



# **P.K.R.ARTS COLLEGE FOR WOMEN**

**Accredited with 'A' Grade by NAAC  
Autonomous Institution-Affiliated to Bharathiar University  
Gobichettipalayam**

## **NSS ACTIVITY REPORT**

**[June 2022 to May 2023]**

# **P.K.R ARTS COLLEGE FOR WOMEN**

**Re-Accredited with 'A' Grade by NAAC**  
**Autonomous Institution-Affiliated to Bharathiar University**  
**Gobichettipalayam**

## **NATIONAL SERVICE SCHEME** **2022-2023**

S.NO	DATE	PROGRAMME NAME	DETAILS OF RESOURCE PERSON	BENEFICIARIES
1	1.6.2022	Tree Plantation	Mr.P.Karthikeyan Rotary Club Gobichettipalayam	50
2	3.6.2022	World Bicycle Day	Ms.Sujina Traffic Police Gobichettipalayam	30
3	3.6.2022	Park Cleaning	Mr.Karthikeyan Rotary Club Gobichettipalayam	30
4	21.6.2022	International Yoga Day	G.R.Balasubhramaninan Senior advocate Art of living teacher Gobichettipalayam	134

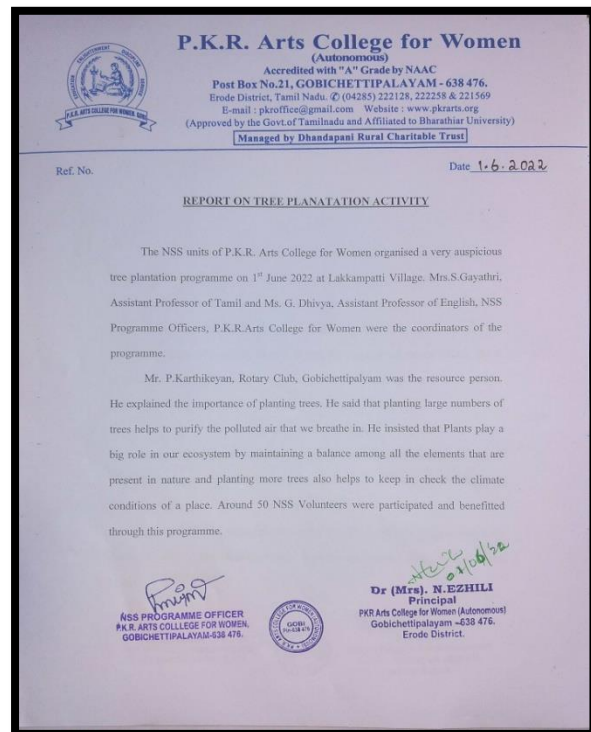
5	24.6.2022	Awareness Programme on Menstrual Health and Hygiene	Mrs.V.Vidhya Village health nurse Nanjagounda palayam	50
6	24.6.2022	Vaccination camp	Mrs.V.Vidhya Village health nurse Nanjagounda palayam	116
7	25.6.2022	World Malaria Day	Mr.P.Selvan Block Health Supervisor Primary Health Centre Siruvalur	127
8	15.7.2022	Vaccination camp	Mrs.V.Vidhya Village health nurse Nanjagoundan palayam	98
9	22.7.2022	Vaccination camp	Mrs.V.Vidhya Village health nurse Nanjagounda palayam	134
10	27.7.2022	Tree Plantation	Mr.P.Karthikeyan Rotary Club Gobichettipalayam	50

11	28.7.2022	Covid Vaccination	Mrs.V.Vidhya Village health nurse Nanjagounda palayam	20
12	29.7.2022	NSS Orientation	Dr.S.Senthamizhselvi Assitant Professor Department of Tamil P.K.R.Arts College for Women Gobichettipalayam	250
13	29.7.2022	International Tiger's Day	Dr.S.Maragathamani NSS Advisor Associate Professor & Head Department of Tamil P.K.R.Arts College for Women Gobichettipalayam	40
14	1.8.2022- 7.8.2022	World Breast Feeding Week	Mrs.V.Vidhya Village health nurse Nanjagoundan palayam	45
15	4.8.2022	Covid Vaccination	Mrs.V.Vidhya Village health nurse Nanjagounda palayam	123
16	8.9.2022	Iron Pills Distribution	Mrs.V.Vidhya Village health nurse Nanjagounda palayam	62

17	15.9.2022	Covid Vaccination	Mrs.V.Vidhya Village health nurse Nanjagounda palayam	67
18	24.9.2022	NSS Day Celebration	Dr.S.Maragathamani NSS Advisor Associate Professor & Head Department of Tamil P.K.R.Arts College for Women Gobichettipalayam	56
19	28.10.2022	Napkin Distribution	Mrs.V.Vidhya Village health nurse Nanjagounda palayam	250
20	5.12.2022	Swachh Bharat- Namma Bhavani	Dr.S.Maragathamani NSS Advisor Associate Professor & Head Department of Tamil P.K.R.Arts College for Women Gobichettipalayam	10
21	23.1.2023 29.1.2023	NSS Special Camp	Mrs. Sathyabama Velumani President P.Vellalapalayam Village Gobichettipalyam (TK) Erode (DT)	250

22.	27.1.2023	Tobacco Awareness Programme	Dr.Kalaiselvi District Tobacco Consultant Mr. Sivakumar Health Educator Ms.Sangeetha Social worker	173
23.	28.4.2023	NSS Valediction	Dr.K.Venkata Baskaran, MBBS., DA., Managing Director, Sri Chakra Hospital, Gobichettipalayam	548

## 1. Tree Plantation





## 2. World Bicycle Day

**தினமணி**  
04 ஜூன் 2022

மான குழல்: துக்களக் ஆசிரியர் குருமூர்த்தி

முகப்பு > அனைத்துப் பதிப்புகள் > கோயம்புத்தூர் > ஈரோடு

**கோபியில் உலக மிதிவண்டி தினப் பேரணி**

By DIN | Published On : 03rd June 2022 11:31 PM | Last Updated : 03rd June 2022 11:31 PM | அ+ அ- அ- |



மிதிவண்டி பேரணியில் பங்கேற்ற மாணவிகள்.

கோபி மிகேஆர் மகளிர் கலைக் கல்லூரி நாட்டு நலப்பணித் திட்டத்தின் சார்பில் 75ஆவது சுதந்திர அமுதப் பெருவிழா மற்றும் உலக மிதிவண்டி தினப் பேரணி வெள்ளிக்கிழமை நடைபெற்றது.

**P.K.R. Arts College for Women**  
(Autonomous)  
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Erode District, Tamil Nadu. ☎ (04285) 222128, 222258 & 221569  
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Ref. No. Date 3.6.2022

**REPORT ON WORLD BICYCLE DAY**

The National Service Scheme of P.K.R. Arts College for Women (Autonomous) celebrated World Bicycle Day on 3<sup>rd</sup> June 2022. The day is celebrated to spread awareness about the benefits of riding a bicycle. In comparison to other means of transportation, the bicycle is a simple affordable, clean and environmentally fit sustainable means of transport. Bicycle is good for physical and mental health; also it is good for the environment and the economy. No doubt cycling is a wonderful workout and keeps you active. It helps to shape a healthy lifestyle.

Ms. Sujana, Traffic Police, Gobichettipalayam inaugurated the rally. Ms.G.Dhivya, NSS Programme officer started the Awareness rally on the occasion of World Bicycle Day 2022 in Gobichettipalayam. In the awareness Rally more than 30 volunteers have participated. The purpose of this awareness rally is to create awareness about cycling among people so that people can include cycle in their daily routine for fitness. The awareness Rally went through Karattur Gobi Arch to Mulu Mahal.

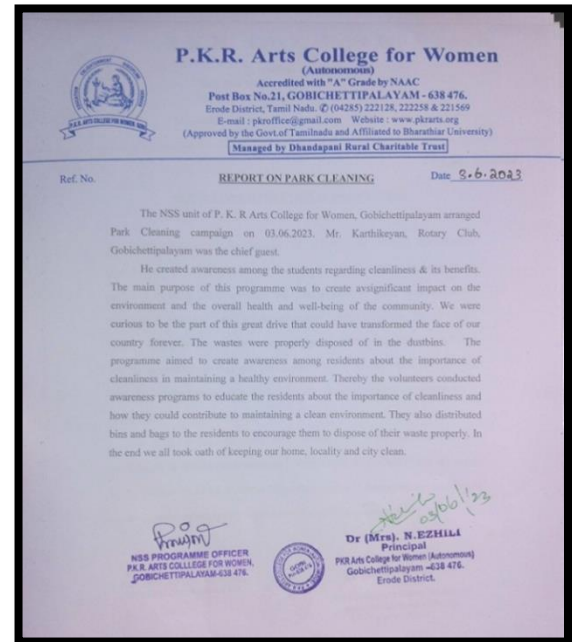
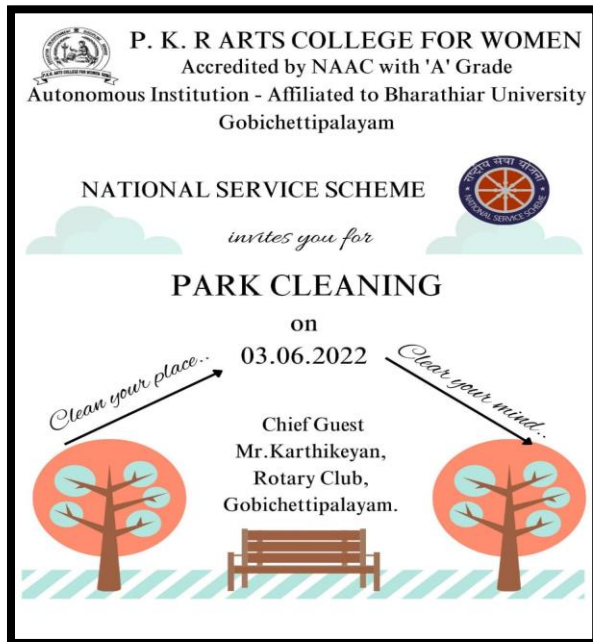
*Prin*  
NSS PROGRAMME OFFICER  
P.K.R. ARTS COLLEGE FOR WOMEN,  
GOBICHETTIPALAYAM-638 476.

*Dr (Mrs). N.EZHILA*  
Principal  
P.K.R. Arts College for Women (Autonomous)  
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Erode District.





### 3. Park Cleaning



## 4. International Yoga Day

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Gobichettipalayam  
(Azadi Ka Amrit Mahotsav)

**National Service Scheme  
Yoga and Meditation Club**

**JOINTLY ORGANIZE**  
**International Yoga Day**

**Resource Person**  
G.R.Balasubramanian  
Senior Advocate  
Art of Living Teacher  
Gobichettipalayam  
Venue: UG Conference Hall

**21 June 2022  
@2.30 PM**



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Ref. No. \_\_\_\_\_ Date: 21.6.2022

**REPORT ON INTERNATIONAL DAY OF YOGA**

The National Service Scheme of P.K.R. Arts College for Women (Autonomous) observed International Yoga Day on 21st June 2022. The programme held at 2.30PM in UG Conference hall. The programme began by invoking the blessings of Almighty. Mr.G.R.Balasubramanian, Senior Advocate, Art of Living Teacher, Gobichettipalayam was the resource person. He explained the importance of celebrating international yoga day. He insisted that every student should perform yoga every day to keep themselves happy and healthy. He also explained the importance of meditation.

As a part of the programme NSS Volunteers and faculty members of P.K.R. Arts College for women performed yoga. "YOGA FOR HUMANITY" was the slogan for the celebration of International Yoga Day 2022. 134 undergraduate students of various department and faculty members took part in the programme.

*Pravin*  
NSS PROGRAMME OFFICER  
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Erode District.






## 5. Awareness Programme on Menstrual Health and Hygiene

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**NATIONAL SERVICE SCHEME** 


*invites you for*


**AWARENESS PROGRAMME ON  
MENSTRUAL HEALTH AND HYGIENE**  
on  
**24.06.2022**



*"Be clean. Be healthy".*

Chief Guest  
Mrs.V.Vidhya,  
Village health nurse,  
Nanjagounda palayam.

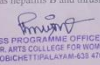



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Ref. No. REPORT ON AWARENESS PROGRAMME ON Date 24.6.2022  
MENSTRUAL HEALTH AND HYGIENE

The National Service Scheme of P. K. R. Arts College for Women (Autonomous) organized an Awareness Programme on Menstrual Health and Hygiene on 24<sup>th</sup> June 2022. Under graduate students of various departments took part in this programme.

The Resource person of the programme was Mrs.V.Vidhya, Village Health Nurse, Health Sub Center, Nanja Goundan Palayam. She explained the challenges that menstruating girls, women, and other menstruators face encompass more than a basic lack of supplies or infrastructure. She illustrated the resulting lack of information about menstruation leads to unhygienic and unhealthy menstrual practices and creates misconceptions and negative attitudes, which motivate, among others, shaming, bullying, and even gender-based violence. She said that Poor menstrual hygiene, however, can pose serious health risks, like reproductive and urinary tract infections which can result in future infertility and birth complications. She concluded that neglecting to wash hands after changing menstrual products can spread infections, such as hepatitis B and thrush.

  
N.S.S. PROGRAMME OFFICER  
P.K.R. ARTS COLLEGE FOR WOMEN,  
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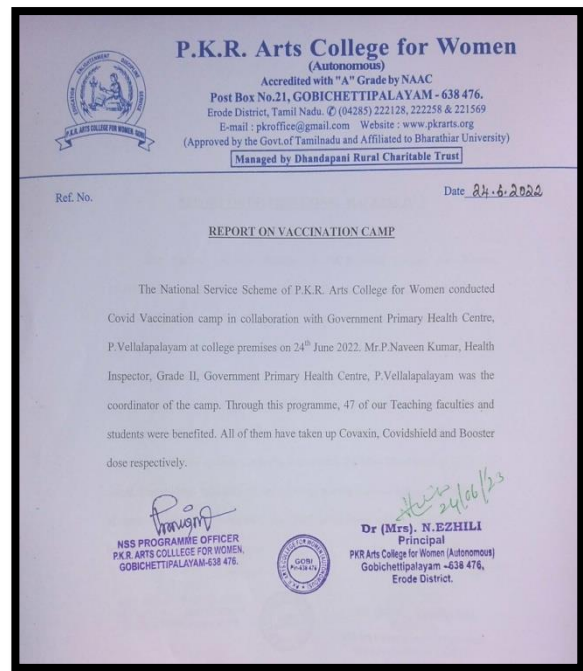
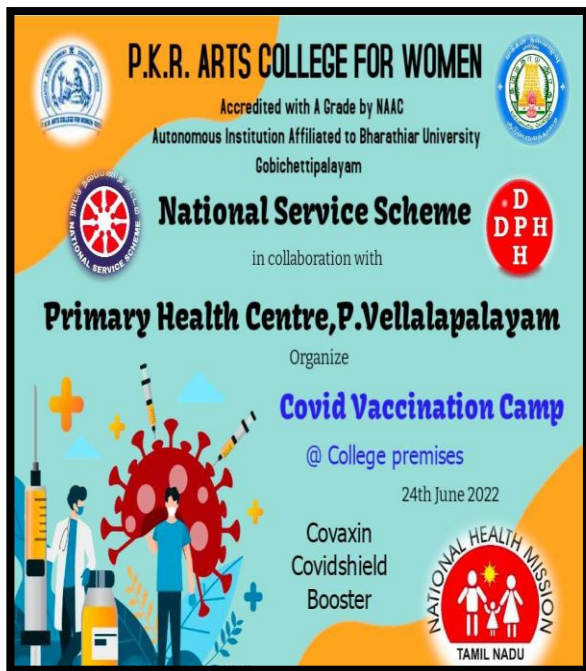
 **Dr (Mrs). N.EZHILA**  
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 GPS Map Camera

 Arts College for Women

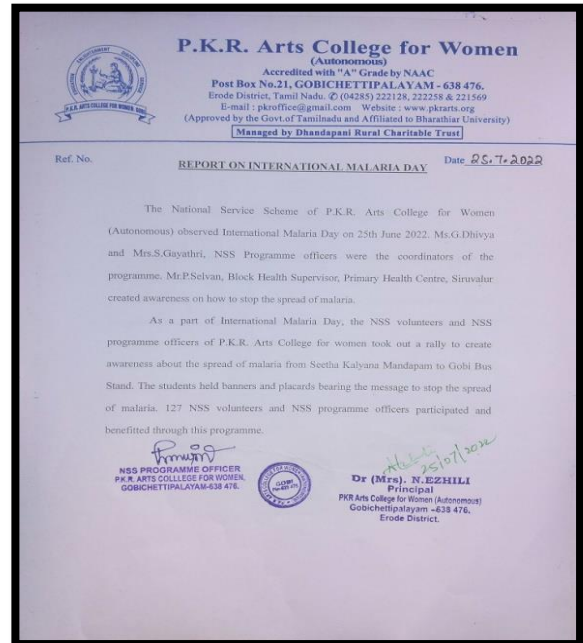
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P.K.R.Arts College for Women, Murugan Puthur, Tamil Nadu 638452, India  
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Long 77.448272°  
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## 6. Vaccination camp








## 7. World Malaria Day




## 8. Vaccination camp

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 **National Service Scheme**  
in collaboration with  
**Primary Health Centre  
P.Vellalapalayam**

 **NATIONAL HEALTH MISSION  
TAMIL NADU**

15 July 2022  
Time 1 PM

  
**COVID-19  
VACCINATION  
CAMP**


**GET VACCINATED** **TAKE OUT FIVE MINUTES  
FOR YOURSELF**

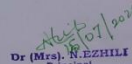
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Ref. No. \_\_\_\_\_ Date 15.7.2022

**REPORT ON VACCINATION CAMP**

The National Service Scheme of P.K.R. Arts College for Women conducted Covid Vaccination camp in collaboration with Government Primary Health Centre, P.Vellalapalayam at college premises on 15<sup>th</sup> July 2022. Mr.P.Naveen Kumar, Health Inspector, Grade II, Government Primary Health Centre, P.Vellalapalayam was the coordinator of the camp. Through this programme, 98 of our Teaching faculties and students were benefited. All of them have taken up Covaxin, Covidshield and Booster dose respectively.


  
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## 9. Vaccination camp


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 **National Service Scheme**  
in collaboration with  
**Primary Health Centre  
P.Vellalapalayam** 

22 July 2022  
Time 2 PM

  
**COVID-19  
VACCINATION  
CAMP**


**GET VACCINATED** **TAKE OUT FIVE MINUTES  
FOR YOURSELF**


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Ref. No. \_\_\_\_\_ Date 22.7.2022

REPORT ON VACCINATION CAMP

The National Service Scheme of P.K.R. Arts College for Women conducted Covid Vaccination camp in collaboration with Government Primary Health Centre, P.Vellalapalayam at college premises on 22<sup>nd</sup> July 2022. Mr.P.Naveen Kumar, Health Inspector, Grade II, Government Primary Health Centre, P.Vellalapalayam was the coordinator of the camp. Through this programme, 134 of our Teaching faculties and students were benefited. All of them have taken up Covaxin, Covidshield and Booster dose respectively.

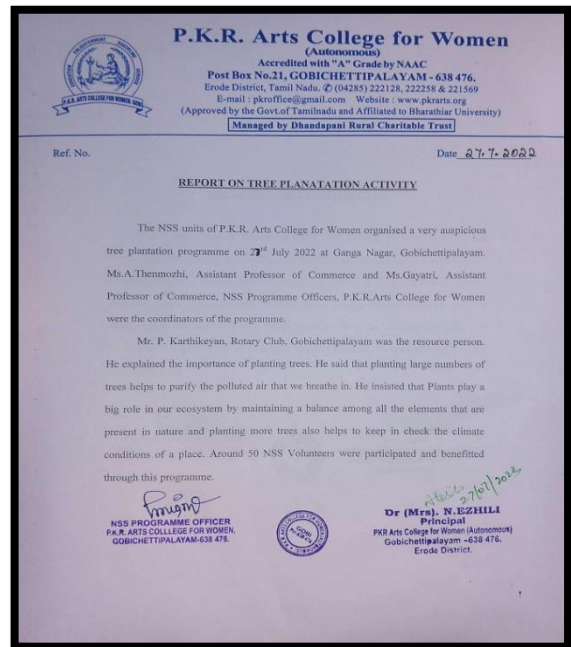
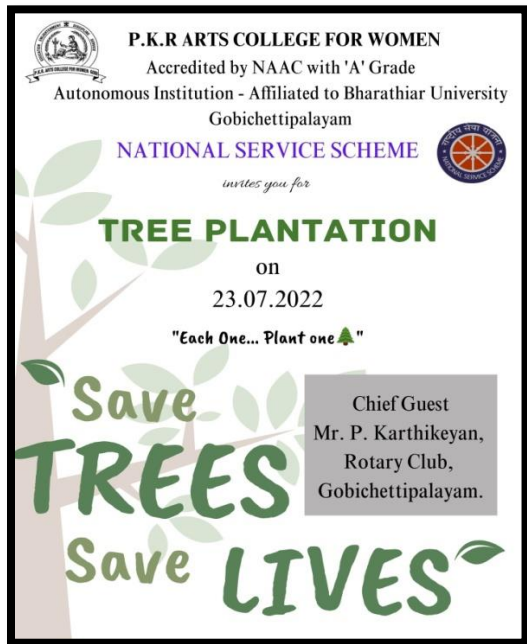
  
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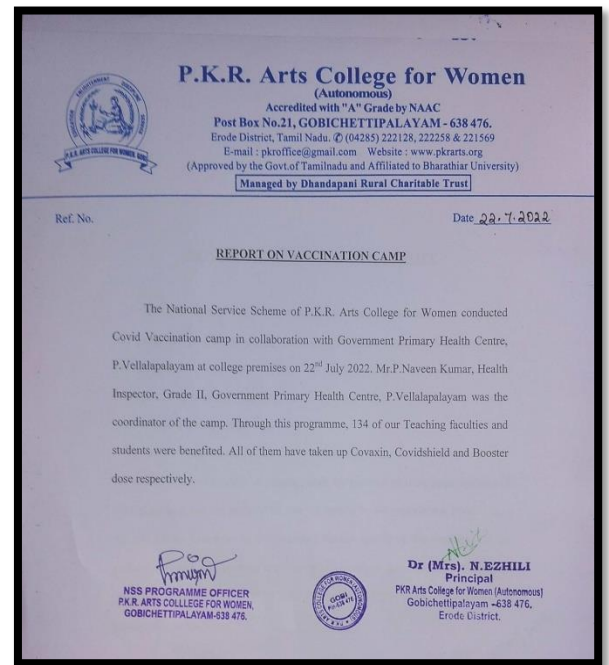




## 10. Tree Plantation

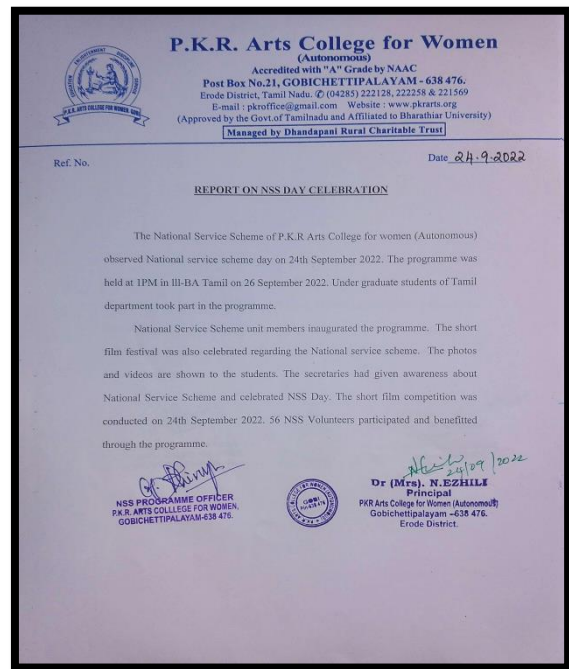


## 11. Covid Vaccination

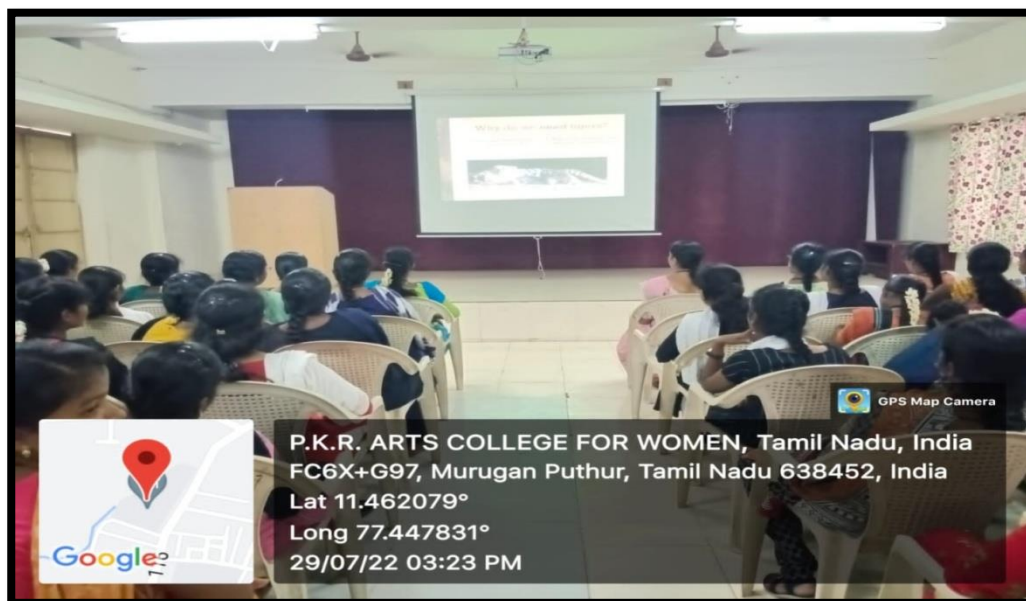
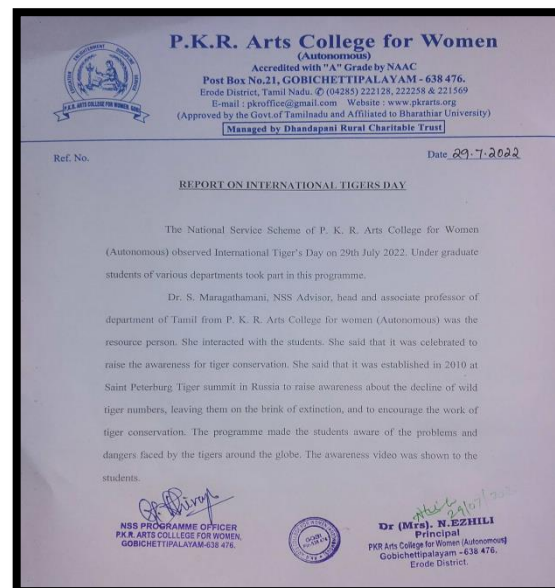
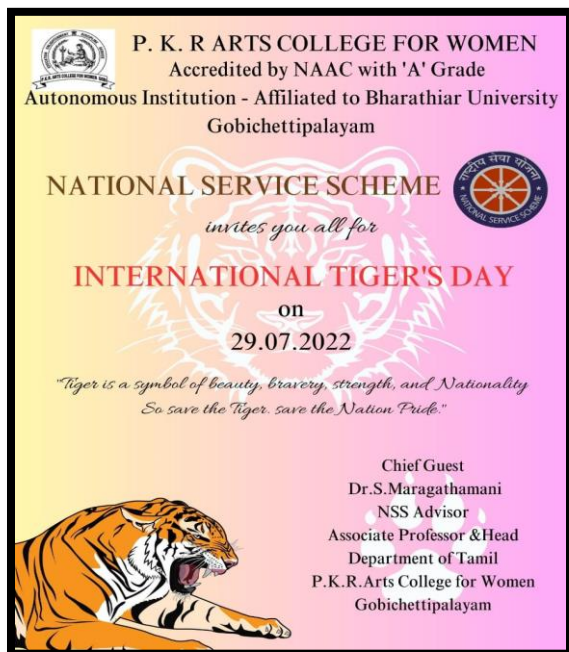




## 12. NSS Orientation




### 13. International Tiger's Day







## 14. World Breast Feeding Week



**P.K.R.Arts College for Women**  
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Gobichettipalayam




**NSS & YRC jointly organize**




# WORLD BREASTFEEDING WEEK


Resource Person: Mrs. V. Vidhya  
Village Health Nurse  
Health Sub Centre  
Nanja Gounden Palayam



**August 1-7, 2022**  
**Time : 3 PM**



Breastfeeding is not a choice,  
its a responsibility




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Ref. No. \_\_\_\_\_ Date **1-8-22-18.22**

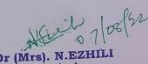
**REPORT ON WORLD BREAST FEEDING WEEK**

The National Service Scheme, P.K.R. Arts College for women (Autonomous) observed breast feeding week from 1<sup>st</sup> August 7<sup>th</sup> 2022. The programme held at 3 PM at BBA classroom.

The Resource person of the programme was Mrs.V.Vidhya, Village Health Nurse, Health Sub Center, Nanja Goundan Palayam. She explained the importance of breast feeding. She said that the breast feeding was not a choice; it is the responsibility of every mother. She elucidated the theme of International Breast Feeding Week 2022- Step up for Breastfeeding -Educate and Support. She defined the benefits of breast milk that keeps the baby healthy. She also added the golden hour for breastfeeding to increase the immune of the baby. Around 40 NSS volunteers took part in the programme.



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## 15. Covid Vaccination

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 **National Service Scheme**  
in collaboration with  
**Primary Health Centre  
P.Vellalapalayam**

 **NATIONAL HEALTH MISSION  
TAMIL NADU**

4 August 2022  
Time 1 PM

  
**COVID-19  
VACCINATION  
CAMP**


**GET VACCINATED** **TAKE OUT FIVE MINUTES  
FOR YOURSELF**

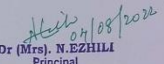
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Ref. No. \_\_\_\_\_ Date 4.8.2022

**REPORT ON VACCINATION CAMP**

The National Service Scheme of P.K.R. Arts College for Women conducted Covid Vaccination camp in collaboration with Government Primary Health Centre, P.Vellalapalayam at college premises on 4<sup>th</sup> August 2022. Mr.P.Naveen Kumar, Health Inspector, Grade II, Government Primary Health Centre, P.Vellalapalayam was the coordinator of the camp. Through this programme, 123 of our Teaching faculties and students were benefited. All of them have taken up Covaxin, Covidshield and Booster dose respectively.

  
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## 16. Iron Pills Distribution



**P.K.R.Arts College for Women**  
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Gobichettipalayam

**National Service Scheme**  
in collaboration with  
**Primary Health Centre  
P.Vellalapalayam**

15 September 2022  
Time 1 PM

**COVID-19  
VACCINATION  
CAMP**

**GET VACCINATED** TAKE OUT FIVE MINUTES  
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Ref. No. \_\_\_\_\_ Date \_\_\_\_\_

REPORT ON IRON PILLS DISTRIBUTION

The NSS Unit of PKR Arts College for Women, Gobichettipalayam distributed iron pills to the students through Mrs.V.Vidhya, Village Health Nurse, Nanjagounda Palayam in order to prevent them from developing anaemia. It was an integrated health and nutrition education program with IFA supplementation. College Principal and NSS programme officers were also present. Speaking on the occasion, the nurse said that a lot of children have been affected by anaemia and nutrition deficiency. She advised the students to intake more iron content foods and drinks. Iron supplementation is a preventive strategy that has been used with female students in the schools and colleges. Iron and folic acid (IFA) supplementation is highly recommended for adolescent girls by Mrs. V. Vidhya. 123 students were benefited through the programme.


*[Signature]*  
NSS PROGRAMME OFFICER  
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*[Signature]*  
Dr (Mrs). N.EZHILI  
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PKR Arts College for Women (Autonomous)  
Gobichettipalayam - 638 476.  
Erode District.






## 17. Covid Vaccination

 **P.K.R.Arts College for Women**  
Accredited with A Grade by NAAC  
Autonomous Institution Affiliated to Bharathiar University  
Gobichettipalayam

 **National Service Scheme**  
in collaboration with  
 **Primary Health Centre**  
**P.Vellalpalayam**

15 September 2022  
Time 1 PM

  
**COVID-19 VACCINATION CAMP**


**GET VACCINATED** **TAKE OUT FIVE MINUTES FOR YOURSELF**


**P.K.R. Arts College for Women**  
(Autonomous)  
Accredited with "A" Grade by NAAC  
Post Box No.21, GOBICHETTIPALAYAM - 638 476.  
Erode District, Tamil Nadu. ☎ (04285) 222128, 222258 & 221569  
E-mail : pkroffice@gmail.com Website : www.pkrarts.org  
(Approved by the Govt of Tamilnadu and Affiliated to Bharathiar University)  
Managed by Dhandapani Rural Charitable Trust

Ref. No. \_\_\_\_\_ Date 15.9.2022

**REPORT ON VACCINATION CAMP**

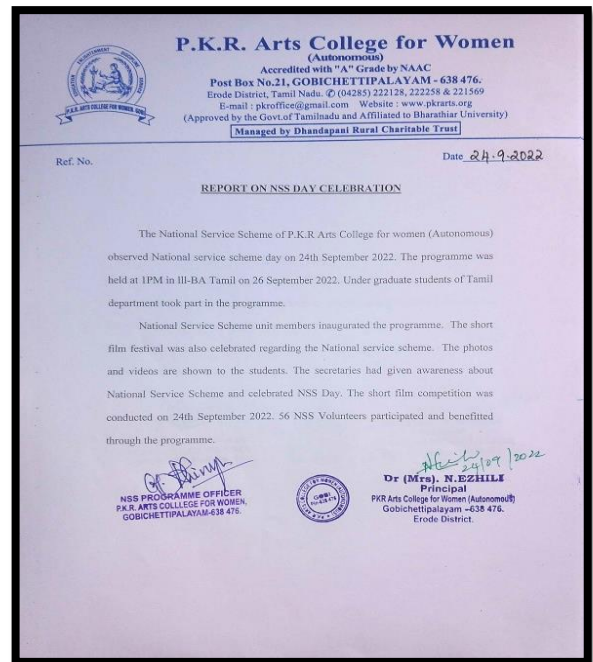
The National Service Scheme of P.K.R. Arts College for Women conducted Covid Vaccination camp in collaboration with Government Primary Health Centre, P.Vellalpalayam at college premises on 15<sup>th</sup> September 2022. Mr.P.Naveen Kumar, Health Inspector, Grade II, Government Primary Health Centre, P.Vellalpalayam was the coordinator of the camp. Through this programme, 67 of our Teaching faculties and students were benefited. All of them have taken up Covaxin, Covidshield and Booster dose respectively.

  
NSS PROGRAMME OFFICER  
P.K.R. ARTS COLLEGE FOR WOMEN,  
GOBICHETTIPALAYAM-638 476.

  
Dr (Mrs). N.EZHILI  
Principal  
P.K.R Arts College for Women (Autonomous)  
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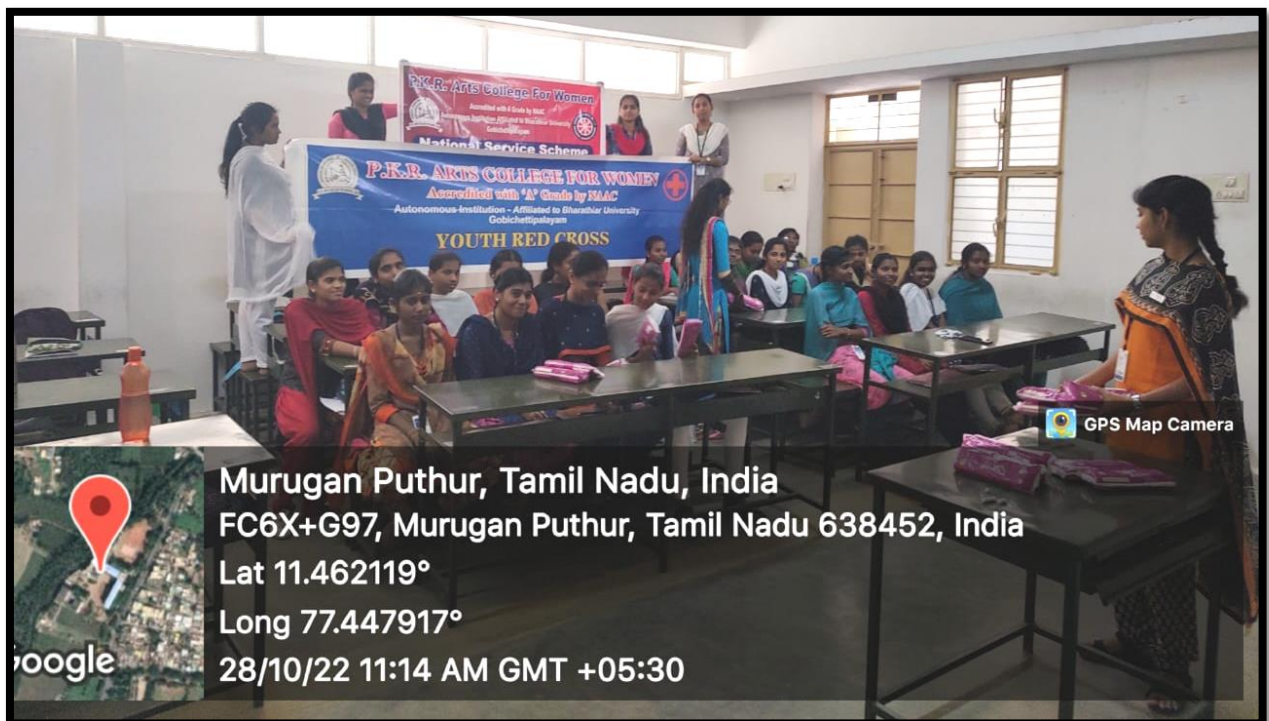
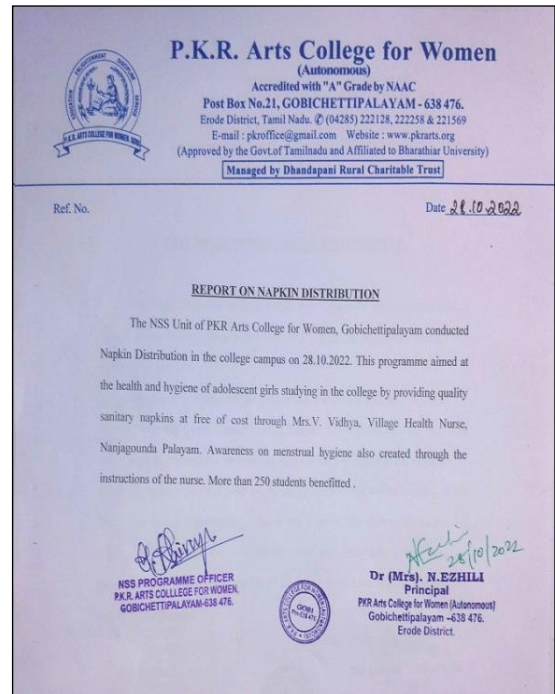
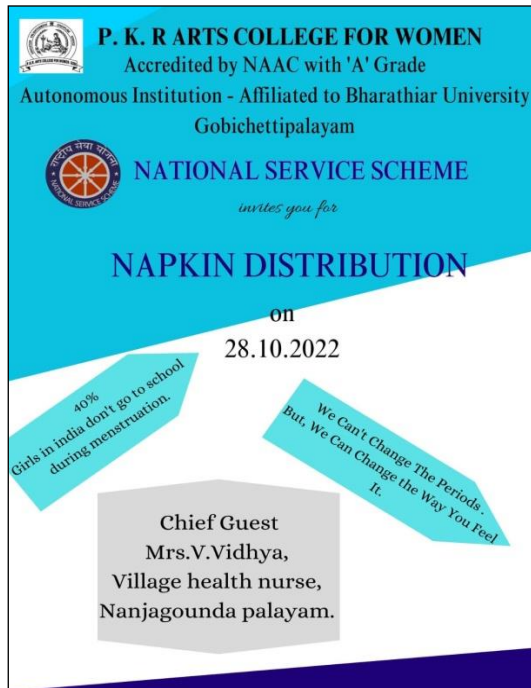


## 18. NSS Day Celebration





## 19. Napkin Distribution



## 20. Swachh Bharat- Namma Bhavani

Host Club  
**ROTARY CLUB OF GOBI**  
RI Dist. 3203 Charter No: 15849 Date : 10.04.1970  
Cordially invite you for the inauguration of  
**A RID3203 PROJECT**  
**NAMMABHAVANI**  
For Sustainable Development  
(RESTORING RIVER BHAVANI)  
பவானி ஆற்றை சுத்தப்படுத்து துயர்நாயகப்படுத்தும் திட்டம்  
Technical Support by ESRAG South Asia  
Date : 05.12.2022 Time : 9.00am Venue : Kodiveri Dam Gobi,  
CHIEF GUEST  
**Rtn. MD. B. ELANGKUMARAN**  
DISTRICT GOVERNOR, RI DISTRICT 3203  
GUEST OF HONOUR  
**Rtn. AKS. K. SHANMUGASUNDARAM**  
IMMEDIATE PAST DIST GOVERNOR, RI DISTRICT 3203  
FELICITATIONS  
**Rtn.MD.R.P.Raaj** District Co-ordinator, RI District 3203  
**Rtn.MD.V.Varatharaj** District Secretary General, RI District 3203  
**Rtn.PHE.M.P.Uthamaraj** Regional Co-ordinator, Erode Region I  
**Rtn.PHE.K.Prathip Kumar** Assistant Governor, Group 14  
**Rtn.MD.T. Thiruvenkataswamy** PRESIDENT  
**Rtn. V. Saravanan** SECRETARY  
**Rtn. PHE.S. Boominathan** TREASURER

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Ref. No. Date: 5.12.2022

**REPORT ON SWACHH BHARAT - NAMMA BHAVANI**

The NSS unit of P. K. R Arts College for Women, Gobichettipalayam organized Swachh Bharat- Namma Bhavani on 5th of December 2022. Dr.S.Maragathamani NSS Advisor, Associate Professor & Head, Department of Tamil, P. K. R. Arts College for Women, Gobichettipalayam awareness among the people regarding the scheme. The people were addressed with the importance and the contribution to the scheme. She also included the importance of cleanliness and hygiene to the public. She added some rules and regulations to be followed by the public to create a healthy and hygienic environment. She included the causes, effects and issues of the unhygienic surroundings. More than 15 were benefited by this Swachh Bharat awareness program. The people were interested to contribute to the success of the scheme.

NSS PROGRAMME OFFICER  
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Gobichettipalayam - 638 476,  
Erode District.




GPS Map Camera




**Murugan Puthur, Tamil Nadu, India**  
FC6X+G97, Murugan Puthur, Tamil Nadu 638452, India  
Lat 11.462°  
Long 77.447854°  
05/12/22 10:52 AM GMT +05:30




## 21. Tobacco Awareness Programme

**P. K. R ARTS COLLEGE FOR WOMEN**  
Accredited by NAAC with 'A' Grade  
Autonomous Institution - Affiliated to Bharathiar University  
Gobichettipalayam

**NATIONAL SERVICE SCHEME** 

*invites you for*


**TOBACCO AWARENESS  
PROGRAMME**

  
on  
27.01.2023

*"Join us in creating healthy habits and positive attitude in the society."*


=====  
Chief Guests


- \* Dr.Kalaiselvi, District Tobacco Consultant.
- \* Mr. Sivakumar, Health Educator
- \* Ms.Sangeetha, Social worker

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Ref. No. **REPORT ON TOBACCO AWARENESS PROGRAMME** Date **27.1.2023**

The NSS Unit of PKR Arts College For Women, Gobichettipalayam organised Tobacco Awareness Programme on 27.01.2023 to inculcate awareness about the harmful effects of tobacco. The resource persons Dr. Kalaiselvi, District Tobacco Consultant, Mr. Sivakumar, Health educator and Miss. Sangeetha, social worker and Mr. Naveen Kumar and Mr. Siva, health inspectors, primary Health Centre, vellalpalayam were also joined this programme. Dr. Kalaiselvi told the ways to control the person from consuming tobacco. The event helped a lot in contributing knowledge and awareness to the youth, especially teenagers. NSS volunteers took a pledge on Anti-Tobacco Day which was followed by a presentation by an NSS volunteer, which highlighted the drawbacks of consumption of tobacco. 173 students were benefited through this program.

  
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## 22. NSS Valediction

