responsibility. By working together towards a common goal, students worked effectively as a team by cleaning dried leaves, fallen branches, plastic waste, roadside debris and also watered the roadside plants encouraging residents to take better care of their surroundings.













Afternoon talk: Towards Growth and Development – Role of the Youth Resource Personnel: Lion Prof. Rathina Natarajan

A motivational talk was organized for the NSS Volunteers of Sacred Heart College (Autonomous), Tirupattur on 13th March 2023 at 3:00 pm. The programme began with the Tamil Thai Valthu given by the NSS choir theme. The welcome address was given by Dr. G. Mohan Gandhi, NSS Programme Officer who welcomed Lion. Prof. Rathina Natarajan. A memento was given by Dr. U. Ramesh to honour the resource personnel for his presence.







In his talk he spoke on the history and origin of the NSS – National Service Scheme. He addressed the students on the importance of NSS and the role of youth in the development and upliftment of our country. He taught students the importance of goal setting and recalled various incidents in his personal life that helped him to reach the pinnacle of success. He also spoke on social evils like cigarette smoking, drug and alcohol abuse and other instances that youth today need to abstain themselves from. He told them that controlling oneself is the key to success. He told them that controlling oneself is the key to success. He noted that education plays a crucial role in a country's

development. The youth can pursue education and acquire the necessary skills and knowledge to contribute to their country's economic and social development. They can enroll in higher education courses, vocational training, and other skill development programs to acquire the skills needed to compete in the job market. Education also helps them develop critical thinking, problem-solving, and communication skills, which are essential for their personal and professional growth.



He concluded his speech by stating that the youth are the backbone of any nation. They have the potential to make a significant contribution to their country's development. The role of youth towards a nation's development cannot be overstated. They are the future leaders, innovators, and entrepreneurs who can shape the country's destiny.

Vote of thanks was given by Dr. Clayton Michael Fonceca, NSS Programme Officer and Asst. Professor of P.G. & Research Dept. of Social Work, Sacred Heart College (Autonomous), Tirupattur.

Evening Programme: Trees are the treasure of our planet

Place: Kadamandhur Village Time: 5:00 pm

An awareness programme on the title Trees are the treasures of our planet' took place at Kadamandhur village panchayat at 5:00 pm. The welcome address was given by Dr. G. Mohan Gandhi, NSS Programme officer. He welcomed the guest of honour Mr. G.R. Samy Chetty, Environmental Speaker and owner of GR Samy Chetty Jewellery -Tirupattur, Mr. Madhiazhagan, Vijaya Galaxy owner and Mr. E. Kuppusamy, Panchayat President, Tirupattur,









The keynote address was given by Mr. G.R. Samy Chetty. He addressed the students on the importance of growing trees. He noted that, trees help to maintain the balance of nature by conserving water, improving air quality, preventing soil erosion, and providing habitats for wildlife. Mr. Madhiazhagan, emphasised the trees are not just essential for the environment but also have significant economic and social benefits. He further stated that trees are a vital part of the ecosystem, and their importance cannot be overstated.





NSS student volunteers then performed a mime on the theme effects of deforestation. They presented their views on the ill-aspects of cutting down tress and the depletion of the forests. Students also took a pledge to eradicate deforestation. In this event, students also narrated poems and songs to sensitize the community at large on the said topic. The vote of thanks was given by Dr. K. Shilija, who thanked the dignitaries and the NSS student volunteers for all their support and cooperation.

Evaluation

Dinner was served at 7:30 pm which was followed by a brief evaluation of the days events. NSS student volunteers narrated the significant events that took place as the day progressed and further denoted their learnings. The schedule for the next days event was also read, to highlight and familiarize students on the task at hand.

Day 3 14th March 2023

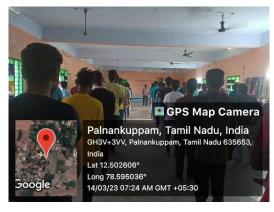
Theme: Humanitarianism and Social Service

Morning

The NSS student volunteers of SHC began the day with yoga and meditation. They were taught a variety of breathing and pranayama exercises designed to keep them physically and mentally fit. The cooking team served breakfast at 8:00 a.m. The NSS Programme Officers delivered instructions on the theme of Humanitarianism and Social Service.









An orientation on the theme 'Humanitarianism and social service' was delivered to the students. The NSS Programme officers stressed the importance of the theme and note how it has become increasingly important in today's society, where poverty, inequality, and various forms of injustices continue to affect millions of people worldwide. Humanitarianism and social service provide a way for individuals and communities to come together and address these issues. Humanitarianism emphasizes the importance of providing aid to those in need, regardless of their background or

circumstances. This includes providing food, shelter, medical care, and other basic necessities to individuals affected by natural disasters, conflicts, and other crises. Humanitarian organizations and volunteers often work tirelessly to provide these essential services to vulnerable communities, and their efforts can be life-saving for many.

Activity

In continuation of the environment and social service that was carried out the previous day, the 4 NSS Units of SHC visited four villages in the Pudukottai Panchayat.

- 1. Unit I R.C. Middle School, Koviloor
- 2. Unit II Vengayapalli
- 3. Unit III Eraikarai Pudukottai
- 4. Unit IV Periya Vengayapalli Lake

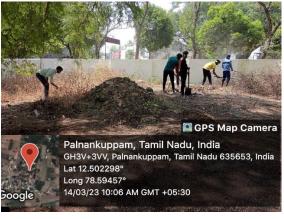
Today's activity involved not just creating a green and clean environment but also working towards a cause on humanitarianism and social service. NSS Students of all 4 units visited various villages and promoted the importance of social service through their actions.

The neighbourhood noted that it was inspiring to see students take to the streets to clean up their environment. This is was an great example of how young people can take a proactive approach to creating a cleaner, healthier, and more sustainable world.

Our students proved through their action that cleaning up the environment is not just about picking up litter and waste. It was also about promoting sustainable practices, such as reducing plastic consumption, recycling, and composting. By educating themselves and others about these practices, our NSS Student helped create an awareness towards the general public on the culture of sustainability that will benefit the society and the planet for years to come.

Unit I - R.C. Middle School, Koviloor

NSS Student Volunteers of Unit -1, resumed their work in cleaning the school premises of debris and plastic. Waste papers, discarded chocolate wrappers, dysfunctional dustbins were all cleaned. Cisterns and wate passages were cleaned from unwanted weeds and grass. Students swept the floors and the premises of the school.













Unit II – Vengayapalli

NSS Student Volunteers of Unit -2, went to Vengayapalli, a nearby village panchayat. They took to the streets and cleaned the mud roads from waste and debris. They also cleant the nearby premises of the cemetery both inside and outside and picked up all the unwanted weeds and plants. The set right the path way by make it more commutable for the local community.













Unit III - Eraikarai Pudukottai

NSS Student Volunteers of Unit -3 continued their efforts in contributing to various environmental cleanup efforts, from picking up litter on the streets to participating in lake cleanups and tree planting initiatives. A total of 40 saplings were added to previously planted lot which now totalled to 80 tree shoots on the banks of the lake. These trees were watered and their fences were set right.













Unit IV - Periya Vengayapalli Lake

The NSS Student Volunteers Unit IV, visited a lake at Periya Vengayapalli. They planted 40 tree saplings along the banks of the lake to create a green and sustainable environment. The also cleared the waste debris along the lake side. Fallen trees and branches were set aside and carefully disposed. Students further cleared the pathways of the streets which had debris and waste.













Afternoon talk: Food Habits and healthy lifestyle of the youth Resource Personnel: Dr. P. Sivaraj, Head-Department of Tamil,

Islamiah College (Autonomous), Vaniyambadi

A awareness talk on the need to improve the lifestyle and food habits of the youth was organized on 14th March 2023 at 2:45 pm at R.C. Middle School, Koviloor. The chief guest for the day was Tamil Chemmal Dr. P. Sivaraj, Head-Dept. of Tamil, Islamiah College (Autonomous), Vaniyambadi. The programme began with the 'Tamil Thai Vaazhtu' by the NSS choir. Dr. G. Mohan Gandhi delivered the welcome address. Dr. Julian Xerces adorned a shawl on the chief guest as a token of love and respect.

In his address, Tamil Chemmal Dr. P. Sivaraj, shared vivid insights on the past and current food culture of Tamil Nadu. He noted that, medicines were the food of the current world. He stated that, there was no vitamins, carbohydrates and proteins in the present food culture of the youth. He further went on to state that honey is still the only food that does not decay. He urged students not to eat fast foods such as burger, pizzas and junk delicacies. Students were encouraged to eat millets and organic food such as ragi, wheat, finger millets etc.

Dr. P. Sivaraj in his speech highlighted the fact that, humans can save money, food, but cannot live without diseases. He encouraged the students to celebrate the millets day in Tamil Nadu by adhering to the central govt. policies and agenda on agricultural upliftment. In his concluding remarks, he asked students to do research on geography food culture and tradition of Tirupattur District. The vote of thanks was given by Prof. H. Ashik Ahmed, Asst. Professor, Dept. of Commerce, Sacred Heart College (Autonomous), Tirupattur District.









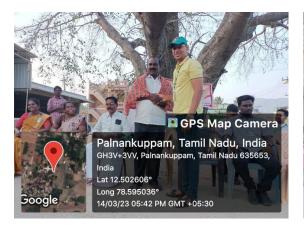


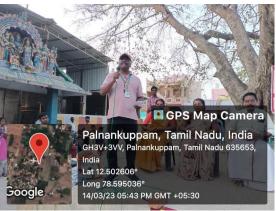


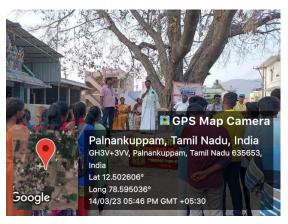
Evening Programme: Prevention of Drug Abuse

Place: Pudukottai Village Panchayat Time: 5:00 pm

A cultural programme on the 'Prevention of Drug Abuse' was staged at Pudukottai Village Panchayat at 5:00 pm. This programme saw the intense participation of the general public at large. The welcome address was given by Dr. G. Mohan Gandhi, NSS Programme Officer. The guest of Honour was Mr. E. Kuppusamy, Panchayat President and Mr. Vasu, Village Representative. The Panchayat President was honoured with a shawl by Dr. U. Ramesh, NSS Programme Officer. This was followed by Dr. Clayton Michael Fonceca NSS Programme Officer presenting a memento to Mr. Vasu, Village Representative.













Mr. E. Kuppusamy, addressed the gathering by instilling in their hearts the ill aspects of drug abuse and its aftermath. This was followed by a drama that was staged by the NSS Student Volunteers to create awareness amoung the society at large on the theme of 'Prevention of Drug Abuse amoung the youth'. The concept of the story revolves around a college student from a middle class family who has secured the first rank in his class. He now has many friends and is introduced to various substance drugs. He is suddenly caught by his teachers and is further subjected to disciplinary action. This causes the student to go into depression and further leads him to an extreme intake of drugs. He then meets with an accident and is admitted to an ICU in a top hospital. The drama highlights how a well learned student under the influence of drugs has changed his life into a social scum of the society. The story also portrays the social evil of drugs on the health, mind and body of the one consuming such illicit materials. The drama concluded with an awareness song on the prevention of drugs.

Evaluation

Students returned to R.C. Middle School at 6:50 pm. Dinner was served to the NSS Student Volunteers at 7:15 pm, and then a quick summary of the day's activities was given. NSS student volunteers related the major events that took place as the day progressed and further highlighted their learnings. In order to emphasise and familiarise the students with the task at hand, the timetable for the event the following day was also read.

Day 4 15th March 2023

Theme: Pediatric cancer awareness campaign

Youth as Change Agents

Tamil Nadu in the Next 10 Years - In the hands of

young men or women

Morning Session

An awareness talk on 'Pediatric cancer' was given to the students at 8:00 am by Dr. Clayton Michael Fonceca and Dr. G. Mohan Gandhi, NSS Porgrammes Officers of Sacred Heart College (Autonomous), Tirupattur District. The resource personnel addressed the students on Pediatric cancer. They stated that it refers to a type of cancer that occurs in children and young adults. They noted that it is a serious and life-threatening disease that can affect any part of the body, including the blood, bone marrow, brain, and other organs and is the leading cause of death by disease among children. Dr. Clayton Michael Fonceca oriented the students on the common types of pediatric cancer which include leukemia, brain tumors, lymphoma, neuroblastoma, and bone cancer. Dr. G. Mohan Gandhi highlighted the symptons, treatment and prognosis in layman's terms to the students. The resource personnel also noted the role of supportive organizations like the Lions Club of Tirupattur Host and its reach to the general public.

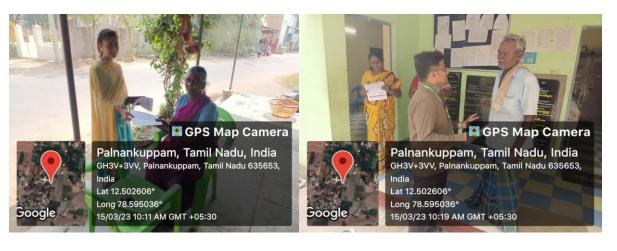








Students visited kindergartens, middle schools, shop vendors, public commuters and the community at large at Kanamandhur, Periya Vengayapalli and Pudukottai and distributed over 500 pamphlets. Students also went from door to door and spoke on the issues, causes and symptoms of pediatric cancer raising awareness for a noble cause. This event was solely sponsored by Lion. Dr. C.R.Christi Anandan, President – Lions Club of Tirupattur Host & Asst. Professor, P.G. & Research Department of Social Work, Sacred Heart College (Autonomous), Tirupattur. A total of 200 students participated in this awareness campaign.







திருப்பத்தூர் ஹோஸ்ட் லயன்ஸ் சங்கம்

மாவட்டம் : 324H

மண்டலம் : 3





PEDIATRIC CANCER AWARENESS : குழந்தைகள் புற்றுநோய் பற்றிய விழிப்புணர்வு 🧳



புற்றுநோய் என்பது கேடு தரும் உடற்கட்டிகளால் ஏற்படும் பொதுவான பெயராகும். இயல்புக்கு மாறாக உயிரணுக்கள் கட்டுப்பாடற்று பிரிந்து பெருகுவதால் ஏற்படும் மிகைப் பெருக்கத்தை புற்றுநோய் என்கின்றோம். இந்த புற்றுநோய் பாதீக்கப்படும் பகுதீகளைப் பொருத்து வெவ்வேறாக பெயரிடப்படுகிறது.

சாதாரணமாக லுக்கிமியா என்பது இரத்தம் மற்றும் எலும்பு மஜ்ஜையில் ஏற்படும் புற்றுநோய். இது. இரத்த புற்றுநோய் என்று அழைக்கப்படுகிறது. வெள்ளை இரத்த அணுக்கள் இயல்புக்கு மாறாக அதிக அளவில் பெருகுவதால் இது ஏற்படுகிறது.

நமது உடலில் அனைத்து பாகங்களுக்கும் ஆக்ஸிஜனை கொண்டு செல்ல இரத்த சிவப்பணுக்கள் பயன்படுக்ன்றன. அதே போன்று உடலில் நோய் எதிர்ப்பு சக்தியை உருவாக்கி நோயை எதிர்த்து போராடும் வீரர்களாக வெள்ளையணுக்கள் உள்ளன.

உணவு பழக்க வழக்கத்தாலும் புகை மற்றும் மது பழக்கத்தாலும், மாசுபட்ட காற்று சூழல் காரணமாகவும் பெரியவர்கள் இந்த நோயில் பாதீக்கப்படுகின்ற குழ்நிலையில், தாய் பால் மட்டுமே குடிக்கின்ற பச்சிளம் குழந்தைகள் கூட இந்த நோயால் பாதிக்கப்படுவது என்பது இந்த நோயைப் பற்றிய சரியான விழிப்புணர்வு நம்மில் பலரிடமில்லை என்பதே காரணம்.

உலகின் எதிர்காலம் நமது குழந்தை செல்வங்கள். புற்றுநோய் என்பது முடிந்தவரை குணப்படுத்தக் கூடிய ஒரு கொடிய நோய், அதிலும் குழந்தைகளுக்கு புற்றுநோய் என்பது வேதனைக்குரியது. அவ்வாறான புற்றுநோயின் தாக்கத்தை அறிந்து குழந்தைகள் புற்றுநோய் சம்பந்தமான விழிப்புணர்வை பெற்றோர்களிடமும், குழந்தைகளிடமும் ஏற்படுத்தீடவும் நோய் அறிகுறி இருப்பின் உடனடியாக கண்டறிந்து மருத்துவ உதவி செய்வது நமது கடமையாகும்.

- 🔷 ஒவ்வொரு ஆண்டும் உலகிலுள்ள சுமார் 3 லட்சம் குழந்தைகளிடம் புற்றுநோய் கண்டறியப்பட்டு வருகின்றது என்று உலக சுகாதார நிறுவனம் (WHO - World Health Organisation) தெரிவித்துள்ளது. உலகில் புற்றுநோயால் பாதிக்கப்பட்ட மொத்த குழந்தைகளில் ஏறத்தாழ 20% குழந்தைகள் இந்தியாவில் உள்ளதாக கண்டறியப்பட்டுள்ளது.
- 🔷 தமிழகத்தில் பிறக்கும் 10 லட்சம் குழந்தைகளில் ஏறத்தாழ 150 ஆண் குழந்தைகளும் 80 பெண் குழந்தைகளும் புற்று நோயால் பாதிக்கப்படுவதாக கண்டறியப்பட்டுள்ளது.
- 🔷 பெரும்பாலான குழந்தைபருவ புற்றுநோய்க்கு, இதுதான் காரணம் என்று காரணங்களை அறுதியிட்டு சூற முடியாது. மரபுவழி மாற்றம் மரபியல் காரணங்களால் DNA-வில் ஏற்படும் மாற்றங்கள், கதிர்வீச்சு, வாழ்க்கை முறை மாற்றங்களினால் தான் அநேக புற்றுநோய் உருவாகிறது.
- குழந்தைகள் புற்றுநோய் என்பது ஒரு தொற்றுநோய் அல்ல. அது குழந்தைகளிடமிருந்து பிறருக்கு
- புற்று நோயினை ஆரம்ப நிலையில் கண்டறியப்படாமல் நாள் பட்ட புற்றுநோயின் தாக்கத்தை குறைப்பதில் அதிக சிரமம் ஏற்படுகிறது. பெரியோர்கள் புற்றுநோயானது குழந்தைகள் புற்று நோயிலிருந்து முற்றிலும் மாறுபட்டது. குழந்தைகள் உடல் வளர்ச்சி விக்தம் அதிகமாக இருப்பதாலும் எளிதில் சிகிச்சை முறைகளை ஏற்றுக்கொள்வதாலும் எளிதில் விரைவாக புற்றுநோயை குணப்படுத்த
- 15 வயதிற்குட்பட்ட குழந்தைகளுக்கு ஏற்படும் புற்றுநோய்க்கு சரியான மருத்துவ சிகீச்சை அளிக்கும் போது உயிர் வாழ்வதற்கான வாய்ப்பு வளர்ந்த நாடுகளில் 80% உள்ளது.

കന്ത്രത്തിലേ ചുറ്റി!!

முநீ விக்**னேஷ்வரா ஆப்செட், N.V.S**. பில்டிங். (மாதா லாட்ஜ் காம்ப்ளக்ஸ்) தீருப்பத்தூர். செல்: 9442714029

கீழ்கண்ட புற்றநோய் அறிகுறிகள் ஏதேனும் குழந்தைகளுக்கு ஏற்பட்டால் அதை கண்டறிந்து உடனடியாக தகுந்த மருத்துவரிடம் சிகிச்சை அளித்து குழந்தைகளை பாதுகாத்திடுவோம்.

குழந்தைகளுக்கு ஏற்படும் புற்றுநோய்கான பொதுவான அறிகுறிகள் சில.

- காறணமில்லாத எடையிழப்பு/அதிகரிப்பு-Sudden unexplained wait loss/increase
- நீடித்த காய்ச்சல், வாந்தி, தலை வகி -Sudden unexplained fever vomiting & Headaches
- அசாதாரண இரத்தபோக்கு-Bruising or bleeding
- வயிறு, இடுப்பு, மூக்கு மற்றும் உள் உறுப்புகளில் ஏற்படும் கட்டி -An unusual lump or swelling Lump or mass, especially in the abdomen, neck,
- பார்வை குறைபாடு, இமை வீக்கம்-Sudden eye or vision changes
- கண்ணில் வெள்ளை நிறத்திட்டுக்கள் உருவாகுதல்-Unexplained palness

குழந்தைகளுக்கு ஏற்படும் புற்றுநோயின் வகைகள் கில...

- இரத்த புற்று நேருப் Leukemia (Blood Cancer)
- மூனை மற்றும் முதுகு தண்டுவட கட்டி-Brain & Spinal cord tumors
- ் உடல் கட்டி, ரேப்டோ மையோ சார்க்கோமா-Rhabdomyosarcoma (RMS) Eye or vision changes that occur suddenly and persist
- ் விழித்திரை புற்றுநோய் Retinoblastoma
- எலும்பு புற்று நோய் Bone Cancer

புற்றுநோய்க்கான சிகீச்சை முறைகள் சில...

- ் வேதீச் சிகீச்சை Chemotherapy
- கதிர் மருத்துவ சிகிச்சை Radiation Therapy
- அறுவை சிகீச்சை-Surgery
- இலக்கு சிகிச்சை Targeted drug Therapy

புற்றுநோய்க்கு எதிராக நாம் உட்கொள்ளும் மருந்துகள் மற்றும் சிகீச்சைகளால் புற்றுநோய் அணுக்களை மட்டும் அழிப்பது மட்டுமல்லாமல் சாதாரண உயிரணுக்களையும் தாக்கும் தன்மை கொண்டதாக இருக்கிறது. அதனால் முடி கொட்டுதல், உணவ உட்கொள்வதில் சிறமம் உள்ளிட்ட சில பக்கவிளைவுகள் ஏற்படவும்

Headaches, often with early morning vomiting

Increased swelling or persistent pain in the bones,

Development of excessive bruising, bleeding, or rash

Nausea that persists or vomiting without nausea

Recurring or persistent fevers of unknown origin

Constant, frequent, or persistent infections

A whitish color behind the pupil

அன்புக்குரியவர்களே குழந்தைகள் புற்றுநோய் பற்றிய விழிப்புணர்ணை நீங்கள் பெற்றது மட்டுமல்லாமல் பாதிக்கப்பட்டவர்களுக்கு உங்களால் முடிந்த உதவிகளை ம் செய்ய இன்புடன்

- புற்றுநோய் விழிப்புணர்வு துண்டு பிரசுரம் (நோட்டீஸ்) விநியோகிப்பது.
- 🔷 புற்றநோயால் பாதிக்கப்பட்ட குழந்தைகளின் மருந்து மற்றும் மருத்துவ செலவுகளை ஏற்று நிதியுதவி செய்வது
- 🔷 கீமோ போர்ட் கீமோதெரபி சிகிச்சை அளிப்பதற்காக வலி இல்லாமல் இருக்க பயன்றிடும் உபகரணம்
- 🌢 ஹீமோகுளோபின் மற்றும் பிளேட்லெட்ஸ் தேவைக்காக இரத்த தானம் வழங்குவது
- 🔷 பாதிக்கப்பட்ட குழந்தைகள் மற்றும் குழந்தைகள் காப்பகங்களில் புரதச் சத்து மிக்க உணவுகள் வழங்குவது
- 🔷 குழந்தைகளை மகிழ்விக்க விளையாட்டுப் பொருட்கள் வழங்குவது.
- 🔷 புற்றுநோய் மையத்திற்கு தேவையான வசதிகளை செய்து கொடுப்பது
- 🔷 புற்றுநோய் பற்றிய விழிப்புணர்வு பதாகைகள், பேரணிகள், மாரத்தான்
- 🔷 குழந்தைகள் மற்றும் பெற்றோர்களுக்கு புற்றுநோய் பற்றிய விழிப்புணர்வு கருத்தரங்குகள் நடத்துவது மற்றும் கலந்து கொள்வது.

ஒவ்வொரு குழந்தையும் நம்முடைய கழந்தையே! நம் அடுத்த தலைமுறையை புற்றுநோயற்ற தலைமுறையாக உருவாக்க அனைவரும் அணைந்து பாடுபடுவோம்.

Child Pidiatric Cancer

Lion Prof Dr. C. R. கிறிஸ்டி ஆனந்தன் Lion P. செல்வராஜ் Lion K. கந்தரகோயால் MJF. Lion P. சின்னபையன்

இரத்த தானம் செய்வோம்! உயிர் காப்போம்!!

மரம் வளர்ப்போம்! இயற்கையை பாதுகாப்போம்!!

ஸ்ரீ விக்ணேஷ்ஷரா ஆப்பெர்ட், N.V.S. மீழ்ஸ். (மாதா மாட்க் காம்ப்ளக்ஸ்) திருப்பத்தூர். செல்: 9442714029

Activity

To conserve mother nature and protect our environment the 4 NSS Units of SHC visited three villages in Pudukottai Panchayat. Unit 1 & 2 remained in R.C. Middle School, Koviloor as a lot of campus cleaning and ground work needed to be sorted. Unit 3 and Unit 4 however, went to the assigned villages to continue their environmental sustainable initiatives.

- 1. Unit I R.C. Middle School, Koviloor
- 2. Unit II R.C. Middle School, Koviloor
- 3. Unit III Eraikarai Pudukottai
- 4. Unit IV Periya Vengayapalli

Unit I & II - R.C. Middle School, Koviloor

The students of NSS Units I and II went to various classes of R.C. Middle school to spread awareness on paediatric cancer and the need to conserve our environment. The swept the pathways, foot paths and corridors of the school and the campus. A total of 42 coconut saplings, were planted with respective intervals to a depth of 3 feet each by the students. Existing greenery was nurtured and look after by clearing such plants from unwanted weeds. Plants were watered and cared for by the NSS student volunteers.





















Unit III – Eraikarai Pudukottai

NSS student volunteers of unit 3 SHC, continued their work in planting saplings. They added 40 more saplings to the existing 80 which was planted along the banks of the lake. This totalled to 120 saplings being planted. Students carried water from wells, lakes and ponds and watered 120 saplings. They also cleared the path way from weeds and dried plants.













Unit IV - Periya Vengayapalli

Students of NSS Unit 4, went to Perya Vengayapalli and planted 40 saplings. They dug holes all around the village and planted poovarasu and mango saplings. They also watered the same and cleaned the village of debris, dust and garbage.













Afternoon talk: Youth as Change Agents

Resource Personnel: Rev. Fr. J. Andrews Raj SDB,

Head - P.G. & Research Dept. of Social Work,

Sacred Heart College (Autonomous),

Tirupattur District

The afternoons talk on 'Youth as Change Agents' took palace at R.C. Middle School, Koviloor at 3:00 pm with a Tamil Thai Vaazhtu by the NSS choir. The master of ceremony was done by Ms. Mahalakshmi, NSS volunteer.

The chief guest introduction was given by Dr. Clayton Michael Fonceca. The chief guest of the programme was Rev. Fr. Andrews Raja, Head – P.G. & Research Dept. of Social Work, Sacred Heart College (Autonomous) Tirupattur. The NSS programme officer Dr. G. Mohan Gandhi donned a shawl on our esteemed guest Rev. Fr. Andrews Raja.



In his speech Rev. Fr. Andrews Raja noted four important aspects that the youth need to adherer to, this includes their transitions from childhood to adulthood, their roles and responsibilities in the society, the 3m's (minimalist, mediocrity and media) and the final being that they have a vision and mission.



He concluded with a quote highlighting that 'creativity is born when youth take responsibilities and innovation is born when they are ready to face their problems.



The vote of thanks was delivered by Dr. Vijay, Asst. Professor, Dept. of Microbiology, Sacred Heart College (Autonomous), Tirupattur.

Evening Debate: Tamil Nadu in the Next 10 Years –

In the hands of young men or women.

Place: R.C. Middle School, Koviloor Time: 5:00 pm

The programme began with a Tamil Thai Vaazhtu rendered by the NSS choir. The chief guests of the day were (Retired). PHF. P. Arunagiri, President, Rotary Club of Tirupattur, Mr. M. Kaaninelam Munnisamy, President of Historical Research of Tirupattur along with other various representatives from the Rotary Club of Tirupattur and Ms. D. Bellsiya Evangelian, Women Head Constable, Jolarpettai railway police station.



The participants of the debate were:

Members of the Debate	
Mr.Gopala Krishnan U	Miss. Archana A V
Dept. of Mathematics	Dept. of English
Mr.Revanth S	Miss. Vinothini M
Dept. of Bio Chemistry	Dept. of Chemistry
Mr.Shivaram M	Miss. Sivasankari T
Dept. of BBA	Dept. of Chemistry

The participants for the debate were divided into two teams. The boys spoke on the topic "Why the future of Tamil Nadu lies in the hands of young men" and the girls debated on the topic "Why the future of Tamil Nadu is in the hands of Women".







Students presented various views, ideologies, examples and real-life instances leading to a heated argument between the two. Each student argued, contradicted and justified their views on the same. The debate concluded with Dr. G. Mohan Gandhi, NSS Programme Officer, consolidating the views, statements and facts presented by both ends. He noted that, it is important to create an inclusive society that values and respects the contributions of all individuals, regardless of their gender. Both boys and girls should be encouraged to pursue their interests and passions, and to develop their skills and abilities to their fullest potential. Only by providing equal opportunities to everyone can we create a truly prosperous and progressive nation.



He stated that, ultimately, the future of Tamil Nadu, like any other state, will depend on the collective efforts of its citizens, regardless of their gender. It is up to each individual to work towards building a better future for themselves and for the country as a whole. He finally stated that the future of Tamil Nadu lies in both the hands of the young men and women, who are the future of the state and the nation at large.

Evaluation

Students were served dinner at 7:45 pm followed by a quick summary of the various activities of the day. The important events and happenings of the day were recalled by the NSS student volunteers. They also highlighted their learning and setbacks with regard to time management. NSS Programme Officers presented their feedback and areas of improvement. The schedule for the activity of the following day was also read in order to emphasise and acquaint the students with the work at hand.

Day 5 16th March 2023

Theme: Dhanam Marathon – Run for a cause run for a life
Understanding Law and Human Rights
Organic Farming a way forward

Morning Session - Good Morning Talk

NSS Student Volunteers of SHC were oriented by Dr. Clayton Michael Fonceca, about the upcoming Dhanam Marathon 2k23 organized by the Lions Club of Tirupattur Host in association with the P.G. & Research Department of Social Work, and the NSS – Unit of Sacred Heart College (Autonomous), Tirupattur with illustrious partnering organizations and institutions. He noted that the 12 kilometre long, Dhanam Marathon 2K23 was to take place on 19th March 2023 at Sacred Heart College (Autonomous) and conclude at the District Collectorate of Tirupattur.



The main objective of this event was to raise awareness about organ and blood donation which are essential for saving lives and improving the health of people who are suffering from various illnesses and injuries.

Dr. G. Mohan Gandhi, and Dr. U. Ramesh further went on to note that the marathon was to raise awareness, include community engagement, promote healthy living and to increase the visibility of organ and blood donation. This novel endeavour was sponsored by the Lions Club of Tirupattur Host in collaboration with the P.G. & Research Department of Social Work, Sacred Heart College (Autonomous), TPT and its NSS Units. Various other agencies and partnering institutions were also recognized for their collaboration and goodwill. The NSS Programme officers also oriented the students on the marathon route and the involvement of NSS Volunteers not just in mere participation but also in creating and sensitizing the rural community. The four NSS Units, then went to their allotted villages to spread awareness and carryout their daily environmental cleaning activities.









Activity

The four NSS Units of SHC travelled to three villages in the Pudukottai Panchayat in order to preserve nature and preserve the environment. Units 1 and 2 stayed at R.C. Middle School in Koviloor since there was a lot of campus cleanup and maintenance to be done. Nonetheless, Units 3 and 4 travelled to the designated communities to continue their eco-friendly initiatives.

- 1. Unit I R.C. Middle School, Koviloor
- 2. Unit II R.C. Middle School, Koviloor
- 3. Unit III Eraikarai Pudukottai
- 4. Unit IV Primary Health Center, Periya Vengayapalli

Unit I & II - R.C. Middle School, Koviloor

To raise awareness of the impending "Dhanam-Marathon 2K23" and the need to protect the environment, NSS Units I and II students visited several classes at R.C. Middle school. The campus and school's hallways, footpaths, and walks were swept. The students excavated holes to a depth of 3 feet for a total of 108 coconut seedlings. By removing unwanted weeds from certain plants, existing greenery was fostered and maintained. The NSS student volunteers watered and looked after the plants.









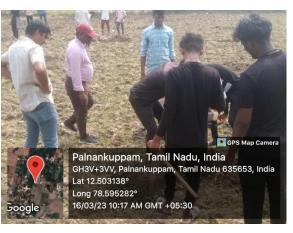












Unit III – Eraikarai Pudukottai

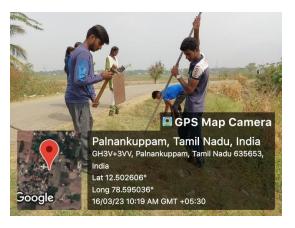
The unit 3 SHC NSS student volunteers kept on the effort of planting saplings. At the lake's borders, 120 trees were already planted, and 30 more were added. In all, 150 saplings were planted as a result. The planted 150 saplings were irrigated by students who took water from wells, lakes, and ponds. They also removed weeds and dry plants off the route.













Unit IV - Primary Health Care Center, Periya Vengayapalli

Students of NSS Unit 4, went to the Primary Health Center at Perya Vengayapalli and planted 10 saplings. They cleaned the storage water reservoir which had stagnated water for the past 2 years. Students worked vigorously and cleared the existing waste and footpaths. They also watered the existing trees, shrubs and herbs and cleaned the primary health care center of debris, dust and garbage. They also helped in spreading the awareness regarding 'Dhanam-Marathon 2K23' (An organ and blood donation awareness rally).













Afternoon talk: Understanding the Law and Human Rights

Resource Personnel: Mrs. Sneha Parthibaraja

Leading Women Advocate - BAR Council,

Social Reformer - Tirupattur District

The afternoons programme began with the Tamil Thai Vaazhtu by the NSS choir. The resource of the afternoons session person Mrs. Sneha Parthibaraja, Leading Women Advocate - BAR Council, Social Reformer - Tirupattur District. She was the first Indian women to receive the 'No Caste & Religion Certificate'. The welcome address was delivered by NSS volunteer Ms. Kokila. Dr. Kurinji Malar, Asst. Prof. Dept. of Economics donned Mrs. Sneha Parthibaraja with a shawl. In her talk on the need for NSS Student Volunteers to understand the law and human rights, she noted that students need to know their basic rights as citizens and individuals, including their right to education, health, safety, and equal treatment under the law. Understanding human rights helps them to become active and informed members of society. She spoke to the students on a series of topics which include: The importance of our Society, Individual goal to societal goal, Slavery, Demonetization, Impact of GST, Impact of Special Economic Zone, Fertilizers and agricultural production, New Education Policy, Economics Acts, Religious Acts, Child Marriages, Infatuation and Divorce.











Mrs. Sneha Parthibaraja, stated that, knowledge of the law and human rights can empower students to take action against injustice and discrimination. They can use their knowledge to advocate for themselves and others and to challenge unfair policies and practices. She further highlighted that, students who understand the law and human rights are better equipped to participate in civic life and make informed decisions about issues that affect them and their communities. They can engage in the democratic process, contribute to the development of laws and policies, and hold their leaders accountable.

She concluded by saying, that understanding the law and human rights is crucial for students' personal growth, civic engagement, and professional development. It prepares them to be responsible citizens and advocates for justice and equality. The vote of thanks was given by Dr. Kurinji Malar, Asst. Prof. Dept. of Economics.

Evening Programme: Organic Farming a way forward

Place: R.C. Middle School, Koviloor Time: 5:30 pm

Resource Personnel:

Lion Dr. L. Mani, Regional Head, (Arima Sangam), TPT

The welcome address was given by Dr. Chandrasekar, NSS Programme Officer. He welcomed the chief guest Lion Dr. L. Mani, Regional Head, (Arima Sangam), TPT and adorned him with a shawl. This programme also saw the participation of Dr. Antony Arockiyasamy, Former NSS Programme Officer of Sacred Heart College (Autonomous), Tirupattur. In his sppech the chief guest Lion Dr. L. Mani oriented the students on the topic Organic farming which is a method of farming that relies on natural processes and techniques to grow crops and raise livestock. He further stated that organic farming is better for the environment: by avoiding the use of synthetic fertilizers and pesticides, organic farming helps to reduce pollution and minimize the harm to wildlife and ecosystems. He also narrated his humble beginning and his rise to fame through his hard work and dedication. Dr. Antony Arockiyasamy spoke to the students on the importance of NSS and its aspects in reaching out to the society. This was followed by an awareness song and cultural programmes by the NSS Volunteers. The vote of thanks and the MC for the evenings programme was Dr. Clayton Michael Fonceca, NSS Programme Officer.













Evaluation

Around 8:00 p.m., dinner was served to the students, followed by a brief rundown of the day's events. The NSS student volunteers recounted the significant activities and incidents of the day. They also discussed the lessons they had learned and the difficulties they had during the day. NSS programme officers discussed areas for development and provided input. To emphasise and familiarise the students with the job at hand, the timetable for the activity the following day was also read.

Day 6 17th March 2023

Theme: Youth Rights & Responsibility's for better citizens of our nation

Role of youth in the protection of geriatric care

Morning Session - Good Morning Talk

NSS Student Volunteers of SHC were given instruction on the various activities that were to be carried out by Dr. G. Mohan Gandhi and Dr. U. Ramesh. Cleaning of hamlets, planting of saplings, waste collection, disposition of debris and sweeping of the premises were to be done today. A review of the past days activities and its objectives were also shared.





Activity

To protect nature and the environment, the four NSS Units of SHC visited three villages in the Pudukottai Panchayat. Units 2 and 4 remained at Koviloor's R.C. Middle School since the campus required an extensive amount of maintenance and cleaning. But, to continue their eco-friendly endeavours, Units 1 and 3 went to the allocated localities.

- 1. Unit I Sowllour
- 2. Unit II R.C. Middle School, Koviloor
- 3. Unit III Ration Shop, village library and pathways
- 4. Unit IV R.C. Middle School

Unit I - Sowllour

NSS student volunteers from Unit 1 visited the local panchayat in Sowllour, which is close by. They went outside to clear the mud pathways of trash and garbage. Also, they removed all undesired weeds and plants from the hamlets' surrounding houses. Forty saplings were also planted. The walkway was tidied out by making it easier for the neighbourhood to commute on.













Unit II & IV - R.C. Middle School, Koviloor

The pathways, patios, and corridors on campus were swept. For a total of 35 coconut seedlings, the students dug holes to a depth of 3 feet, adding them to the 108 already present, making a total of 143. Existing flora was fostered and maintained by eliminating unwanted weeds from several vegetation. The NSS student volunteers took care of the plants by watering them.







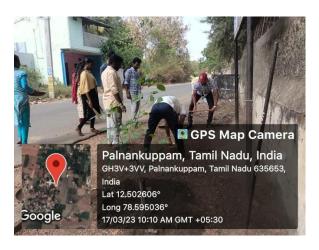






Unit III - Ration Shop, Village library and Hamlets, Koviloor.

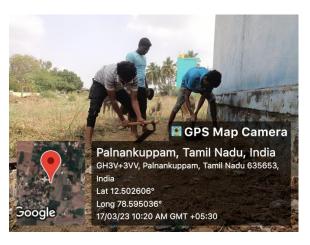
The students had collected all the waste, plastics and debris in and around the areas near the Ration shop, village library and the pathways near the village of Koviloor. They also removed all unwanted weeds and plants from the hamlets' surrounding houses. Twenty saplings were also planted. Students also got the support of the village community and cleared weeds existing outside there existing houses.













Afternoon talk: Youth Rights & Responsibility's for better citizens of our nation

Resource Personnel: Prof. T. Leslin, Head – Dept. of History Sacred Heart College (Autonomous), TPT.

The afternoon talk begun with the Tamil Thai Vaazhtu rendered by the NSS choir at R.C.Middle School, Koviloor. The master of the ceremony was done by Sivaram, an NSS volunteer. The welcome address was done by Syed Arifa. The Chief Guest for the programme was Prof. D. Leslin, Head, Dept. of History, Sacred Heart College (Autonomous) Tirupattur. He was a Former NSS Programme Officer and Coordinator. The chief guest was introduced by Dr. G. Mohan Gandhi., NSS Program Officer. Dr.Clayton Michael Fonceca and Dr. Chandrasekar donned a shawl on Prof. D. Lesin as a token of appreciation.











In his Speech, Dr. D. Leslin spoke about the rich heritage and the exquisite culture in India. He spoke on various topics such as Jalikattu, food, traditional attire and the inequal caste system in India. He enlightened the different cultures of various states in India. He showcased how the food culture of India depends on the economic status of the people. He expressed his sincerity in finding a solution for the caste related issues in India. He addressed the students on Fundamental Duties that were added to the Constitution by the 42nd Amendment in 1976, and noted that it was the duty of every citizen to abide by them. Some of the fundamental duties include respecting the Constitution and national flag, promoting harmony and the spirit of common brotherhood, safeguarding public property, and protecting the environment. By knowing their fundamental duties, youth can contribute towards building a better and prosperous India. The resource person went on the state that it is therefore, essential for youth to be aware of their fundamental rights and duties, which will help them become responsible citizens and actively participate in the development of the nation. It was both an interactive and informative session for the students. The vote of thanks was done by Dr. G. Mohan Gandhi.

Evening Programme: Role of youth in the geriatric care

Place: R.C. Middle School, Koviloor Time: 5:30 pm

Resource Personnel:

Mr. M. Munnuswamy, Social reformer & Archaeologist

The welcome address was given by Dr. U. Ramesh, NSS Programme Officer. He welcomed the chief guest Mr.M.Munnuswamy, Social reformer and Archaeologist. Dr. John Sundar adorned him with a shawl as a token of love and appreciation. In his speech he insisted that the role of youth in geriatric care is crucial as they can provide support, care, and companionship to the elderly population. He stated that, youth can volunteer in local hospitals, nursing homes, and community centers to assist in the care of the elderly. He highlighted that, the youth can advocate for the rights of the elderly in their communities. They can work to raise awareness about issues affecting the elderly population and advocate for policies and programmes that support their needs.



He further went on to say that youth can participate in intergenerational programmes that bring together older adults and youth to engage in activities that promote social interaction, learning, and mutual support. In conclusion, he noted that the youth can play a vital role in geriatric care by volunteering, raising awareness, providing technology assistance, participating in intergenerational programs, and advocating for policies and programs that

support the needs of older adults. The vote of thanks was given by Dr.G.Mohan Gandhi, NSS Programme Officer.









Evaluation

NSS student volunteers provided feedback on what they had learned and the challenges they faced during the day. NSS programme officers discussed areas for improvement and provided input. The timetable for the next day's event day was also read. Students were also asked to prepare for the valedictory ceremony.

Day 7 18th March 2023

Morning Prayer & Reflection

The final day of the NSS Camp at Koviloor began with a thanks giving prayers rendered by Rev. Fr. Y. Arockiya Samy. Reflection of the weeks events and happenings were taken by Dr. U. Ramesh, NSS Programme Officer. Instructions on the days activities and preparation for the valedictory programme was given by Dr. Clayton Michael Fonceca and Dr. Chandersekar, NSS Programme Officers.











Activity

The NSS student volunteers cleaned the campus and made the necessary arrangements for the preparation of the valediction session. All the NSS Units (1,2,3 & 4) worked together and planted 148 coconut saplings in the nearby field of R.C. Middle School, Koviloor.







Valedictory Programme

The programme began with the Tamil Thai Vaazhtu sung by the NSS choir. The master of ceremony was Mr. Lokesh Babu, NSS Student volunteer. The welcome address was given by Dr. Clayton Michael Fonceca, NSS Programme Officer.









The guest of honour for the day were, Rev. Dr. Maria Arockia Raj - Additional Principal, Rev. Dr. Theophil Anand - Vice Principal (Admin - Shift 1), Rev. Dr. John Borg - CoE, Rev. Dr. Sathiyanathan - Administrator and Dr. K. Parthiba Raja - Asst. Prof, Dept of Tamil, Sacred Heart College (Autonomous), Tirupattur.

The programme was also witnessed by Dr. Julian - Asst. Prof, Dept of English of SHC and Rev. Fr. Y. Arockia Samy -Parish Priest of Kohiloor. Key personnel from the panchayat Mr. Kuppuswamy- Panchayat Council President, Mr. C. Kalagaarasu - Panchayat Council Vice President and Pudukottai

Panchayat Ward Members Mrs. R. Rekha, Mrs. V. Rohini, Mrs. M. Gowhiri, Mr. S. Raji, Mr. S. Virkraman, Mrs. A. Radika, Mrs. S. Munilakshmi and Mrs. P. Sundramal were amoung the invited dignitaries.



The programme was led by NSS Programme Officers, Dr. G. Mohan Gandhi, Dr. U. Ramesh, Dr. Clayton Michael Fonceca and Dr. P. Chandrasekar along with the support NSS faculty Dr. R. Kurinji Malar, Dr. K. Shilija, Dr. S. John Sundaram, Prof. H. Ashik Ahmed and Prof. K. Vijay. The camp report was read by Dr. U. Ramesh, NSS Programme Officer. The presidential address was given by Rev. Dr. K.A. Maria Arockia Raj - Additional Principal. The key note address was given by Rev. Dr. G. Theophil Anand. All the chief guests were felicitated with a shawl. A special address was given by Dr. K. Parthiba Raja - Asst. Prof, Dept of Tamil. Student representatives from the Girls and Boys which was Ms. Archana and Mr. Henry gave their feedback on their experience of the 7-day NSS Camp and they thanked the staff and students for making

the camp worthwhile. The vote of thanks was delivered by Dr. G. Mohan Gandhi, NSS Programme Officer. The event concluded with the National Anthem. Lunch was served at 1:10 pm, followed by a brief evaluation on the NSS Camp 2023.







Return to College

All four NSS Units returned back safe and sound to the college at 2:30 pm. Students were picked up by the parents and relatives, while hostelers returned to their respective hostel in the college. Students were also oriented about the next Dhaanam Marathon 2K23, that was to take place on 19th March 2023 at the Collectorate of Tirupattur.

Annexure

Documentation Committee









Programme Committee



நாட்டு நலப்பணி திட்ட சிறப்பு முகாம்

திருப்பத்தூர், கோவிலூர் பகுதியில் இன்று தூய நெஞ்சக் கல்லூரி மாணவர்கள் சார்பாக நாட்டு நல பணி சிறப்பு முகாம் நடைபெற்றது. இந்நிகழ்ச்சியில் இந்தியாவை உருவாக்குவதில் இளைஞர்களின் பங்கு குறித்து பேசப்பட்டது. இந்நிகழ்ச்சியில் கல்லூரி பேராசிரியர்கள் மாணவர்கள் ஊர் பொதுமக்கள் என ஏராளமானோர் கலந்து கொண்டனர்.



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திருப்பத்தூர்: நாட்டு நல பணி சிறப்பு முகாம்

திருப்பத்தூர், புதுக்கோட்டை ஊராட்சி ஒன்றிய பகுதியில் இன்று தூய நெஞ்சக் கல்லூரி மாணவர்கள் சார்பாக, நாட்டு நல பணி சிறப்பு முகாம் நடைபெற்றது. இந்நிகழ்ச்சியில் மாணவர்கள் கிராமத்தின் சாலை ஓரமாக சுத்தம் செய்து செடிகளை வைத்து நாட்டு நலப்பணி திட்டத்தில் ஈடுபட்டனர். இந்நிகழ்ச்சியில் கல்லூரி பேராசிரியர்கள் மாணவர்கள் ஊர் பொதுமக்கள் என ஏராளமானோர் கலந்து கொண்டனர்.

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Food Committee









Cultural Committee









Memories to cherish











Memories to cherish











Dr. G. Mohan Gandhi
Assistant Professor,
Dept. of Tamil,
Sacred Heart College (Autonomous).
Tirupattur-635 601. Vellore Dr

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